

AKL

Around Kirkby Lonsdale

June 2020



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

Photo ©Jeannette Lawrence 2020



Rainbow connections

If you know the Muppet movie, it begins with Kermit the frog sitting on fallen tree in a swamp playing a banjo and singing ...

Why are there so many songs about rainbows

And what's on the other side

Rainbows are visions, they're only illusions

And rainbows have nothing to hide

So we've been told and some chose to believe it

But I know they're wrong wait and see

Someday we'll find it the Rainbow connection

The lovers, the dreamers and me

The song is called 'The Rainbow Connection' and it is all about having faith and hope that there is something better over the horizon. A rainbow is a good way of expressing hope because it promises that the storm will finish and brighter times will come. The situation that we are currently living through has a rainbow connection since people have been putting rainbow pictures in their windows as a way of expressing thanks to the NHS and, I am sure, hoping for brighter times.

Outside of songs, the most famous rainbow is probably the one associated with Noah and the flood. The story of the flood begins when things look pretty dark. 'The Lord saw that the wickedness of humankind was great in the earth, and that every inclination of the thoughts of their hearts was only evil continually'. This leads to the building of the Ark to rescue Noah, his family and the animals, and then 40 days of rain, followed by another 150 days of lockdown. Finally the waters subside, the land dries and everyone can leave the Ark. Then God blesses Noah and his family and says to them, 'Be fruitful and multiply, and fill the earth' and promises that 'never again shall there be a flood to destroy the earth.' What starts when things looked pretty dark, ends with a rainbow and the promise of a brighter future.

There are ancient flood stories in a number of cultures and they have a number of similarities. But the person who crafted the version we read in Genesis saw in the flood a window into God's character and God's purpose for the whole of creation. God's plan is not for darkness and destruction but that life may flourish.

One of my favourite prayers has a strong rainbow connection and it is a good prayer for the present ...

Heavenly Father,

*you have not made us for darkness and death,
but for life with you for ever.*

*Without you we have nothing to hope for;
with you we have nothing to fear.*

Speak to us now your words of eternal life.

Lift us from anxiety and grief

to the light and peace of your presence,

and set the glory of your love before us;

through Jesus Christ our Lord.

Amen.

Rev. Richard Snow



Cathy Dwyer

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, Elm Cottage, Elmsfield Lane, Holme, LA6 1RN, 015395 84028, sueoloughlin.so@gmail.com.
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Hutton Roof: DCC Treasurer: Mrs Paula Hall, Kilnerfoot, Hutton Roof LA6 2PQ, 015242 71268, phall355@btinternet.com

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Lupton: DCC Secretary: Mrs Eleanor Higton, Hill Crest, Cow Brow, Lupton, LA6 1PJ 015395 67521, eleanor_higton@yahoo.co.uk. DCC Treasurer: Mr Arthur Oakden, Tarnside House, Lupton, LA6 2PP, 015395 66945, lindseyoakden@hotmail.co.uk. Churchwardens: Mrs Margaret Lambert, Brow Head, Cow Brow, Lupton, LA6 1PJ, 015395 67478; Mrs Grace Lewis, Middle Fell House, Lupton, LA6 2QB, 015395 67406.

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.

Middleton: DCC Secretary and Treasurer: Mrs Anne Dehany, Smailthorn, Middleton, LA6 2LY, 015242 76075, anne.dehany@gmail.com.

Preston Patrick: DCC Secretary: Mrs Valerie Kos; DCC Treasurer: Mrs Tina Allen, 3 Gatebeck Cottages, Gatebeck, LA8 0HR, 015395 67687, tina.allen812@gmail.com. Churchwardens: Mr Anthony Mason, Mount Pleasant, Gatebeck, LA8 0HS, 03301135289, masonsmp@btinternet.com; Mrs Sue Sanderson, The Old School, Knott Edge, Crooklands, LA7 7NR, 015395 66967, susansanderson@live.co.uk.

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

CHURCHES IN LUNSDALE 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.

VOLUNTEER DRIVER SCHEME: 07788 52 25 11

CUMBRIA POLICE: Emergency 999, non-emergency 101

Deadline for Jul/Aug AKL: Midday Mon 15 Jun

Please email submissions to akl@kirkbylonsdale.co.uk.
Editorial matters: Contact the editorial team at akl@kirkbylonsdale.co.uk

Advertising: For classified accounts, email akladverts@gmail.com.

For **colour ads and all other advertising matters:** email akladvertising@kirkbylonsdale.co.uk.

Welcome to June AKL!

This is our third 'lockdown' issue and AKL has temporarily morphed into a different type of publication.

In some ways, we find our lives diminished by the shift away from the things we know and love. I don't know about you but I miss meeting up with friends for a quick coffee, popping to the shops and congregating with fellow worshippers at St Mary's for a Sunday service.

In other ways, the lockdown has reminded us of how fortunate we are to live in this remarkable community. Our shopkeepers and hospitality businesses are going the extra mile to keep us fed and watered, while volunteers step in to make sure that folks who are isolating can get regular grocery deliveries. The Community Hub has now launched another service—The Community Cupboard—which is coordinating donations for families who find themselves in need of a helping hand.

You won't be surprised to learn that KL residents have been incredibly generous already and that donations boxes in St Mary's porch, Spar, Boots, Churchmouse and Cowan Bridge Stores are filling quickly. There's more information on this initiative on page 10. Please do read this and help if you can. Anyone looking to access the service can do so confidentially—we urge you to get in touch.

Again, a huge thank you to all KL businesses, volunteers and our ministry team for their continuing efforts.

If, like me, you're thoroughly enjoying the photos people are taking on their walks round town, you'll be pleased to see I've picked some more to showcase in AKL. I'm looking for an eye-catching picture for the front of the double issue next month—please scroll through your camera rolls and see if you can find any that fit the bill—perhaps one from a sunny day last summer?

'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: Volunteers from the Community Hub plan to deliver this issue in Kirkby Lonsdale, Biggins, Kearnstwick, Mansergh, Lupton and Barbon. It is also published online at kirkbylonsdale.co.uk and available to collect from St Mary's Church porch, Booths, KL Post Office, Cowan Bridge Stores and Middleton bus stop. We are also hoping to deliver in Hutton Roof and Casterton but otherwise it will be available for collection in Hutton Roof newspaper box, Casterton garage paper box, Crossroads paper box and High Casterton paper box.

Community Hub update

A BIG thank you to everyone who has volunteered to help with the Hub, and to those people who have rung the Hub requesting assistance with shopping, picking up prescriptions, walking dogs etc. We're pleased that together we've been able to meet needs in our community at a time when so many people have been unable to leave their homes. The number of volunteers, now over 100, has demonstrated the strength of the community we're lucky enough to live in.

Since the Hub helpline opened at the end of March, we have responded to over 400 telephone requests from Kirkby Lonsdale and the surrounding areas and we're working in close partnership with many of the local businesses and organisations such as Booths, the Surgery, Boots, Borders, Dales Butchers, the Lunesdale Bakery, the Spar Shop and the Town Council, who quickly provided a grant to set the Hub up quickly.

Please note that, from Monday May 25th, the Hub helpline, 015242 36404, will be changing its hours so that it will be open from 10am to 1pm Monday to Saturday with an answering machine operating outside those hours. Please do get in touch if we can help with shopping, picking up prescriptions etc. If you are feeling fed up and you would like to chat to someone on a regular basis call the Hub and we can connect you with one of our 'Telephone Buddies'.

In addition to the volunteers in the town, we have a further 8 volunteers who man the phone on a rota basis and they direct incoming requests from residents to locally based volunteers who can help.

The Hub is working in partnership to support the new Community Cupboard as it seeks to respond to the growing need for assistance with food and essential items.

From all of us at the Hub -please stay safe and ring the Hub if we can help in any way.

Janet, Issy, Mike, Peter, Rosie, & Wendy (coordinating team).



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.

'It's Church, Jim, but not as we know it.'*

Normally AKL publishes the times and locations of the church services that will take place during the month. Although church buildings had to close at the end of March, services have been continuing. Things were only just getting going in April so it wasn't possible to publicise any details but now we can.

The different churches in and around Kirkby Lonsdale have a long history of working closely together and this has continued during the current crisis. Two new things have been created

The first is a website 'kl.church' - <http://kl.church>. This gives details the services and activities that are taking place and this includes a number of regular activities.

The second is a Youtube channel - kl.church - where we are put our pre-recorded services and other events which can be viewed for some time afterwards.

Our regular services and activities are as follows:

Sunday 10:30 am – a morning service from the clergy team followed by coffee. The service is recorded a few days before and 'premieres' on our Youtube channel 'kl.church' at 10:30 am. This is followed by 'virtual' coffee on Zoom. The Zoom details are on the website.

Sunday 8:00 pm - Informal worship for younger people on Zoom (all welcome). Details on kl.church

Wednesdays 10.30 am – Virtual coffee morning on Zoom. The website gives details of how to access these – please join in, virtual coffee mornings are surprisingly good fun!

Friday 7:30 pm - Compline (night prayer) on Friday evenings using Zoom. Further details including the order of service are on the website.

Messy Church – the next is scheduled for 19th July.

Weekdays 8:15 am – Morning Prayer with the clergy team. Details on kl.church

Details of some events are also on the KL Methodist Church Facebook page <https://www.facebook.com/kirkbylonsdalemethodistchurch/>

If you would like to send in a confidential prayer request please drop an email to prayer@kl.church which will be picked up by the Clergy team and will be included in our daily prayer.

If you would like any more information about the services and other events, please see the weekly News Sheet available from kl.church or email info@kl.church. If you would like this posted to you each week please contact Merlin Hibbs on 015242 76410.

It is early days and we are still getting used to the technology, and 'it's church, but not as we know it'. Apparently Spock never actually said, 'It's life, Jim, but not as we know it'.



South Lakes

'My income has dropped due to coronavirus and I'm struggling to keep up with all of my bills. I rent my house from a

private landlord and pay all the usual bills - electricity, water, and Council Tax. How best can I juggle them, and is there any help I can get from the government?'

If your income is reduced because of coronavirus, you should check whether you're entitled to sick pay or benefits. You can check your eligibility for both sick pay and benefits on the Citizens Advice website. If you're already on existing benefits, these might also increase.

If you're struggling to pay rent, talk to your landlord straight away. You should explain the situation and could ask for more time to pay, a temporary reduction in rent, or ask to catch up any missed payments by instalments. If you contact South Lakes Citizens Advice an adviser can help you explain things to your landlord. If you can't come to an agreement with your landlord, it's a good idea to pay what you can afford and keep a record of what you offered. The government passed an emergency law which means landlords have to give you three months' notice to end certain tenancy types from 26 March. The court service has suspended all possession

action for 90 days from 27 March. This means that even if you have been served a notice for eviction it's unlikely it can be enforced during this time.

If you already claim Housing Benefit, you should tell the council your income has reduced. If you don't claim it already, you might be entitled to help with housing costs from the government. When it comes to your utilities, you should contact the provider as soon as possible. Depending on the type of bill, they may be able to arrange a payment plan, or they may have schemes in place for people in financial hardship. You should also talk to your local council - as your income has changed you might be entitled to a council tax reduction. If you're struggling to pay multiple bills, it's important to prioritise energy bills and council tax over credit card bills. This is because the immediate consequences of not paying these things are much more serious. South Lakes Citizens Advice can help you with this.

Free, confidential advice and help is available: Tel and Digital Advice: 015394 46464 - this is being staffed from 9:30 – 2pm. Adviceline: 03444 111 444, email advice via our submission page on our website.

www.southlakescab.org.uk

Kirkby Lonsdale Rugby Club

Mini and Youth section keep training... isolation style
During 'normal' times, if you visit KLRUFC on Sunday mornings Sep-May, you will see hundreds of boys and girls aged 5-17, training or playing rugby. The players and their families descend on the ground with a primary objective; to have fun. In all the Club runs 13 age grade squads from the micros up to U16s, teams for both boys and girls. Our numbers mean that, with visiting teams, you can see 500-750 players in action on any given Sunday.

None of this would be possible if it wasn't for our 'pioneers' who started our mini and youth section in 1987. Jane Harrison (formerly Wilman) was undoubtedly one of the main reasons we can now boast one of the biggest mini and youth sections in the North of England. Having started with just 10 players, with her husband John and working with North Ribblesdale Rugby Club, Jane stayed involved with our mini and youth section as our numbers grew and our standalone mini and youth section was formed. Within 10 years it had grown from 10 to 200 players, from 2 parent/coaches to 17, with many others helping prepare and serve food, organise fixtures etc.

Having introduced hundreds of kids to rugby (and parents to volunteering at the club), Jane hung up her boots 6 years ago but can often be found at the club at the weekend during the season. On Sunday to see our current army of volunteers (30 coaches, 15 Team managers and a whole host of other helpers) and our players in action. Or on a Saturday to see former minis now playing for our senior sides. Kirkby Lonsdale Rugby Club and the town is one of the favourite places to visit for any of our visiting teams, whether they come for the day or for the weekend. Whilst we always encourage our visitors to spend some time (and some money) in the town, one visit and they are hooked and looking forward to coming back!

Over the years our club has continued to flourish thanks to all those who have got involved, too many to name individually! We look forward to welcoming teams back to Kirkby Lonsdale soon. In the meantime, our players of all ages are keeping up their training, in isolation and with their families. If you have access to Facebook and visit our page (Kirkby Lonsdale Rugby Union Football Club or via the link on our website www.klrufc.co.uk) you will be able to see some video action, as well as other videos, posts and pictures of all our teams, of what they have all be up to whilst the club is closed.

It goes without saying, when we are back, you are welcome to come and see our fantastic children in

action (Bacon buns & refreshments available from the clubhouse!) and/or, if you are under 16, you are welcome to join in and try rugby yourself! In the meantime keep safe and well.

The Mini and Youth Committee.

(for any players interested in trying rugby at Kirkby Lonsdale please email myrugby@klrufc.co.uk and we will put you in touch with the right coach for your age group)

View from the Bridge

There is no real sign of the restriction on distancing easing and the at-risk category changing any time soon. Over the past couple of months, I have realised that in a funny sort of way I am very lucky; my family don't live locally so they are not missed popping in daily or weekly. It must be hard to have family so close but just out of reach – a phone call or online chat isn't quite the same. The home delivery slots from our major supermarkets can be difficult to get. I did struggle but have found that the secret is go online just before midnight; you can usually book a slot within 10 to 12 days and if you time it right you can get deliveries every 6 or 7 days. It works and with Borders delivering your milk and veg things aren't too bad. The next step may be Boris putting us all on a diet!

I have yet to have a walk down to the river to see the display of painted stone that the youngsters of Kirkby have been doing but I have seen some fine examples on my occasional visits into town. There have been one or two suggestion where these stones find a permanent home but I propose we have a 'Roll of Honour' type list of all the youngsters that in this time of national crisis did something positive for our town.

Social media is a very good way of relaying urgent information like road closures due to accident or a tree down and for passing on information connected with the current crisis but could I ask that if you have a concern directly relating to Kirkby Lonsdale that you email or phone a town councillor – these details are on the town website. Issues like dog fouling are the responsibility of SLDC, parking, CCC or SLDC. It is not a case of trying to pass the buck but getting the problem directed to where it can be dealt with.

The Community Cupboard – what a great idea! Thank you to the organisers and an even bigger thank you to people that keep it stocked, it's a credit to our town. The one in the church porch was full to the brim when I visited – a second box perhaps?? The 100 club winning numbers are 48, 10 and 72 congratulations to the winners.

Finally, thanks to all the volunteers, shops and staff, banks and post office, Diane for getting the AKL out and all my fellow councillors.

Best wishes, *Cllr Geoffrey Buswell*

The Consequences of Failing to Stop

As I type a team of volunteers and I are working to try and create a Messy Church online. Messy Church, for those who have not heard of it, is a place where people of all ages gather to explore and learn through interaction, storytelling and various activities about the Christian faith. It is family friendly and centres around the idea that Church is fun and is for everyone! I have been part of helping to shape Messy Church in Kirkby Lonsdale since December 2019. It is still a new venture but the people who have attended seemed to have enjoyed themselves and the wonderful food. It felt important, during this time of unrest, to try and create Messy Church online, albeit without the yummy food.

Online we are exploring the story of the Good Samaritan. A story that will be familiar to many, but I think is very relevant for today. It always struck me with horror as a child, that someone could walk past someone injured and not think to help. In fact, not one but two people did, one of whom was a Priest. As an adult I have begun to understand that fear plays a part for some who passed by. That fear may well have been one of losing their reputation or they may have worried that in some way touching the Samaritan may have made them unclean. The latter concept may seem odd at first, but I wonder if it is something we understand more in this time of lockdown. A time where the thought of accidentally brushing against someone not in our household may cause tension or anxiety to increase. It may well cause fear.

I have come to see this story as one that shows a message of what the extremes of fear can do to us. It can bring out parts of ourselves we would rather ignore or forget. The Samaritan who does stop to help the

injured man looked beyond cultural differences and fears of being contaminated in any way. Instead he focused on the innate human and God led reaction to see another being in pain and want to help.

In the book of Romans in the Bible, Paul talks of the idea that everyone has an innate sense of right from wrong, something that he describes as God's written law in your heart. This informs our own consciences with thoughts that tell us deep down right from wrong. I love this idea and I think it links to the idiom of a 'prick of conscience' where one feels guilty or perhaps shame for something they have thought, said, done or not done. All of us have experienced this prick of conscience, this feeling of knowing there is or was a better way. I wonder how the Priest and the other traveller felt in the days after their journey. Did they think of what they did or did not do? Did they wonder about the man they left lying hurt in the road? Did they feel that prick of conscience?

Often, we focus on the Samaritan in the story whom we can see did the right thing. He helped someone else without thinking of himself. I hope in this time of Covid-19 we can all learn to do this no matter how strong our fear is. It is tricky and tough, and I for one have fallen into the place of fear at times; I have been the other less helpful travellers on that road. Yet, as I think about those that passed by in this story I wonder if the weight of not stopping and not listening to an inner sense of right and wrong, written in their hearts, was greater still than conquering their fear and stopping to help. The traveller who stopped became the loving presence of God in that moment; caring, welcoming and supportive of the other, the broken, the ignored, the different traveller. It is something I know I will continue to strive to be in this topsy turvy world.

Lol

The Rotary Club of Lunesdale

What a wonderful thing Internet Technology is proving to be in these difficult times. The Rotary Club has in fact continued to hold virtual weekly meetings using Zoom software. As our meeting night is on Thursday evenings we have delayed the start time to give members the opportunity, together with the rest of the nation, to clap for our NHS. Our IT savvy Club President Dave Lewis has successfully chaired our online meetings.

It was especially interesting to have as our first online guest speaker Mary Jane Peabody now living in the USA. She talked about the time she and her husband spent in the UK whilst he was working at the University of Lancaster. It was during this period that Mary Jane joined the Rotary Club of Lunesdale.

Time moves on and we wait to learn how our nation will move forward and out of this unprecedented period. If

you are struggling or need help in any way please do not hesitate to get in touch through the Rotary Club of Lunesdale website. There are many challenges ahead but we look forward to slowly and safely coming out of lockdown and living a more normal life again. Stay safe keep well.

Lilian

Big Vision update

Detailed work is continuing on the options for The Big Vision and we will publish proposals as soon as we are able. Do please email peter@thebigvision.org.uk or visit our website www.thebigvision.org.uk if you need any information.

Peter Gregson, Chair, Project Team, The Big Vision



KIRKBY LONSDALE SHOPPING INFORMATION

Businesses are there to help our local community...

APPETISERS

Sandwich shop and hot food takeaway.
Phone: 015242 71724. Delivery service available.

BARCLAYS BANK

Opening hours: Tues & Fri - 9.30am - 2pm

BOO & BELLE

Phone: 015242 71870, www.lovebooandbelle.co.uk
The shop is closed but local delivery of orders is available.
Orders can be posted to customers outside of Kirkby Lonsdale.

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.

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..

CREATIVE SEAFOODS

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

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.

DALES BUTCHERS

Phone: 015242 71278
www.dalesbutchers.co.uk
email: shop@dalesbutchers.co.uk
Opening times: 8am-4.30pm Tuesday - Friday, 8am-12.30pm 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 4 pm. each day to arrange a delivery if required.

DAL FIORENTINO - ITALIAN STREET FOOD

Phone: 07860 836924
Offering Piadina Kits and Grazing Boxes.
Home delivery on Thursday, Friday & Saturday to Kirkby Lonsdale and surrounding areas.
See our menu on facebook [@dalfiorentino.co.uk](https://www.facebook.com/dalfiorentino.co.uk)

ENCANTO DESIGN

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

FRESHLY PRESSED

Phone: 015242 80176 / 07717608682.
email: freshlybentham@gmail.com
Washing, drying and ironing service available.
www.facebook.com/freshlypressedbentham/

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
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 - £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 LONSDALE SHOPPING INFORMATION

Businesses are there to help our local community...

KITRIDDING FARM

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.

LAKELAND PEST AND WILDLIFE SERVICES.

Pest control service for rats, mice, wasps, fleas, bed bugs, moles, ants etc.
Phone: 07488331638 or 07796796586.

LA MAISON LIFESTYLE EMPORIUM

Order online at www.lamaison.co.uk. Home delivery available.
New lines added to the website every week and we'll be sharing news with you on Instagram & Facebook.

LITTLE OWL EMPORIUM

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

LITTLE WALKERS

Phone: 015242 72726 or 07843 284198,
www.littlewalkerskl.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: Mon: Closed, Tues: 10am-2pm,
Wed: Closed, Thurs, Fri, Sat: 10am-2pm, Sun: Closed.

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.

NATWEST BANK

Opening hours: Mon - Fri 10am - 1pm

NUMBER FORTY FOUR

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

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.

SIENNA JEWELLERY

Online shop on Facebook.
Phone: 015242 72121 or 07807 373713.
Email: alyson@sienna-jewellery.com

SILVER MOON CHINESE TAKEAWAY

Phone: 015242 72133

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
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 CARD GALLERY

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

THE MILKING PARLOUR

Offering our own fresh ice cream in tubs or as part of a Milking Parlour Experience Kit, perfect for families. We are delivering within 15 miles of our parlour (LA6 2AE), currently on a Monday or Tuesday. It's the perfect treat for you or as a gift for a friend or loved one.
Orders open on a Wednesday evening for delivery the following week. All orders are taken through our website at www.cowtocone.co.uk/home-delivery

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 to order & pay online.

VICTORIA ANNE BEAUTY

Shop online at www.victoriaannebeauty.co.uk for all Environ skincare

WATERLILY CHINESE TAKEAWAY

Phone: 015242 72772
Phone orders only.

Thanks to Kate Mason for compiling this information and sharing it with us.

The Community Cupboard –

Bring what you can, take what you need

The Community Cupboard is for everyone who is struggling to provide for themselves and their families during these difficult times. It is supported by the Kirkby Lonsdale Community Hub, Cumbria County Council, Kirkby Lonsdale Town Council, Churches in Lunesdale, the GP Surgery and care providers, local schools and businesses.

A group of volunteers have come together to respond quickly to what, we understand, is becoming a more urgent need in our area. The true level of need in our area is yet unknown, but we know there are many people struggling to make ends meet, including people who may never have needed help before. Replicating initiatives that are popping up across the country, The Community Cupboard has been set up for those in Kirkby Lonsdale and surrounding communities. Until a similar provision is established in Sedbergh, we will also be providing support to families in Sedbergh and its surrounding areas.

The Community Cupboard enables our community to support each other, as summed up in our motto “Bring what you can, take what you need”. Our mission is to alleviate food poverty, period poverty and reduce food waste. Our values are to be respectful of all, maintaining confidentiality and dignity at all times.

We encourage you to take a look at our newly launched website [www.klcommunity.co.uk](https://klcommunity.co.uk) for more information. This website will be developed further; we know we may need to make changes as we move forward but for now, we hope it provides the urgent information that is needed. Where can I find more information? For more information about the Community Cupboard please go to <https://klcommunity.co.uk/>

A Facebook page ‘The Community Cupboard’ also provides basic information including opening times each week, these will vary according to demand. Up to date times can also be checked with Community Hub 015242 36404.

How do I get help?

Please register by filling out a form available at <https://klcommunity.co.uk/>. Alternatively, call The Hub on 015242 36404 (open daily from 10:00 – 16:00) and they will register you over the phone.

Please be reassured that confidentiality will be respected, and deliveries made anonymously. An individual shopping order number will be applied to your request, this will then be on your shopping bag when collected/delivered no personal information is available to packers and deliverers.

Where is the Community Cupboard?

The Community Cupboard is currently located in the Lunesdale Sports Centre, off Kendal Road at the back of Queen Elizabeth School astroturf pitch and next to the new Oakfield Estate. Parking available outside.

Can I come straight to the Lunesdale Hall to collect provisions?

We are only able to man the Community Cupboard at certain times, to ensure the safety of all, so it is necessary to register first so we can arrange what is the best way for you to receive the provisions. We can arrange discrete collection from the Lunesdale Sports Hall, or delivery to your door.

How can I donate?

We currently have collection boxes at Spar, Boots the Chemist, Cowan Bridge Stores, The Churchmouse at Barbon and in St Mary’s church porch. Our volunteers will be collecting these boxes on a regular basis. If you work somewhere that would be happy to house a collection box please get in touch as we would like to spread collection points as widely as possible. No collections will be wasted as excess goods will be passed on to neighbouring pop up pantries and food banks. If you would like to make a financial donation please enquire through website or email enquiry@klcommunity.co.uk.

We respectfully ask that you do not leave donations outside the Lunesdale Sports Hall, except at specified / pre-arranged drop-off times when you can leave donations inside. We are not able to use any food donations that have been left unattended outside for an unknown length of time.

What can I donate?

Please consider donating the following—

Tinned Foods: baked beans, tomatoes, fish, vegetables, kidney beans, butter beans, soup, fruit, custard, rice pudding.

Packets: pasta, rice, biscuits, soup, dried beans, lentils, angel delight, jelly cubes, Jars: curry sauce, pasta sauce, coffee, honey and jam.

Boxes: breakfast cereals, porridge oats.

Cartons: long-life milk, fruit juice

Toiletries: soap, shampoo, toothpaste, toilet rolls, nappies

Cleaning Products: washing up liquid, washing powder

Pet food: tins or bags

PPE Supplies: We also need more PPE supplies for our volunteers – plastic aprons and gloves.

How can I volunteer?

At present, there is a band of volunteers working hard to establish The Community Cupboard, collecting donations from collection points, sorting, adding to stock, packing orders, web development and generally working hard in the background to ensure this works. The scope of this is at yet unknown but if you would be interested in volunteering should demand increase or in shaping a future post Covid for The Community Cupboard especially finding premises, direction etc. please contact The Community Cupboard enquiry@klcommunity.co.uk

What about clothes, toys and games etc?

We are so grateful for all offers of donations like this, but at this moment in time we are unfortunately unable to

manage or store donations like this on a large scale. However, we are looking into ways of doing this, and if you do have any good quality items like this you would like to donate, please let us know by email enquiry@klcommunity.co.uk and we will try to make sure your donations reach families in need in our area.

Thank you to all who are generously supporting this initiative with both their time and kind donations.

Please do not hesitate to contact The Community Cupboard if you need help. Everyone is welcome, no one will be turned away. enquiry@klcommunity.co.uk.

Kirkby Lonsdale WI

Bluebell Time

Our guest speakers are being rebooked to ensure you won't miss any of our great speakers ready for when we resume our meetings and be with good friends and plenty of fellowship.

The sun is shining, the trees are virtually in full leaf, gardens have never looked so tidy and the bluebells are spectacular. So thanks to Patsy Fabian and Julie Callaghan for their inspiring poems printed below.

We continue to keep in contact with everyone through regular emails, the CFWFI monthly newsletter and of course, the member's monthly magazine WI Life. Be sure to check out some of the great offer in the magazine as I know a few of you have taken advantage of some of the garden plant offers.

So until we meet again, please take care and stay safe.

Amanda and all on the Committee.

kirkbylonsdalewi@gmail.com / website:
www.klwi.co.uk / FB: Kirkby Lonsdale WI

Bluebells – Patsy Fabian

*Bluebells have arrived along with Spring
Carpeting the woods and scenting the air
Their glorious colour so brilliantly bright
Bluebells have it oh so right.*



Bluebell Woods – Julie Callaghan

*In the enchanted forest, far, far away
Rabbits dress in waistcoats and chat about their day
Fairies live in toadstools, deep in the wooded dell
They sing and dance to the chimes of the quivering bluebell
An Enid Blyton story, a fairy tale or dream
Or closer to the truth, than at first it would seem

Down in Bluebell Woods, which is not so far away
The magical spell of nature creates a mystical display
A deep, plush carpet grows in a dappled violet hue
The trampled, threadbare pathway leads us safely through
A lush, fresh, heady scent fills the air of spring
Accompanied by the silent sound of bells that do not ring*

*Bluebells, like an ocean swell, as far as the eye can see
A vast sea of rippling waves, broken only by the trees
Rabbits hide in burrows, dodging the light of spring
Butterflies flutter like fairies, birds tweet and sing
In May magic comes to life in a woodland near you
Spring in all its glory, fairy tales really can come true.*

MyKL

"We're Still Here"

Kirkby Lonsdale Retailer's Online Services during the Covid-19 Crisis

Mindful Yoga Meditation & Movement Free Taster Classes

All classes now online to keep you happy and healthy!

Subscribe now to a simple monthly membership, which you can upgrade, downgrade or cancel anytime and enjoy

A FREE TRIAL WEEK!

Look after yourself and others with exercises, relaxations, self shiatsu/acupressure, cooking, nutrition and more.

Weekly videos and recordings you can enjoy whenever and wherever you wish :)

Zoe & Oliver Pirie
www.piries-soulfood.com
admin@piries-soulfood.com
Tel: 07483 214210

Thank you for your support

Stay safe, stay well

The Sun Inn

**Looking Forward to Better Times
Offer**

**Gift Vouchers available
£25, £50, £100**

10% discount to all Kirkby Lonsdale residents

The Sun Inn is presently closed and the staff are all on furlough until further notice.

We send our good wishes to everyone.

Please email on:
email@sun-inn.info
Leave your name and number and we will call back

6 Market Street, Kirkby Lonsdale

The Royal Hotel

Vouchers can be purchased online through James Places main website
<https://vouchers.jamesplaces.co.uk>

Main Street, Kirkby Lonsdale

Little Walkers

Opening again soon with lots of discounts, giveaways and the relaunch of the competition to WIN the Petasil bicycle.

Looking forward to seeing all our customers – PPE in place for our safety and yours. Hoping everyone is fed up with ordering online and looking forward to visiting our wonderful shops on our High Street and supporting us all.

*18 Market Street, Kirkby Lonsdale
Tel: 07843 284198
Tel: 015242 72726*

The Book Lounge

**Curbside service available
Mon, Wed and Fri 10 - 2**

National Book Tokens can now be bought and redeemed in the shop.

Shop gift cards are also available.

Book orders still being taken for either home delivery (postage charged) or collection from the shop on my weekly order.

I now have an online shop <https://the-book-lounge.square.site> where you can choose postage or free pick up. Email me to arrange a pick up of your order.

Stay safe everyone and thank you for your support.

Email: thebooklounge@lunesdalebooks.uk

*12 Main Street, Kirkby Lonsdale
Tel: 015242 72319*

Lunesdale Home & Garden

ARE OPEN

Tuesday, Thursday, Friday and Saturday
10am – 2pm
Free local delivery for purchases over £20

*54/6 Main Street, Kirkby Lonsdale
Tel: 015242 72751*

Sew What

10% off

Personalised soft toys

Orders taken by phone, email or Sew What Facebook Page.

Can deliver or post them.

*2 Chapel Close, Kirkby Lonsdale
Tel: 07766711288*

Plato's

**To all our lovely Customers, Family, Friends
and Colleagues.**

*We hope you are all managing to stay safe.
Everyone here is keeping safe and well. We
will still be here once this pandemic is over
and we look forward to seeing you all again.*

Please take care of each other. X

For all voucher requirements please
email: hello@platoskirkby.co.uk

*2 Mill Brow, Kirkby Lonsdale
Tel: 015242 74180*

**STAY
SAFE
STAY
ALERT**

We're Still Here (continued)

La Maison Lifestyle Emporium

NOW ONLINE

Our Kirkby Lonsdale shop is currently closed but you can shop online at www.lamaison.co.uk

Hundreds of wonderful products available at the click of a button and delivered safely to your home.

Telephone orders: 015242 72531

Email: orders@lamaison.co.uk

Follow us on:

Instagram: [la_maison_lifestyle](https://www.instagram.com/la_maison_lifestyle)

Facebook: La Maison Lifestyle Emporium
Kirkby Lonsdale

51 Market Street, Kirkby Lonsdale

Tel: 015242 72531

Woodclose Park Kirkby Lonsdale



Book With Confidence for 2021 at 2020 prices

Woodclose Park, Kirkby Lonsdale

Tel: 015242 71597

TH Plumbing & Heating Kirkbylonsdale Bathrooms

OPEN

Monday to Saturday
9 am - 5pm

thplumbingheatingco.uk
kirkbylonsdalebathrooms.co.uk

Tel: 015242 72538

Tel: 07903681334

9 New Road, Kirkby Lonsdale

Parma Violet

We are missing you all, but are also

ONLINE

Use code **WELCOME10**
for a 10% discount
on us

Take care and we very much look forward
to seeing you soon. x
www.parmaviolet.co.uk

45 Main Street, Kirkby Lonsdale

Number 44

We are open at weekends for

TAKEAWAYS

Open every Friday and Saturday
10am - 2pm

Serving afternoon tea, scones, cake and
coffee

44 Main Street, Kirkby Lonsdale

Tel: 015242 72160

Groves Architects Ltd

Still available for working on projects in the
Kirkby Lonsdale area.

design@groves-architects.co.uk

www.groves-architects.co.uk

Tel: 015242 73313

Avanti Restaurant & Bar

We are very much looking forward to welcoming you back as soon as we safely can. Our new authentic Italian menu will be launched for everyone to enjoy and we'll be working hard to keep the walled garden looking its best to make the most of the glorious weather we have been enjoying.

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

We hope you stay safe and well and keep smiling.
Take care of each other, wishing you all the very best.

With love, The Avanti Team

57 Main Street, Kirkby Lonsdale

Westmorland Veterinary Group

We are open and our staff are on hand for you and your pets.

You can place orders for food, medications and parasite treatment by phone or email. Social distancing procedures are in place so please ring if your pet needs any treatment and we will be happy to help.

See our website for more details.

www.westmorland-vets.co.uk

Tel: 015242 71221

Email:

kirkbyprescriptions@westmorland-vets.co.uk



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.

Our patient services team is available 24/7 and test results are accurate and available 24 hours after your sample arrives at our laboratory.

Visit our website or ring us to discuss your needs and to book your tests.

www.Better2Know.co.uk

015242 71088

Jasmine Cottage

Kirkby Lonsdale

Vouchers available to purchase towards a stay at Jasmine Cottage.

For further information.

<https://lakeholidaycottages.regalo.gifts/>



The photo was taken on December 4th 1994. It was the rededication of the restored central panel of the East Window of Middleton Church, and the dedication of the Book of Remembrance by the Bishop of Carlisle. It was taken by David Bownass. Can anyone recognise the three Middleton residents?!!!!.

People think that the lockdown has slowed everything down and Nothing's happening BUT I don't think the farmers would agree!! IT'S ALL GO ... lambs EVERYWHERE!!!!

One of the villagers sent me a story to make us smile. At the beginning of the year she took her 3yr old great niece to Blackpool. It was a cold day, and she said to her, 'Quick, Jessica, let's get indoors and have a hot

chocolate, it will warm the cockles of your heart'. About half an hour later, she looked at her Aunt in a puzzled way and asked 'Where are they?' 'Where are what?' she replied. 'The cockles of your heart'.

The daffodils in the Church grounds were beautiful and have now been replaced by the bluebells. I don't want to organize a formal Boon Day yet, but if anyone has any spare time, and would like some exercise please could you help clear the car park and grounds. We must thank the Postmen/women, delivery drivers, shopkeepers, cleaners and people who are helping each other in these very trying times. Keep safe and smiling!

Anne Dehany, Secretary Middleton DCC

**get
great
rewards
with MyKL**
Your local loyalty card



MyKL is for you if you live or work in Kirkby Lonsdale.

For just £7 per year card holders are entitled to a range of offers at local businesses in or around Kirkby Lonsdale.

You can purchase your MyKL at the Visitor Information & Gift Shop on Main Street. You will need to bring a form of ID to show that you are a resident of LA6 or work in LA6.

**Reach thousands of
customers from
just £3 per week!**

**KIRKBY
LONSDALE**

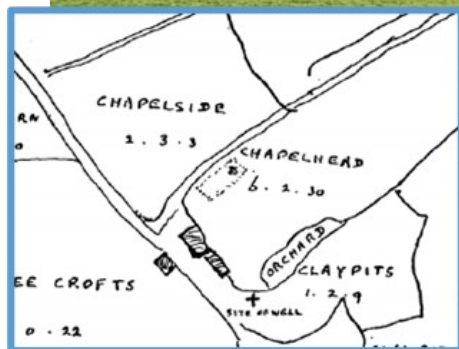
www.kirkbylonsdale.co.uk/advertise

Advertising on the Kirkby Lonsdale website is very easy, and great value for money as well. There is one simple quarterly price of £90 and each advert is shown on every page throughout the website. Kirkby Lonsdale Chamber of Trade members' enjoy a discount of 50%.

The website receives thousands of visitors every month, ranks highly in Google and is the premier source for local visitor information as well as news and events.

Book 12 months up front and you'll receive an extra 3 months of advertising for free!

Lockdown Discoveries



Spot the site of Casterton's first chapel!

And picture the scene: pilgrims walking for miles, making their way along a deeply worn track between fields named Chapelside and Chapelhead to a well, possibly dating to pagan times and over 800 years ago joined by St. Columba's Chapel.

In 1547 the timber, glass and iron found a new home, and by 1692 all that remained was a ploughed field.

Tess Pike, Blue Badge Guide



Back to Golf

FRESH AIR, EXERCISE AND FUN

Special Green Fee Offers

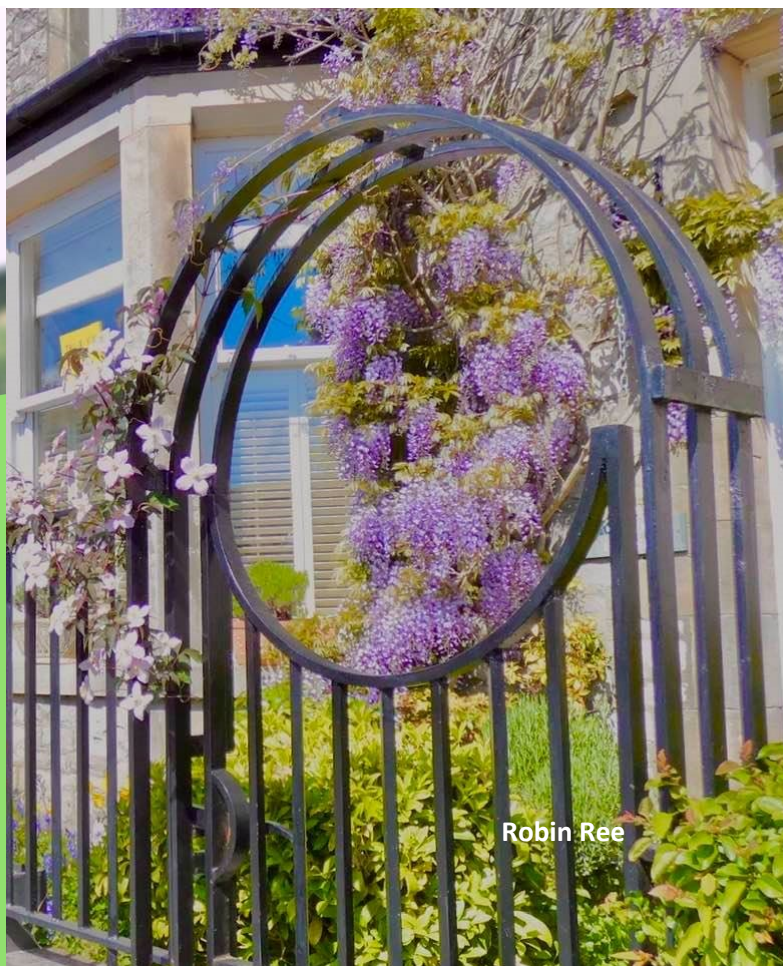
Midday Madness (12-1pm) £22
Tuesday/Thursday (11am-12noon, 1pm-3pm) £25
Super Sunday (when no comps are on) 12-3pm £25
Twilight (after 3pm) 18 holes £20 - 9 holes £10

All rounds must be pre-booked
and paid online or by telephone

New Lifestyle Membership

£300 for 15 rounds
See website for details

www.kirkbylonsdalegolfclub.com
info@kirkbylonsdalegolfclub.com
015242 76365 or 76366



Robin Ree



Photo by Robin Ree 2020