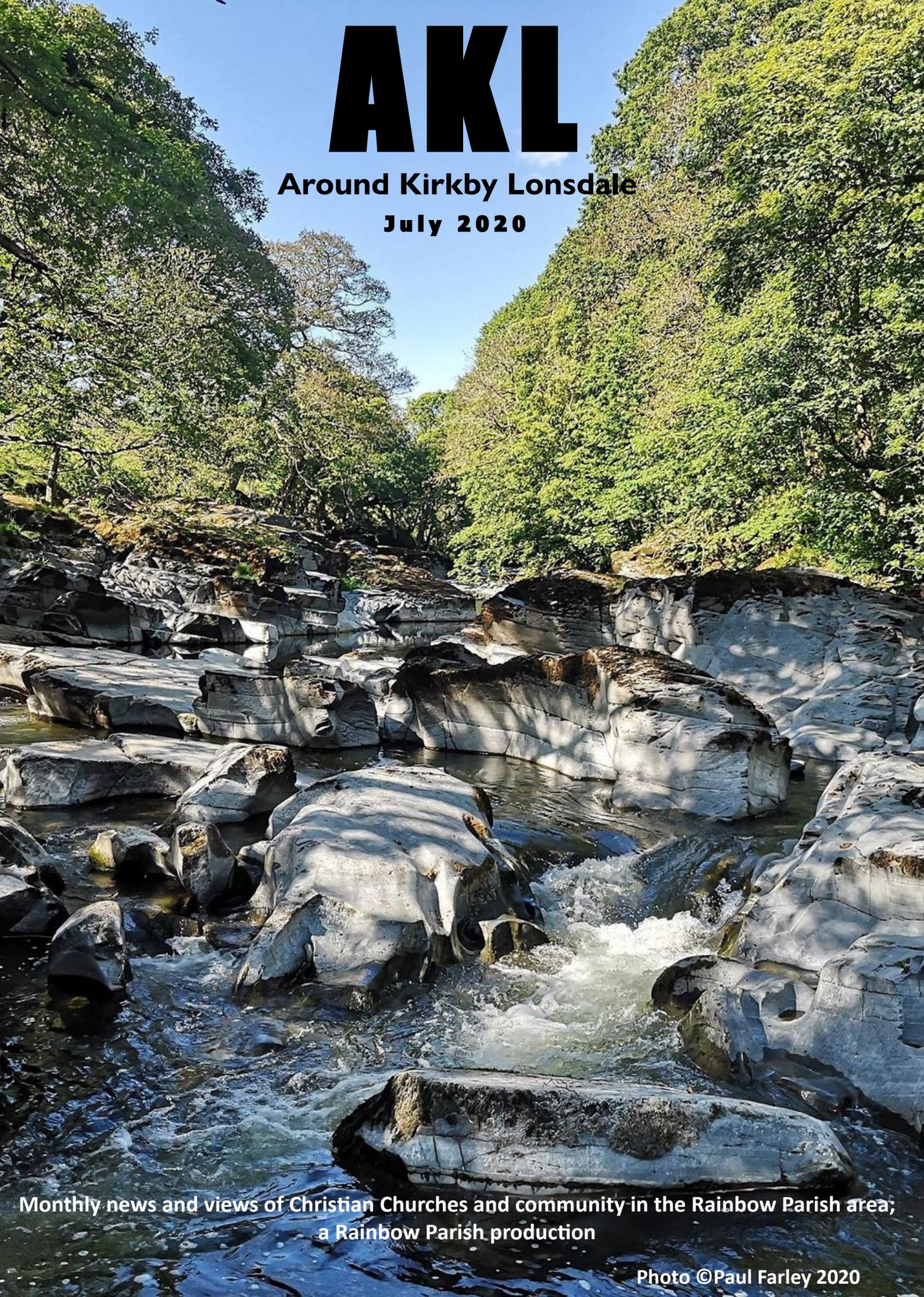


AKL

Around Kirkby Lonsdale

July 2020



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

Photo © Paul Farley 2020

Stormy Times

As I write it is mid-June and the Family Project has started preparing for the Messy Church in July. With our Messy Family we are exploring the story of Jesus calming the storm. This seemed rather apt as we are still in the midst of Covid-19 pandemic. The Government has indicated restrictions will begin to ease further soon, but for many of us it has felt, at times, as though we are in a never-ending, unmanageable storm.

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As a child I always found the concept of Jesus managing to sleep through this storm fascinating. I would often watch the sky change from my bedroom window, or downstairs with my parents and simply wonder at the loudness of it all. You can see why the idea of Jesus sleeping through a storm still seems somewhat impossible to me. I suspect though Jesus slept because he was simply exhausted. Many of us may be able to relate to that bone-tired feeling. When I speak to friends now, particularly those with children, they speak of a deep tiredness that is not their norm. At the start of the story, we hear that Jesus was leaving a crowd behind when he boarded the boat. He had been spending time teaching them but also being with them, listening to them, perhaps soaking in the emotions of many different people. It makes sense why he was so tired and why he asked the disciples to accompany him on the boat, away from the crowd, to the other side of the water. The human need to escape and rest were present in Jesus.

Yet I still struggle to understand how he slept so soundly. His sleep was deep enough that the disciples had to wake him during the storm. Filled with fear they said 'Teacher, don't you care if we drown?'. These disciples were fishermen and used to storms. They may even have seen one was brewing. Yet this storm made them so scared they were fearful for their life. Jesus' response at this point is bemusing. He does not immediately address the disciples. Instead he turns to the winds and the waves; the nature that has brought so much fear

and says 'Quiet! Be still!'. The winds and waves calm down immediately. The fact Jesus has authority over nature must have been incredible to witness. I find it compelling that he turns first to the centre of the storm and communicates with it directly. Something about that statement gives me hope. Even if Jesus does not calm our current storms, the knowledge that he can communicate with and be present with us through a storm is important for me. I also find it moving to ponder how Jesus asked the disciples to go to the other side of the lake. He chose to enter a storm.

Next he turns to the disciples and says: 'Why are you so afraid? Do you still have no faith?'. I always wish I could determine the tone of these questions. Were they said in despair or with a caring tone? We will never know. It may well have been a mixture of the two. At first these questions seem harsh. The disciples had been deeply unsettled by the storm; their fear is a human response. Yet, Jesus' questions seem to have been rhetorical. He wanted to make them pause and think. Jesus recognised storms can be terrifying but they can also change us and shape us in new ways. Storms can give us different perspectives. Storms can lead us to faith. I wonder if during the time of lockdown you found yourself changing. How do you think differently than before? What is newly important to you? I hope most of all you feel that Jesus, or at least the sense of peace he caused to the wind and waves, is with you in whatever storm you are entering, enduring or exiting. *Lo!*

Welcome to July AKL!

For the first time in recent years, we have decided to publish separate July and August editions of AKL. With advice and guidance on Covid-19 restrictions changing all the time, we felt that it was essential to communicate the latest news from our parish through the summer months.

Please review the new information on the re-opening of shops and businesses, as well as the gradual resumption of provision for private prayers in our churches. Social distancing measures will be in place for some time to come, so please go carefully and look after each other. Thanks again to everyone who contributes to the production and distribution of AKL – especially Kate Mason for the excellent shopping update, Deb Hawkins

THE CHURCH OF ENGLAND

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and volunteers from the Community Hub for delivering AKL when we've been unable to call on our usual distribution team due to Coronavirus restrictions.

Obviously, AKL can only provide a round-up of developments at the time we go to print. 'We Are Kirkby Lonsdale' and 'What's on in Kirkby Lonsdale' Facebook groups are a good way of keeping up to date with up-to-the-minute information.

Keep safe.

Diane Nowell, Editor, AKL

PS: This issue will be delivered in the Parish. We will have copies available for collection at the Tourist Information Centre, St Mary's Church porch, Booths, KL Post Office and Cowan Bridge Stores.

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, Mansergh Hall Farm, Mansergh, LA6 2EN, 015242 71397.

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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 Canon Luiz Ruscillo, The Presbytery, St Mary's RC Church, Hornby. Tel. 015242 21246.

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

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Photo by Mike Threlfall

The Church in and around Kirkby Lonsdale

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

Although our buildings have been closed, the church (as in people) have been very active, for example in moving worship online see kl.church. It has been great to see the creativity and willingness to adapt. Care and concern for our communities has continued in the work of the community hubs and volunteering and providing pastoral care and support. We have been committed to pray consistently for our communities and especially for those who are sick or bereaved.

Private Prayer

The government has now given permission for churches to open once again for 'private prayer' where they feel they can do this safely. We are working through the implications and sourcing the necessary hygiene supplies. Some of our churches will open as soon as possible and hope that this will be on Monday 29th June. All our churches are looking forward to opening for worship as soon as Government advice allows and appropriate arrangements can be put in place.

Initially we are looking at opening St Mary's from 10am – 12am on weekdays and we plan to have stewards available. We are hoping that the other Anglican churches in the Rainbow will be open during the day as they normally are (Barbon, Casterton, Lupton, Mansergh and Middleton). The Methodist churches are not generally used by people for private prayer midweek and we would invite people to use St Mary's for individual prayer if desired.

The next step will be opening for worship in all of the churches including our local Anglican and Methodist churches and St Joseph's church but we have no details from the government or the church bodies about how and when this will happen. Please look out for announcements on kl.church or the Facebook page, [@kirkbylonsdalemethodistchurch](https://www.facebook.com/kirkbylonsdalemethodistchurch).

We do ask that anyone entering our churches for private prayer or reflection observe good hand hygiene and social distancing, particularly ensuring they give others space. We plan to provide hand sanitiser in each of the churches for use on the way in and the way out. We also ask that everyone remain in the identified areas and do not go into other parts of the church. There will be no toilets available in any church during this interim period.

Group bookings

The Methodist churches in Kirkby Lonsdale and Cowan Bridge are considering the procedures necessary to prepare and manage the buildings for our regular community groups to use. The timing of this will depend on the type of activity and also when the Government and the Methodist Church changes the advice. We look forward to welcoming our groups back as soon as we can.

Please bear with us as we work through these steps and we ask for your support and understanding.



'I work in retail and my company says it's starting to look at how we might reopen later in the summer. This is

making me very anxious, even though I don't have any special health issues. I'm going to wear a mask, but not all the customers may do so. I used to take the bus to work, I don't have a car and I think it's too far to cycle. And I'm not even sure if my kids will be back at school by then! The thought of returning to work is keeping me awake at night. Do I have to go back?'

The short answer to your question is yes, you do need to comply with any reasonable management request to return to work. However, the important issue is 'reasonable'. The government has published specific guidance for different businesses on the steps they can take to minimise coronavirus transmission. If you don't think your company is complying, or is putting your health at risk, you should talk to them about this.

Similarly, they should listen to your concerns about using public transport. You could, for instance, ask to travel at a quieter time of day. And the government has said that

if you're unable to work because of childcare issues your employer can continue to furlough you.

We would suggest approaching this as a problem that you and your boss can solve together. But if you do get a bad reaction, you could report your employer to the Health and Safety Executive. Contact South Lakes Citizens Advice for advice about your legal rights in this situation.

Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or any other problems. South Lakes Citizens Advice is still delivering a service - Telephone and Digital Advice.

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Cllr Ian Mitchell

As I write this, the country is slowly beginning to come out of lockdown. This has been a truly terrible time for everyone, my thoughts are with everyone who has lost someone due to Coronavirus.

The mental wellbeing of people has been tested throughout and I welcome that people are now being able to cautiously socialise more in groups outside, as well as single adult households being able to form a 'support bubble'. These are all positive steps, but it is so important that we remain vigilant; that we continue to wash our hands and maintain social distancing so that we prevent a second wave of the virus. We need to get the economy going again and need provisions to enable all sectors to reopen, including hospitality and tourism which is such a huge employer in our area.

Several people have struggled to report lockdown breaches to the police through the 101 phone system. I have to admit I have had similar problems with 101 and I intend to take the matter up with Peter McCall the Cumbria Police and Crime Commissioner. I've found the 101 email system is better; I reported an incident at 10pm one evening and had a response within 20 minutes. When you report a crime, you will receive a crime reference number. If you contact me, I'm more than happy to chase this up with the PCSO, PC, Sergeant or Inspector for the area.

Please report problems on roads and pavements via Cumbria County Council's website. You can report faulty streetlights, potholes, damaged manhole covers, overgrown hedges, missing road markings and so on. It is so important that we feed as much information as possible into the system. While in lockdown I have reported several issues and the majority of works have now been undertaken. If you're unsure how to report a problem please contact me, I'm happy to help.

As you read this we are halfway through the works on Millthrop bridge. I'm delighted that, working with Cllr Nick Cotton, the works have been moved to this summer. The works were originally scheduled for the summer of 2021. It is testament to Cumbria County Council and the Yorkshire Dales National Park Authority, that they have worked hard together to get the planning permissions and worked quickly to complete the tender process.

Stay Safe

Ian

07530602234 ininmitch@hotmail.co.uk

ian.mitchell@southlakeland.gov.uk

View from the Bridge

Headline news in the Gazette: youths jumping off the bridge and damage done to the picnic tables and litter. The jumpers were advised of the dangers, especially as the river is very low, only to be thanked by a mouthful of abuse. The majority of visitors to our town do respect it and appreciate Kirkby's beauty and tranquillity. Then we have that small minority that have no appreciation of the facilities we offer or for law enforcement – and it is not just Kirkby. Thank you to all who spent time picking up the litter.

We have had a further easing of restrictions allowing more of our shops to open. It is challenging for some, as social distancing is quite difficult, so as with Borders and other small premises, selling at the door will be the norm for a while longer.

Work is continuing on the Lunesdale Hall roof. Loose slates have been refitted and the lead replaced in the valley; the work done to date seems to have cured the leaks. Repairs are also being carried out to the entrance porch roof and guttering. Prior to the shut down we had the heating system overhauled, which involved flushing it out and adding an inhibitor and a magna clean filter which should reduce the build-up of hydrogen (common in older systems of this type). Each of the fan convectors has had a thorough clean. Once the heating season starts, we should see a faster heating-up times and hopefully reduced running costs.

The council is hoping to hold its July meeting in the main hall subject to the restrictions being lifted to allow us to gather with limited numbers. If this is not possible then it is proposed to go on-line using Zoom. Members of the public would be able to view proceedings but not take part and it would be a very limited agenda. We will publicise details giving the 7 days' notice.

I would like to thank my Deputy Chairman for his help over the past few weeks whilst my daughter has been in hospital. I am pleased to say that she is now at home in Boston Lincs and I am waiting to be able to visit.

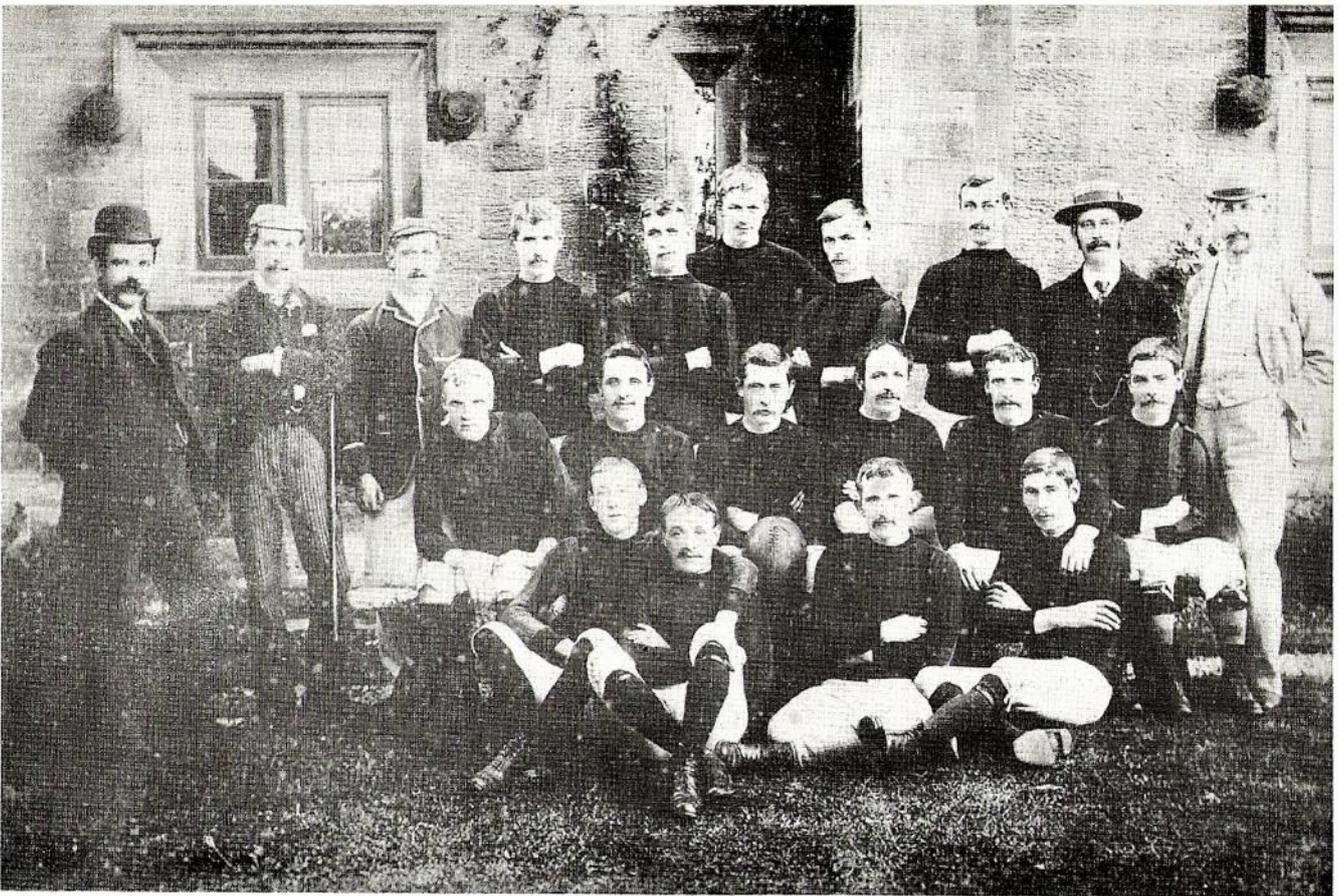
Hopefully in the next AKL I should have more to report on the outstanding projects that have been delayed.

June's 100 club winning numbers are 99, 156 and 45; the cheques have been sent.

Finally thank you to my minders and my council colleagues, not forgetting 'My Diane' sung by? Please stay safe make the most of the summer.

Best wishes to you all.

Cllr. Geoffrey Buswell



Kirkby Lonsdale 1892 — Back row: Jimmy Remington (bootmaker), John Towers (postal clerk), George Webster (solicitor), Wob. Jackson (blacksmith), Billy Woodhouse (coal merchant), Charlie Punched (estate agent's assistant), Tom Lupton (cabinet maker), Burtie Punched (estate agent's assistant), John Taylforth (schoolmaster), Mr. Pickard. Middle row: Jack Baines (painter), Harry Bracken (joiner), J. K. Robinson (estate agent's assistant), Tommy Dinsdale (saddler), Larry Baines (painter), Charlie Howard (postman). Front row: Jim Gawith (gardener), Tip Park (gardener), Jossie Baines (tailor), Jack Metcalfe (poultry man).

KLRUFC—A Brief History

Rugby in Kirkby Lonsdale began in the season 1877-78. Heversham School – now Dallam – won at Underley Park in the early winter but the Westmorland Gazette recorded a win for Kirkby Lonsdale at Heversham 23 Mar 1878. Sadly, the club's old records were lost during WWII, having been placed for safe keeping in a cupboard in the secretary's aunt's house. He returned in 1945 to find both cupboard and contents had disappeared. Our local Grammar School had, by 1879, started playing rugby and travelled to play Windermere College on 1st November of that year. It was reported that during the match, which the college won, that 'by steady dribbling the College forwards forced the ball to the enemy's goal line'. A rather different style of play in those days.

The game flourished in the late 1800s and there were over twenty clubs until the trauma of the split and the formation of the Northern Union which led to the founding of the Rugby League. In addition to the main clubs – Kendal Hornets, Kendal Town, Windermere Ambleside and Kirkby Lonsdale – there were at least 20 more clubs in South Westmorland. It is interesting to note that the club teams which still survive are those with a rugby-playing school close by. We are pleased that here in Kirkby we have a strong connection with QES and are glad to make our facilities available for them to use and for their young players to join the club.

In 1890 two Kirkby players, J K Robinson and E Richardson, were picked to play for Westmorland and thus the RFU became aware of our existence. Around the turn of the century changing facilities were to be found at one of the local inns with a cheering walk past St. Mary's and through the graveyard to Underley Park. Following the 1914-18 war rugby restarted. Kirkby was regularly represented in the county side of Cumberland and Westmorland by Billy Walling who was capped 47 times including the 1923-24 County Championship winning side.

Our grandstand was built about this time and has served generations of spectators and courting couples so well. The 20s and 30s brought the advent of motor coach travel and our fixture list expanded to take us to Lancashire and Yorkshire clubs. Many years ago, an ex-President assured us that Kirkby beat Orrell away with thirteen men! The Second World War took seven years out of a fine young team, but the club revived its activities in September 1946 with a match with Thornton Cleveleys. Season 1947-48 saw one of the finest of Kirkby sides, almost unbeaten until the snow halted games until almost Easter. In November, Kirkby beat Ambleside at home with Pickernell scoring ten tries. He had already attracted the attention of a Barrow Rugby League scout who was at the match. He signed soon after and Kirkby lost a fine player.

Next month will bring us up to date and tell of the remarkable growth of the club and its more recent achievements. *James Thompson*



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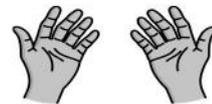
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Working together

Following the changes in lockdown restrictions the CIC (Community Interest Company) who run the Information and Gift shop in town, town toilets, Thursday market set up a zoom meeting for members of the Kirkby Lonsdale community, chaired by Sarah Ross.

The following information was shared:

Traffic measures – the Highways Department has reduced the speed limit on Main Street to 20 miles per hour and suspended parking. This is for an initial 21-day period to allow people to step off the pavement to avoid other people queueing. Loading bays can still be used to allow people to collect goods and also delivery vans to drop goods. Nick Cotton said he would take concerns and recommendations from the town back to the County Council.



Shops reopening – the process of opening up the high street seems to be naturally staggered, with different businesses needing different amounts of time to organise themselves and make their premises safe, although some will open Monday 15th June as per govt guidelines. Plans from those present (Abrahams, The Bath House and Borders) included limiting the amount of customers in the shop at any one time, limiting stock on display to avoid customers touching it, not allowing people to buy goods from the shelves, introducing an appointment system for part of the day, and marking out the direction of travel.

Hotel plans – two hotels (The Royal Hotel and The Sun Inn) fed back their plans which include removing touchpoints, stripping out bedrooms, reducing table numbers, introducing an online booking system, writing table plans and risk assessments, and limiting staff until trade can be confirmed.

Visitor Centre support – Janet Nuttall reported that the Visitor Centre is expecting a summer of day trippers and UK-based tourism, with bookings for holiday cottages and self-catering expected to be up.

The visitor numbers and behaviour at Devil's Bridge in recent weekends was discussed and it was suggested that Kirkby will need to absorb a different type of visitor with reduced facilities for the short term. The Visitor Information Centre will reopen on 6th July, operating five days a week

Charter Market – the market will reopen on 18th June with a different layout to allow for 2-metre social distancing and with a reduced number of stallholders. The town has asked the council to consider stopping cars from parking around the perimeter of Market Square on Market Day to make the space safer for pedestrians to move around in a socially distanced way.

Community Hub – officially thanked Boots, Booths and Borders for their help during the lockdown, and reported a team of 100 volunteers had serviced 500 requests. Peter Gregson requested that locals continue to be mindful of the vulnerable and those who can't get out going forward as well as the volunteers. Sue Stoddard from the Fairbank Society reported on how the residents were coping.

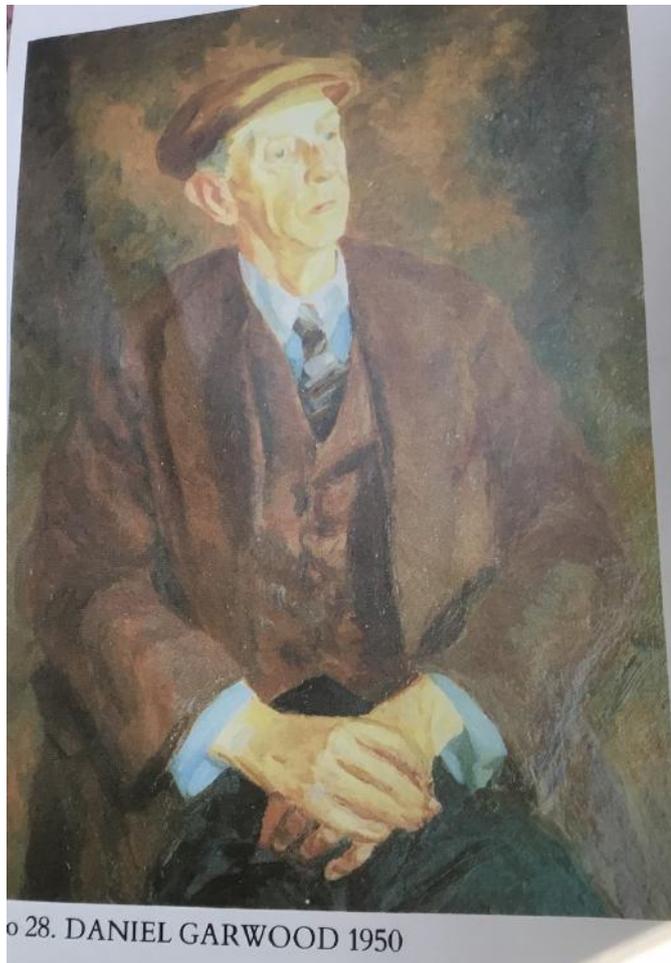
Sports and the Community Cupboard – Kim Bradshaw said golf and tennis are back with hockey also on the horizon, with all games outside. QES was thanked for providing the sports hall for the Community Cupboard until August, when it will find a new home. Janet Bradshaw reported back on the success of the community cupboard.

Church news – Rev'd Richard Snow reported that while St Mary's Church building closed for the lockdown, the church has continued. Plans are afoot to re-open the churches for private prayer (see page 5). The ministry team is also working on plans for funerals and small weddings to be held in church. Funerals are currently held at the graveside or crematorium. On the pastoral side the church team have been helping counsel people and Rev'd Wendy Thornton warned of the need to be aware of community mental health going forward.

National Park response – Julie Barker reported on the situation from the Yorkshire Dales National Park. She said Kirkby is one of many honeypot spots facing similar problems at the moment, with lots of new visitors, people gravitating to water, and issues with litter and fire risks from BBQs. The National Park has created leaflets for two popular destinations with social distancing infographics.

Town Council – Geoff Buswell reported that posters have been printed and will put up suggesting advised behaviour in the town. Mike Birchall praised the community on how it has reacted to the crisis. He asked for town members to build on what has been achieved and work together going forward, with a town wide approach to any situation.

Chamber of Trade – Robin Sadler said the Chamber of Trade has provided members with a starter pack of PPE including gloves, masks and sanitisers.



Christine Churchward

It is with great sadness that we have to advise of the sad death of Christine Churchward. Christine and Michael lived in Kirkby Lonsdale, from 1996 until 2011, when they moved to Tiverton in Devon to be near their daughters, Sarah and Rachel.

Christine was a keen gardener, who also enjoyed painting and cooking. She was a member of the St Mary's Parish Church Flower Ladies, the town's Hand Bell Ringers and Barbon Walkers. Latterly she enjoyed flower arranging in Exeter Cathedral. Christine died peacefully on the 18th May in the Hospice at Exeter. She will be sadly missed by all her family and friends.

Tina and Joan

The Big Vision update

Although current restrictions have prevented The Big Vision Project Team from meeting in person since March, there have been regular Zoom calls and other work going on to progress detailed work on the options we're considering for the Church buildings and their surroundings. We will publish our ideas as soon as we are able.

Peter Gregson, Chair, The Big Vision Project Team
www.thebigvision.org.uk

Unknown Subject

Clearing out the other day, I found this. Painted by Stephen Harris, judging by the number, it must have been in an exhibition some years ago. Does anyone in or about KL know who this gentleman was, where he lived and what he did? I would love to know.

Gilly Newbery, Pudding Poke Barn, Barbon.

The Rotary Club of Lunesdale

As each day goes by we see and hear of so many acts of kindness happening throughout the Lune Valley. It seems that everybody is keen to give a helping hand where needed in these trying times. Daily I tell myself how lucky I am to live in our beautiful part of the world. I know I am not alone in that sentiment.

Rotary continues to meet on line with President Dave carefully adhering to a strict agenda. David Simpson a Past District Governor gave a talk to the Club on 21st May bringing us up to date on the campaign to rid the world of Polio. Just Pakistan and Afghanistan are the only 2 countries which still report a very few cases. Our speaker on 28th May was Debbie Vance who lives in Ucluelet on the outer West coast of Vancouver Island and her subject was Rotary Graphics.



A great example of which is the RI Presidential Theme for 20/21 "Rotary Opens Opportunities". I can personally vouch for the truth of this statement when I think of the numerous opportunities I have benefitted from as a result of joining the Rotary Club.

Club Assembly was held on 4th June when we were pleased to be joined by Assistant District Governor John McGill from Furness Peninsular.

On June 25th I shall assume the role of Club President which I look forward to and hope that I can live up to the standard set by all my predecessors.

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Phone: 015242 71870, www.lovebooandbelle.co.uk
Opening hours: 10am - 4pm every day.

BOOTS CHEMIST

Opening times: 9.30am - 5pm Monday - Saturday
(Closed for lunch 1 - 2pm).

BORDERS GREENGROCERS

Phone: 015242 73817. Happy to take orders.
£10 mixed boxes available.

CHOCOLAT **SHOP RE-OPEN**

Opening hours: 11am - 4pm every day.
Pre-arranged personal shopping appointments available
Mon-Fri 10am - 11am and 4pm - 5pm.

CORVALE FINE FOODS

www.cornvalefoods.co.uk
email: paul@cornvalefoods.co.uk
New Home Delivery Service - Fresh locally sourced meat, our own sausages and burgers, fruit and veg, milk, bread, dairy products.

1. Place an order by phone 015242 22420 (8am-4pm) answer machine outside these hours or by email sales@cornvalefoods.co.uk
2. Make sure you include your NAME and ADDRESS including POSTCODE and your PHONE NUMBER.
3. We will then call you to arrange delivery date & time, and to take payment of your order..

COWAN BRIDGE STORES

Free delivery service to your home for your groceries.
Phone: 015242 73392 or 07875001974.

CREATIVE SEAFOODS

Phone: 07534033447.
Nathan Lusted our fishman from KL market is taking orders for home deliveries. Fresh and frozen seafood. All products are vac packed individually or in multiples. Min order £15.

DAL FIORENTINO - ITALIAN STREET FOOD

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See our menu on facebook @dal Fiorentino.co.uk

DALES BUTCHERS

Phone: 015242 71278.
www.dalesbutchers.co.uk
email: shop@dalesbutchers.co.uk
Opening times: Closed Monday, Friday, 8am-3.30pm Tuesday - Friday, 8am-12pm Saturday.
1. Order online and free pickup - save you hanging around in the shop
2. Order online and FREE local delivery (minimum £35 order - LA6 2, LA6 3, LA2 8A to 8J) - or £5 delivery charge outside these postcodes and up to 15 mile radius
3. Order online and courier delivery - free for orders over £100

You can also ring the Community Hub on 015242 36404 10 a.m. to 1pm. each day to arrange a delivery if required.

DEVIL'S BRIDGE SNACKS **SHOP RE-OPEN**

Opening hours: Thurs-Sun 9am - 3.30pm.

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email: freshlybentham@gmail.com
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GR & RD TAYLOR **SHOP RE-OPEN**

Opening hours: 1pm - 5pm every day.

HAIR AND BEAUTY EMPORIUM

Phone: 015242 72600.
www.thehairandbeautyemporium.co.uk
Hair & beauty products and pamper kits available with local delivery.

KIRKBY LONSDALE CHARTER MARKET
Every Thursday

COMMUNITY HUB HELPLINE

*** CHANGE OF OPENING HOURS ***

The community hub helpline will now be open
10am - 1pm, Monday - Saturday.
Answering machine outside of these hours.



HT NEWS

Phone: 015242 71357
Local delivery available of newspapers, magazines, milk, yogurts & bread.

KINGS ARMS HOTEL

Now offering takeaway food.
Friday - Fish, chips & mushy peas - £11 per adult.
Saturday - Thai food - £10 per adult.
Sunday - Roast dinner - £12 per adult.
Phone: 015242 71220 to book your collection slot and to pay.

KIRKBY LONSDALE BATHROOMS

Phone: 015242 72538 or 07766 937884
We are still operating and taking appointments.
Our plumbing side of the business is operating as usual.

KIRKBY LONSDALE BREWERY AT THE ROYAL BARN

Open 2pm - 6pm Friday - Sunday
Selling bottled beers, waffles and Kircabi coffee beans to take away.

KIRKBY LONSDALE POST OFFICE

Opening times: 8.30am - 5.30pm Monday - Friday,
8.30am - 12.30pm Saturday.

KIRKBY MOTORS

015242 71778.
Opening times: Mon - Fri 7am - 7.30pm, Sat & Sun 8am - 7.30pm.

KITRIDDING FARM SHOP

www.kitridingfarmshop.co.uk,
email: info@kitridingfarmshop.co.uk
Phone: 015395 67484.
If you or anyone you know are vulnerable and decide to self isolate, we may be able to help with local deliveries of fresh meat, ready meals, pies and baking.

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Phone: 07488331638 or 07796796586.

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www.lamaison.co.uk. Home delivery available.

LITTLE OWL EMPORIUM **SHOP RE-OPEN**

Phone: 015242 71588 or 07946560280.

LITTLE WALKERS **SHOP RE-OPEN**

Phone: 015242 72726 or 07843 284198,
www.littlewalkerski.com
Appointments available 9.30am - 1pm

LUNSDALE HOME AND GARDEN

Phone: 015242 72751. Happy to take orders and deliver.
Opening times: Mon: Closed, Tues: 10am-2pm,
Wed: Closed, Thurs, Fri, Sat: 10am-2pm, Sun: Closed.

LUNSDALE BAKERY

Call the Community Hub on 015242 36404 to place an order for the following day. We are unable to deliver but happy to provide anything we stock as collection (soups, hot pies etc).

NATWEST BANK

Opening hours: Mon - Fri 10am - 3pm

NUMBER FORTY FOUR

Phone: 07867871078.
Opening times: Fri & Sat 10am - 2pm. Selling Afternoon Tea (on order) and scones, cakes, coffee and tea.

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Phone: 015242 80139.
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Phone: 015242 71716.
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Phone orders from 4pm or order online up until 3.30pm.

PARMA VIOLET **SHOP RE-OPEN**

Phone: 015242 72585.
Opening times: 10am - 4pm every day.

SIENNA JEWELLERY **SHOP RE-OPEN**

Phone: 015242 72121 or 07807 373713.
Opening times: Mon - Sat 10am - 4pm, Sun 11am - 4pm.

SILVER MOON CHINESE TAKEAWAY

Phone: 015242 72133

SPAR, KIRKBY LONSDALE

Phone: 015242 71260. Happy to take phone orders.
Opening hours: 8.30am - 10pm each day.

SPICE ESSENCE INDIAN TAKEAWAY

Phone: 015242 72725.
Open for takeaways only.
Opening times: 5.30pm - 10.30pm Thursday - Sunday.

THE BOOK LOUNGE **SHOP RE-OPEN**

Phone: 015242 72319.
or email: thebooklounge@lunesdalebooks.uk
Opening times: Mon, Tues, Wed, Fri & Sat 10am - 4.30pm
Thursday 10am - 4pm, Sun 11am - 4pm.

THE CARD GALLERY

We offer free local delivery of balloons, cards, gifts, soft toys and gift wrap.
www.kirkbylonsdalecardgallery.co.uk

THE MILKING PARLOUR **SHOP RE-OPEN**

www.cowtocone.co.uk
Opening times: 11.30am - 5.30pm every day.

THE SWEET SHOP Market Square **SHOP RE-OPEN**

Phone: 07741304108 or 015242 71570.
Opening times: 10am - 5pm every day.
Delivery also available.

THE WAGTAIL KITCHEN

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ZINC clothing, jewellery & accessories. **SHOP RE-OPEN**

Phone: 07342 648377.
Opening times: Mon - Sat 10.30am - 4pm,
Sun 11am - 3pm. *Personal shopping appointments available.*

Thanks to Kate Mason for independently compiling this guide and sharing it with us. Please note that information may change across the month so please check with individual businesses before making a special trip.

The Community Cupboard

Kirkby Lonsdale and District Civic Society

OUR PROJECT IS FUNDED BY



Thank you to all who are generously supporting the Community Cupboard with both their time and kind donations. Together, we are establishing a safety net of support for the people of Kirkby Lonsdale and its surrounding areas. We would also like to say thank you to the Cumbria Community Foundation and the Covid-19 Response Fund who have awarded a grant to help us run the Community Cupboard and support our community during these exceptional times.

Please remember to visit the website www.KLcommunity.co.uk to have a look at our page and share with anyone you feel may benefit from some support with their household shop.

Website: www.KLcommunity.co.uk

Email: enquiry@klcommunity.co.uk

Facebook: 'The Community Cupboard'

It is also possible to access support / enquire about the Community Cupboard via the Community Hub 015242 36404 .

Kirkby Lonsdale Community Hub

The Community Hub helpline is still very much open for business so please do get in touch with us if you need help with shopping, picking up prescriptions or anything else practical. We are open from 10am to 1pm Monday to Saturday on 015242 36404.

We can also put you in touch with one of our listeners if you feel the need to have a confidential chat with someone.

We have really seen at first hand the strength of our community in the past few months and we'd like to pay tribute to the telephone volunteers who've been faithfully manning the phone since the end of March and our team of volunteers in the town and surrounding area who have shown incredible willingness to help and support our community at this time.

At this time of year the Civic Society would usually be busy finalising and printing the programme for our season of winter talks. The seven talks, generally with a local link, are held between September and March in the Lunesdale Hall.

Although we've finalised the season, we're still waiting to see what future plans might be possible. However we've been in touch with our speakers and, very much subject to review and confirmation, will now hold six of the talks between January and June 2021 and the seventh in December 2021.

So, echoing April's AKL, we'll still be 'inviting you to take a Quaker Journey, find lost inns and alehouses, travel the Corpse Roads and consider the importance of Four Tins', but in the spring rather than 'in the autumn'.

And in May 2021 we hope to hold our annual course, learning the history of 'The English Country House' over three Saturday afternoons - and tea and cakes!

In the meantime, we send you our good wishes for the summer and if you have any queries please do get in touch.

Anne Burgess

Chairman

kldcschairman@gmail.com

www.kirkbylonsdalecivicsociety.org



In the Storm

Next Facebook Live Session
Sunday 19th July 2pm



Want to contribute?

- Make a boat (out of food, paper, anything you like) and send us a picture.
- Record a video of thanks to someone you care about or who has really helped you during lockdown.



Send videos and pictures to lol@cilfamilyproject.org by Friday 10th July.

To Bee or not to Bee

Kirkby Lonsdale WI has been putting its creativity to good use, as is evident from our recent poetry competitions and the June edition of 'WI News At Home' newsletter, which showcases wonderful examples from across the region - the sewing of face masks, creative writing and the painted decoration of a public bench. One thing in particular caught my attention, how to help bees by building a bee hotel from an old tin or plastic bottle filled with pieces of bamboo cane or hollow twigs, to hang in your garden. So easy to do and such a great activity for children and grandchildren. If you would like to find out more about ways to help our pollinating friends simply search 'Bees' in MyWI.

Back in 1992 the National Federation of Women's Institutes was one of the six founder members of the Fairtrade Foundation and it continues to be a key member organisation today. Not surprisingly, Covid-19 has severely impacted on supply chains, crucial to their success. Therefore, should you feel inclined, when doing your next shop, perhaps browse their products which now extends to far more than tea, coffee and sugar.

A great way to help our regional federation raise funds is through the CFWFI 200+ Club. If you would like to participate, Breda at Head Office is responsible for its administration.

We remain hopeful that we will soon be able to get back into the swing of things, it certainly feels as though we are moving in the right direction. In the interim, we can be assured that the National Federation is mindful of the pandemic's impact on meetings and as a result the 2020 membership subscriptions into 2021 is currently under review. So, hopefully, we have some news on this soon, but until such times when we can pick up where we left off please continue to stay safe and keep in touch with us by email or telephone.

Take care and hope to see you soon.

Rosalind and all on the Committee
kirkbylonsdalwi@gmail.com

015242 98587 or 07765480943



Based in 18 Main Street (the old art store) and opening on 1st August, The Zero Pantry will offer shoppers the opportunity to stock up their pantry and buy cleaning and personal products in bulk eliminating single use plastic packaging.

1. 'Tare' your own containers at the self-serve scales
2. Fill your container with exactly what you need
3. Weigh your container
4. Check out and pay

The Zero Pantry is also doing its bit by purchasing from manufacturers who offer a 'closed loop system' – this means that the large plastic containers used to store products are returned for refilling and reusing. By supporting and stocking locally sourced produce we are also able to cut down on the carbon footprint as well as taking pride in North West made! We will be offering a wide range of dry store goods including flours, pulses, grains, rice, pasta, herbs and spices; as well as washing up liquid, toilet cleaner, shampoo, conditioner, body wash and much, much more. By each of us doing a little bit, together we can make a big difference.

Online Singing

Since April, members of the Sing Joyfully! and Kirkby Lonsdale Singers vocal ensembles have found a new way to meet and enjoy each other's company by taking part in weekly virtual singing sessions with their Musical Director, Anastasia Micklethwaite.

The 2-hour singing sessions have enabled participants to engage in fun warm ups, look at vocal technique and sing music in preparation for a Gospel music themed concert, which has now been postponed until 2021.

Over the summer months of July and August, when the choirs usually take a break, Anastasia is offering a series of small group vocal workshops, offered online via ZOOM, looking at specific pieces of repertoire, solo works in a masterclass setting, vocal technique, breathing and warm ups to promote healthy solo singing at home. 1:1 lessons are also available.

If you are interested in developing your singing and learning more, please contact Anastasia on 07952 601568 or email amicklethwaite@hotmail.com.



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Avanti Restaurant & Bar

We are excited to announce that we will have dishes from our new authentic Italian menu available to take away from July.

Keep an eye out on our social media pages and website for updates.

We are very much looking forward to welcoming you back to the restaurant and our beautiful walled garden as soon as we safely can, once the government allows.

We hope you stay safe and well and keep smiling.

Take care of each other, wishing you all the very best.

The Avanti Team

Avantirestaurant.co.uk

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We are a local Medical Diagnostics company offering a comprehensive range of medical tests including throat/nasal swabs and Antibody tests for Covid-19. All our Covid-19 tests are CE marked, regulated and approved.

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Online Events

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STAY SAFE STAY ALERT



Photo by Jayne Bolton

KL and WWI: a themed guided walk around St Mary's churchyard



Despite being a small town of around 2,000 residents, Kirkby Lonsdale has a variety of surprising associations with important events in history, and over the years its residents have played a part in shaping not just our town and community, but influencing our country's social, scientific, and literary history.

I would like to invite residents and visitors to join me for a (socially-distanced) guided walk around St Mary's Churchyard to hear the stories of some of the people of Kirkby Lonsdale, including the town's most decorated serviceman, Brigadier General Louis John Wyatt – the man who selected the body of the Unknown Soldier 100 years ago this November.

The walks will take place on Tuesday 14th and Thursday 16th July at 3:00 pm. I will be asking for a minimum donation of £7 to support the work of the Armed Forces charity SSAFA, of which the late Dame Vera Lynn was an Ambassador and long-standing supporter. As I will only be able to guide a maximum group size of 6, please book a place by emailing me at Tess.Pike@btinternet.com (or calling 015242 72530).

Tess Pike, Blue Badge Tourist Guide



Have you ever wondered what sight might have met your eyes if you had walked into this building in Kearstwick many years ago? Does the Gothic architecture maybe remind you of a church?

Imagine opening this door in the mid-1930s...



Photo: Robin Ree

... This is a scene that might have unfolded in front of you!



... Or you might have found yourself in the midst of a WI meeting – the Women’s Institute had been founded in 2015, and two years later Lady Henry Cavendish-Bentinck set up the first WI in Westmorland, here in the building now known as Bentinck House.

A Grade II listed building, formerly known as the Kearsick Institute and later used as a hunting lodge:

THIS BUILDING IS DEDICATED
 IN MEMORY OF
 THOMAS, EARL OF BECTIVE
 BY
 HENRY AND OLIVIA BENTINCK
 TO
 THE USE AND ENJOYMENT
 OF ALL WHO LIVE ON
 THE UNDERLEY ESTATE
 1902



Tess Pike, Blue Badge Tourist Guide, with thanks to Mr and Mrs Cropper for helping to bring the house alive for me and Robin Ree for capturing the essence of the building today



Photo by Anne Burgess



Photo by Robin Ree

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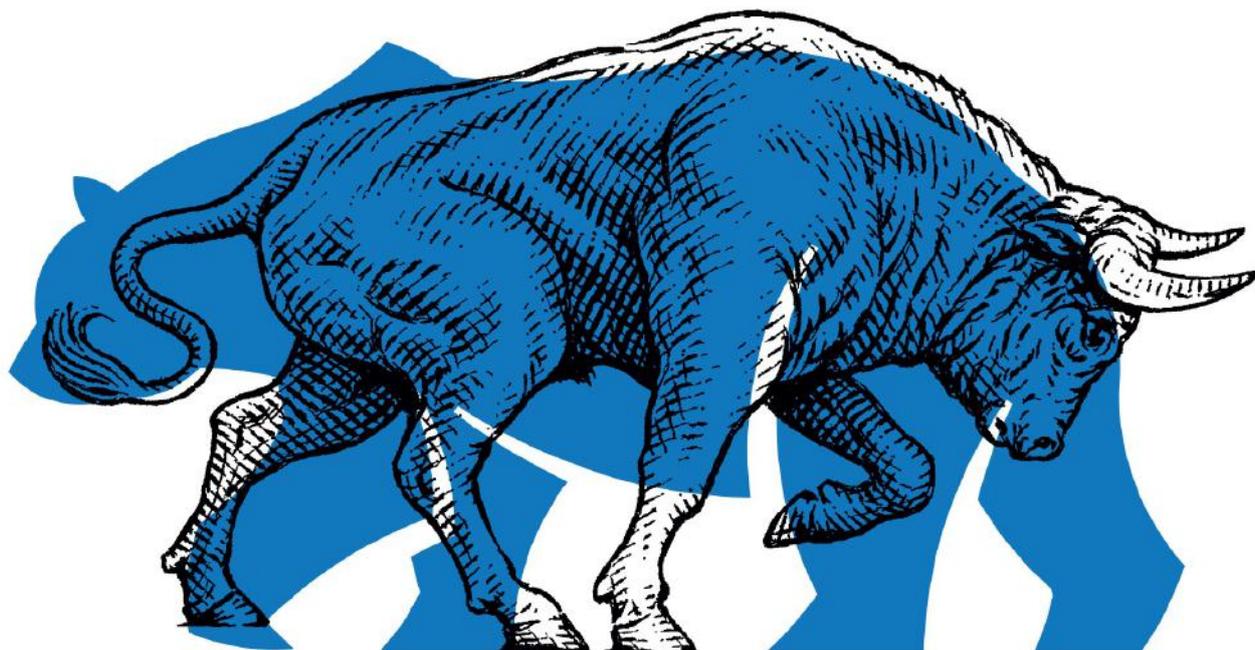
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