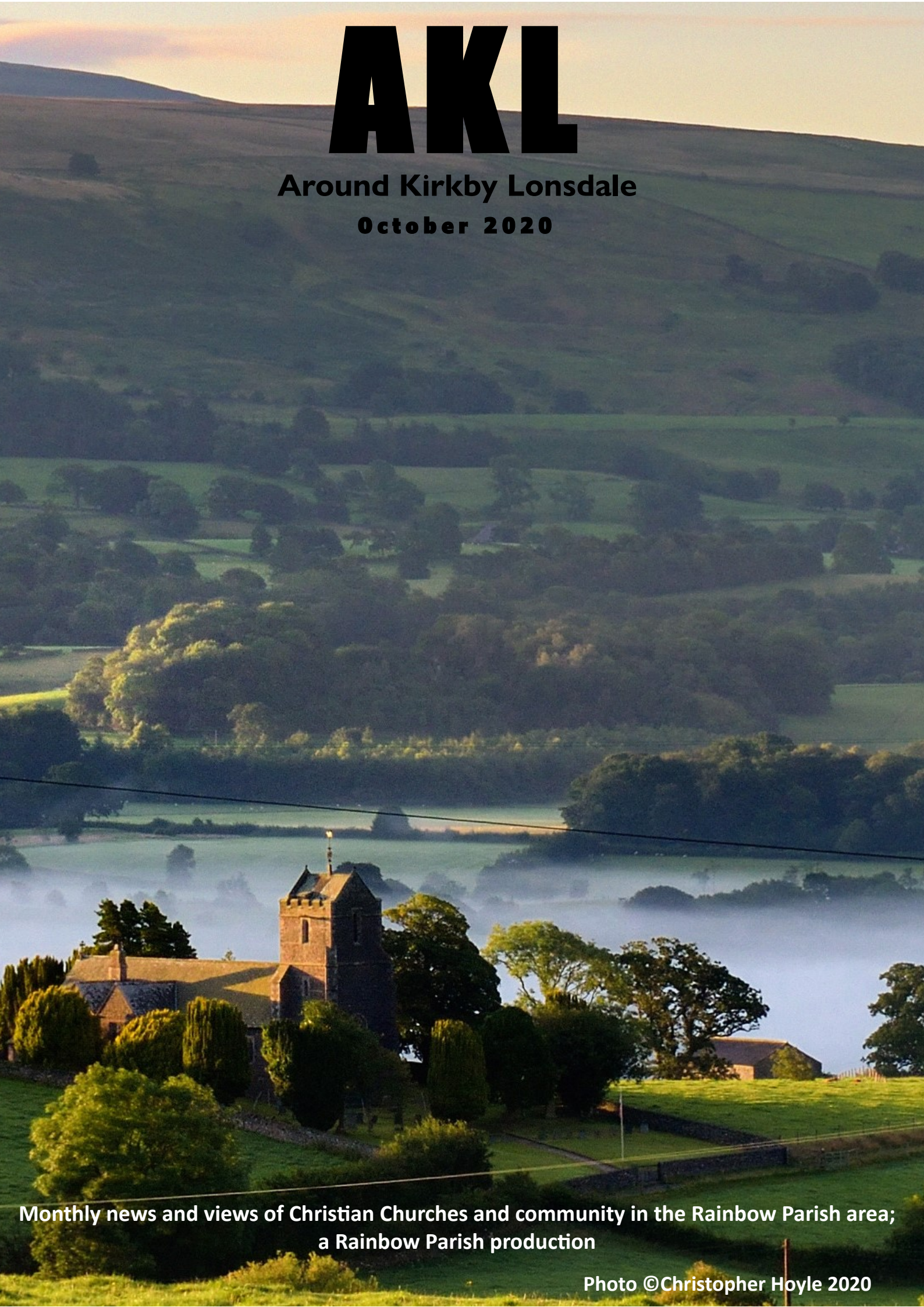


AKL

Around Kirkby Lonsdale


October 2020



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

Photo ©Christopher Hoyle 2020

Seasonal Rhythms



When I listened to the weather forecast at the very beginning of September the presenter proudly announced that it was the beginning of 'Meteorological Autumn'.

Photo by Janis Stephenson 2020

The meteorological seasons split the year into four periods made up of three months each. (Spring is March, April, May, summer is June, July, August, autumn is September, October, November, and winter is December, January, February).

The astronomical seasons are different because they are the result of the 23.5 degrees of tilt of the Earth's rotational axis in relation to its orbit around the Sun. This year astronomical autumn began on 22nd September and it will end on 21st December.

Either way, it is now Autumn! The air feels 'autumnal' or 'back-end-ish', and the landscape is showing the distinctive signs of the season. But the rhythm of the seasons is very beautiful and each offers something unique.

Tucked away in the Old Testament is a little book called 'Ecclesiastes'. It is a collection of words, sayings and memories of a 'spiritual teacher'. Whoever they were, they paid a lot of attention to the rhythm of the seasons and thought a lot about where we might find purpose and happiness in life. In one place, the author of this little book concludes that there is a season to everything. (If you are a similar age to me you might remember a song called 'Turn, turn, turn/To everything there is a season'. It was written by Pete Seeger but made popular by the Byrds - it is entirely based upon a passage from the book of Ecclesiastes).

Each season brings a different character to the wonderful landscape that is the backdrop to our lives here.

In all the uncertainties of life, they provide a slow and steady rhythm, inviting us to learn from them as this reflection by Sally Munns suggests:

Our lives are sometimes like winter,
when all seems cold, dreary and dead.
We, like creation, need to rest and wait.
Our lives are sometimes like spring,
where there is so much new budding
and new flowering bursting out
that we can hardly contain it,
bringing to birth that which has lain dormant for so long.
Our lives are sometimes like high summer,
relaxed, carefree and warm:
a riot of colours everywhere,
bringing with it laughter and happiness.
Our lives are sometimes like the autumn:
glorious, golden maturity,
fruitfulness that can only come through time,
yet with a hint of death and dying.
That is the pathway to a new-found spring.

Rev Richard Snow

20mph Speed Limit

Cumbria County Council has agreed to the request of Kirkby Lonsdale Town Council for a temporary 20mph zone in Kirkby Lonsdale as part of the Reopening High Streets Safely work.

The Reopening High Streets Safely initiative is an ongoing project, being led by South Lakeland District Council working with Cumbria County Council and parish and town councils to encourage local people and visitors to return to our town centres.

It is hoped the introduction of the 20mph zone will encourage drivers to reduce speed and enable them to be more aware of pedestrians stepping into the

carriageway, or crossing the road more frequently, to maintain social distancing.

The temporary 20mph limit will be implemented from the bottom of Mitchelgate to the junction of New Road and Main Street beginning on Tuesday 6th October, with temporary signs highlighting the new speed limits to drivers. The TTRO could be in place for up to 18 months, but can be removed should the recovery from the COVID-19 pandemic make the measures unnecessary.

Parking bays on Main Street will still be in use throughout.

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. Lay Readers: Mrs Liz Dew, 9 Burton Park, Burton in Kendal, LA6 1JB, 01524 781645, mrs.lizdew42@outlook.com; Mr Alan Cox, Stedman House, 3 Hunter St, Carnforth LA5 9BP, 01524 735188, stedmanhse@gmail.com. Parish Administrator: Mrs Vicky Hazlett, Parish Office, 1 Bective Road, Kirkby Lonsdale, LA6 2BG, 015242 71320, office@therainbowparish.org. PCC Lay Chair: Mr Merlin Hibbs, Low Fell House, Barbon, LA6 2LJ, 015242 76410, merlin@hibbs.org.uk. PCC Treasurer: Mr Robert Cass, 17 Mitchelgate, Kirkby Lonsdale, Carnforth, LA6 2BE, 015242 71218, pcc@casses.plus.com.

Barbon: DCC Secretary: Mrs Mary Goldie, 11 The Maltings, Whittington, LA6 2NJ, 015242 73839, marygoldie@icloud.com; DCC Treasurer: Mr Roger Groves, Kemps Hill, Moorthwaite Lane, Barbon, LA6 2LP, 015242 76322, roger@kempshill.co.uk. Churchwarden: Mr Charles Howarth, 3 School Lane, Barbon, LA6 2LP, 015242 76283, c-howarth2@sky.com.

Casterton: DCC Secretary: Mrs Gill Sykes, Old Manor, High Casterton, LA6 2SD, 015242 72143, gillsykes.casterton@virgin.net. DCC Treasurer: vacancy—contact PCC treasurer, above. Churchwarden: Stephen Evans, The Old Vicarage, Casterton, LA6 2SA, 07973 173546, stephen@evanshart.co.uk.

Hutton Roof: DCC Treasurer: Mrs Paula Hall, Kilnerfoot, Hutton Roof LA6 2PQ, 015242 71268, phall355@btinternet.com

Kirkby Lonsdale: DCC Secretary: Ms Diane Nowell, 57 Fairgarth Drive, Kirkby Lonsdale LA6 2FB, 015242 73636, diane@copywritten.co.uk. DCC Treasurer: vacancy—contact PCC treasurer, above. Churchwardens: Mrs Anne Foulerton, Gatelands, High Biggins, LA6 2NP, 015242 71281, afoulerton@hotmail.com; Mrs Maggie Venys, 8 Bective Road, Kirkby Lonsdale, LA6 2BG, 07980 009162, t_mvenys@icloud.com.

Lupton: DCC Secretary: 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 Nov AKL: Midday Thu 15 Oct

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.

View from the Bridge

I'm starting this month on a personal note.

At the beginning of September, my son (whom I have not seen for the past 20 years due to some silly disagreement) and I finally got together and buried the hatchet. We hope to see more of each other subject to any further Covid restrictions, of course.

You may have heard that Alan Day recently fell and broke his wrist! He is now back home, having spent a few days in Preston Hospital. Because of this unfortunate incident, Alan was unable to raise the Red Ensign on Merchant Navy Day. Patty B, an honorary member of DEMS (Defensively Equipped Merchant Ships) during the war, filled in for Alan on the day.

Invitations to tender have gone out for the refurbishment of the kiddies' area of the play park. It is estimated that some £40,000 will be needed. Cllr Marie Batty has been sourcing funds but we welcome suggestions as to how we may raise funds for any shortfall.

The appearance around the town of the posters reminding people to keep their distance has raised a few comments – both for and against. Sadly, we need to keep reminding everyone – not just visitors – if we are to defeat this virus. Which means we all need to take it seriously. The cost of producing the signs came from EU funding, not SLDC or KLTC. You only need to walk around town on a Saturday or Sunday to see the necessity.

October's Town Council meeting scheduled for 14 October will be held over Zoom again. It looks like this will be the normal pattern till at least the New Year. If you have any questions they should be forwarded to the Town Clerk at kevtherev7@hotmail.com.

My usual thanks go to my fellow councillors and to our editor, Diane, for an excellent publication.

Stay safe and best wishes.

Cllr. Geoffrey Buswell

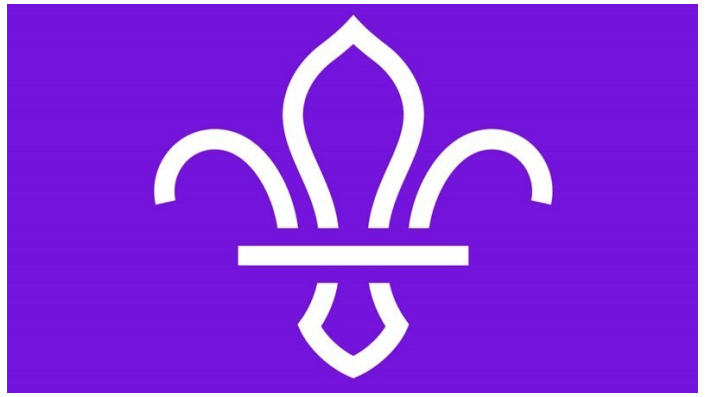
Picture Poser

You'll only see this if you're going the wrong way.

Answer in next month's AKL!

Thanks to Robin Ree for his intriguing 'Picture Posers'!

September's puzzle: The tiny window pictured can be found in Church Brow Cottage at the top of the Radical Steps.



Scouting outdoors

Despite the mid-September lockdown tightening, as an essential youth service scouts are meeting together again. Which is a great for all of us.

We have extra requirements on us and for the moment we have decided that it would be best to meet outdoors. So you may be lucky enough to see our Beavers (6 - 8 year olds), Cubs (8 - 10.5), Scouts (10.5 - 14) and Explorers (14 - 18) out and about. Do feel free to ask the leaders what their programme is; from a safe distance of course.

Following last month's request we have a new Beaver leader and are looking for others to join her. We're also open for new members for any section, and any adults who have #SkillsForLife they wish to share.

Finally you may have seen the old scout hut advertised for sale. It sadly isn't a suitable place to meet nowadays. However we have exciting plans for a new hut to be shared with other local groups. If anyone wishes to know more please contact me.

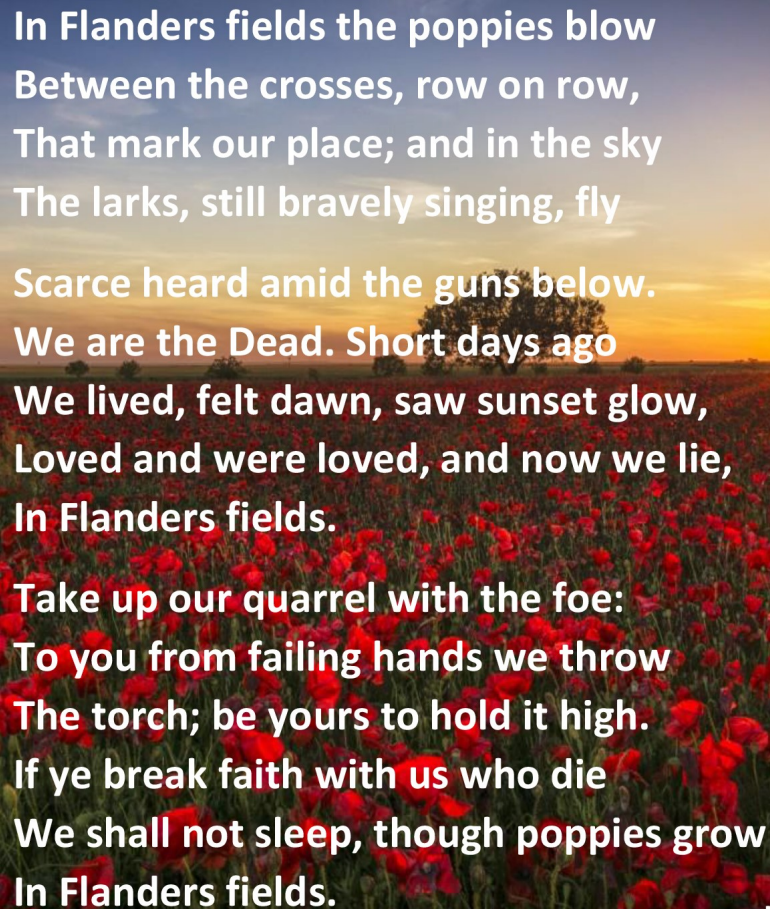
Skip (Nigel Bradshaw)

kirkby_lonsdale_scouts@live.co.uk

015242 73722



Kirkby Lonsdale's WWI heroes



In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.
We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie,
In Flanders fields.
Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

John McCrae 1914

Armistice Day – 11th November – marks the day World War I ended. Over the past few months, I have been leading WWI-themed guided walks around St Mary's Churchyard in aid of the Armed Forces charity SSAFA, which supports service families, and I'm delighted that I raised a total of £245.

I am aware that there are many people who would like to have joined my walks, but were unable to do so, and would like to offer you the opportunity to join me on a 'virtual tour' at 7:30pm on Wednesday 11th November in the Lunesdale Hall. Because of measures adopted in the hall as a result of coronavirus, places will be limited to 30, so please book a place by calling me on 015242 72530. Tickets, priced £7, will also be available from the Visitor Information Centre from the end of October, and all proceeds will go to the Royal British Legion. Should the talk not be able to go ahead in the Hall as a result of restrictions imposed because of the pandemic, I will do a virtual tour at 7.30 via Zoom. Thank you to the Lunesdale Hall Committee for your support during this challenging year for all charitable associations.



Tess Pike, Blue Badge Tourist Guide

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.

Reopening Churches

We continue to review the government and church guidance on opening the church buildings and are treading a cautious path in setting up more activities.

Church Services

Details of all church services are on the kl.church website (details below). You can sign up to our weekly church newsletter from either the Rainbow or the Methodist Church websites. If you wish to have a copy of the newsletter posted to you please contact Merlin Hibbs (015242 76410) and we will add you to the list.

We provide recorded services for those of our community who are unable to attend services on our Youtube channel kl.church – there is a link from our kl.church website. We are also pleased to connect with those who have joined us for worship from different places.

Rainbow Churches

Most of the Rainbow Churches will be opening for services some time during October. St Mary's and St Patrick's are open for a Sunday morning service every week (9:30 am for St Patrick's and 11:00 am for St Mary's). St Mary's is also open for Holy Communion at 10:30 on Thursdays. Please see the newsletter or the website.

St Mary's is open for private prayer, Tuesday and Thursday, 10:00 am – 12:00 noon, St Bartholomew's, Barbon during the day on Wednesdays and St Peter's, Mansergh is open at any time.

The Annual Parochial Church Meeting for the Rainbow Parish will take place on the 22nd October 2020 by Zoom. At this meeting there will be the election of the Churchwardens and acceptance of the Annual Report and Accounts. Further details will be on the Rainbow Parish website.

Methodist Churches

The Kirkby Lonsdale Methodist Church is currently meeting in St Mary's Church on Sunday morning at 9:30. Cowan Bridge Chapel is aiming to re-open on Sunday 11th October. Please see the newsletter or the website.

Kirkby Lonsdale Methodist Church Hall

Following our thorough risk assessment, we are now able to open the Church Hall with Covid secure measures in place. Initially we are trialling one community group and plan to re-introduce other groups as we are able. Thank you for your patience and understanding as we have worked out how to safely manage the building.

St Joseph's Church

St Joseph's is celebrating Mass on Sundays at 9:00am and also on Wednesday evening at 6:30pm. St Joseph's church is open for private prayer at other times. For further information please see the website below.

Websites

Rainbow Parish – <https://therainbowparish.org>

KL Methodist Church – <https://klmethodist.church>

St Joseph's Church - <https://www.lunevalleycatholics.org.uk>

www.lunevalleycatholics.org.uk

KL.church – <http://kl.church> (note not yet https)

Family Project

Muddy Church

Come and relax outdoors!

During this strange time of ever-changing government regulations, we would still like to invite you to join us in trying out Muddy Church. Muddy Church is for anybody with a love of nature or someone who simply enjoys being outside. Our aim is to spend time exploring the Glebe field together, looking at what is living and growing there and considering how God is part of what we see. There will be a time where we make or do something, a pause moment for a story followed by time by a firepit, eating and reflecting together. It is for families, single people, people who are retired, couples, people who know a lot about the environment or gardening and those who know nothing. All are welcome to come and explore together.

Our first Muddy Church will be on Saturday 24 October at 2pm. We will meet in Kirkby Lonsdale at the Glebe Field (next to Ruskin's view). Please let me know if you would like to come or simply want to know more information by emailing me, Lol Wood, at lol@cifamilyproject.org We hope to see you! We advise you wear wellies and be prepared to get Muddy! We will inform anyone, via email, if this event must be postponed due to Covid-19.

Like many of you, the Family Project is getting to know and working with all the new rules and regulations. Any event we are running has been risk assessed and will be compliant with the current government regulations at the time of the event.

Clock Maintenance

Due to maintenance required in St Mary's church tower, it may be necessary to stop the clock in the next few weeks.

citizens advice

I've worked at the same company for many years but I've been told I'm being made redundant. What redundancy pay am I entitled to?

If you're being made redundant, there are two types of redundancy pay you could get. 'Statutory' redundancy pay is the minimum that the law says you're entitled to, or 'contractual' redundancy pay, which is extra money your contract says you can get on top of the statutory amount.

You're usually only entitled to statutory redundancy pay if you've been an employee for at least two years. It's worth asking your employer or checking your contract to see if you're entitled to more than the statutory redundancy rules allow.

Statutory redundancy pay is based on age, weekly pay and number of years in the job, up to a maximum of £538 a week. The Citizens Advice and Gov.uk websites have calculators to help work out how much you'll get. For example if you're aged 41 and over, you'll get 1.5 weeks' statutory redundancy pay for each full year you've worked, up to a maximum of 20 years' service.

If your employer offers a suitable alternative job, but you refuse to take it without good reasons, they can refuse to pay your redundancy.

You won't get statutory redundancy pay if you've been employed for less than two years, are self-employed or are in certain jobs like the armed forces or police (though you may be entitled to contractual pay).

If you've been furloughed, the law now says that your redundancy pay should be worked out using your usual wages, even if you were paid 80% while you were furloughed. However, statutory redundancy pay still limits a week's pay to £538.

If your employer has told you that your redundancy pay will be based on your furlough rate of pay, you could explain to the employer that isn't what the Gov.uk website says about redundancy pay, or contact your nearest Citizens Advice.

Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or any other problems.

Call 015394 46464 - this is being staffed from 9:30 – 2pm

Adviceline: 03444 111 444

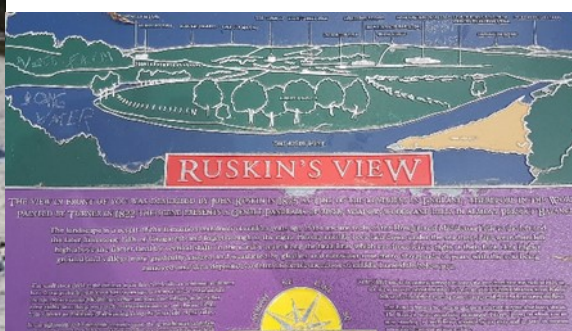
email advice via our submission page on our website www.southlakescab.org.uk

Casterton Stone Circle and Brownthwaite Pike walk



You don't need to wait for winter to arrive to go in search of the stone circle marked on the plaque at Ruskin's view, but a dusting of snow or a setting sun will help you to spot the circular platform and the stones peeping out of the ground. The circle dates back to the late Neolithic or early Bronze Age, built between 2,000 and 600BC, when the climate was warmer and people lived higher up on the fellsides. The stones may be tiny, but the half-mile walk up the stony track is worth it for the spectacular views across the Lune Valley, which are best appreciated from the top of Brownthwaite.

The return walk from Kirkby Lonsdale along footpaths and minor roads is about 12 km (7.5 miles), otherwise, drive east along the A65 and after passing the Whoop Hall on the right, take the first left on the old Roman road that linked forts at Low Borrowbridge near Tebay and Over Burrow, south of KL. After 2km (1.25 miles), turn right onto the lane that leads to Bullpot, then drive 1.5km uphill until you come to a footpath on the left-hand side with space for two cars to pull off the road. Walk up the track and look for the stone circle in the northwest corner of the fifth field on the left.



Tess Pike,
Blue Badge Tourist
Guide

News from the CIC

It has been great to see the town thriving once again this summer with cafés, restaurants and shops successfully regaining their trade. It's been a busy old time for the CIC too with a newly reopened shop, Christmas to plan for and guided walks taking place. Here's what we've been up to...

Guided Walks

Our Vault guided walks have been very successful, taking place around town since August. They run four times a month on the first Friday and Saturday of the month. If you haven't yet heard the comic story of Salt Pie Lane, or seen Alice Clark's memorial, then book yourself a place and immerse yourself in local history with one of our specially trained guides. If you're a bed and breakfast or Airbnb owner let us know if you'd like some leaflets to leave out for guests.

We are pleased that one of our volunteers, Blue Badge guide Tess Pike, is offering guided walks through St Mary's churchyard on a WW1 theme. To book, call Tess on 015252 72530.

And if you'd like to follow the town's new Old Pub Trail, pick up the latest edition of the Civic Society's town map from Visitor Information.

Visitor Information and Gift Shop

At our shop on 29 Main Street we continue to offer advice and Information for visitors and residents. We now have some new lines which include charity face masks and our exclusive 'Doors of Kirkby Lonsdale' mugs, cards and cookies, designed by local artist David Hacking.

This year, instead of offering Cards for Good Causes, we are concentrating on supporting local charities, and will have supplies of packs from, among others, St John's Hospice, Rosemere and QES.

Although we are still on reduced hours, we are managing to open six days a week and hope to return to seven days soon. If you have some time to spare and would like to volunteer, then please pop in for a chat. Two shifts a month are all we need from you; we are a friendly bunch and full training is given.

Toilets

We have now fixed the baby change unit at the Devil's Bridge toilets after vandalism and replaced the two coin mechanisms. We were able to keep the town toilets open throughout lockdown and they were there to serve an influx of visitors when lockdown was eased.

Christmas Fair

As things can change in a heartbeat at the moment, we are still considering plans for Christmas and watching government guidelines closely. We hope to have a chalet village in the Square. It is likely to be smaller than normal, and mainly for locals.

However we will have Christmas lights! New contractors are being sourced for trees and lights following Gordon Highton's retirement. We've been asking people to vote on Facebook about whether they prefer warm white or coloured lights. If you haven't voted and would like to, please drop in to Visitor Information, DM us on Facebook at @kirkbylonsdale or call us on 015242 97177.

We will be holding another public meeting about the Christmas Fayre and Lights on Tue 13 October at 7pm. Due to current restrictions the meeting will be held on Zoom. Please contact us if you'd like us to send you a link.

Keep up to date with our activities, which will be reported on regularly here in AKL.

Kirkby Lonsdale Charter Market

Well, don't we have a terrific weekly Charter Market now? Since Geraud Markets became involved in July, it's gone from strength to strength and is now a thriving busy area with at least 20 regular stalls attending each week.

The original traders are there – Creative Seafoods, Mansergh Hog Roast, Borders, Dal Fiorentino, The Herb Garden, Provino Wines, The Little Barn - but now are complemented by wood turners, crafts, photography, pictures, The Book Lounge, jewellery with more in the pipeline. I have heard so many lovely comments from retailers, residents and visitors (please put them on Facebook if you have it!) and it's lovely to see those bright, colourful gazebos as you wander down New Road. It's made Kirkby Lonsdale even more special!

Can I ask if you can spread the word to everyone, including holiday lets and other visitors, that the Market Square is closed to vehicles from Wednesday evening to 5pm Thursday.

The Market is nearing its capacity and Geraud and I cannot afford to have cars parked on our pitches on Thursday morning. We would appreciate it if everyone can be reminded. Thank you!

Deb Hawkins

Market Support, Geraud Markets

Community Hub

The Community Hub is still open and ready to assist anyone in our community who needs help with shopping, picking up prescriptions etc. Thanks to our wonderful team of volunteers in the community and those volunteers manning the phones, we have been able to meet over 700 requests for help since we started at the end of March. It is our intention to continue to offer this service indefinitely.

So whether you are unable to leave your house, or don't feel happy about doing so, we can help. The Hub line, 015242 36404, is open from 10am to 1pm Monday to Friday and your call will be answered by one of our friendly telephone volunteers who will find someone to meet your request. If you're feeling lonely or isolated, we can put you in touch with one of our team of listeners. There is no charge for any of the services we offer.

We're now looking for more volunteers to join our team. There is no fixed time commitment - you simply offer to help with requests when you are free so, whether you have 30 minutes or 6 hours a week to spare, we would love to hear from you. You can help us and those we are trying to support in our community. Most of the requests we meet are for shopping, picking up prescriptions or delivering items to the Post Office. No car is necessarily needed. If you'd like to know more, please ring the Hub on 015242 36404, from Monday to Friday 10am to 1pm, or drop us an email at klcommunityhub@gmail.com

Community Cupboard and Food Club

The Community Cupboard was set up by volunteers in May to help those in need of support in Kirkby Lonsdale and surrounding communities. Since May we have been sending bags of shopping out every week and supporting a number of households. Thank you to all who continue to donate to our collection boxes - provisions are still needed and gratefully received. We particularly need more hygiene and cleaning products. Collection boxes are in St Mary's Church porch, Cowan Bridge Stores, and Churchmouse at Barbon (monthly collection only).

At the end of the summer the Community Club relocated to the Rugby Club. We are extremely grateful to the KLRUFC for supporting our work. We would also like to express our sincere thanks to QES who responded quickly to our urgent search for premises back in May and provided a base for us at the Lunesdale Sports Hall – this helped us to establish the Community Cupboard very quickly.

Food Club

Over the summer we launched our 'Food Club' – a Fareshare initiative which aims to reduce food waste whilst also reducing food bills (www.fareshare.org.uk). Each week volunteers collect food from Preston which has been redirected from landfill by Fareshare. The food is brought back to Kirkby Lonsdale and shared out among its members. The Food Club is run by and for its members. Annual membership is £6, and £3 per week if you are collecting a share. The food is very varied but you receive approx. 2 bulging carrier bags of food.

The Food Club has so far proved tremendously successful and our membership is currently at full capacity. If you would like to learn more about the Food Club or are interested in joining, please have a look at www.klcommunity.co.uk/intro-to-food-club/. Whilst we are currently full, we will add you to the waiting list and let you know as soon as space becomes available.

What our Food Club members say

'The savings on my food bills has really helped me with the back to school costs – it has made such a big difference.'

'It's absolutely shocking to see what would have gone to landfill. Food Club is a brilliant idea.'

'I am really enjoying helping out at food club – such a great team of volunteers.'

'I have definitely saved money through joining this and am actually shopping more in local shops as I don't have to do a 'big' supermarket shop as often.'

Volunteers

We have a growing team of enthusiastic volunteers for the Community Cupboard and the Food Club who all do an amazing job and nothing would be possible without their support. It is important we continue to build a strong team of volunteers to make sure we can keep things going throughout the year. If you are interested in volunteering or supporting in any way, please let us know. enquiry@klcommunity.co.uk

How to access help from the Community Cupboard

If you, or anyone you know, needs support from The Community Cupboard please go to www.klcommunity.co.uk for more information and instructions on how to register. Alternatively please email enquiry@klcommunity.co.uk or call the Community Hub on 015242 36404.

The Community Cupboard Committee,
enquiry@klcommunity.co.uk

The Rotary Club of Lunesdale

The club continues to hold its virtual meetings on line. Although this is not the way we would prefer to meet it is an option which enables members to maintain contact on a weekly basis. The facility which Zoom offers is now becoming an almost everyday part of life for many of us and for lots of other organisations.

On a personal note, when I was inducted as President of the club it enabled members of my family and members from other clubs to share the occasion and so make it both special and memorable.

A recent selection of guest speakers has included Ken Kirkwood from the Rotary Club of Workington. Ken spoke about saving a ton of pencils from being dumped in a refuse tip because they had minor imperfections and were not considered saleable. Many Rotary Clubs, including ours, took advantage of obtaining lots of these imperfect pencils which were then passed on to be put to good use. Many found their way into backpacks given to the children from Belarus.

Ron Duxberry, a former Rotary District Governor, spoke about his work in financial services and also as a free-lance football fan commentator for Barrow FC on Radio Cumbria. A polio survivor John Nanni, from Delaware USA, told about his fascinating story re his recovery and rehabilitation. Gloria Barnet "The Weird Fish Lady" was another excellent speaker. She is an author, international speaker and advocate of the ocean environment. Why not have a look at her website?

One of our members, John Clare, recently had his head and beard shaved in a bid to raise money for Cancer Research UK. After gift aid was applied he raised an Incredible £3,443. A big thank you from John to everyone who sponsored him.

We are so fortunate to live in our lovely Lune valley area where, even in these difficult times, help and kindness is never far away.

Keep well and keep safe.

Lilian

Macmillan Fundraising

Unfortunately due to Covid-19, I'm unable to host my Macmillan coffee morning at Casterton village hall this year. To ensure Macmillan still receive some vital donations I'm selling cards and calendars at the following locations, Tourist information centre Kirkby Lonsdale, Lux Boutique Kirkby Lonsdale, Cowan Bridge Stores and the key cobbler Kendal. All donations gratefully received. Suggested minimum donation. Cards £2 and calendars £3. Bulk orders available please contact me with your request: Email: amybegg84@gmail.com

Amy Begg

Hornby Jazz

Ever the optimist and with the planned re-opening of Hornby Institute on Sept 7th, I've made a plan for re-starting Jazz in Hornby, beginning with The Harmony Hounds on Saturday 21st Nov. Fingers crossed; we live in uncertain times....watch this space.

Sam Ashton

Stay and Play in KL

Calling all Local Holiday Accommodation Providers (Hotels, B&Bs, Self-Catered, Camping & Caravan Parks).

Here at the CIC (Community Interest Company) we are looking to improve links with our local holiday businesses. Our aim is to send you up-to-date information so that your guests will know what events are happening in the town and surrounding area during their stay.

We also have many locally produced and branded goods who might be interested in supplying their products to include in your Welcome Packs. This way we are introducing your guests to all that Kirkby Lonsdale can offer within the first few hours of arriving here.

We would love your support with this as we feel it is something which could be mutually beneficial and help enrich our visitors' experience of Kirkby Lonsdale.

If you would like to be included in our listing then please email me at suzanneinkl@gmail.com. I look forward to hearing from you.

Suzanne Sutton, Volunteer at the KLTIC

Bag2School

Collecting unwanted clothes 20th October 2020.

St Mary's School PTA are having a 'Bag2School' collection on 20th October. We will be collecting bin bags filled with good quality items for re-use: men's, ladies' and children's clothing, paired shoes, handbags, belts & accessories, bedding, curtains, towels, soft toys (no uniform, workwear, pillows, duvets or fabric, please). The more we weigh, the more we get paid!

Like so many other charities, it is unlikely we will be able to hold our normal fundraising events this year, so ideas like this Bag2School initiative are going to be a really important way to raise some money for the school. Please save all your unwanted clothes etc in bin bags! A collection point will be confirmed nearer the time so please keep a look out on the PTA FaceBook page / and the We are Kirkby Lonsdale FaceBook page and we will post details of where to drop your bin bags as soon as we can.

Thank you for your support!

St Mary's Primary School PTA

Autumn Beckons

As we move into autumn, Kirkby Lonsdale WI invites members to participate in our monthly competitions.

Having received the September issue of 'Life' magazine it was good to read Vicky Constantine-Foster's (NFWI Membership Manager) message: "Now, as a new season begins, let's look to the future with optimism and consciously decide what we want to take forward from this time: a deeper connection with our communities; more time with family and friends." Such a positive reminder of what being part of our WI and living in Kirkby Lonsdale brings. Also contained in the magazine are lots of ideas for crafting. If you have been busy and have a creation you are proud of please send it to us and we will share.

Competitions

October: A decorated, homemade, Halloween-themed biscuit - to be delivered in a sealed sandwich bag.

November: A decorated, handmade Chinese paper lantern - to be delivered in a tied carrier bag

Entries to: Corner Cottage, 13 New Road (deposited in a dedicated box by the front door) from the 1st of the month, with the deadline being the 10th of each month. Include your name and time of delivery – so entries can be properly quarantined.

Take care and stay safe.

Rosalind and the KLWI Committee. Tel: 015242 98587 / 07765480943 Email: kirkbylonsdalewi@gmail.com, Facebook: Kirkby Lonsdale WI, Website: www.klwi.co.uk

KL Volunteer Drivers

We are a local volunteer group which provides cars and drivers for medical appointments, hospital visits, train stations, shopping trips and other journeys. The cost is 45p per mile, from the driver's house back to the driver's house, payable to the driver.

During these last difficult months, we were unable to offer this service and, in fact, nobody was going anywhere! Some drivers are now available so from the beginning of October we will be very happy to help anyone who needs us. Please telephone me on 07788522511 giving me as much notice as you can and I will call you back. I will do my best to find you a driver.

Ruth Hart

90 Not Out!

I would like to say a big thankyou to friends from the Rugby Club, Cricket Club and Bowling Club, family, and neighbours for all your kindness shown on my 90th birthday.

The cards, letters and gifts are much appreciated.

Thankyou all. *Joe Tomlinson*

Lune Valley Swimming Pool

We are open again, come and join us!

I am pleased to report that the LVSC pool re-opening has been extremely well supported by the local community – we are delighted to have welcomed so many people in the first few weeks.

Please remember to book in advance because numbers are limited and some sessions may be over-subscribed. If in doubt, take a look at our LVCS pool website, check out the revised operating guidelines and the new timetables. Current advice from Swim England can be found on their website: <https://www.swimming.org/swimengland/>

The financial impact of the Covid 19 closure and lifestyle restrictions are of course an additional economic burden at this time but we have applied for additional funding to assist and are hopeful that this will be granted. Meanwhile we are very grateful for generous voluntary donations received from Wray Methodist Church and Kieron Basset Financial Services of Morecambe

Be assured that we will do all we can within the bounds of legality, health, safety and received wisdom to meet the current challenges to keep the pool operational and provide a welcoming and beneficial experience for everyone.

Take care, keep safe.

www.lunevalleypool.com. Direct line pool telephone. (01524) 805666.



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Letters

My husband and I visited Kirkby Lonsdale today, and we just wanted to say what a wonderful job you are all doing, especially in such tough times.

I had a fleeting idea that I wanted to share with you. I was reminiscing about my love of treasure hunts as a child and thought how Kirkby Lonsdale would really lend itself to something like this.

The town map is really interesting and as the whole area is quite compact and there are so many interesting places to find and stop off, that some local tourists might not see. I thought if you could combine these features with some sorts of interesting things to make people come and find certain books in the book shop and the tourist information, for example, it would all help to attract families into town.

You have an amazing church and such peaceful grounds and stunning views that could easily be missed if people were not directed there too.

With kindest regards,

Mrs Danielle and Mr Ian Willsher

Sports News

Casterton Golf Club

Casterton 2020 Cup

Men

1st – D Neil

2nd – K Richardson

3rd – S Joel

Ladies

1st – C Udall

2nd – L Carter

3rd – M Quinn

Twos – S Joel, M Curwen

Nearest Pin – S Joel

Kirkby Lonsdale Golf Club

Men's Division 1

1st Stephen Chapman 76-4c=72

2nd Michael Reid 82-8c=74

3rd Joe Bowman 85-10c=75

Men's Division 2

1st Robin Sykes 85-15c=70

2nd Allan Wright 83-12c=71

3rd Stephen Brown 85-13c=72

Compiled by Robin Ree



Bullpot Sunset by Henry Potts Age 10



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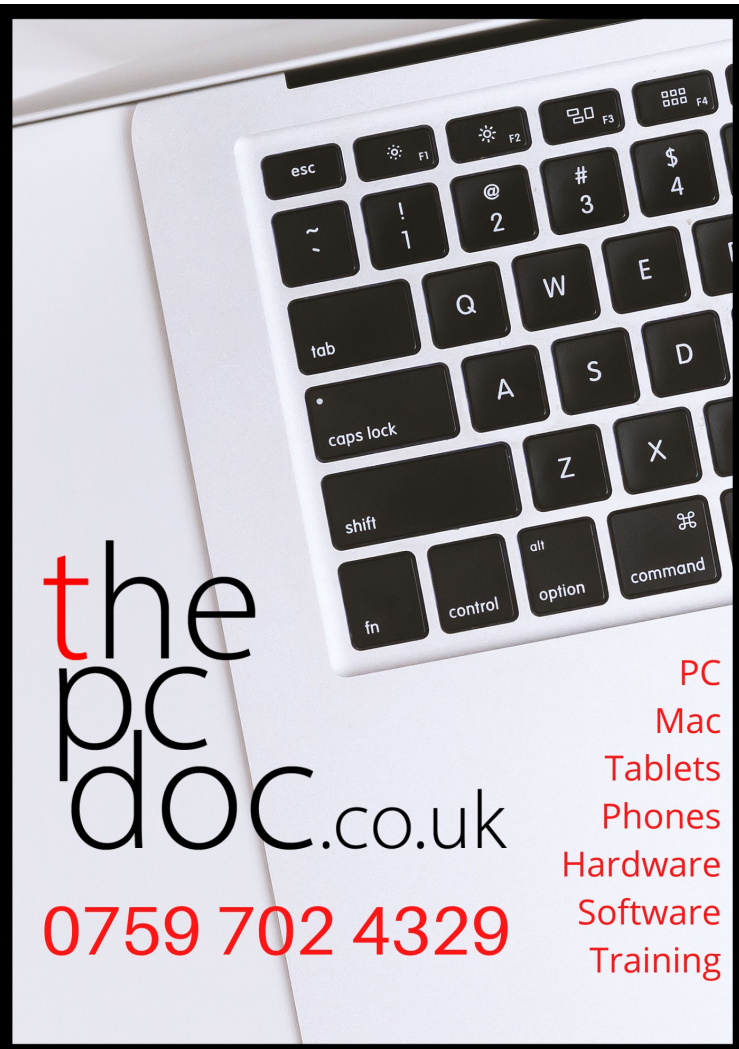
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The logo for 'the pc doc.co.uk' is displayed. The word 'the' is in a red, lowercase, sans-serif font. 'pc' is in a black, lowercase, sans-serif font. 'doc' is in a black, lowercase, sans-serif font. '.co.uk' is in a black, lowercase, sans-serif font. The logo is positioned in the top right corner of the page.

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Muddy Church



What is Muddy Church?

A time to explore nature and wonder at God and our world together. A time to get Muddy and have fun.

When is it?

Sat 24th Oct @ 2pm

Who is it for?

Everyone. We welcome those who know lots about nature and those who are keen to learn.

Where is it? Glebe Field, next to

Ruskin's View.

Do I need to book? Yes, email lol@cilfamilyproject.org to let us know you are coming!



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