

Parish News

July August 2011

of Saint Peter's Church, Heversham, Saint John's Church, Levens and Saint Thomas' Church, Milnthorpe
Part of The Kent Estuary Group of Churches

invitation

Kent Estuary Churches



Songs of Praise
with
FLOOKBURGH BRASS BAND

Sunday 10th July
at 6.30 pm
On Milnthorpe Green
(in St Thomas' Church if wet)

*Come and hear how students
from all our local schools are*



**Caring
for our
World**

DONATIONS WILL GO TO
FURTHER THE WORK OF

A Rocha

A CHRISTIAN

ENVIRONMENTAL & NATURE
CONSERVATION CHARITY



A ROCHA

Caring for God's World Together

**The Parish News is run by the Parish Churches
of St Peter's Heversham, St John's Levens and St Thomas' Milnthorpe
by The Editorial Team:** Revd Ruth Crossley, Revd Sue Wilson, Jane Cushnie,
Jill Butterworth, Gill Rodd, Jill Shaw, John Thorley, Margaret Barrow

News email: parishnews@heversham.org **T: 015395 64582**
c/o Mrs Jane Cushnie, Dallam Barn, High Haverflatts, Milnthorpe, LA7 7DG
NEWS from Levens: Mrs Jill Butterworth, 3 Greengate Crescent, Levens LA8 8QB
T: 015395 61676 NEW EMAIL: jill.butterworth54@btinternet.com

SEPT issue please send articles/notices by 10th AUGUST
in font size arial no.10 please (this is "arial 10") pref by email

The Parish News is printed by Workbase, Appleby Rd, Kendal T: 01539 736786
To the best knowledge of the Editorial Team all information in this Parish News
is correct at time of going to press 20th June 2011

*Whilst the Church is most grateful for the support of magazine advertisers,
no automatic endorsement of products or services can be assumed.
(At the present the advert pages are full)*

**St Peter's Church, Heversham
and St Thomas' Church, Milnthorpe**

Priest-in-charge

The Reverend Susan Wilson
The Vicarage, Woodhouse Lane,
Heversham, Milnthorpe, Cumbria LA7 7EW
Telephone: 015395 63125
Email: vicarage@heversham.org

St John's Church, Levens

Priest-in-charge

The Reverend Ruth Crossley
The Vicarage, Vicarage Road,
Levens, Kendal, Cumbria, LA8 8PY
Telephone: 015395 60223
Email: vicar@levens.org.uk

Assistant Curate (NSM) The Revd Ron Rutter

Clergy with
permission to
officiate

The Revd Bob Wilkinson
The Revd Monica Webster
The Revd Colin Honour

The Revd Canon Tom Thompson

Lay Ministers

Mrs Elizabeth Bennett
Mr Roger Bingham
Mrs Linda Cooper
Prof Anne Garden
Mrs Dorothy Maudsley

Miss Frances Makin
Mrs Mary Orr

St Peter's Church

St Thomas' Church

St John's Church

Churchwardens

Miss Sylvia Read
Mrs Sue Mellor

Mr John Ricketts
Dr John Thorley

Mr Barrie King
Mr Peter Martin

PCC Secretaries

Mr Peter Clarke

Mrs Linda Baverstock

Mrs Liz Addison

PCC Treasurer

Mr Mike Robinson

Mr Jim Robson

Mr Chris Band

**Bookings
Room
hire**

Old School

Mrs Jane Cushnie
Tel. 64582

Church Centre

Prof Geoffrey Gregory
Tel. 64082

Levens Institute

Mr Frank Routledge
Tel. 60640

Dear Friends,

Many of you, who have children or grandchildren, will be familiar with the fact that sometimes, from young voices, come the most challenging and searching questions. One child recently asked, 'What language does God speak?'

It seems that children are not the only ones preoccupied with the question of God's language. This year sees the 400th anniversary of the publication of the King James translation of the Bible, otherwise known as the Authorised version.

It has been praised as one of the literary works, alongside the complete works of Shakespeare and the Oxford English Dictionary, that has helped shape the English language and culture. Many well known turns of phrase still in use today, such as, 'the apple of his eye,' 'go the second mile,' 'a thorn in the flesh,' and 'by the skin of his teeth,' to name but a few, come from the King James Bible. As someone recently said, the words of the King James Bible have become 'all things to all men'.

For many, it is held as the only truly valid edition of the Bible and over the years has been debated and argued over by its critics and defenders. The arguments swing between the beauties of its language for some, against its antiquity for others.

At one time, the King James translation was read in every church at every service, so it isn't surprising that its language passed from the pulpit to the street. It came out of church and embedded itself in the everyday culture.

Many in this country, around the world, and in our own churches, will mark this 400th anniversary with special services and events.

'What language does God speak?' Maybe the opening of John's Gospel gives us a good answer, for it suggests that if God has a language, it is that of love, a love that became real in Jesus, 'the word' who 'became flesh and dwelt among us.'

Are we joining the debate for or against the King James version? In the end, the translation that matters most, is that of our lives.

With every blessing, *Reverend Sue*

SUNDAYS in JULY 2011

St Thomas' Church, Milnthorpe

Sunday 3rd	8.00 am	Holy Communion (BCP)
	11.00 am	Parish Communion with Sunday Circle for children
Friday 8th	10.00 am	Shoppers' Service - please see page 5
Sunday 10th	11.00 am	Parish Communion with Sunday Circle for children
	6.30 pm	Songs of Praise on Milnthorpe Green
Sunday 17th	8.00 am	Holy Communion (BCP)
	11.00 am	A Celebration of Marriage and Sunday Circle
Sunday 24th	11.00 am	Parish Communion
Sunday 31st	8.00 am	Holy Communion (BCP) in the Chancel
	10.30 am	United at Heversham

St Peter's Church, Heversham

Sunday 3rd	9.30 am	Parish Communion
		No Evensong
Sunday 10th	8.00 am	Holy Communion (BCP)
	9.30 am	Communion Praise
	3.00 pm	Messy Church BBQ
	6.30 pm	Songs of Praise on Milnthorpe Green
Sunday 17th	9.30 am	Parish Communion
Sunday 24th	8.00 am	Holy Communion (BCP)
	9.30 am	Worship for all Ages
Sunday 31st	10.30 am	United at Heversham

St John's Church, Levens

Sunday 3rd	10.00 am	Parish Communion (inc children's activities)
Sunday 10th	10.00 am	All Age Service with Holy Baptism
Sunday 17th	10.00 am	Parish Communion (inc children's activities)
Sunday 24th	10.00 am	Parish Communion (inc children's activities)
Sunday 31st	10.30 am	United at Heversham

**Changes sometimes occur, please see notice boards outside church or weekly notes for details.*

Do feel welcome to come along to Prayers

Mon to Thurs	Morning Prayer	8.15 am	St John's, Levens
Monday Group	Christians Together in Levens	no meetings	during July/Aug
Tuesdays	Communion (Common Worship)	10.00 am	St Peter's, Heversham
	Prayer ministry is available	during or after	Holy Communion
2nd Wednesdays	Prayers for Healing Service	6.30 pm	St John's, Levens
3rd Wednesdays	Prayers for Cafe Church	7.30 pm	Milnthorpe Methodist Church
Fridays	Informal prayer	10.00 am	St Thomas' Milnthorpe
Saturdays	Informal Prayer Meeting	8.00 am	for 1 hour at Heversham

SUNDAYS in AUGUST 2011

St Thomas' Church, Milnthorpe

Sunday 7th	8.00 am	Holy Communion (BCP)
	10.30 am	United Family Service with Milnthorpe Methodists at the Methodist Church
Sunday 14th	11.00 am	Parish Communion
Sunday 21st	8.00 am	Holy Communion (BCP)
	11.00 am	Morning Praise
Sunday 28th	11.00 am	Parish Communion

There is no Sunday Circle during August.

St Peter's Church, Heversham

Sunday 7th	9.30 am	Parish Communion
		No evensong this evening
Sunday 14th	8.00 am	Holy Communion (BCP)
	9.30 am	Communion Praise
Sunday 21st	9.30 am	Parish Communion
Sunday 28th	8.00 am	Holy Communion (BCP)
	9.30 am	Worship for all ages

St John's Church, Levens

Sunday 7th	10.00 am	Parish Communion (inc children's activities)
Sunday 14th	10.00 am	All Age Service
Sunday 21th	10.00 am	Parish Communion (inc children's activities)
Sunday 28th	10.00 am	Parish Communion (inc children's activities)

Milnthorpe Methodist Church

Sundays at 10.30 am

JULY

3rd	Rev Don Cross (Communion)
10th	Barbara Fryers
17th	Brian Gray
24th	Rev Mike Harrison

7 AUG	Gary & Debbie Ridley Joint All Age Worship
14th	Rev John Hancock
21st	Rev Jeff Thomas (Communion)
28th	Local Arrangement

Levens Methodist Church Sundays

10.30 am (unless stated)

<u>JULY</u> 3	Rev W K Riley
10th	10 am UNITED at ST JOHN'S
17th	Mrs Susan Hilton
24th	HOLY COMMUNION Rev. Gary Ridley
31st	Mr Richard Pater
7 <u>Aug</u>	Rev. J Hancock
14th	10 am UNITED at ST JOHN'S
21st	Rev. Don Cross
28th	HOLY COMMUNION Rev. Gary Ridley

Christ the King RC Church

Haverflatts Lane,
Milnthorpe

Fr P Mulvany
T: 015395 62387
Sunday Mass 9.30 am
Ecumenical Prayer
Group Sundays 7pm
Confessions:
Saturday 11-11.30 am
(or at any time upon
request).



Saint Thomas' Church: Milnthorpe

where all
are welcome

PCC meeting Jottings

We were delighted to hear that John Ricketts' Soup Lunch Lent project raised £688 with £344, half the proceeds, being sent to Chennai to support the work of the hostels looking after young lads who would otherwise be scavenging for food on rubbish tips and a further £161 was added to this from Maundy Thursday supper.

Many projects are underway for our 'Talents' fundraising - resulting in social activities and sales of art, craft and garden produce.

We are very much looking forward to sharing in the running of the holiday club with our friends in the Methodist Church from August 2nd – 4th, and Sue announced that Milnthorpe Christians Together has now been registered formally with the national Churches Together movement.

There was a lot of good discussion as we looked at all that is currently happening at St. Thomas' in our worship, prayer life, links with the community, sharing the Good News of Jesus and in building up our relationships with each other and the community we seek to serve. We are, like all other Anglican Churches in our Diocese, praying and planning for the future as we seek by God's grace, to grow God's kingdom in Cumbria.

On a very practical note, we have decided to design new Baptism anniversary cards, to give the churchyard a good tidy up – if you'd like to help us, you'd be more than welcome! - and put a pull down screen in the church centre. As our goal is to make St. Thomas' a real community church, we decided to go and see how other churches in the diocese are making the best use of their buildings. (and have an outing to look at how other churches are fulfilling the goal

of encouraging local communities to make more use of our buildings.)

We would love to welcome people into St. Thomas' so we have decided to open the church at weekends and during the school holidays for those who want to come in to find a quiet space, light a candle in memory of a loved one, or just have a look around. It was suggested that we become a more welcoming church by having people not just inside, but outside to greet the congregation as they arrive for services.

And of course no PCC meeting would be the same without a discussion about our unreliable, aging heating system!

Sat 20th Aug St Thomas Church outing! - come and join a coach trip to see how two other congregations in the diocese are developing work with their communities. Enjoy a pub lunch between the two visits - please sign the list on the notice board in church.

Café Church

Cafe Church combines with Songs of Praise on The Green in July. Hope to see you there.

Come and join Cafe Church BBQ on Sunday 14th August, in St Thomas' Church grounds from 6.30pm

Sunday Circle

Sunday Circle at St Thomas' will take a break after 17th July and start up again on 7th September.

There is an area at the back of church with books and quiet activities for children to use if needed during the morning service.

St Thomas' Church Grounds

Come and help tidy up the churchyard from 9.30 am on Saturday 16th July. Please bring some tools with you.

Next PCC meeting 7.15 pm 1st Aug.

Milnthorpe Primary School

Hello, Goodbye!

As another happy and successful year draws to a close at Milnthorpe Primary School we are reflecting on our many successes and looking forward to exciting times ahead.

At the end of the summer term, we will bid a sad farewell to Mrs Carolyn Singleton, our current headteacher. Mrs Singleton has worked tirelessly on behalf of the children of Milnthorpe during her time with us and will be very sadly missed by all. We wish her the very best for success in her new position.

We are delighted to welcome to our school family Mrs Tanya Hughes who will join us our new headteacher in September. Mrs Hughes comes to us from a school in Lancaster and we are all looking forward to working with her and getting to know her

Milnthorpe Bowling Club

Friday afternoons have become a real community event for our oldest children. All the children in Year 5 and Year 6 have been visiting the Bowling Club and receiving expert tuition from the members.

The children are thoroughly enjoying learning new skills and who knows we may have a future Milnthorpe champion bowler in our midst.

A very special thank you to all the members of the Bowling Club, for their support and friendship.



Pizza Express

Year 2 visited Pizza Express in Kendal. Children were given the opportunity to taste unusual foods, make their own pizzas and they were also given a secret guided tour of the premises, including the kitchens where the pizzas are made!



Friday, 1 July

6.30pm – 8.00pm

**Tea, coffee, juice and popcorn
will be for sale.**

Bags2School

The bags2school raised a fantastic **£210**. Thank you to everyone who helped bring the weight up to 420 kg

Car Boot Sale

Carbooters the event went well and raised **£310**. The bacon butties were a huge success and thank you to everyone who supported us either on the day or by providing cakes to sell.

Saint Peter's Church: Heversham

MONEY WELL SPENT

In 2008 whilst we were at Kisiizi Hospital in Uganda we were asked by St Peter's missionary committee (otherwise known as 'Window on the World') if there was a project at the hospital which would benefit from the Lent offering. At the same time we had heard of a gifted primary school boy who wanted to go to secondary school but whose father could not afford the fees, because he was studying for the Anglican ministry and had no income.

We suggested that supporting Nicholas would be a good use for the offering.

The offering came to £1106.47 which was sent to the hospital in April 2008. The fees are about £125 per term, so the offering was enough for about 3 years. His progress has been regularly reported on a notice board in the church.

The school year is from February to November. In his first year Nicholas came 5th out of a year group of 192 in a good school. He came to see us and promised to try harder the next year. His class position has been similar in subsequent years.

He hopes to become a doctor and work at Kisiizi hospital; with these results it seems he will be able to fulfill this ambition.

We are very pleased to have been the intermediaries in helping Nicholas, and are grateful to St Peter's for the opportunity to help Nicholas. It has also been a great encouragement to his parents in their calling to the ministry.

George and Doreen Wadsworth

Milnthorpe-with-Heversham Mothers' Union



24 of our members entertained 9 members from Caldbeck (our link Branch) at our June meeting. We all enjoyed lunch together at the Old

School in Heversham before Roger Bingham gave us an entertaining and amusing talk. He walked us around St Peter's churchyard, before explaining significant architectural features inside the church. He was thanked by Audrey Wynne. After a short quiet time with prayers and a Reading we returned to the Old School. Fortified by tea and cakes we talked until our visitors left at 4pm- a good day!

Our closing service before the summer break will be on the 13th July. This will be a communion service at Heversham and followed by a Jacob's Join afternoon tea.

Do join us if you can.

We start again on September 14th.



BBQ

Sunday
10th July
3 - 4.30 pm

at Dallam School, Heversham site on the bottom pitch next to the tennis courts.

Bring all the family !

Heversham St Peter's CE Primary School

www.heversham.cumbria.sch.uk

T: 62514



Trips Out

Reception and Year 1 recently enjoyed a day out to Grizedale Forest, Class 2 took part in a farm visit for Westmorland Open Day and Class 3 will be going back in time to Tudor Days in Tudor dress and are looking forward to a trip to Salmesbury Hall. Meanwhile as this News goes to the printers the children in Class 4 are preparing for a residential at Castle Head Lindale.

Visiting Us

Staff and children are celebrating an extremely successful visit. As an Outstanding school and with our year on year success in Numeracy we were chosen as part of a national survey on mathematics. We are one of only twenty schools to be chosen and the only one in Cumbria. During the day, Mr Colin Smith, an Ofsted Inspector, had discussions with staff and children, observed teaching and scrutinised school documentation. The information he collected will contribute to a report that the Government will use as part of the numeracy curriculum review. He was extremely impressed with school. As this was not an inspection there are no official judgements, however his findings will sit against our current Ofsted information. All in all a fantastic day and a great team effort, well done.

Open Coffee Morning

We will be holding our next Coffee Morning in school on Wednesday 6th July in the school hall 9.15am onwards. This time we are extending the invitation to anyone in our local community who would like to come and join us and see some of the things we do in school. This is a great opportunity to come into school to see table top displays of children's work and chat over coffee.



Sports Day Monday 4th July 2011
(the date depends on the weather!)
Come and cheer for your team colour!

Gymnastics

Our Key Steps 3 Gymnastics team attended the final of the Gymnastics Competition held at Penrith in May. We are extremely pleased to announce that our team came second overall and received medals for their wonderful performance. Thank you to the parents who have supported children and staff over the last few weeks in preparing for this competition. Well done Joshua, Emily, Hannah, Isabel, Charis and Grace.



Leavers' Service

20th July

We would like to wish all our leavers good luck for the future and we are sure they will settle quickly into their new schools.



Saint John's Church: Levens

Prayer Cycle

We invite you to join us in praying for our village; for those who live in it, those who work in it, and those who visit. In July we think especially of Brigsteer Road, Hying Court and The Hying, in August Main Street, The Green, The Square and Vicarage Road.



St John's Flower rota

July 3 Mrs T. Smalley	Aug 7 Mrs T. Bissett
10 Mrs L. Walker	14 Miss V. Brown
17 Mrs A. Perrett	21 Mrs K. Dawson
24 Mrs A. Arnfield	28 Mrs J. Fletcher
31 (at Heversham)	

Levens September to October:

Time for Creation *Our Daily Bread* - - *Food in God's Creation*

'What's the food like?', 'Who is providing the food?', 'Is there enough food to go round?' Our everyday talk constantly makes reference to food, which is no surprise, as food and drink are essentials for life and survival.

Food is also one of the enjoyments of life and a major part of our trade. Much of our land is given to food production and huge industries are involved in food production and distribution.

Christians acknowledge that the ultimate source of our food is Creator God, whose faithfulness to the covenant promise that seed-time and harvest will not cease is our ultimate food security. But there is a great deal that happens between the feeding and watering 'by God's Almighty hand' and the enjoyment of food at a party

in suburbia or the empty stomachs of too many people in sub-Saharan Africa. When we pray "Give us our daily bread" we are both acknowledging our dependence on God's generosity and our realisation that the answer to that prayer needs to include agriculture, commerce, sharing, trade-justice, animal welfare, diet and a host of other considerations.

In Levens during Creation Time we are encouraging groups and individuals to observe a time to reflect and pray for the protection of creation and the promotion of sustainable lifestyles, with the focus on Food in God's Creation. our worship will also reflect this. May God make us more aware of his generosity and our responsibilities as we pray for our daily bread. *R.J. Crossley*

Advance notice: It is hoped to have a

Children's Fun Day

during the summer holidays. Please watch notice boards for details.

Message of thanks:

Levens School PTA would like to say *many thanks* to all the local businesses who have donated items and supported the fundraising events for the school in the past year.

Sharing

For the next six months All-Age Worship on the second Sunday of each month will be shared between St John's Church and Levens Methodist Church and the services may be at either church in the coming months.

LEVENS SCHOOL

Royal Wedding Special

Two very sunny and busy days in Levens on Wednesday 27th and Thursday 28th April saw the whole School pull together in celebration of the impending Royal Wedding, by organising and holding a wedding of our own that would rival the 'Big Day' itself for special moments. The two days of frenzied activity were the result of an innocent comment from Class One teacher Mrs Neal, who noted that in Year 5 we had our very own Will and Kate!.....



And what a fantastic time we all had. During Wednesday we learnt hymns, made posies, placemats, wedding favours, union jack flags, made the Reception food, wrote speeches and made bunting.

On Thursday morning we all came to School dressed in our own choice of clothing but ready for a wedding, either as a participant, guest, chauffeur, paparazzi - we even had a 'dragon!'

PV Dobson kindly sent a wedding car with the glamorous Aggie as Chauffeur to drive the wedding party to St John's (in the same Jaguar car used by the Middleton family on Friday), whilst the whole School and villagers lined the route waving flags and cheering as the bells pealed for the arrival of the bride.



We then returned to School for a Street Party Reception to 'die-for', all themed red, white and blue, which was concluded with appropriate speeches and formal dancing, rehearsed the previous day

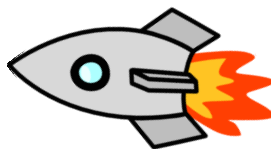


It is difficult to know where to begin or who to single out for mention, but we really do need to thank Rev Ruth and the Church Community for embracing the day on Thursday and providing a spectacular wedding that was not bettered by the real thing on Friday. Parents and children for active participation, seeking out appropriate hats! helping with speeches and sourcing difficult items. Our very own Will and Kate for taking spotlight and not worrying too much that Rev Ruth was marrying them for real. Lastly, Mrs Mason for her catering lead and without whom we would not have created 263 cup cakes, (eventually designed into a Union Jack), 100 crown biscuits, pizza, buns and 100 jellies! Hopefully the photos give you an impression of the fabulous event and atmosphere that was evident at the time. More photos are available on our school website.



Recruiting **NOW**
for:

THE G.O.D. ADVENTURE



Landing base: Milnthorpe Methodist Church Hall

Dates: Tuesday 2 August, Wednesday 3 August and Thursday 4 August

Blast off: 09.30 hrs – 12.00 hrs

Recruits' age: between 5 – 11 years old

Cost: £1 per child per morning

Log in by: 15 July 2011 to:
015395 63179; or
spaceraders@gmail.com

Up to 30
Space Adventurers
needed!

Come and Join up and have some fun!

This adventure is brought to you by St Peter's, St Thomas' & Milnthorpe Methodist Church.

ST&PS Saints Thomas' & Peter's
Strollers and friends meet for walks.
There will be walks in both July and
August - see notice sheets for dates
(just to reassure you we'll be staying on
planet earth and not blasting off into space
like the event above so you
don't need to bring
moonboots !)



Café Church BBQ

Hope to see you at the Cafe
Church BBQ on Sunday
14th August, at St Thomas'
Church grounds from 6.30 pm

Community Coach Trips

Bookings still being taken for
trips to **York** on 24th September
and **Boundary Mill & Skipton**
26th Nov. Please contact
Jill Shaw on 63161.



Events run by
St Peter's Church

Milnthorpe
Methodist
Church
**COFFEE
MORNING**
&
BRIC-A-BRAC
Fridays



CRAFT GROUP

1ST and 3rd Mondays 10 am
at Milnthorpe Methodist
Church Hall

Crossways Crafts

Wednesdays, 10am
Levens Methodist Church
New members welcome

From the Kent Estuary Group Ministry Council

After several years in the post helping to guide the Council through its inception, Judith Hodgson has stepped down and the new Lay Chairman is Linda Cooper. Taking over from The Revd Sue Wilson, The Revd David Cooper will chair the clergy group for the next three years.

On Pentecost Sunday we had a **wonderful** ecumenical celebration for all in the Kent Estuary churches at St. Thomas'. The church was full to **overflowing** and Adrian Plass, the renowned international speaker and author, gave a highly **entertaining** and inspirational talk. Despite the disappointment of being inside, it did mean that the singing from a full to overflowing church almost **lifted the roof off!** The next joint KE service will be Songs of Praise on July 10th – on The Green this time, we hope!

We all are very **enthusiastic** to see a **youth worker** in place and a sub-committee is researching available funding for this. As we want people to know what happens on Sundays and where, a K. E. churches information leaflet is almost ready to go to print and a meeting is being planned for all the parish magazine editors in order to publicise other events at each church.

Being **committed** to do together what we can't do on our own, we discussed what could be better carried out as a group – and what each church can offer to the others. To this end, Levens, already an eco-congregation, will host a Kent Estuary Eco-Event on Wed 19th October at 7.30pm encouraging us all to learn to **'live lightly'**.

Shoppers' Service

Second Friday monthly

'Farmers Market Day'

in St Thomas' Church

Friday 8th July & 12th August 10 am

Do come along to this
10-15 minute informal
service and stay for
coffee.

Visit the great stalls at
the Farmers Market



new

Thank you to all collectors and all who gave so generously. The combined total collected in Heversham, Milnthorpe and Levens is **£3,889.42 inc gift aid**. If you would like to find out more about **Christian Aid's** work and campaigning for the poorest people in our world, or you would like to make further donations, please log into **www.christianaid.org.uk**

Are you thinking of giving a present for a friend? Try **www.presentaid.org.uk**



Coffee
Morning
every Friday



Thank you

Springfield House, Kendal would like to thank everyone who got involved in contributing donations to help Rebecca who was moving out to her own flat. We were able to give Rebecca £300.00 worth of vouchers, £100.00 from Morrisons to cover food and £200.00 from Homebase to allow her to buy items for her new flat. We were also able to put money on her gas and electric meters to get her started. Rebecca was absolutely thrilled with this because she receives very little by way of benefits as a person under twenty five years of age who is seeking work. We have also had some wonderful donations of thoughtful good quality items which will make her new home a place of comfort for her. People have clearly given thought to the kind of items which would help a young woman setting up home for the first time. Rebecca and Springfield would also like to thank Carol and Helen who helped us to co-ordinate the donations and the collection of money. I hope that through being the recipient of such generosity that not only will Rebecca get off to the best possible start in her new home but that she will view Christians as people who she can turn to for support and help her if she is ever in need in the future. *Susan Crabb*

struggling with debt? Money worries?

freephone helpline - 0800 027 4995

Mon - Fri 8am - 8pm www.cccs.co.uk

The Consumer Credit Counselling Service is a registered charity whose purpose is to assist people who are in financial difficulty by providing free, independent, impartial & realistic advice.

SAMARITANS 01524 61666

(National Tel No. 08457 90 90 90)

jo@samaritans.org



MILNTHORPE AND HEVERSHAM COMMUNITY FIRST RESPONDERS

The AGM is on 7th July 7.30 pm at the
Cross Keys Hotel, Milnthorpe

Everyone welcome

We cover the areas of Milnthorpe, Hale,
Heversham, Beetham, Levens, Sedgwick
and would be pleased to hear from anyone
who wishes to join us.

Please contact Pat Barnes on 015395
64272 to find out more information.

Angela Tyson would like to thank everyone
who sponsored her for the moonlight walk for
St John's Hospice Lancaster. She came in 2nd
out of over 800 ladies and completed the walk
in two hours. Total amount raised was £650.

Milnthorpe St Thomas' Church Centre available for hire.

Large upstairs room,
downstairs room with kitchen.
Chairs & tables available for use.
Geoff Gregory tel. 64082



are an
independent
local charity
providing

information, advice and support for
people over 50.

Ruth Taylor has been recruited as
the Village Agent locally based for
Milnthorpe and can put people in
direct contact with specialist advisers
from Age UK S.L. and other
organisations.

Ruth can be contacted via Age UK
South Lakeland 01539 728180 or e:
va@ageuksouthlakeland.org.uk
All information and advice services
are confidential and completely free
of charge. Registered charity No. 1141415



SILVERDALE GOLF CLUB

LA5 0SP T: 01524 702074

www.silverdalegolfclub.com

info@silverdalegolfclub.co.uk

Phone Alyn, PGA professional for details

Introductory Membership on offer.

Or already a golfer ? July 1 to 31 Dec 2011

HALF PRICE membership available.

Junior golf for the summer holidays.

Golfer & Non golfer (the putter of the pair) Saturday 9 July 5pm and pie & peas supper £5.50. We will find you a golfing partner. Phone Janice 01524 701902

Meals Sunday Roasts 1 pm to 8 pm

Tues - Sun 11.30 am - 8.30 pm last orders

Club House & Centenary Suite for functions
Fully licensed bar & catering



art
dance
the HERON theatre
music
film

www.theherontheatre.com

FILM AT THE HERON

Friday 22 July

MONSOON WEDDING [15] 113 mins

Friday 19 August

TAMARA DREWE [15] 111 mins

The Box Office is closed for the summer
please pay on the door – admission £5
All film details can be found on the web site

Heversham Leasgill

Athenaeum

Village Hall for hire

015395 62170 Roger/Pam

use your local

LEVENS VILLAGE INSTITUTE

for all your meetings & functions

table/chair hire also available

Frank Routledge Tel: 60640

for bookings & information

**MILNTHORPE METHODIST
CHURCH HALL**

available for hire

contact: Susan Hilton

015395 62503

for charges, availability, conditions

**Park View Surgery, Haverflatts Lane
Milnthorpe LA7 7PS**

Tel 015395 63327 Fax 015395 64059

Branch Surgery - 21 New St, Carnforth

Tel 01524 732830 Fax 01524 720085



If the surgery is closed and you
require urgent medical attention ring
CHOC (Cumbria Health on Call)
03000 247 247

You can make, re arrange or cancel
appointments and order repeat
medication on line via our website.

www.park-view-surgery.co.uk

at any time.

Please ask at Reception for
a pin letter to register.

MILNTHORPE FAMILY CENTRE

is responsible for running

WEST SOUTH LAKELAND

SURE START CHILDREN'S CENTRE

with centres **Milnthorpe Primary School**

and **Flookburgh Primary School**

and provide services, activities and support
to families with young children across the
Milnthorpe and Cartmel Peninsula areas.



**BOOK NOW for
HOLIDAY CLUB
+ SEPTEMBER**

JOEYS (in Milnthorpe)

FULL DAY CHILDCARE FOR UNDER 5'S

Baby Room for 0-2 year olds

Children's Room 2-5 year olds

OUT OF SCHOOL CLUB and

HOLIDAY CLUB for 4 - 11yr olds

Children's Centre Tel 0845 543 6918

Joeys Tel 0845 543 6919



Summer pinboard

Heversham Primary School's
Association (HPSA)
are hosting a Car Treasure Hunt
on Friday 8th July
leaving Blue Bell Hotel, Heversham
car park at 6.45pm
Cost £5 per adult, £2.50 child

Prize for the winning team
No need to book
Contact: 63179

TABLE TOP SALE

Saturday 16 July, 10 am – 1.30 pm
Soup from 12 noon
Milnthorpe Methodist Church Hall
To book a Table £6 call 63179

Cricket! Heversham v Hincaster
Sunday 10th July, 1pm
Tristrams, Woodhouse Lane, Heversham.

for the teams:

Adrian Bland 63274 Heversham
Bernard Pickthall 60280
Hincaster



*You are invited to
Heversham House*

Annual Garden Party

Sunday 7th August
in the afternoon

The usual favourite stalls
& delicious afternoon tea!

Admission by donation
to this year's charity

The Soldiers Charity (formerly
the Army Benevolent Fund).



'Walk in Their Shoes'
Sponsored
Cross Bay Walk
in aid of

St. John's Hospice
Sunday 7th August
11.30 am

Hest Bank to Flookburgh
Registration: Adult £10, Child £5,
Dogs free
register at www.sjhospice.org.uk



Party in the Pasture
Hincaster, 2011

The family festival in
a field near ewe

Saturday 23rd July

in aid of Hincaster Village funds

& North West Air Ambulance

From 5pm: free things for the kids,
treasure hunt, festival crafts,
daft dog show.

Also Raffle, Coconut Shy, Tombola
and Chicken Poop Bingo!

Evening tickets (advance sales only)
Adults £10

under 14's £4 / under 5's free

7.30pm Hot Pot supper and live
moosic from T SHIRT

(bring your own drinks and seating)
Wild camping available.

Ticket hotline 015395 61243

Milnthorpe & District Allotment Association
Annual

Horticultural & Craft Show
Saturday 3rd September
at St Thomas' Church Centre 1pm
Cups presented at 3.00 pm
Auction of produce .

Entries welcome for the 230
categories!

Phone MDAA Secretary for a schedule
Kath Craig : 64449

STRAWBERRY TEA!
in aid of **Springfield House,**
Kendal

Wednesday 13 July 3.30 pm,
Milnthorpe Methodist Church Hall
Come and meet the Manager,
who will tell us about this
project, caring for women

ngs

garden open
for charity
Plants for Sale

Sunnyside
Woodhouse Lane, Heversham
Sat 20 & Sun 21 Aug 1-5pm
Adm :£3.50 children: free. No Dogs

Levens WI next meeting
12th July (2nd Tues)
7.30 pm Levens Institute
Mr Les Telford: *Lake District
Mountain Rescue search dogs.*
9th Aug Members' night / Jacob's Join.

Heversham WI next meeting
13th July (2nd Wed) 7.15 pm in
the Athenæum with Speaker
Mrs Val Robson "Honey in Wound
Management"



Sunday 28th August
11am - 5pm

OPEN GARDENS

in Heversham and Leasgill
Refreshments at the Athenaeum
& car parking & Dallam School
and the Athenaeum
gardens will be clearly signed.

Tickets Adults £3.50

Accompanied Children u10 free
All proceeds to Athenaeum Funds

MILNTHORPE's market is on
The Square every Friday
July 8, Aug 12 Farmers' Market

Afghan Appeal Fund is run on a
voluntary basis by families and
friends of British soldiers. It aims to
increase awareness of the plight of
the people of Afghanistan,
particularly the children, and raise
money to help them. Educating the
children is the key to rebuilding the
country and helps to promote
peace and stability.

Commander Neale Moss of
Wattisham Flying Station, near
Ipswich and his 15 year old son
Adam are aiming to raise £50,000
to build a school by cycling from
Land's End to John O'Groats.
Levens is the half-way point on this
ride and they will be overnighing in
the village on August 5th. If anyone
would like to support this cause
cheques can be made payable to:
'AAF LEJOG 2011' and given to
Gail Macleod, Greenways, Levens.
OR online – [www.justgiving.com/
afghanappealfund](http://www.justgiving.com/afghanappealfund)

Sponsor form also in St. John's Church.
This appeal has a Levens connection.

LOW
Sizergh 
BARN



Farm Shop • Tea Room • Craft Gallery • Farm Trail
www.lowsizerghbarn.co.uk 015395 60426

NikKay's Tea Room

Memorial Hall, Milnthorpe
Mon-Fri 9.30 am - 3.30 pm
Good home cooked food, cakes, jams
07812 584547, Nikki & Kay

Bed & Breakfast in Beetham

No room for family and friends when they visit?
Stay at Barn Close, Beetham.
Featured in Alastair Sawdays
"Special Places to Stay"

Telephone - Anne Robinson
015395 63191

PLUMTREE HOUSE BRIGSTEER

Bed and Breakfast – En-suite
Private Lounge – Parking
info or reservations please telephone:
Michael and Maureen Whelan
015395 68774

"THE ORCHARD"

Holiday Cottage to Let in Levens
Owners: Chris and Shirley Band
Enquiries and Bookings to:

Cumbrian Cottages Tel: 01228 59960
email: enquiries@cumbrian-cottages.co.uk
www.cumbrian-cottages.co.uk

Self catering COTTAGE

SLEEPS TWO
BIRSLACK GRANGE, LEVENS
015395 60989
www.birslackgrange.co.uk

Milnthorpe Chippy

Wed-Sat Lunch 11.30-1.15
Tues-Thurs Tea 5.00-8.00
Fri Tea 5.00-9.00
Sat Tea 5.00-8.30 **Tel: 63619**

Rigney Bank Ballet School Adult Dance Classes

TAP, BALLET, DANCERCISE
at Rigney Bank & Parish Church & Dallam School
Contact Sonia or Jayne for info
015395 62718 or 62236

Heaves Farm Veal

Cumbrian rosé veal

Available from:
Stuart Smith Butchers, Milnthorpe
Plumgarths Farm Shop, Kendal
Higginsons & Daughter, Grange
www.heavesfarmveal.co.uk



ZUMBA® & PILATES

Day & evening classes
Discounts & concessions
New participants welcome
Exercise at your own pace
 Call or email now
to 'join the party!'
Sam Horton
01524 781020 / 07886 457563
sam@fitnessdynamics.co.uk
www.fitnessdynamics.co.uk

YOGA

Athenaeum Leasgill Tues 10 - 11.30 am
Levens School Wed 7 - 8.30 pm
drop in sessions - £5
Tel: 015395 60679
joycewhitwham@gmail.com

CHOICE CATERERS

Outside Catering
for any occasion
Phone Bev Carling
015395 62753

Cross Keys Hotel

Milnthorpe **015395 62115**
www.thecrosskeyshotel.co.uk

AA 4 star Inn

Superior accommodation
2 four posters, 2 family rooms
4 double rooms
2 bedroom self catering cottage

Home cooked food

- open all day - beer garden -
function room

CAMRA Good Beer Guide
Robinsons Best Kept Cellar winner

LONGLANDS

Inn & Restaurant

Monday — Pizza & Pasta Night
from £9.95 for two people
Friday — Steak Night from £9.95
01524 781256

The Strickland Arms

Home cooked local food
selection of local real ale
open Mon to Fri:
11.30 - 3 and 5.30- 11pm
Sat & Sun:
11.30am -11pm
Quiz Night Wednesday
Fresh Fish Night Thursday
Sunday lunches & roasts
Tel: 015395 61010

A FAB WELD LTD

07891 829 688

015395 65720

GATES - ON SITE WELDING
RAILINGS - AUTO WELDING
FIRE ESCAPES - BALCONIES
WROUGHT IRON WORK



LEVENS HALL & Gardens

OPEN Sunday to Thursday 10 am to 5 pm

until 13th Oct closed Fridays & Saturdays

FREE ENTRY TO THE POTTING SHED GIFT SHOP

Attractive and Exciting new Stock

THE PLANT CENTRE & THE BELLINGHAM BUTTERY

Delicious home cooking with local ingredients & suppliers



**special
attractions**

*Pinhole Photography exhibition
'Hunt the Hare' Willow Labyrinth*

CHRIS EASTON WELDING

**Gates, Railings,
Garden Ornaments
and General Fabrication
Tel 07917 402394**

For all your special occasions
Tracie Penwarden
Soprano & Singing Teacher
Tel: 015395 62363

Holland
PHOTOGRAPHY

Portraits & Weddings
01539 728619
holland-photography.co.uk

BOOK KEEPER / SECRETARY

Experienced in accounts, VAT, wages,
typing CVs, letters, all office routines

Veronica Cato

015395 61667 / 07778937412

vjcato@yahoo.com

Victoria Cottage, Levens

What is there to do at Greenlands?

You could feed our lambs

You could buy our plants

You could let off steam in the play Zone

You could buy a ring for that special someone



or sample our fine wines!

or make a pot on the potters wheel

or relax in our beautiful café

or shop in our farm shop

Actually... there's loads you can do at Greenlands!

Open farm, farm shop, café, play barn, play zone, jewellers, pottery, garden centre, wine shop, deli...

Greenlands Farm Village, Tewitfield, Nr Carnforth, LA6 1JH

Tel: 01524 784184

www.greenlandsfarmvillage.co.uk

Woodlands Nurseries



**Flowers for all occasions
Crooklands, Milnthorpe
Tel: 015395 67273**

VFMS

**Hard and soft landscaping,
Maintenance and tree work**
Ring Kevin 015395 52063
Mob 0777 345 3548
www.landscaperwindermere.com

D & C Atkinson Landscape Contractors

Commercial & Domestic.
Hard & Soft Landscaping
Low Maintenance Garden Design
Regular Contract Work
015395 62184 or 07919 892703

GARDENING SERVICES

Man & Wife team

Bob & Louise 01524 730018

General gardening and garden
designing (It's not that expensive!)

RHS & City & Guilds Certs.

Free quotations



The Walled Garden

Heaves Hotel

Heaves (on A590)

Tel: 015395 61126

Dave Harrison

Landscaping
Landscape construction,
Tree and shrub care,
Hedge cutting

Tel. 015395 64495

Cut your carbon footprint & buy your plants locally

from our wide range of herbaceous perennials,
more unusual shrubs, grasses, climbers

& wall shrubs & culinary herbs

We are proud to grow our plants naturally

RHS Gold Medal winning nursery

www.cathsgardenplants.co.uk

Busy Bee

garden & property
maintenance

David Abel

tel: 015395 62807

Computer Help At Home Plain English help with your computer Call Graham Brook on 015395 60868	Computer Repair, Maintenance, Upgrade Dave Rushworth (formerly of Silverdale Computers) Tel: 07765 954 386 or 01524 782 869 email: service@dezy.co.uk	Burton Tech Support All aspects of computer upgrade, repair and advice Low callout charge.No Fix No Fee Call Barry on 01524 781306 or e-mail bts@yobunny.co.uk
Milnthorpe Art & Copy and Printers Archway Gift Gallery Tel: 63292	Firewood, Kindling Coal, Wood Pellets Kiln Dry Logs Woodcoal 01524 812476 www.logsdirect.co.uk  Real Wood Logs	DELTA  FUELS Heating the Lakes Call Today 01539 733700 Home Heating Oil - Gas Oil - Lubricants
CHRIS POTTS BSc MRICS Chartered Building Surveyor Design & Construction Consultants Full architectural design Service Extensions, Alterations and New Build Internal re-design & Space Planning Tel: 015242 73228 Mob: 07540 610582 Email:info@cnpassociates.co.uk CNP Associates Ltd, 3 Market Square, Kirkby Lonsdale, LA6 2AN	TREVOR DIXON PAINTER & DECORATOR FREE COMPETATIVE QUOTES 01524 781163 / 07974 945201 ACE ELECTRICAL & ALARMS Inspection Testing & Certification Rewires & New Installations Fire & Security Alarms PAT Testing 015395 64609 07979 914871	Sue Howsley Interiors & clothing alterations T: 62626 Laundry & Ironing Service The Linen Cupboard  07884 190616 or 01524 782800
JANE CLARK Domestic Energy Assessor Local Independent provider of Energy Performance Certificates (EPC's) from £65.00 For a friendly, efficient and reliable service Tel: 015395 64350 or 07742 393889 www.domestic-energy.mfbiz.com		Chris Tuckey Surveying CAD plans drawn for Planning & Building Control applications & EPC surveys 07976 602533 Regulated by RICS
Terry Allen(Elect)Ltd Local Electrician For 30 years Commercial, Domestic, Industrial Tel: 015395 63832 Fax: 015395 64039 18 Summerville Road	 COOPER ELECTRICAL All types of electrical work undertaken commercial , domestic & industrial. portable appliance testing 015395 60890 or 077177 62274 website: cooper-electrical.co.uk E: cooperelectrical@yahoo.co.uk	
PHILIP LEES  ELECTRICAL CONTRACTOR ALL TYPES OF DOMESTIC ELECTRICAL WORK UNDERTAKEN INCLUDING TEST & INSPECTING 40 years experience Quick, Efficient and Reliable Service Tel 07850 219273 or 015395 64660 E: haystacks@btinternet.com 6 The Ashes, Milnthorpe	SPARK ELECTRICAL LTD Simon Clark Free consultation for electrical work Rewires Extra sockets Under floor heating Low energy lighting Mob. 07918 127393 015395 64350  <div data-bbox="720 1171 1034 1235"> LADELL LTD PLUMBING & HEATING - ELECTRICAL CONTRACTORS </div> Plumbing, Heating, Gas & Electrical Work Tel: 01524 720 438 Luke (Electrical) 07977 504 874 John (Plumbing & Heating) 07887 565 509 www.ladell-ltd.co.uk  	

JPG Joinery Joinery & Property Maintenance Kitchens, UPVC Windows & Doors, Wooden Flooring Paul Gott 01524 781710 not VAT registered	W.G. BROWNLIE JOINERY CONTRACTOR building works, refurbishments, upvc windows, conservatories, doors; flooring 015395 60673 07810 602999	Cragg View Pet Services Home from home dog boarding. Doggie day care. Clipping, bathing, grooming. Julie 015395 30084
JOINERS & CONTRACTORS A. HUTCHINSON & SONS 'Aldyth', Lowgate, Levens 015395 60481 & 60491	S.C JOINERY For all your joinery needs Traditional and UPVC Contact Shaun Confue Holme (01524) 781179	K9 Connect <i>Improving the behaviour and general wellbeing of your dog</i> One-to-one consultations in your own home Natural, stress-free, gadget-free, non-confrontational method One off payment for lifelong support and advice Adrienne Banks 07887 922326 adrienne.k9connect@hotmail.co.uk
Ian Bradshaw Painter & Decorator tel & fax 015395 62089 07968 390396 No VAT. Free quotations	Milnthorpe Kennels and Cattery  Pet Boarding for dogs, cats and small animals. Comfortable purpose built home from home. Pet Supplies on site 7 days a week or delivered to your door T: 015395 62665 www.milnthorpekennelsandcattery.co.uk	CAKES FOR ALL OCCASIONS Jill 015395 52192  ***** Also available, dog boarding in my own home, for hols or just for the day. Est: 2005 Ref: available
KJM PLASTERING All internal & external work undertaken Local & reliable Contact Kevin 61668 or 07880 804825	Your local, friendly solicitors for Legal Advice Ian N. Gunby & Co. •Wills, Estate Planning & Trusts• •Probate•Family & Divorce• Personal Injury• •Residential Conveyancing• •Company & Commercial• Let our experienced Legal team advise you. Your initial appointment is FREE with no obligation. 4 Park Road, Milnthorpe 015395 62044 shorne@iangunby.co.uk Ian N Gunby & Co Solicitors are regulated by the Solicitors Regulation Authority. 	KIRSTY'S PET CLINIC Dog Behaviourist Home Visits / One to One Training 0788 309 2453 www.kirstyspetclinic.co.uk
PLASTERER / TILER Time Served, City & Guilds Interior & Exterior Work Wall & Floor Tiling JOHN WALLING 015395 64199	Julian Stobbart FLOORING 07792 749937 015395 62493	THERMOSHIELD Window & Door Replacement Conservatories Tel: 63308
Julian Tyson LOCAL WINDOW CLEANER Milnthorpe 63820 07813 714017	Stay Clean Services Carpet, Upholstery, Rug, Leather see the full range of cleaning at: www.localclean.co.uk Ken & Anne Riddell 01524 720120	milnemoser solicitors Providing practical and cost effective legal solutions since 1819 to the local community. Local solicitors available for home consultations. 100 Highgate Kendal T. 01539 729786 7 Main St Milnthorpe T. 015395 62263 www.milnemoser.co.uk
DIGITAL TV AERIAL AND SATELLITE FROM NBC-SKYNET 015395 62561 OR 07710 400 499 LOCAL - PROFESSIONAL- RELIABLE		

<p>Neil Dowker Milkman Milk, Eggs, Potatoes etc Tel: Miln. 63739</p>	<p>AC Plumbing & Heating Installation & Servicing Gas Safe Artie: 07792 155396 or 015395 63193</p> 	<p>Tony Hayes Floor layer Free quotation -no job too small 07833 445834 Carpets, Vinyls, Altro, laminates karndean tiles fitting service Sub floor preparation</p>
<p>L M Baverstock Ophthalmic Opticians The Square, Milnthorpe T: 62633</p>	<p>BRIAN BALDWIN Qualified Painter & Decorator Miln 63583 or 07976 578855</p>	<p>T.T. CARPETS The Red Barn, Harmony Hill, Milnthorpe Tel. Miln. 62898</p>
<p>STEPHEN MALKIN 015395 62137 Slatng & Roofing Specialist Re-Roof/Repairs Call for a competitive quote Not VAT registered</p>	<p>LES CHAPLOW Corgi Registered <i>Boiler Servicing & Maintenance</i> Tel. 63017</p>	<p>for your New or Used Car come to P.V. DOBSON & SONS (Motors) Limited Bridge End Garage, Levens Tel: 015395 52441 Mechanical & Body Repairs, MOT Testing</p>
<p>IVAN COATES Your local Builder and Contractor Tel. 015395 62338</p>	<p>Lakeland Picture Framers 5 The Square, Milnthorpe T: 015395 62303</p>	<p>HALE GARAGE Main A6 Rd. Hale MILNTHORPE New and Used Car Sales Service & Repairs Full Dealer Computerised Diagnostic Equipment Petrol and Diesel MOT & all your motoring needs Tel. 62173 & 62839</p> 
<p>A2A A website that you control, as many pages as you WANT! Websites from £300+VAT Domains from £25+VAT Hosting from £65+VAT View our portfolio at www.a2a.co.uk Telephone 015395 64486 2 Beetham Rd, Milnthorpe</p>	<p>TREVOR DIXON PAINTER & DECORATOR FREE COMPETATIVE QUOTES 01524 781163 07974 945201</p> <p>SPS DOOR MAINTENANCE repairs to all types of doors & shutters garage door repairs, automation & sales Composite Front door installations Paul Schofield 64512 07799332141 pcringer@hotmail.com</p>	<p>MARTIN TYSON Ltd General Builder Tel. 62125</p>
<p>DSA Driving Instructor Peter Miles 07895 645712 Excellent Rates Available</p>	<p>PLANS DRAWN STUART MCMINN BSc HND ABEng • New Property Designs • Extensions, Alterations T: 01524 781081 or 07729 845147</p>	<p>COLIN HARPER Building Services 39 Trinity Dr, Holme, Lanes, LA6 1QL T: 01524 781194 M: 0788 0925170 Alterations ~ Extensions ~ Plastering Roofing ~ Patios ~ Stonework ~ Tiling Quality Work at Competitive Prices</p>
<p>FISHWICKS FUNERAL SERVICE Beetham Hall Beetham Milnthorpe 63108</p>	<p>EDWARD DUCKETT & SON JOINERY SPECIALISTS & FUNERAL DIRECTORS 01524 784211 & 781232</p>	<p>KEVIN BATEMAN MONUMENTAL MASON new memorials, additional inscriptions renovations, re-turfing 01539 723903 or 07817 060619 Please phone for a Brochure</p>

<p>Heversham House Residential Care & Respite Mrs I. Wales tel: 63769</p>	<p>CUTZ hair salon Milnthorpe 64484</p>	<p>PRINT & EMBROIDERY SPECIALISTS supplying to businesses - schools sports clubs - local authority (no minimum order qty) Also promotional gift items sales@mjworkwear.co.uk 07827 320999</p>
<p>Lunesdale House Residential Care Home <i>Phone Mr. C D Green</i> Tel. 63293</p>	<p>mirrormirror HAIR BEAUTY SOLARIUM 4 The Square Milnthorpe 015395 64007 Late night Wed till 9</p>	<p>MILNTHORPE DENTURE CENTRE FRIENDLY SERVICE & 1ST CLASS QUALITY DENTURE REPAIRS WHILE U WAIT TEL 64770</p>
<p>Heydays care and support services A care service designed to make a difference. We will go that extra mile to ensure that you receive the highest standard of service helping you to stay independent in your own home Mobile 07827 964360 Office 015395 52548</p>	<p>Ralph Sutton D.O. Registered Osteopath Milnthorpe & District Osteopath Clinic Tel: 015395 65777</p>	<p>www.photoideas.co.uk <i>great memories & holidays</i> 35mm slides scanned onto CD / DVD mail@photoideas.co.uk</p>
<p>Irene Taylor Hearing Centres Salt Pie Lane, Kirkby Lonsdale 015242 73589 Specialist in hearing aids and hearing protection www.prestonhearingcentre.co.uk est.1980</p>	<p>RDK >>> Mobility NHS ACCREDITED SUPPLIER HELP WHEN NEEDED MOST Memorial Hall Milnthorpe Cumbria LA7 7QJ 0800 6348627</p>	<p>Lakeland & Lunesdale PHYSIOTHERAPY & Sports Injury Clinic Treatment of aches & pains, incontinence, breathing problems. EXERCISE STUDIO Exercise classes with Chartered Physiotherapists Milnthorpe 64727</p>
<p>State Registered Chiropodist/Podiatrist Ian R. Robertson BSc. M.Ch.S. S.R.Ch Home Visiting Service 015395 34499 07710 287957</p>	<p>Chiropody Clinic Judith Swift BSc HPC Registered Unit 6, Bridge End Business Park Park Rd, Milnthorpe 015395 64303</p>	<p>Ian Pithers MCFHP DipFHT MAFHP Foot Heath Care Professional Visiting practice - specialises in foot care for the elderly 015395 33582 07873 372390</p>
<p>JS Quality Care Park Road, Milnthorpe Providing: Personal Care at Home Companionship Overnight Care Shopping, etc. with Friendly Reliable Carers Enquiries: Lizz Halsall 015395 63330 Commission for Social Care Inspectorate (CSCI) Registered</p>		<p>PLUMTREE HALL HEVERSHAM RETIREMENT HOME En-suite Rooms/Apartments Good home cooking Short stay availability Care provision accepted Contact Helen Wilson 015395 63015 or www.plumtreehall.co.uk 015395 62661</p>



Rosie Smith, People's Choice Primary Winner
Holme School



Schools Art

Dallam School Arts Centre
Crooklands Road
Milnthorpe LA7 7DD

Anna Field, Year 11 Dallam School 2009-10
People's Choice winner



showcase

27th-29th July
10am-4pm

The 2011 contribution to the
Annual Milnthorpe Arts Week showcasing
artwork from Dallam School and
Primary students from South Lakes and
North Lancashire
Email lcregg@dallam.eu for details
Free entrance and parking

Additional Sponsorship from Alex and Clare Duggan



22nd Anniversary

Milnthorpe Art

Exhibition

"South Lakeland's most prestigious open exhibition
over 400 exhibits"

28th - 31st July 2011

at St Thomas' Church

10 am - 7 pm, Sunday 10 am - 3 pm

www.milnthorpe-artexhibition.co.uk

Refreshments and Raffle

organised by Milnthorpe Men's Forum

Sunday 31st July Come and Celebrate
Holy Communion at 8.00 am in the Chancel of
St Thomas' Church - among the inspirational art exhibits.

