

AKL

Around Kirkby Lonsdale

September 2021

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

Photo ©Maria Booth 2021

Thinking Like an Olympian

As I write this, the Olympic Games in Tokyo have just ended and some things struck me about the Games this time. There was the usual round of triumphs and heartaches followed by the time for rest, taking stock and recovery. For those athletes who will compete in various forthcoming championships, or the Olympic Games in 2024, they will resume the challenge and discipline of training.

Picture by Claire Gosling

I was impressed with Max Whitlock's comment that he would take time to rest and be with his family and wait – wait until the need to resume training was irresistible, then he would know that it was right for him to carry on and prepare for the next challenge.

I was also impressed with the camaraderie and compassion the athletes shared with each other. Having few spectators to turn to at the end of events they supported, laughed and cried in each other's arms at their successes, disappointments and at the near misses. How do you cope with coming fourth? There was honesty and openness in their expressions of joy and sorrow, as well as a frankness about mental health issues, that I found inspiring and encouraging. They were being truly human and real and it shone through. I guess if they were to be interviewed now, they would put back on their 'public faces' and restraint and, maybe, we would miss the real person underneath.

I wonder what you experienced in the times of covid lockdowns and in the recovery period we're now living through. Did you find extraordinary demonstrations of love and care and support, from places you did not expect? Did adversity enable some new or different experience of caring and sharing, or did you feel more isolated and alone than ever before? One of the terms that came out of the Covid experience was "it's okay to be not okay" and for many that must have been a great relief. Many, many of us, despite appearances and despite our attempts to keep it hidden, were definitely not okay, and it may well be some time before we feel settled again.

I was reminded of the story of Elijah who, after standing against the pagan forces in Israel in his day, saw God

perform a mighty miracle in sending fire and rain to demonstrate God's power versus the power of the pagan gods. When it was all over and Elijah had a murder threat hanging over him, he ran away. He collapsed exhausted and slept; he was awoken and miraculously received food and drink, and he slept again. He was awoken again, given food and drink and then set off on a forty-day journey away from his enemies. There he rested in a cave and God came to him, telling him to go out to the edge of the cave to see the Lord pass by. A terrific wind shook the mountain, but God was not in the wind. Then there was an earthquake, but God was not in the earthquake. and then a fire but God was not in the fire. Finally, came a gentle breeze, so gentle it was silent – the still, small voice of calm, and God talked with Elijah.

In the silent dialogue of the soul with its Creator, understanding is felt as much as it is articulated.

After all the noise and clamour of what you may or may not do; of what it is safe for you and for others to do; of the fears, worries, frustrations, sadness and despair which may accompany the time we are living in, it may help to find a place to stand still. A place where you can draw breath, and in quietness and reflection find peace. St Mary's Church is now open every day and you might find it helpful to take shelter there and allow yourself some breathing space, take time to re-balance, reflect and be restored, and perhaps give God the opportunity to touch your soul and speak to your heart. It may be you will need to wait, like Max Whitlock, until that still small voice is irresistible.

Rev'd Sue O'Loughlin



Pic by Alan Calow

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View from the Bridge

The lifting of restrictions and the sunny weather has seen a large influx of visitors to our town and Devil's bridge. Yet again we have had incidents of jumpers off the bridge and one young lady being taken to hospital with serious back injuries.

The police have put up additional notices advising of the danger, especially when the water levels are so low; we can only hope that some take heed of the advice. Some of the suggested measures to prevent people jumping are not practical but CCTV may be one way forward.

For the first time in over 18 months, the council held its first meeting face to face and it was pleasing to see many members of the public in attendance.

Things are starting to move slowly. The two CCTV cameras are due to be up and working early September, Cumbria C.C. have renewed the road markings in the square and the fixed signage is due to go up a little later. Will it make a difference? Personally, I will still look always.

September's meeting will be on the 8th in the Lunesdale Hall. Please check the notice board for any change; the agenda and minutes can be viewed at your leisure.

The contractors started early on refurbishing the kiddie area of the play park and should now be open. The zip wire which has been out of use for some time now should also be back in use. The wire had to be disconnected to carry out the repairs and could not be refitted without specialist equipment, resulting in a very hefty bill as in all repairs to playground equipment.

The Thursday Charter Market is being well supported by both traders and visitors. Unfortunately, difficulties have arisen due to the odd car being parked in the Square overnight and not being moved, making very difficult to fit all the stalls in. The ticket machine is switched off at 6pm on Wednesday night and is now being covered. If you have visitors, would you please ask them to park in one of the other car parks, leaving the square free?

I don't have a lot to report. My grandson is making progress slowly and having physiotherapy; the hospital is hoping he may not need an operation. The H. & S.E are investigating the cause of his accident and early reports are that he wasn't to blame.

Finally my usual thanks to my fellow councillors, not forgetting our clerk, Rev. Kevin Price, and Diane for her help.

Best wishes and take care.

Cllr. Geoffrey Buswell

The Rotary Club of Lunesdale

On 5th August, the club held its first face-to-face meeting at Tunstall Village Hall since the first lockdown. This meeting provided, for those members who wished to attend, an opportunity for some Rotary fellowship whilst observing the social distancing and restrictions we are all now so familiar with.

Members were asked to bring their own food, drink, cutlery and a plate. It was truly a meeting with a difference! Let us hope that as the national vaccination programme is now completed and we all gain in confidence it will not be too long before the kind of meetings we are used to will be the norm once more.

The following 2 events which are being organised by other Rotary Clubs may be of interest to some readers;

1. Kirkham and Rural Fylde Rotary Club are organising their own Autumn Steam Fair at The Villa Wrea Green 4th and 5th September 10am-5pm.

2. On Sunday 26th September from 1.30 to 5.30pm, Ambleside Rotary Club is organising a Pink 5k walk in support of St Mary's Hospice. It is not a race and there will be tea and scones for all finishers!

It is hoped that the two events shown below, to be promoted by this club, may now be possible whilst adhering to all guidelines in place at the time:

1. "The Defenders" jazz concert on Saturday 6th November

2. "Kendal K Shoes Male Voice Choir" Christmas carol concert Saturday 11th December.

You may like to put the dates in your diary and watch out for further publicity.

Keep well keep safe

Lilian

Barbon Antique Fair

We feel confident that we can now go ahead with our Antique Fairs at Barbon Village Hall. Everyone is looking forward to starting on September 11th from 10am-4pm.

There will be the usual exciting eclectic array of items to be purchased from antiques to collectables. This is a social occasion as well with refreshments provided in aid of North West Cancer Research, a very worthy charity. We look forward to seeing all our usual friends and customers.

Should you not be able to make the first one, we shall be here every second Saturday of the month from now on. Next dates being October 9th, November 13th, and December 11th.

Jacquie



Family Project

I hope you have all had a chance to see and try out our Bee Trail which is in St. Mary's Churchyard until 5th Sep. The trail has been created by the Muddy Church team and includes lots of facts about bees, what they do and why they are important for our world. The beautiful drawings were created by local artist Pauline Kaye. Please send your thoughts, via Facebook or Instagram.

This September we are relaunching St. Patrick's Youth Group which is held on a Tuesday evening 7-8.30pm at Endmoor Village Hall. It is for young people who are in Year 6, 7 or 8 and costs £2 to attend. This is a space for young people to hang out, make new friends and share their hobbies and interests together. We are keen that the young people have a space that is theirs and we are wanting to shape the youth group according to the interests of the young people who attend. If this sounds like something for your young person feel free to give us a try or email me for more information: lol@cilfamilyproject.org

Messy Church is back on Sunday 19th Sep at 3-4.30pm at KL Methodist Church Hall. We will be serving hot food and are keeping places limited so please email: klmessychurch@gmail.com for more information and to book your place. We cannot wait to see everyone again.

Lol

St. Patrick's Youth Group

Starting on September 14th 2021

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Kirkby Lonsdale Gardening Association

Garden Visit Reports

27th June. Members' social gathering and Plant Sale
What a wonderful way to open up events! Not only did members enjoy time spent in what is one of the most beautiful gardens in Kirkby Lonsdale, enjoying home-made refreshments and having time to chat face to face for the first time in months, but the society's coffers were topped up with the plant sale. Many thanks to Margaret Clarke for organising the day.

21st July. On a lovely sunny afternoon members visited Abi & Tom's nursery at Halecat, near Witherslack, where after a short talk from Tom about the origins of the nursery, members wandered around and admired the wonderful borders showcasing lots of the plants for sale in the well-stocked nursery beds. The nursery has developed so well since we had our last group visit ten years ago and many purchases were made!

Then on to Fernhill Coach House, described as a riot of chaotic exuberance, a lovely cottage garden, blooming with gorgeous colourful herbaceous perennials, extending into wild unruly vegetable plots with fruit bushes. Members enjoyed afternoon tea in the warm sunshine before exploring the orchards of heritage and northern fruit trees, the greenhouses and polytunnels.

1st August. Gardens in Bentham and Wennington. The first garden we viewed was Bryan Jackson's in Bentham, full of an amazing variety of mainly herbaceous plants, a large garden made up of fascinating 'rooms', established over a long time, the garden having originally been cultivated by his parents. Bryan has an innate instinct to place colours and varieties in such a way as to enhance the whole. Unknown to him, his garden was entered in the Daily Mail's competition for Best British Garden 2020 and he was delighted to be a runner up.

Linda Ashworth's garden at 'Mill Croft' Wennington was equally lovely but totally different in style. It is probably even larger than Bryan's but rather than being divided into areas, it is a large expanse of undulating beds and lawns. From the house there is a full panorama sloping down to a meandering stream edged naturalistically and beyond that a successful wildflower meadow has been established. There are beds planted with great thought and use is made of large specimen trees as focal points. One bed in particular is very effective – a stumpery with very large inverted tree stumps and interspersed strikingly with burgundy oriental lilies. Thank you to Linda and team for the delicious cakes and scones and welcome cuppa.

All these garden visits gave immense pleasure and inspiration and we all enjoyed the companionship of fellow gardeners.

Margaret Haygarth, Chairman

Future Events

By the time you read this issue of AKL, we will have had our Annual Flower & Vegetable Show – a full report will appear in the next issue.

We are planning to resume evening talks from Wednesday 15 September in the Lunesdale Hall with our first speaker being Martin Fish, a regular broadcaster on BBC York. The talk entitled 'Behind the Scenes as an RHS Judge' is our Celebrity Lecture when Martin will take us behind the scenes at Chelsea and other flower shows, showing how the prestigious 'Gold' medals are awarded. He started his gardening career aged 16 as a park's apprentice and has worked in horticulture for over 35 years, with many TV, radio and writing credits to his name. The talk begins at 7.30pm and there will be a charge of £3.

Our next talk will be on Wednesday 20 October when our speaker will be James Smith, the Co-Founder and Field Manager at Growing Well, Low Sizergh Farm.

If you would like to receive notifications about the Gardening Association by email, please register your interest via kirkbylonsdalega@gmail.com

New members are always welcome to join our group – for further information please contact Membership Secretary, Maureen Dwyer, tel 015242 72594

We are looking forward to our Autumn Programme and hope you will join us!

Margaret Clarke, Events Secretary, 015242 72045

Bereavement Support Group

Restarts 14th September

I am pleased to confirm the Bereavement Support Group will begin again in September on the second Tuesday of each month. The first group session will be on Tuesday 14th September at 10.30am in St Mary's Church, Kirkby Lonsdale.

The group is open to all who have suffered bereavement and is intended for us to support each other in our different experiences of and journeys with grief.

It is not a counselling group. I am not qualified in grief counselling, but we have previously found members discovered that sharing and listening to others' experiences was helpful to them.

If you have any questions or would like more information, please contact me on 07900 530849 or email me at sueoloughlin.so@gmail.com.

Rev'd Sue O'Loughlin

The Lunesdale Hall

Over the last two years the Lunesdale Hall Management Committee have invested in the future of the Hall by carrying out major repairs to the fabric of the building; updating the interior of the building with a contemporary colour scheme, curtains etc; and providing a better experience for users with new lighting, a new and improved audio-visual system and improvements to the kitchen. After the inevitable issues with Covid, bookings have picked up and the Committee are now looking at ways to further improve the Hall and make it a true community facility.

The Hall is run by a Management Committee comprising Town Councillors, representatives of users and organisations within the Town, together with four Community Representatives. We are holding our AGM on 4 October and nominations for the four Community Representative positions would be welcomed. If you would like to be put your name forward, please email me on mikeburchnall@gmail.com.

In the Hall we have some very interesting historic pictures of Kirkby Lonsdale, and now we have one more. Anna Short has donated a sketch by Wilfrid M Harris of the Old Stone at Devil's Bridge – the stone is still there but has weathered since the engraving was made. The sketch was included at page 32 in the Annals of Kirkby Lonsdale by Alec Pearson. Anna is the daughter of John Wilman, who was a friend of Lt. Col. M Harris, the son of Wilfrid Harris the artist.

Following a visit to Kirkby Lonsdale in 1981, Lt. Col. Harris gave the sketch to Anna's father and asked that it be displayed in the town. Anna has had the sketch framed and it is now on display in the Bective Room – in a pocket behind the frame are documents which explain the history of the sketch and information about Wilfrid Harris. The Committee are extremely grateful to Anna for this important piece of Kirkby Lonsdale's history.

Mike Burchnall,

Chair of the Lunesdale Hall Management Committee

KL veteran GP retires



Dr Simon Kaye qualified from Birmingham Medical School in 1984 and became a partner with Kirkby Lonsdale practice in 1988. After 33 years he will be retiring from his position as senior partner at Lunesdale Surgery at the end of July. Dr Kaye said it has been a privilege to be able to serve the communities of Kirkby Lonsdale, Hornby and the surrounding Lune Valley for all this time. He is honoured to be part of such a special team that provides the highest standards of personalised family medicine.

The practice has changed enormously since he first arrived. 'In 1988 the team consisted of 4 doctors and 1 nurse. In 2003 we moved from the much-loved Green

Close Surgery into our purpose-built premises at Lunesdale Surgery and as a result were able to significantly expand our team. I leave behind a team of 8 doctors, 1 nurse practitioner and 4 nurses, as well as all of our wonderful support staff. The extra space of our move to Lunesdale enabled me to fulfil my ambition to become a GP trainer and I'm delighted that training continues at Lunesdale under the guidance of my colleague Dr Underwood. '

'The branch surgery at Hornby has also changed beyond recognition. When I first arrived, we operated out of a rented front room in one of our patient's houses. At the allotted surgery hour Mrs Norris unlocked her front door to allow patients in to sit and wait in her hall. If there were more than 4 they had to sit on her stairs! Shortly after I arrived, we bought the premises and were able to turn them into a two-consulting room surgery, with a three bedroom flat above.'

Dr Kaye will not be idle in his retirement. He intends to continue to offer GP locum services to practices in the surrounding area, and he will continue his work with CRMI – Children of Hope in Uganda. His first exciting challenge in retirement will be to attempt to climb Kilimanjaro with his wife Pauline, to raise funds for the education of healthcare workers in Uganda, enabling transformation of the communities that they serve.

If you would like to support Pauline and Simon's Kilimanjaro attempt (whenever Covid travel restrictions allow) then you can do so either by giving directly via BACs - CRMI Children of Hope

01-08-38 Acc No 54645832 or via JustGiving - <https://www.justgiving.com/fundraising/simon-kaye11>

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.

Unless there are changes to the plan for easing restrictions these are the services during September.

Please continue to follow all the social distancing and hygiene guidance.

(The type of service may change after AKL goes to print. Please check church notice boards and kl.church website for up to date information)

September

2 Thu Kirkby Lonsdale 10.30am Holy Communion

5 Sun TRINITY 14

Kirkby Lonsdale 11.00am Holy Communion

Preston Patrick 9.30am Holy Communion

Lupton 9.30am Morning Service

Barbon 10.30am Morning Service

9 Thu Kirkby Lonsdale 10.30am Holy Communion

12 Sun TRINITY 15

Kirkby Lonsdale 11.00am Morning Service

Preston Patrick 9.30am Morning Service

Mansergh 11.00am Harvest Service

16 Thu Kirkby Lonsdale 10.30am Holy Communion

British Legion Poppy Appeal

As many of you know, Mrs June Peckston has been the lead for the Royal British Legion Poppy appeal and the Remembrance Sunday service arrangements for many years. There is no active Legion committee in Kirkby Lonsdale now and June has been doing this role for the last few years with very little help. Could you spare a couple of hours to sell poppies and some British Legion items in Kirkby Lonsdale on Saturday 30th October and Saturday 6th November ?

We also need help to distribute the boxes of poppies and collecting tins to local venues in Kirkby Lonsdale. If you have a business and would like to support the selling of these items please get in touch. If you or your organisation would like to lay a wreath at the Remembrance service on 14th November, we can order these for you from the Royal British Legion (it will incur a cost).

Please contact Ann Irving 015242 71027 or Alison Newton 015242 73867. Thank you in anticipation of your support. We Will Remember Them.

19 Sun TRINITY 16

Kirkby Lonsdale 11.00am Morning Service

Preston Patrick 9.30am Morning Service

Lupton 9.30am Harvest Service (tbc)

Barbon 10.30am Harvest Service (tbc)

23 Thu Kirkby Lonsdale 10.30am Holy Communion

26 Sun TRINITY 17

Kirkby Lonsdale 9.30am Methodist Service

11.00am Morning Service

Preston Patrick 9.30am Morning Service

Casterton 10.30am Harvest Service (tbc)

Hutton Roof 11.00am Harvest Service (tbc)

30 Thu Kirkby Lonsdale 10.30am Holy Communion

St Patrick's

Two plaques have recently been unearthed in St Patrick's Church. The oldest dates to six years after the first Jacobite rebellion in 1715 and before the 1745 rebellion, when Bonny Prince Charlie and his Scottish army swept through this area, taking all the farmers food for their troops. It is a long heartfelt poem in memory of Richard Wright age 9 months, died 1721, Mary Wright age 76, grandmother to Margery Wright, age 15, died 1728. The three-verse poem reads:

Mark well ye mortals as ye go, /and on me cast an eye, /
remember me who am below, /Give praises due on high.

The other plaque commemorates a grant of £110 made by the Incorporated Society for Promoting the Enlargement, Building, and Repair of Churches and Chapels. 145 numbered seats had to be provided for the poor. The present church was rebuilt and opened 1852.

Frank Sanderson



Marjories Mellor (left) and Dybeck

Marjorie Mellor

When (my) Marjorie and I moved to Kirkby Lonsdale in 1992, two of the first people we met, through church, were Marjorie Mellor and her friend Margaret Pilkington. Absent-minded me took a little while to distinguish one from the other, so alike were they in their welcoming and unassuming temperaments.

They were a wonderful partnership, living in Casterton and, although pillars of that hamlet, they were equally at home in St Mary's. Both had been teachers, Marjorie a science teacher in Bolton and Margaret I know not where but she ended up standing in as Head of Casterton (Girls) School. In her 'retirement', Margaret became ordained and was set to become a very welcome 'pillar' in the Rainbow churches. But it was not to be, and her unexpected demise from cancer was a blow to us all, particularly Marjorie Mellor. ("What was God playing at?" the cynics asked.)

None of this affected the faith of Marjorie Mellor, though it must be said that her approach to church matters was, to say the least, ambivalent. Nevertheless, she was a stalwart supporter of many of our traditions and customs and nobody had a greater loyalty to the Book of Common Prayer.

In Casterton she was the authority on church windows, writing guides and using her great photographic skill to make their cards. Later, she organised the St Mary's bookstall where her choice of books reflected her radical views. Then there was NADFAS, (National Association of Decorative and Fine Arts Society) with her promoting those very popular Kendal lectures. Soon she was in charge of NADFAS Church Recorders, doing meticulous surveys of just about everything of value (except the staff!!) in many local churches.

In St Mary's she was the one who keenly took up the

NADFAS campaign of church trails for youngsters and steered what could have been rather erudite expositions into something that kids could enjoy. And they did! We made a film of it!

Talking of which, Marjorie was such a knowledgeable resource when I produced '900 Not Out' and 'Through a Glass Brightly' about our own history. And in them she was one of the voices. Talking of voices, it was Marjorie Mellor who got us all meeting monthly to record AKL for the benefit of blind or hearing-impaired members of the community. First, she would get an advance copy of the text, cut it all up and hand the four readers their 'piece'. As the technical recorder I had to be careful what went on tape as she was prone to say rather outspoken views on local affairs that were not in the text!

I only wish my own Marjorie, who died almost ten years ago, could have written these words since she knew far more about her than I did. The Marjories were, I recall, 'partners in crime' in supporting a whole range of ecumenical enterprises, from Christian Aid and Churches Together in Lunesdale to our weekly Prayer Group in the Middleton Chapel. And, back on home ground, she was a most loyal member of the Church Council. Again, not afraid to say what she thought about goings-on, even when they might be challenging established orthodoxy. In so doing she was not curmudgeonly, but far-sighted enough to see that we needed to be looking to the future as much as to the past.

We shall miss her. Although of late she had retreated from life's challenges, Daphne and I found that, when calling on her, her mind would be as alert as ever, blending memories of the past with quirky comments about the ways of the present. Past and present were ever there. And so will be Marjorie.

Maurice Dybeck

KL Community Cupboard Update Summer 2021

The Kirkby Lonsdale and surrounding village communities have gradually been opening up as restrictions are lifted with the restarting of coffee mornings, art exhibitions, classes, clubs and all those essential events that enable communities to meet and thrive. For some it has been very welcome whilst for others the prospect of getting back 'to normal' remains a daunting thought after so many months of confinement and the continuing presence of Covid-19 in the daily news. It is reassuring to see so many events and establishments continuing to take measures to reduce exposure risk allowing people to take small steps back as they feel able.

The Community Hub continues to be there for the community five mornings a week 10am till 1pm always ready with a friendly ear to help those who need assistance with shopping and unexpected prescription collection. Between those who regularly call the Hub, the volunteers who take the calls and the volunteers who respond to requests there is a comforting bond, each knowing they can rely on one another to complete the job.

Similarly, the hot lunches that are so generously prepared on Mondays, collected and delivered to homes and now to the Lunesdale Hall are an act of sharing and fellowship, bringing together a community through a shared meal. It is hard to quantify the power of eating together after so long apart. Every effort is made to serve lunches in the spacious surrounds of the Lunesdale Hall in a Covid safe manner and lunch is available to anyone in our community who identifies themselves as vulnerable. If you would like to find out how to access

email admin@klcommunity.co.uk or speak to The Hub who will advise you how to make contact. All contact is treated confidentially.

One of our regular volunteers who has been active right from the start of lockdown, and has been delivering hot community meals each week, found a photo from her family albums. It is a beautiful reminder of the strength of community that so many value here in Kirkby Lonsdale goes way back and those now enjoying receiving some help were the ones delivering and preparing the community meals. Janis's own parents would be so proud to see their daughter delivering community meals as they did.



Community Cupboard Food Donations

The Community Cupboard is kindly supported by a number of local contributors – our Town Council, churches and Cumbria County Resilience fund to name a few. We also receive an enormous boost from Fareshare weekly deliveries to our Food Club, part of which is redirected onto the shelves of the Community Cupboard. Cowan Bridge Stores send a weekly donation of food and Churchmouse at Barbon send one monthly. For these acts of kindness we are very grateful. We do send any excess items on to The Trussell Trust Foodbank in Morecambe and Kings Foodbank in Kendal on a regular basis, thanks to Sabine's efforts in stock sharing.

We would also welcome donations to St Mary's church porch of certain items that we try to keep in stock: Tinned soup/packet soup; toiletries e.g. deodorants; dried milk powder; toilet rolls; tinned custard; jelly cubes; jam; tinned fruit; long life milk; squash; tinned meat/fish; sugar.

Thank you to everyone who supports this community provision, from the volunteers who give of their time so generously and cheerfully to the benefactors some known and others who remain anonymous, it all contributes to making the wonderful community we live in that little bit more connected.



Community Lunches, please contact The Hub 015242 36404 or email: coordinator@klcommunity.co.uk

The Community Cupboard continues to be available for anyone experiencing ongoing, intermittent or unexpected financial hardship by providing access to food, the CC was set up to alleviate food poverty for everyone in need in our community so please if this is something you are experiencing or you know of someone who would benefit from assistance please

Summer over, scouting resumes

Even 1st KL scouts take a break over summer, giving leaders and young people a chance to unwind and relax. Refreshed we enter the new Autumn term looking forward to more fun meetings, adventurous activities and challenging camps.

I cannot praise enough the wonderful executive and leadership team that makes all this possible. And we have new adults bringing their skills and experience to the team, who'll then be learning more from the scout training programme, the support and teaching of fellow leaders, and the feedback of our young people. When we say scouting provides #SkillsForLife we mean it for all our members.

We're always looking for adults to join as regular leaders, executive supporters, skills instructors for hill walking, climbing, sailing, canoeing or any other activity you enjoy, or just general good-eggs. Great support and training, no pay but great rewards.

And because our leaders like a challenge we could still squeeze in a few new boys and girls to Beavers (6-8), Cubs (8-10.5) or Scouts (10.5-14).

Interested? Contact Skip (Nigel Bradshaw) on 73722 or Kirkby_Lonsdale_Scouts@live.co.uk

Charter Market Parking

The Charter Market, as you know, is held every Thursday and recently there have been several Thursday mornings where we have been greeted with parked cars on the Square.

This causes several problems as the Market is usually full with traders - such as having to relocate their stalls, trying to track down the owners of the vehicles and the possibility of traders having to return home, unable to set up and loss of earnings.

The Charter Market is purchasing more road signs and today, a hood for the parking machine was delivered. We are asking if you, as the businesses and retailers of Kirkby, to be kind enough to circulate the following message to the community and visitors alike, as well as accommodation providers in the town.

1.The Market Square will be closed every Thursday when the town's Charter Market is held. The ticket machine will be switched off at 6pm on a Wednesday and will be covered by a protective hood.

2.Anyone buying an overnight ticket at Market Square on a Wednesday after 4pm will be buying time for FRIDAY MORNING, not Thursday morning.

Thanks

Deb Hawkins



"My Universal Credit is going to be cut by £20 a week. I struggle to get by as it is and I'm really worried that I'll get into serious debt. I'm already behind on some of my bills. What can I do to avoid things getting worse?"

Firstly, depending on your situation, you might be able to ask to have your Universal Credit paid differently - these are called 'alternative payment arrangements'. It might be an option if you're in rent arrears, among other reasons. To apply for an alternative payment arrangement, call the Universal Credit helpline on: 0800 328 5644.

If you're behind on some of your bills, the first step is to make a list of how much you owe and add up how much you need to pay each month. You now need to prioritise your debts. We have advice on our website to help you. Some bills can cause you more problems than others if you don't pay them. Rent or mortgage arrears, energy bills and council tax are your priority debts as there can be serious consequences if you don't pay them.

Be sure to get in touch with the organisations you owe money to. Not everyone feels confident to do this, but they might be able to help by letting you pay smaller amounts or taking a break from payments. Many organisations have put in place protections for people who've struggled to pay their bills during the pandemic.

The government-backed Breathing Space scheme could also give you extra time. If you're eligible, you could get 60 days where your creditors can't contact you, take action to make you pay, or add interest and charges to your debt. You'll need to get advice from a debt adviser - they'll check all your debts to see if they're covered.

Finally, it's always a good idea to have a budget - take a look at the budgeting tool on our website and make sure you're getting all the income you're entitled to.

Everyone's circumstances are different, particularly when it comes to managing personal finances. If you need more specific support or don't feel able to manage your situation alone, call us on 015394 46464.

Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or any other problems. South Lakes Citizens Advice, your local charity, is here for you. How to access: Call 015394 46464 - this is being staffed from 9:30 - 2pm. Adviceline: 0808 2787 984 email advice via our submission page on our website www.southlakescab.org.uk. Help to Claim (Universal Support): 0800 144 8 444

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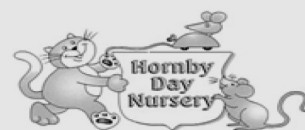
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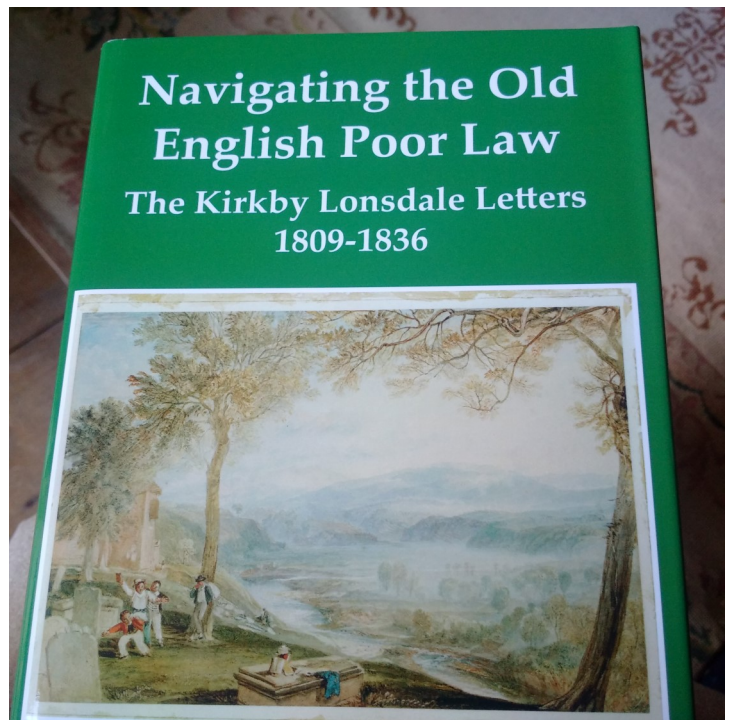
Dr Peter Jones and Professor Steven King

We are so fortunate to have the authors talking to us about their book ‘Navigating The Old English Poor Law: The Kirkby Lonsdale Letters’ which is based on 600 letters written by, or for, the poor of Kirkby Lonsdale in the early 19th Century.

It provides a unique window onto the experiences, views and conditions of a much-neglected group in English society.

This free talk is on Monday 13th September at 19:30 and will be held on Zoom as Peter and Steve can no longer be with us due to their academic commitments. If you’d like to join us, or for more information, please E mail kldcstalks@gmail.com including ‘Talk 13th September’ in the subject line. We’ll contact members directly.

Our next talk is on Monday 11th October when Kevin Lancaster will tell us about ‘The Washingtons of Sedbergh and Kirkby Lonsdale’ and we’ll discover, among much more, what a ‘whitesmith’ did.



Our website www.kirkbylonsdalecivicsociety.org and Facebook www.facebook.com/Kirkby-Lonsdale-District-Civic-Society-106522207930224 always have the latest information about our talks.

Urgent B4RN Update

There is a small window of opportunity to secure B4RN for Kirkby Lonsdale and Low Biggins but we need to act quickly and decisively.

B4RN have applied for a pre-agreed registered funding package with the Department of Digital, Culture, Media and Sport (DCMS) to help deliver the B4RN Network into Kirkby Lonsdale. Due to recent Government changes in the Cumbria plans for building Broadband Networks we need to ask you to register your wish to have the B4RN Gigabit service BEFORE the 10th SEPTEMBER, or we will lose the opportunity to make Kirkby Lonsdale a Gigabit Town for now.

Simply go to the following link www.b4rn.org.uk/getb4rn and complete the application for service.

If you have a business, then please complete the appropriate parts and this will help us get additional funding from the government to implement the scheme.

The main town centre and residential areas would be built as a “B4RN Village Project” as we have done in Halton, are currently building in Caton and planning for Sedbergh. B4RN’s Build Teams leave a connection for every property – those who take B4RN are responsible to get the connection from their boundary to the property and fit the B4RN house kits which bring B4RN Service into your house as a wired connection and 1Gbps to your B4RN router.

Every property that takes a Service during the building of your Community Network potentially qualifies for a B4RN Dig Grant of up to £150 – this is only available during the lifetime of the Project – so apply now – once the B4RN Network is built additional Service requests do not qualify for Grant funding and the costs become the responsibility of each householder or business.

The DCMS Grant Funding available, to be allocated to B4RN, to build your Network is £1,500 per Residence and £3,500 per Business and to secure this you need to apply via Get B4RN by 10th September.

Full details of how B4RN works and how Communities Get B4RN are on the B4RN website (b4rn.org.uk) including share and investment information, training materials, our 24hr helpdesk and voucher funding information.

Many thanks for taking the time to read this and I hope we can meet soon to engage as a community, together, to develop and bring the B4RN Network into Kirkby Lonsdale.

Please complete the registration as soon as possible so we can ensure Kirkby’s gigabit future!

Cath Halstead, Community Engagement and Development Officer, B4RN

Peter's Promise

An outdoor winter theatre performance

This Christmas, freelance director Jayne Davies has been commissioned to create a piece of community theatre for and with the residents of Kirkby Lonsdale. Inspired by the town and its links to Peter Pan, the show will be part scripted/part devised and will feature a community cast. It will be performed outdoors as part of the Christmas Fair celebrations on the 3rd, 4th and 5th of December 2021.

Audition Information

Jayne is looking for performers and creatives aged 16+ for a mixture of roles. The audition will be a friendly workshop/group-based audition, which will take place on Monday 13th September from 7.00pm-9.00pm at St Mary's Church, Kirkby Lonsdale. There is no need to prepare anything for the audition but please contact Jayne to book a place as soon as possible as numbers will be limited to ensure a safe working environment.

Production Information

Performances will take place outdoors at various times during the Kirkby Lonsdale Christmas Fair weekend (Dec 3, 4, 5) and performers should be available for all of these dates.

Rehearsal Information

Rehearsals will take place throughout October and November 2021, with times and venue to be confirmed once the cast is assembled. They will be held following the latest guidelines to ensure you have a safe, creative experience. There will be an initial rehearsal weekend (October 2nd & 3rd), where the cast will work together developing character and plot lines.

Weekly rehearsals will then take place and there will be technical and dress rehearsals during the week of Thursday 25th November – Thursday 2nd December 2021, exact dates and times to be confirmed nearer the time.

Please contact Jayne Davies to book a place on the audition workshop or for more information mob: 07870 457147 email: jayne@storybankarts.uk website: <http://www.storybankarts.uk/>

This production is being supported by The Christopher Robins Charitable Trust and The Community Interest Company.

BE PART OF SOMETHING MAGICAL!

Country Market

Kirkby Lonsdale Country Market is back on every Thursday 10am to 12:00 midday in Lunesdale Hall. If anyone is interested in producing baking or assisting with the Market, inquiries will be welcome.

Casterton WI

The July meeting, held via Zoom, began with a sing-along led by Rachel Mercer. The songs were familiar favourites from famous musicals and films, such as Oklahoma, The Sound of Music, Phantom of the Opera, the singing ending appropriately enough with Abba's 'Thank you for the Music'.

The Tea Party on 20th July held in the beautiful garden of one of our members, turned out to be the highlight of the Casterton WI year. Everyone was delighted to be able to see and speak to fellow members in the flesh, rather than on a computer screen. The weather was wonderful, and everyone enjoyed exploring the garden in the sunshine before sitting down with a cup of tea and some tasty strawberry scones and cakes. The proceeds from the stalls – one selling garden plants and the other selling books – will go to two charities: the Memorial for Forgotten Heroines of the World Wars (now known as the Canary Girls), and Associated Country Women of the World.

Following on from this success, the August meeting was held in the familiar surroundings of Casterton Village Hall. Everyone was so glad to be back there and feel that WI meetings were starting to return to something resembling normal. The speaker, Simon Thomas, founder of the Staff of Life Bakery in Kendal, demonstrated how to make focaccia. His ability to judge the amounts of the various ingredients by eye was impressive. As an exciting aroma started to fill the hall from the two loaves baking in the oven, he gave some useful hints on bread-making. Later everyone had the opportunity of sampling the deliciously fresh focaccia.

Following the demonstration, the business part of the meeting took place. Members were saddened to hear of the recent death of WI member, Marjorie Mellor, in whose memory a donation will be made to the Bursary Memorial Fund.

The speaker for the next meeting, to be held in Casterton Village Hall at 7.30 p.m. on 1st September, is Ian Court who will be talking on the fascinating subject of red squirrels.



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KL WI

Baa, Baa Grey Sheep

Kirkby Lonsdale WI warmly invite everyone to our next meeting on Weds 1 September, 7.30pm in the Lunesdale Hall when our guest speaker will be Diane Hannah, co-founder of the Herdy Company. I'm sure you're familiar with the iconic Herdy sheep and mugs, so we're really looking forward to hearing about Diane's inspirational journey in growing a ground-breaking company which is significantly involved in sustainability as well as supporting the Cumbria Community Foundation. Do join us.

A celebratory toast was shared at our first meeting in August to welcome back members old including 8 new, after a long 18 months. Everyone was so pleased to see each other so there was much laughter and catching up.

Our guest speaker, the artist Janice McGloine of Wolf House Gallery, Silverdale gave an honest and passionate talk about her love of painting – she has to paint every day! Janice displayed some of her original paintings of Kirkby Lonsdale and other artworks/crafts which were available to buy on the evening. She also enjoyed judging the painted pebbles which are one of Janice's specialities.

All are welcome to our meetings whether as new members or visitors. Our reduced annual fee of £34 is still available and you can join at any time during the year. Gentlemen, you are most welcome to attend our events too.

So until our next meeting on Weds 1 September, please continue to keep in touch and follow us on social media.

Tel: 015242 98587 / 0776548094

Email: kirkbylonsdalewi@gmail.com

Web: www.klwi.co.uk

Instagram: kirkbylonsdale_wi

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We can be contacted on all of the above and we enjoy hearing from you.

Amanda

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We hope to offer a choice of soups and puddings plus tea and coffee, and of course a chance to get together, sharing time with friends old and new in a happy and welcoming environment.

All are welcome, whether you came to M2E before or will be coming for the first time.

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Readers' Letters

A Thank You!

I want to thank those that do an amazing job in our neighbourhoods, especially for the elderly and vulnerable. My friends and I look after our neighbour and we feel that lockdown has been tough on the housebound.

Thank you to: Our lovely local volunteers: the medicine delivery group, the friends and companions, the neighbours, the loved ones, the extended families, the church.

The paid help: the cleaners, carers, teachers, police and fire service, the postal staff, the milk and newspaper deliverers, the coal man, the garage, the shopkeepers, the bus driver, the school bus and school taxi drivers, the gardeners, the pub and café owners and their staff – all of whom are a complete lifeline.

The information providers: the tourist information shop, AKL, the website providers.

The supermarket staff and especially Booths. We have all managed to stay well fed (sadly I put on a stone in lockdown).

The NHS and those that volunteer in our hospitals. I don't know how they cope, but they have been fundamental to us coming through this pandemic.

Anyone I have missed. I am sorry if I haven't mentioned you but thank you!

Finally, a massive thank you to all of the unsung heroes, from one of your grateful friends in Hutton Roof.

Name and address supplied

Fossil Fuel Cars

I am rather surprised to see the many newly registered vehicles in town that are being bought and are still powered by fossil fuels. I can quite understand people keeping their present cars till they usually change but its beyond me to understand the new registrations. There is now a large selection of new electric cars, over 25,000 charging points and even simple cars are capable of up to 300 miles.

This year was the first when a coroner was brave enough to write Vehicle Pollution as a cause of death on a certificate, it was for a young girl. It's estimated that about 40,000 die of pollution in this country each year, many of them children. We do not have a right to poison our children's air or anyone's air, up to now there was little we could do about it but now we can.

I say to my fellow residents: "Do you really feel you have the right to pollute our air?"

John Short

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015242 72299

A Touch of Artisan (craft beers, food and gifts)

07738 773328

The Bath House (Fragrance, skincare & bathing)

015242 73189

The Book Lounge (Secondhand books & coffee shop)

015242 72319

Booths Supermarket

015242 73443

Bumblebee Gallery (Homeware gifts)

015242 98220

Carr & Bleasdale (Home furnishings & fabrics)

015242 71261

Chocolat (Speciality chocolates, home of the Enchanted Chocolate Mine)

015242 72830

Dales Butchers

015242 71278

Edge Of The World (Outdoor clothing, footwear & lifestyle fashion)

015242 71390

Flower Bank

015242 73668

Just N So (home and lifestyle)

015242 71464

Kirkby Lonsdale Visitor Information & Gift Shop

015242 97177

La Maison (Lifestyle emporium)

015242 71223

Little Walkers (Children's shoes)

015242 72726

Lunesdale Bakery

015242 71296

Lunesdale Home, Garden & Hardware

015242 72751

Lux Boutique

015242 73014

Parma Violet (Gift & homewares)

015242 72585

Post Office

015242 71233

Sienna Jewellery

015242 72121

Zero Pantry (Wholesale food store)

07745 945503

Food, Drink & Accommodation

The Barbon Inn

015242 76233

Botanica (café)

015242 80087

The Copper Kettle (Restaurant & guest house)

015242 71714

The Crossing Point Café

015242 98050

Devil's Bridge Snacks

Tel not available

Lunesdale Arms, Tunstall (restaurant & pub)

015242 36191

Mill Brow House (B & B & self-catering accommodation)

015242 71615

Number Forty Four (Café)

015242 72160

Plato's (Restaurant & bar)

015242 74180

The Orange Tree

015242 71716

The Sun Inn

015242 71965

Self Catering Accommodation

Absoluxe Suites

07944 414565

Jasmine Cottage

0191 478 3456

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015242 71590

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015242 71597

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015242 73507

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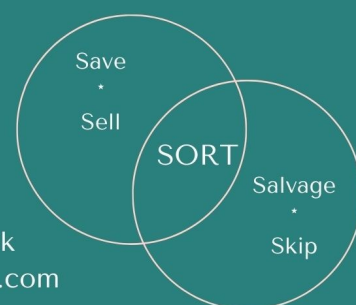
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