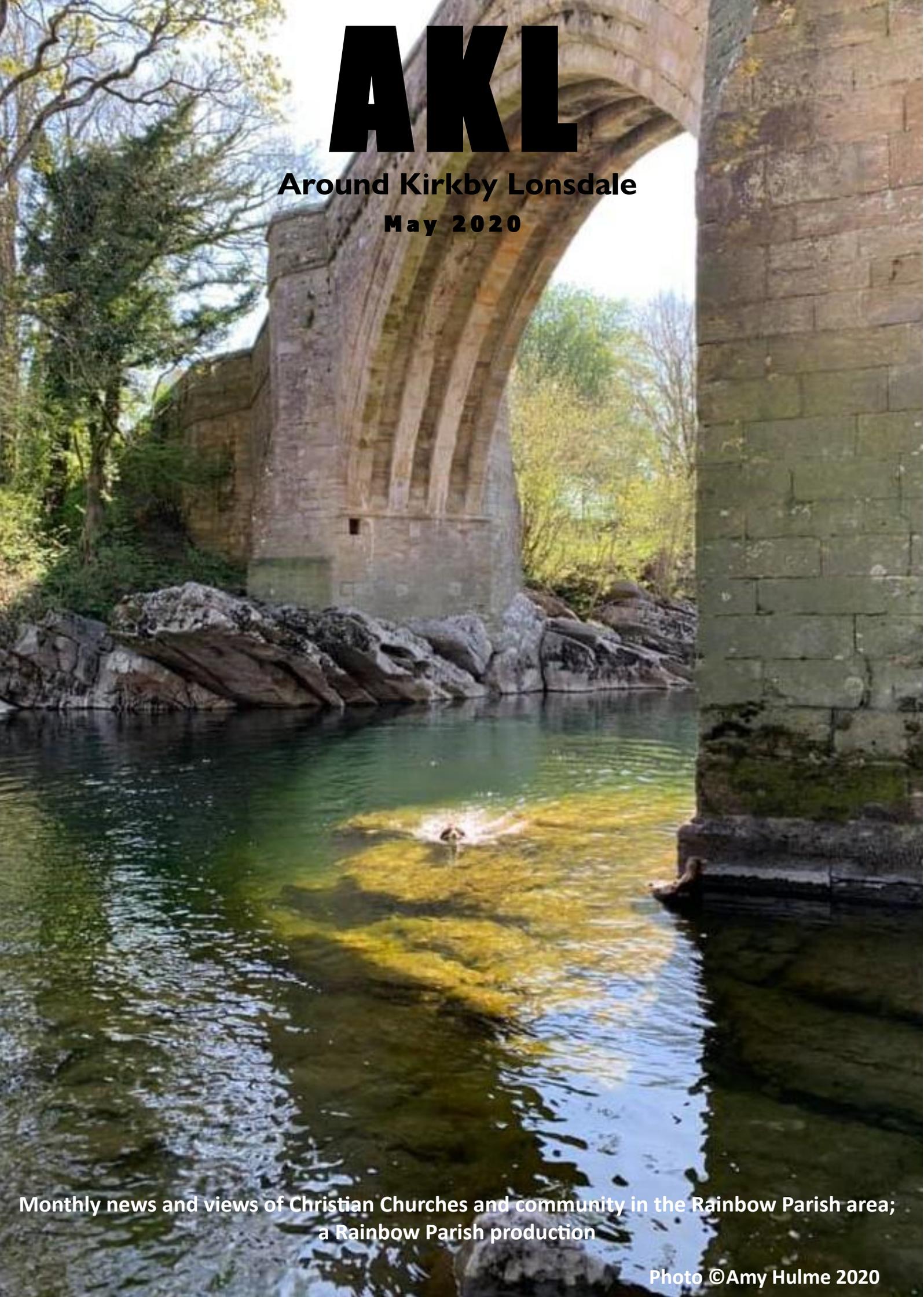


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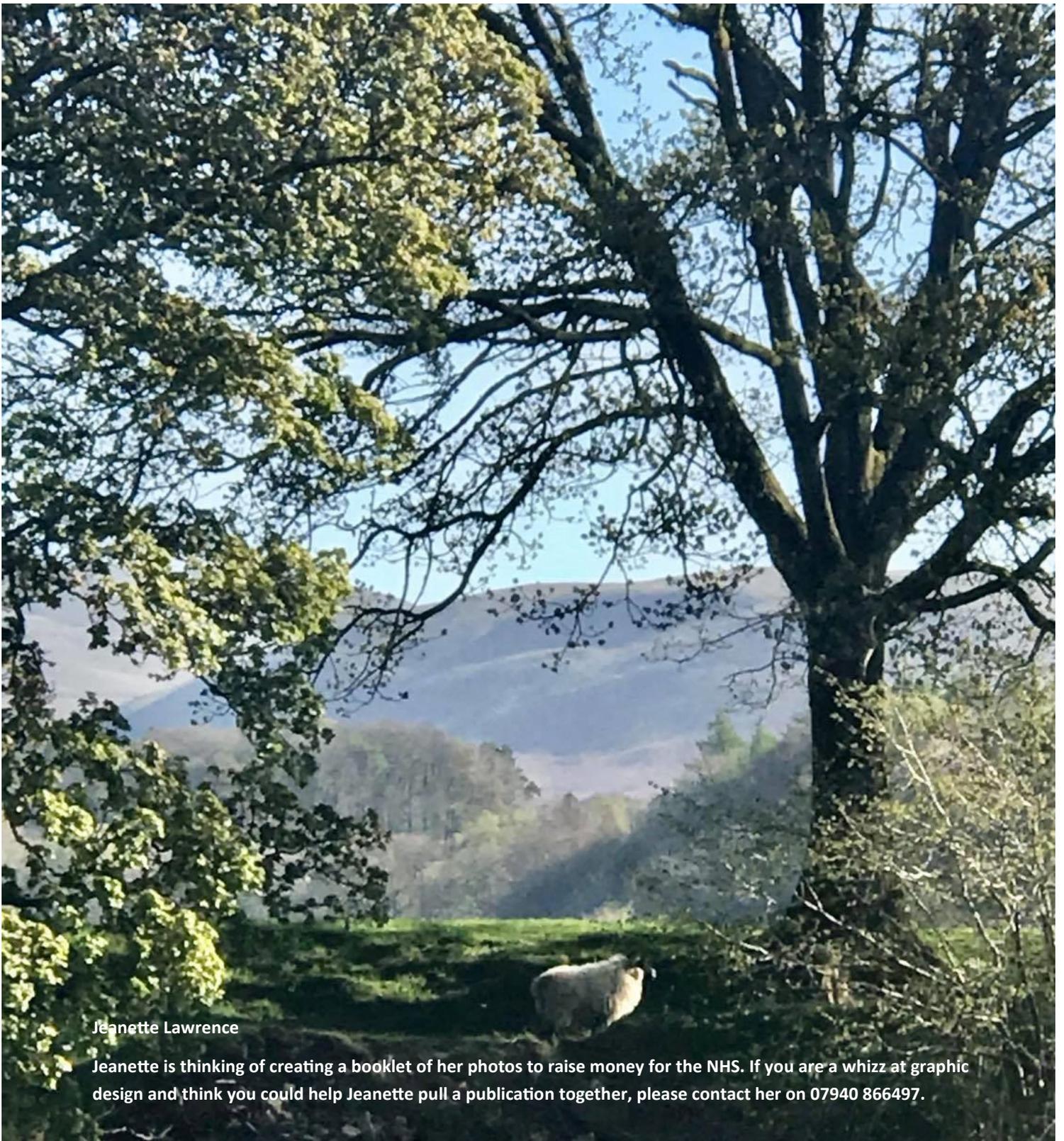
**Around Kirkby Lonsdale**

**May 2020**



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

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Jeanette Lawrence

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Robin Ree

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## Worshipping God in new ways

As I write this we are over three weeks into Lockdown – a state that may well be with us for several more weeks or months yet – and a state which has become the ‘new normal’ amazingly quickly. Looking back to the time before the effects of the coronavirus pandemic – a whole new definition of ‘BC’! – so much has changed in so short a time....

Laws, which would normally take years to draft, scrutinise and pass are already in force. New ways of shopping, being schooled, interacting with our GPs, spending our spare time.....restrictions on our freedoms that we would never, under normal circumstances, have allowed to be imposed without a fight, have been accepted for the good of the whole community, to preserve the ability of the NHS to cope, for our common good.....

It is a worrying time – no one knows what the future will hold – but in reality no-one has ever known exactly what the future will hold! We fear what may happen to us or to our loved ones, we feel we have no control – the reality is, and always has been, that we have very little control and, ultimately, we will all die....

The experience of the pandemic is a very levelling one – it does not matter how famous you are, or how much money you have, what your job is (or was) or who you know. The impact of it demonstrates to us all what is really important in life – makes us pause and reassess what really matters. This is one of the positives to come out of the experiences of the past few weeks. And I hope and pray that we do not forget these lessons when we emerge from lockdown in a few months from now – I hope our realisations of what makes life worth living – our relationships with others, our common care and concern –our appreciation of those who serve us, and make our common life possible - will remain as important motivators.

This year we experienced an Easter unlike any other – which has caused us churchy folk to pause – stopped in our tracks – no longer able to do all those things we always do – unable to practise the traditions handed down through the generations. So what did we do? We embraced new technology – we now have a new website – kl.church – we even have a YouTube channel! We used whatever avenues were still open to us (including the old

faithful methods of post and telephone!) to proclaim the Good News of Easter – that God loves us and that death is not the end.....

And some people may be asking ‘Where is God in all of this?’ One answer lies in the words of the following sonnet, written by Malcom Guite, poet in residence for the ‘Church Times’, especially for this particular Easter season that we are still in the midst of.

*And where is Jesus, this strange Easter day?  
Not lost in our locked churches, anymore  
Than he was sealed in that dark sepulchre.  
The locks are loosed; the stone is rolled away,  
And he is up and risen, long before,  
Alive, at large, and making his strong way  
Into the world he gave his life to save,  
No need to seek him in his empty grave.*

*He might have been a wafer in the hands  
Of priests this day, or music from the lips  
Of red-robed choristers, instead he slips  
Away from church, shakes off our linen bands  
To don his apron with a nurse: he grips  
And lifts a stretcher, soothes with gentle hands  
The frail flesh of the dying, gives them hope,  
Breathes with the breathless, lends them strength  
to cope.*

*On Thursday we applauded, for he came  
And served us in a thousand names and faces  
Mopping our sickroom floors and catching traces  
Of that virus which was death to him:  
Good Friday happened in a thousand places  
Where Jesus held the helpless, died with them  
That they might share his Easter in their need,  
Now they are risen with him, risen indeed.*

(<https://malcolmguite.wordpress.com/blog/>)

So it is my hope and prayer that you may know something of the eternal hope, light and joy of Easter even in the midst of our current circumstances which may seem more about darkness and despair – but remember – a tiny pinprick of light can dispel darkness and a glimmer of hope can carry us through the storms of despair.....

With love and prayers.

**Rev'd Anne Pettifor**

## The Big Vision

Work on the option appraisals for The Big Vision is continuing with the Project Team and working groups meeting and working via Zoom conference calls. Everyone is adjusting to a new way of working! We will publish our ideas as soon as we are able. In the meantime, we hope everyone stays safe and well, and at home.

Peter Gregson, Chair, The Big Vision Project Team

## Welcome to May AKL!

This is our second 'lockdown' issue, which means that while we don't have the usual selection of events to look forward to and reflect upon, we can still celebrate our beautiful surroundings and appreciate every single member of our wonderful community doing their bit to make us all feel safe and cared for.

So I'd like to take this opportunity to offer heartfelt thanks to the businesses who are working their socks off to supply us with all we need for a comfortable containment, to the friends, neighbours and hub volunteers who are going the extra mile – quite literally in some cases – to deliver groceries to those who are self-isolating, and to our ministry team for their spiritual guidance at this time of great need.

We've assembled a wealth of information here to help you navigate the coming weeks. Please know that there is support available for everyone who needs it – don't be afraid to ask.

Also, we're compiling a page of online support resources – if you are a local business and are offering free or paid (or a combination of both) virtual services such as exercise classes, menu prep, coaching or meditation, please contact me and I'll add you to the page!

## Being in the moment

It feels an odd time to be writing about the Family Project. I am, like many, working from home during this strange time called lockdown. It means that my job has altered. No longer do I spend my time popping in and out of schools, nurseries, toddlers, clubs, prayer meetings, churches or youth groups. Instead some of these meetings have moved online whilst others have merely been paused for a moment.

It is a strange thing to go from having so much regular contact with people, to potentially not seeing friends, colleagues or young people you work with for months. It is an adjustment that I am still trying to adapt to. However, in some ways I feel more connected to certain people than before. I am producing family activity packs to go on various community groups every other day. I am also chatting with people across these groups using the Easter Conversation Calendar my friend produced. Plus, I am creating a weekly video for toddlers, as a mini attempt to offer a story for the See & Know families, since we are unable to read and interact in person.

I find the interaction that has happened because of the various posts I have been doing on different platforms have felt deeply important. Conversations have sprung up that would not have happened if my job had been as it was a month ago. Things have been lost by the change

My thanks to everyone who has helped me to gather together this month's info, especially **Deb Hawkins, Rosie Bradshaw** and **Kate Mason**.

Hope you'll enjoy the pictures, too, captured by locals as they take their daily exercise. Please do continue to send them in – I'll be on the hunt for a lovely cover image for June AKL – thanks to Amy Hulme for an uplifting shot for this month's edition! Would also love to hear stories from readers that might help to raise our spirits – please forward anything you'd like to share (this could include tips, craft suggestions and ideas for home-based activities) and we'll include as many as we can.

'We Are Kirkby Lonsdale' and 'What's on in Kirkby Lonsdale Facebook groups are a good way of keeping up to date with new information – you'll also find more about how you can continue to support local businesses and enjoy your usual treats without leaving home! Keep safe.

**Diane**

Editor, AKL

PS: This issue is published online at [kirkbylonsdale.co.uk](http://kirkbylonsdale.co.uk) and available to collect from St Mary's porch, Booths, KL Post Office, Hutton Roof newspaper box, Casterton garage paper box, Crossroads paper box, High Casterton paper box, Lupton Church, Old Town paper box, St Peter's porch, Middleton bus stop, Barbon Church porch.

to my work, but new opportunities have emerged that feel like a blessing. Unexpected conversations have led to unexpected discussions, sometimes a moment of connection in an otherwise disconnecting day. A feeling of connection with people I know and people I don't.

The online conversations have also taught me a new way of listening. It involves pausing a lot more to try and work out what to type; how to respond well in that moment. As I type I am aware this might be the first interaction for someone that day. It might be mine too. The words we use on the internet are important. We are taught to be careful of the words we say but I think now, more than ever, we need to think more about the words we type. Embracing the pause but also sensing when saying nothing might be the best answer or comment too.

A highlight of my work has been St. Patrick's Youth Groups Games night on Zoom. It was great to hear how everyone was and do something as regular as playing some of the games we normally play at youth group. I think that has been the key thing to hold onto during this odd season, the moments of normality and how life giving those moments are. I suspect after this has all gone, we will embrace and cherish normality much more than we did previously.

**Lol**



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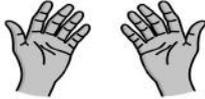
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## View from the Bridge

It is in times like these that our unsung heroes take an extra step to help those in need. Kirkby Lonsdale has more than its fair share of willing volunteers when the call comes—our supermarkets and the smaller family-run business all pulling together. At the time of writing I have not had to call on the services of our Mutual Aid Group; the town's thanks go to you all.

May's council meeting has been cancelled but it is hoped that now the legal restraints have been lifted we may be able to resume with an online meeting in June. The council is looking into the various options open to us; there are strict guidelines that have to be adhered to but once we have the details sorted, we will publicise the date and time. As you will appreciate, many things have been put on hold: the pedestrian crossing, surveying of the Brow and the Lunesdale Hall roof repairs.

The 100 Club numbers were drawn, Kevin was given the choice of 9 envelopes by phone, each with a number drawn by non-members: 1st, 37; 2nd, 7; 3rd, 20. I do intend to do it slightly differently in May. My three random pickers will be given a section to choose from, so giving an even chance to the higher numbers which could get overlooked.

Finally, thanks go to Kevin the town clerk and my deputy Chairman and fellow Councillors, who have managed to keep the town ticking over, despite the restrictions. I am also indebted to Marie, Sarah and Diane who have kept me fed, watered and grammatically correct!

Please stay safe look after your families and your neighbours. Best wishes, *Cllr Geoffrey Buswell*

## Riverside erosion

We are all aware of the ongoing erosion of the western bank of the Lune between Devil's Bridge and the Radical steps. And, of course, the significant costs involved in maintaining the footpath. I understand plans are afoot to strengthen the riverbank involving gabions. I would be interested if other solutions to the problem have been addressed other than reinforcing the west bank.

Opposite the Radical Steps the river splits into eastern and western channels with the latter taking most of the flow. One possibility to consider would be to make the eastern channel take more of the flow thus alleviating erosion on the west bank. It would also be interesting if any residents have noticed over the years any changes at the location where the river splits around the island. It could be that there has been a build-up of gravel and pebbles which has reduced the flow of the river into the eastern channel?

*John Peel*

## KLTC

In view of the continuing Covid-19 restrictions, Kirkby Lonsdale Town Council is taking the following actions:

1. Monthly meetings in public are suspended until further notice
2. Under delegated powers, the Chairman, Cllr Geoffrey Buswell, Deputy Chairman Cllr Allan Muirhead and Town Clerk Kevin Price will deal with routine matters and will publicise any decisions taken.
3. Any matters requiring full council consideration will be deferred until the Town Council can meet in public, or a virtual meeting of the Town Council will be considered.
4. The public are encouraged to continue to contact the Town Council through the Town Clerk at [kevtherev7@hotmail.com](mailto:kevtherev7@hotmail.com)
5. The Town Council asks organisations including the town's Mutual Aid Group. The Chamber of Trade, Churches Together in Lunesdale, the Community Interest Company and Bar Watch to advise the Town Clerk of any activities which affect the community, in order to achieve a full sharing of information.
6. The Town Council will continue to comment on planning applications, but members of the public should send their own comments separately and directly to South Lakeland District Council at [www.southlakeland.gov.uk](http://www.southlakeland.gov.uk).
7. The Town Council advises the public to visit the following website for the latest relevant information about Covid-19. <https://cumbria.gov.uk/coronavirus/communities.asp>

## Lune Valley Swimming Pool

Although understandable, it was with great regret that we had to close the pool for the duration of the Covid 19 shutdown. In the current year and prior to closure there had been a steady improvement in pool usage and a real sense of optimism around the place. The trustees, staff and volunteers had put in an amazing amount of time and effort and all pulled together to make things work. A big thank you to everyone for supporting for this valued community amenity.

Be assured that the pool is being maintained and monitored and we are determined to come back stronger once this crisis is over. We currently face an uncertain few months without any income but we will honour all advance payments for sessions or lessons when we return. We will try to keep you posted but if you have any questions or concerns regarding this or any suggestions please feel free to contact us: [poolmanager@lunevalleypool.com](mailto:poolmanager@lunevalleypool.com). Meanwhile stay safe, stay well and we look forward to seeing you sometime soon.

## Rosie's Round-up!

### Support For People Self-Isolating Or Shielding

#### ***Kirkby Lonsdale Community Hub***

Our local volunteer Hub is organised locally by a small team consisting of members of the Community, Churches and Town Council and supported by over 100 local volunteers. We are working closely with our local shops, GP surgery and Chemist. Residents can contact the dedicated phone line to access support with getting food, medicines, and essential supplies delivered to their home. All of our volunteers have committed to work within agreed guidelines and good safeguarding practice. Our volunteers have been issued with an identity badge so can be easily recognised. If a resident is in doubt they can check with the Hub number who will be able to confirm the authenticity of the volunteer.

Kirkby Lonsdale Community Hub 015242 36404,  
10.00am - 4.00pm, seven days a week

#### ***Telephone support***

If you do not need supplies but would appreciate being able to talk with one of our support team please ring the hub number, ask for a call back and someone will get in touch with you without delay.

Alternatively, you can email your request for help to [klcommunityhub@gmail.com](mailto:klcommunityhub@gmail.com)

#### ***Telephone Buddies***

If you would like to be able to speak to someone on a regular basis we can put you in touch with a member of our volunteer team who will keep in touch with you to have a regular chat.

#### ***Prayer Requests***

Some people find that prayer support helps during a time of difficulty and stress. If anyone has a specific prayer request, please do let the Clergy team know either by phone (see contact details in AKL) or by emailing the dedicated and confidential prayer email. [prayer@kl.church](mailto:prayer@kl.church). This will be picked up by the team and your request will be included in our daily prayers.

#### ***Villages around Kirkby Lonsdale***

Many of the villages have volunteer support in place. If you live in Barbon, Burrow, High Biggins, Kearnstwick, Low Biggins, Lupton, Mansergh, Old Town, Rigmaden, or Underley we can serve you from the Kirkby Lonsdale Community Hub.

The following villages have their own arrangements – please ring the Kirkby Lonsdale Community Hub number above and we can put you in touch with the contact in your area: Leck, Cowan Bridge, Casterton, Hutton Roof, Whittington, Hornby, Gressingham, Arkholme, Endmoor and Tunstall.



#### ***Cumbria County Council (South Lakeland Area)***

The Cumbria County Council emergency helpline has been set up to deal with people who are at high risk and self-isolating, not in the 'shielded' category but those who have no family, friends, neighbours or other local support to call on. The County Council has linked with the network of Local Volunteer hubs such as the Kirkby Lonsdale Community Hub and will refer people first to these local groups.

'Those at high risk include people over 70 years old, pregnant women and those with underlying health conditions who should be protecting themselves by staying at home.'

If they have no alternative means of support, these people will now be able to call the Freephone number to request help with getting food, medicines, essential supplies and home deliveries. The County Council Emergency telephone support line is 0800 783 1966.

Or you can email your request for help to [COVID19support@cumbria.gov.uk](mailto:COVID19support@cumbria.gov.uk).

Online form: <https://cumbria-risk.oncreate.app/w/webpage/1859EBBFF1>

Further details about this support service can be found online at [www.cumbria.gov.uk](http://www.cumbria.gov.uk).

The telephone 'call centre' will operate Monday to Friday 9am to 5pm and 10am to 2pm at weekends. The service will also accept referrals from members of the public who may be concerned about people in their community.

The new NHS volunteers are being directed to support the 1.5m people who are 'shielded', in other words have been identified across the UK by GPs as extremely at risk. Those in this category should have received a letter from the government stating that they will receive free food parcels if needed and have help with medicine delivery and loneliness. People who believe they are in this category who may not have had a letter, can self-register on the Government website <https://www.gov.uk/coronavirus-extremely-vulnerable> or by calling 0800 028 8327.

The NHS Volunteer support is currently in the process of being organised and deployed and will complement the work of local volunteers.

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*\* By contacting this number you are consenting to your contact details being held*

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When delivering anything we will leave it on your doorstep, move to a safe distance and then call you to let you know it is there. We will wait to watch you collect it before leaving.

### **WHEN SELF ISOLATING:**

#### **DO**

- try to keep at least 2 metres (3 steps) from other people in your home, particularly people over 70, or those with long-term health conditions
- ask friends, family and delivery services to deliver things like food shopping and medicines but leave them outside
- sleep alone, if possible
- regularly wash your hands with soap and warm water for at least 20 seconds
- drink plenty of water and take paracetamol to help with your symptoms

#### **DON'T**

- do not have visitors to your home (ask people to leave deliveries outside)
- do not leave your home, for example to go to work, school, or public areas, and do not use public transport or taxis.
- If possible, you should not go out even to buy food or other essentials, other than exercise, and in that case at a safe distance from others.



## KIRKBY LONSDALE CORONAVIRUS MUTUAL AID GROUP

### Advice from:

**[www.nhs.uk/conditions/coronavirus-covid-19/](http://www.nhs.uk/conditions/coronavirus-covid-19/)**

(as at 18th March 2020)

Stay at home if you have coronavirus symptoms.

Stay at home if you have either:

- **a high temperature** – you feel hot to touch on your chest or back
- **a new, continuous cough** – this means you've started coughing repeatedly

Do not go to a GP surgery, pharmacy or hospital.

You do not need to contact 111 to tell them you're staying at home.

Testing for coronavirus is not needed if you're staying at home.

### How long to stay at home:

- if you have symptoms, stay at home for 7 days
- if you live with other people, they should stay at home for 14 days from the day the first person got symptoms

If you live with someone who is 70 or over, has a long-term condition, is pregnant or has a weakened immune system, try to find somewhere else for them to stay for 14 days.

If you have to stay at home together, try to keep away from each other as much as possible.

### Use the NHS 111 online coronavirus service if:

- you feel you cannot cope with your symptoms at home
- your condition gets worse
- your symptoms do not get better after 7 days

**<https://111.nhs.uk/covid-19/>**

**Only call 111 if you cannot get help online**



## Flower Power

Until the Kirkby Lonsdale WI is able to resume our meetings, we would like to take this opportunity to share the winners of April's Flower Poetry Competition with you, the theme of which is Daffodils. The theme for May's Flower Poetry Competition is Bluebells. Email submissions before Thursday 14th May.

I am sure you will agree it was a delight to receive the April issue of WI Life magazine. I especially liked the 'Egg-stra Pretty' article on how to create and decorate spring eggs. This magazine along with the regular CFWWI newsletters are a pleasure to read as it is always good to learn of developments in the wider WI community.

As our Secretary, Amanda, has already said, 'Please look after yourselves and those around you BUT do not put yourselves at risk. If any of you are really struggling and need someone to talk to, need something getting ... please do email and let us know. We will endeavour to help where we can.'

In the interim, we will continue to focus our energies on re-jigging our programme in readiness for when we are able to meet again.

Take care, *Rosalind and all on the Committee.*  
Tel: 015242 98587 / 07765480943; Email: kirkbylonsdalewi@gmail.com; Facebook: Kirkby Lonsdale WI; Website: www.klwi.co.uk

### First Prize: Julie Callaghan

*As I walk my hour a day  
A golden army line my way  
Stood to attention tall and proud  
Paraded together, a nodding crowd*

*Wild, strong and free they grow  
Against stone walls and in hedgerow  
Dancing and swaying in the breeze  
Sheltering under the budding trees*

*A fanfare of trumpets, glowing bright  
Dazzling rays in the spring sunlight  
Elegant and graceful like a regal gown  
Paired with a corona, their golden crown*

*Telling the world that spring is here  
Summer is on its way, do not fear  
The long, cold winter is in the past  
And brighter days are coming fast*

*As reliable as a trusted friend  
On daffodils we can depend  
They come around every year  
A celebration of joy and cheer*

*As I walk my hour a day  
A golden army line my way  
A symbol of hope and rebirth  
An Easter gift from mother earth.*

### Second Prize: Pat Moore

*Up thro the soil, into the light  
Every year, a stirring sight  
Yellow friends we welcome you  
Daffodils of every hue.*

### Third Prize: Jen Matthews

*Ouch! Thought the daffodil  
As Finn plucked off its head  
While Tom thinking 'that looks fun'  
Stole a leaf instead.*

## The Rotary Club of Lunesdale

Dear Readers, just like every other organisation Rotary monthly meetings and all events are on hold until the Coronavirus is over. However, it is so uplifting and heartening to see the many ways in which people are helping each other to overcome the problems we are faced with. We must count our blessings every day which includes the dedicated NHS staff we have in our country.

I hope you enjoy my poem inspired by something my daughter (a nurse) said to me. Keep well, keep safe and stay positive. *Lilian*

### Silence

*It is all around us  
The silence.  
No planes, no trains, no cars.  
We do not rush  
There is time to stand  
Time to look.*

*Look above and see the sky  
It might be grey  
It might be blue  
But it covers me and you.  
There is so much to be thankful for.  
It is kindness that shares  
The silence all around us.*

## Brownies found their Owl!

We are pleased we recruited Sarah as our new Brown Owl and enrolled her into the unit at our last meeting. She is already a fabulous leader and we look forward to lots of fun with her at the helm! Lucy, one of our leaders in training organised for us to go to Jump Rush in February and we had a great time! Sadly, although we have been unable to meet physically, we have been working hard on Badges and Challenges including 'Adventures at Home' on the Girlguiding Facebook page. These are open to the public to take part in too, so if you have little ones who like adventure, take a look! We will also be enjoying the county 'Virtual Camp' at the weekend, with singing, activities and camping either indoors or outdoors, and of course a midnight snack!

*4th Kirkby Lonsdale Brownies*

## Kirkby Lonsdale RUFC

Following the announcement by the RFU that all rugby is cancelled for the 2019/20 season, we have been considering how we can plan for the immediate future.

Our greatest challenge is the loss of revenue from scheduled annual events like the Beer and Music Festival and from welcoming campers to the grounds in the summer months. The impact of these cancellations on our cashflow affecting our ability to meet current financial liabilities/ongoing running/maintenance costs is significant. We are trying to balance our moral and financial obligations while securing the future of KLRUFC.

Securing the future of our Club.

1. The Management Committee are in discussions with our insurers to determine if we are covered for business interruption linked to the virus and the Government decree to enforced closure of the Club.
2. Close liaison with the RFU to ensure we have access to any funding and support packages that are available.
3. Grant application submitted to SLDC via Government initiative to support social clubs and hospitality.
4. We have furloughed our salaried staff and are using the Government Salary Guarantee Scheme to reduce our outgoings and protect these positions for when we can recommence our activities.
5. We have set up a Just Giving page. We recognise the financial difficulties many of us are facing at present, but any donations, however small, will help us through this unprecedented time. Please go to <https://www.justgiving.com/crowdfunding/klrucf>.

To end on a more cheerful note, our Senior teams have had a good season this year. The 1st XV Men and Ladies will be playing in the same leagues next season. The Men finished 8th in the Northern Premier League and continue to be the highest ranked team in Cumbria. Our Development XV and Wanderers XV both won their leagues and gain promotion this coming season.

Our Mini and Youth teams have had an on/off season with many fixtures cancelled due to wet weather. That said, it is great to see so many youngsters of all ages turning up on a Sunday morning with some great performances. Grateful thanks to the coaches who develop the youth of the Club for the future. Finally, we would like to thank everyone—members, supporters, sponsors and suppliers— for their help, support and understanding during this time.

We look forward to welcoming you back soon. Stay safe.  
*Mike Neal, President*

## Cooking During lockdown

Can't cook. Not sure what to cook. Nothing left to buy.

Let me help you find something to rustle up...

Determined to support the wider community during this uncertain time, I am pulling together my knowledge and experience as a chef, food writer, cookery teacher and a nutritional therapist to help all you make the most of those sporadic food supplies, whilst keeping healthy and staying satisfied.

Rustle Up is PREP's free online hub to supply you with the answers for all your shopping dilemmas and culinary queries, providing basic nutrition advice and re-posting links to handy cookery videos, useful articles whilst giving you meal inspiration by sharing what I've been managing to rustle up.

So please share this with your local community and help me spread the support, love and hummus!

[www.preptherapy.co.uk](http://www.preptherapy.co.uk)

## Virtual Singing

Sing Joyfully! and Kirkby Lonsdale Singers will be meeting every Tuesday at 7pm, from 21st April for the next ten weeks. The first part of the session will be a fun warm-up session, Q&A, coaching and a full choir Zoom. This will then be followed by sectionals: sopranos at 7:40pm; altos at 8:10pm; and tenors and basses at 8:40pm. To round the evening off, there will be a full choir virtual pub session from 9pm onwards. If you'd like to join or have any questions, please contact Anastasia at [amicklethwaite@hotmail.com](mailto:amicklethwaite@hotmail.com)

## May Competition

It's getting hard for us to see past the lockdown—which is why Sam at Gemology thought it would be nice to give a few lucky Kirkby Lonsdalians something to look forward to!

Sam is offering a voucher for a FREE 30-minute facial and 30-minute massage (value £80) as a prize in this month's AKL competition, to be redeemed when the lockdown is over.

If you have a friend, family member or neighbour who you think deserves a wonderful treat, drop Sam a line at [hello@nextstepmc.co.uk](mailto:hello@nextstepmc.co.uk), saying why you think they should win in a nutshell. Sam will choose the best response and we'll announce the winner in June AKL. Sam has also promised a couple of runner-up prizes—vouchers for £15—which can be spent on treatments or products at Gemology.

Get your thinking caps on!

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1. Place an order by phone 015242 22420 (8am-4pm) answer machine outside these hours or by email [sales@cornvalefoods.co.uk](mailto: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.  
We are well stocked with all your requirements. This also includes hot food, so if you are unwell please don't worry we will bring you a hot meal, menu to follow or call for food choices.

### 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.

### DALES BUTCHERS

[www.dalesbutchers.co.uk](http://www.dalesbutchers.co.uk), email: [shop@dalesbutchers.co.uk](mailto:shop@dalesbutchers.co.uk)  
Opening times: 10am-2pm Monday - 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  
If you have any questions or would like to order over the phone: 015242 71278

### ENCANTO DESIGN

Phone: 015242 72288. Happy to take orders and deliver.

### GEMOLOGY TREATMENT CABIN

Phone: 0330 133 0379.  
Home deliveries via drop off or free postage with courier for skincare and treatment vouchers. Telephone skin consultations also available for those who have not used our products before.

### GR & RD TAYLOR

Happy to take orders and deliver.

### HAIR AND BEAUTY EMPORIUM

Phone: 015242 72600 [www.thehairandbeautyemporium.co.uk](http://www.thehairandbeautyemporium.co.uk)  
Hair & beauty products and pamper kits available with local delivery.

### 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 - £10 per adult.  
Saturday - Thai food - £10 per adult.  
Sunday - Roast dinner - £10 per adult.  
Phone: 015242 71220 to book your collection slot and to pay.

### KITRIDGING FARM

[www.kitridingfarmshop.co.uk](http://www.kitridingfarmshop.co.uk), email: [info@kitridingfarmshop.co.uk](mailto: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.

### LITTLE OWL EMPORIUM

Phone: 015242 71588 or 07946560280  
The shop is closed but orders via Facebook are still available.

### LITTLE WALKERS

Phone: 015242 72726, [www.littlewalkerski.com](http://www.littlewalkerski.com)  
The shop is closed but virtual fittings are available.  
Local free delivery.

### LUNESDALE HOME AND GARDEN

Phone: 015242 72751. Happy to take orders and deliver.  
Opening times: 10am-2pm most days. Closed on Sunday.

### LUNESDALE 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).

### MOMMA'S FOODS, KENDAL

Phone: 01539 734746.  
Delivery of frozen ready meals on Fridays to Kirkby Lonsdale.

### NUMBER NINE

Phone: 015242 80139.  
Now offering takeaway food Friday - Sunday, 6-9pm.

### ORANGE TREE HOTEL

Phone: 015242 71716.  
Now offering takeaway food on Mondays, Wednesdays & Fridays.

### SPAR, KIRKBY LONSDALE

Phone: 015242 71260. Happy to take phone orders.  
New opening hours (as of 31 March): 10am-7pm each day.

### THE BOOK LOUNGE

Phone: 015242 72319 or email: [thebooklounge@lunesdalebooks.uk](mailto:thebooklounge@lunesdalebooks.uk)  
The shop is closed but we are happy to take online & phone orders.  
Curb side collections from the shop and home delivery available on request.

### THE SWEET SHOP

Market Square  
Phone: 07741304108 or 015242 71570  
Shop now closed. Please phone to place an order. Delivering most days to local addresses and certain days to surrounding areas.

### THE WAGTAIL KITCHEN

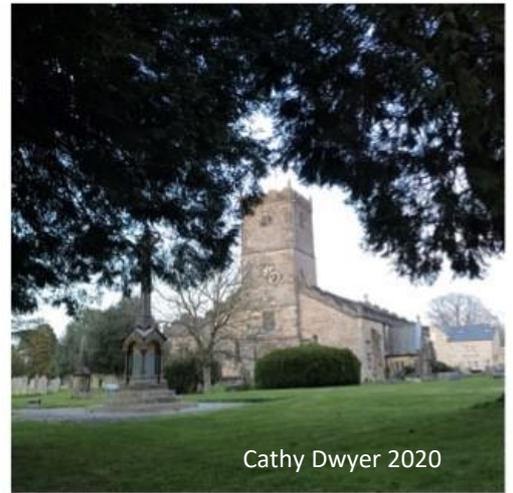
Home delivery service of frozen pies.  
Delivery to Kirkby Lonsdale (LA6 postcode area) on Tuesdays between 4pm and 6pm.  
Visit [www.wagtailkitchen.co.uk](http://www.wagtailkitchen.co.uk) to order & pay online.

Thanks to all the Kirkby Lonsdale businesses who are making sure we still have access to the best produce in the county. We truly appreciate your dedication—Kirkby rocks!





Robin Ree 2020



Cathy Dwyer 2020