

Autumn 2020  
mid Oct & Nov

# Parish News

Levens, Heversham, Milnthorpe



**Levens Post Office**  
in the Methodist Chapel

Mon, Wed, Fri  
2.15 - 4.45pm

Remember face covering

**Samaritans'** Free helpline  
number is **116 123**.

Calls to this helpline number do  
not appear on phone bills.

This number is free to call from  
both landlines and mobiles,  
including pay-as-you-go mobiles.  
You do not need to have any credit  
or call allowance on your plan to  
call 116 123.

Available round the clock, every  
single day of the year, providing a  
safe place for anyone who is  
struggling to cope.

[www.samaritans.org](http://www.samaritans.org)



01539 728118



**Contact Line**  
For HEVERSHAM & HINCASTER  
**07545 103583**  
open 9 to 5, every day  
Or email: [covid@heversham.com](mailto:covid@heversham.com)

Local volunteers are available if Covid 19  
means that you need help with things like  
shopping or collecting prescriptions, or if  
you would just like to talk to someone.

**call us if you need us**

*Meeting needs... Growing community.*

**Can Levens Good Neighbours help if you are in isolation  
because of the coronavirus ?**

**with:** A friendly phone call    Walking your dog    Posting mail  
Picking up shopping from Levens Shop  
Picking up library books  
Collecting a prescription    Simple handyman jobs

**Just ring us on 07908 004672: 8am to 8pm  
any day of the week.**

Our volunteers are covered by insurance and policies relating to  
safeguarding and good practice.

## [www.milnthorpefoodbank.org](http://www.milnthorpefoodbank.org)

Milnthorpe Area Food Bank provides short-term emergency food parcels in Milnthorpe and the surrounding area in response to referrals from professional agencies. We will deliver food to your home.

Our main points for food donations are now at the Spar shop, M:Hub and all our local churches when they are open.

There have recently been harvest food collections at St Thomas' Church and Beetham Primary School, and we have had continuing support from many people in our community over the last few months, giving both food and money donations.

If you are struggling financially at the moment, don't be afraid to ask for help or advice. You can contact Citizen's Advice Bureau. Contact details are on page 8.

### **Milnthorpe Voluntary Group**

**Tel: 07377 174412**

**E: [milnthorpevolunteers@gmail.com](mailto:milnthorpevolunteers@gmail.com)**

Milnthorpe Voluntary Group is continuing to support residents in the Milnthorpe area due to the continuing need in the community and the wish of our volunteers to continue the service . Our services include shopping, prescription collections, cooked food delivery, posting of letters and any reasonable jobs that can be performed outside the home. There will also be people available at the end of the phone for a friendly chat.

Please feel free to ring or email us and ask for help.

The phone will be manned from 9am – 6pm every day for the foreseeable future.

We have many locals who have signed up to help but if you have any spare time and would like to volunteer, please email [milnthorpevolunteers@gmail.com](mailto:milnthorpevolunteers@gmail.com) or visit the Facebook page.

**Know that you are not on your own**

### **THE CHILDREN'S SOCIETY: Levens collection boxes 2020**

Due to the corona virus and possible cross contamination, I will not be collecting the boxes this November as usual. If you are agreeable, the simplest and safest solution for all concerned would be to write out a cheque made payable to The Children's Society and post it to myself Patricia Crewdson, 5 Greengate Gardens, Levens LA8 8QL.

I will then collect and fill in the relevant details and gift aid for the Society's information and post them directly to the Society. The amount could be what you kindly usually donate and then just keep the filled-in box for me to count, hopefully, next year. This way the Society will not lose out on much needed donations. If this could be done **the week 15th - 21st November**, it would be very helpful. Alternatively, just retain the box and, hopefully, it will be collected in November 2021 in the usual way.

*Patricia Crewdson*



One hundred years ago, a rather abstract and austere monument by Edwin Lutyens was unveiled in Whitehall. Made of Portland Stone and deliberately devoid of elaborate or religious imagery, it replaced a temporary structure of plaster and board erected the year before. It was a place where the fallen of the First World War could be honoured and remembered, although their graves were elsewhere, or indeed unknown. During the 1920s and 30s it was common for men to doff their hats in respect as they walked past it. Since then the scope of this memorial has widened to include service personnel who died in World War Two and in subsequent conflicts.

The monument is the Cenotaph, of course, and part of Lutyens' design brief was not to make it a religious memorial, as those who had died came from many faiths and none. Lutyens' own experience of World War One battlegrounds convinced him that he could not convey adequately the full horror of war pictorially in his design. Instead he opted for dignified simplicity with little decoration. The inspiration came from the ancient Greeks; they made use of what was called a *kenotaphion*, a memorial stone erected when it was impossible to recover a body after the battle.

This year will mark a century since the stone Cenotaph's first use in the National Act of Remembrance. Despite the restrictions at this time, we still expect the Cenotaph to be the focus of the country's gratitude, solidarity and recollection this Remembrance Sunday also – a place where the fallen are remembered, individually and collectively, regardless of where their actual burial location may be.

Ironically, whilst Edwin Lutyens' design omits any religious motif, its very name represents the profoundest and greatest joy for a Christian. 'Cenotaph' comes from two words in the Greek language, meaning 'empty' and 'tomb', two words that have been an essential part of the Christian message from the beginning. The tomb of Jesus Christ was empty, not because he was a warrior lost in battle, but because he is a warrior who has won the battle – the last and greatest battle we will all face, with death itself. As we see our society and its leaders grappling with the questions of life and death – How to minimize threat? Will there be a vaccine? – it brings home how powerless we are as a human race. There is a hope and a life beyond this life with all its uncertainties, conflicts, diseases and frustrations. That hope stepped out of a grave two thousand years ago – a fighter who dealt a death blow to death itself. One of the Bible sentences used at a funeral service points this out. It tells us Christ "must reign until he has put all his enemies under his feet. The last enemy to be destroyed is death."

Revd Bryan Kerr



To sign up to the weekly emailed notices for the Parish Churches please email Revd Bryan Kerr :  
[rev@lhmparishes.co.uk](mailto:rev@lhmparishes.co.uk)

# Information about Church Services

Every Sunday one Parish Church is open at 10.30am for a service for the three parish Churches.

25th Oct at St Thomas', Milnthorpe

1st Nov at St John's, Levens

8th Nov Remembrance Sunday details on the back page

15th Nov at St Thomas', Milnthorpe

22nd Nov at St John's, Levens

29th Nov at St Peter's, Heversham



Also, there continues to be a Sunday Hub service online via Zoom.

To access this please **see websites for the latest news !**

**Click on Parish Update on:**

[www.stthomasmilnthorpe.org.uk](http://www.stthomasmilnthorpe.org.uk)

[www.stpetersheversham.org](http://www.stpetersheversham.org)



Info correct at time of going to press:

There is no restriction on the numbers attending Sunday services, except what is physically possible to maintain social distancing within the building.

Face coverings are to be worn.

Not all pews will be available, in order to observe proper distance.

Music is played in services as congregational hymn singing is not permitted.

Holy Communion will be given in one kind (bread) only, as directed by church guidelines.

The order of service will be available as a download each week from the websites below and you are encouraged to print and bring your own copy.

Introducing:

1st Sunday of the Month

1st November at 8 am  
BCP service at St Peter's Church  
Heversham



*Parish Churches are open during the week as places for individual private prayer:*

**St John's, Levens:**

**Monday 10 am - 2. pm,  
Thursday 10. am - 1.pm**

The exception is the Monday following a Sunday in St John's when the church must be closed to allow an interval for cleaning.

**St Peter's, Heversham:**

**Tuesday 10 am - 1 pm**

**St Thomas', Milnthorpe:**

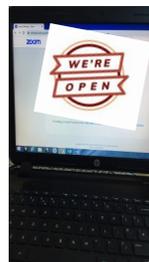
**Wednesday 10 am - 2 pm**

**Please observe social distancing  
and use a face covering and hand sanitisers when in church.**

New Service of Holy Communion  
every third Wednesday afternoon of the month

Open to all 3 parishes  
at St. Thomas' Milnthorpe at 2.00 pm  
Wednesday 21st October and 18th November

## **zoom events for prayer**



**Parish Prayer** We shall have a fortnightly time of prayer for each parish, for healing and particular needs, and for the community in general.

You can join us, or send prayer requests. **These are fortnightly meetings**

**Heversham, Tuesdays 12 noon, fortnightly**

**Oct 27th, Nov 10th & 24th**

| <http://bit.ly/HevershamPrayer>

**Levens, Wednesdays 6.30 pm, fortnightly**

**Oct 21st, Nov 4th & 18th**

| <http://bit.ly/LevensPrayers>

**Milnthorpe, Fridays 10.30 am, fortnightly**

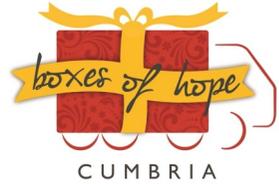
**Oct 23rd, Nov 6th & 20th**

| <http://bit.ly/MilnthorpePrayers>

## It's shoe box time !

Boxes of Hope Cumbria 2020 Campaign is now underway.

Details [www.boxesofhopecumbria.co.uk](http://www.boxesofhopecumbria.co.uk)



Empty boxes are available at churches during opening times. Covid restrictions impose some limitations and only completed boxes, not assorted gifts/fillers in bags can be taken to the warehouse in Kendal.

Bring your completed box(es) to

- St Peter's on or before Tuesday 10th November,
- St Thomas' on or before Wednesday 11th November.
- In Levens **completed boxes only** can be left at St John's and the Methodist church at times when open. There is an offer to take boxes to the warehouse who will need them early in November.



Thank you for your kind support.

  **0800 804 8044**  
**DailyHOPE**  
A free phone line of hymns, reflections and prayers

**Daily Hope** offers music, prayers and reflections as well as full worship services from the Church of England at the end of a phone. The FREE line – which is available 24 hours a day on **0800 804 8044** – has been set up particularly with those unable to join online church services during the period of restrictions.

Options available include materials also available digitally by the Church of England's Communications team, such as Prayer During the Day and Night Prayer updated daily, from Common Worship, and a recording of the Church of England weekly national online service.

A section called Hymn Line offers callers a small selection of hymns, updated daily. An option entitled 'Hymns We Love', provides a hymn and reflection.



**“I've just had my hours cut at work. I'd like to take on a second job, but there's nothing around. I have children and I am worried about the cost of Christmas. How can I make less go further, without going into debt? “**

One way to stretch household finances is to shop around for the best deals on your mobile phone and broadband, and on utilities, such as electricity. Installing a water meter can also sometimes bring savings. Check your insurances and subscriptions - cancel any you don't need and shop around for the others. It's normally cheaper if you don't leave it until just before the renewal date.

If your children are school age there may be help available with uniforms, technology and free school meals. [Our website](#) has more details. You may be eligible for benefits - [The Turn 2 Us](#) benefits checker is very useful.

Pay your rent or mortgage and council tax bills first as there can be serious consequences for missing payments. Try to negotiate lower repayments on your mortgage or credit cards. Keep track of your regular expenditure, such as housekeeping and essential travel, because it's easy to slip into overdraft, or miss a payment, and it can then become more and more expensive - and stressful - to get on the right track and out of debt. Likewise, think carefully about any 'buy now pay later' deals - they're not always the best option long term.

If you are worried about debt, here at Citizens Advice we have specially trained advisors available to help, so please do get in touch.

**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 is still delivering a service - Telephone and Digital Advice**

**How to access:**

- **Call 015394 46464 - this is being staffed from 9:30 – 2pm**
- **Adviceline: 03444 111 444  
email advice via  
our submission page  
on our website  
[www.southlakescab.org.uk](http://www.southlakescab.org.uk)**
- **Help to Claim (Universal Support):  
0800 144 8 444**

## Kent Estuary Youth project

Charitable Incorporated Organisation, registered number: 162823



KEY came into existence six years ago when people from local churches decided to raise funds to enable professional youth work to take place in the villages around the Kent Estuary, also in Dallam School and with year 6 transition pupils in our primary schools.

**Recent news:** The last six months have been a challenging time for people of all ages. For young people, the closure of schools and loss of contact with friends was really hard and for those whose family life is difficult anyway, the prolonged spell at home was tough. The start of the new school year, however welcome, was a time of anxiety and uncertainty for many. There is no doubt that this whole experience has had (and continues to have) an impact on the mental health of many young people in the area. It is a time when the contribution of KEY has been particularly relevant – but of course KEY's ordinary programme could not operate.

We developed a number of on-line activities and support programmes. We also distributed a well-being pack to all year 6 pupils in the area (those who moved into the first year of secondary schools in September). We are now working with Dallam to provide some on-line input in the school and are also developing a new wellbeing pack for older pupils. It has been possible to start some limited group activities – at present outside, using a gazebo we have bought for the purpose and also doing outreach work in Arnside. We are hoping to re-start activities in M:Hub soon and are in discussions in Levens about starting a programme in the village. We are trying to rebuild engagement with young people and to re-establish the momentum that Covid19 brought to a sudden halt.

Lesley, who joined us as a second full-time worker last year has left for a new post at Dallam. The current financial position and the disruption of our work programme makes us cautious about a straight replacement. We therefore decided to recruit a part-time worker for the period until Christmas, whilst we take stock. We are delighted that Rachel Twist joined us at the start of October. She will be working with Emma and our volunteers as we seek to ensure that KEY is able to respond to the needs and wishes of young people in our communities in these difficult times.

*Peter Clarke, Chairman of KEY Trustees*



## Message from Parkview Surgery:

We hope you are keeping well. You should not delay in contacting us if you are concerned about your health. The surgery is open. Please do not come down, ring us in the first instance. If you can go on line visit our website [www.parkviewsurgery.nhs.co.uk](http://www.parkviewsurgery.nhs.co.uk) and complete a non-urgent online consultation.

If we need to refer you for further care, our colleagues in secondary care are working hard to reduce any backlog resulting from lockdown earlier in the year. They are also creating capacity for managing the new referrals into their service and creating safe locations to continue with elective surgery. If you are concerned about your hospital appointment please ring 01539 716998

Don't forget your flu vaccination. Please make your appointment with us. We order vaccines every year for our patients, keep your record updated and offer other vaccinations you may need. The clinics are different this year to keep you and our staff safe. Those of you aged 50 – 64 not in a risk group we hope to be able to offer you the vaccination later in the year. We have to prioritise the most vulnerable patients first and await further guidance.

Please remember to prepare for winter. Keep yourself and your house warm, organise your shopping, do not run out of your medication. If you are feeling lonely or caring for someone and need further help we have a member of staff Sam (our GP Link Worker) who may be able to put you in touch with other organisations offering support phone **01539 71 55 55**

Things may take a little longer and may not be the same as last year, but we are working hard to maintain a safe and accessible service.

Regards, *Park View Surgery*



Come and see the display of  
lit carved positive pumpkins

on the steps to St Thomas'  
on Thursday October 29th

for KEY's Festival of Light

Exact time not confirmed as  
going to press so will be  
advertised on Posters and  
Milnthorpe's What's On Facebook  
and also the online version of  
Parish News



## Pinboard



The Saturday Quiz is back !

Join on Zoom  
for 7 pm start.  
Zoom password  
will be on  
Bryan's emailed notices



## Mothers' UNION

First Wednesday in the  
month by Zoom 4th Nov  
Details on emailed  
weekly notices

## The St John's Christmas Fair

planned for Saturday 28th  
November is subject to Covid  
restrictions. Please watch  
Levens Weekly Notes for a  
possible permissible alternative  
venture during November.

## Heversham W.I.

Just like many other groups  
our meetings have been in  
abeyance since March.  
However, we have managed  
to keep in touch with each  
other as best we can under  
difficult circumstances during  
the pandemic either by  
telephone, email and zoom  
committee meetings.  
We set up a buddy scheme  
early on in lockdown which  
has worked well and helped  
us in our fellowship together.  
We keep looking at ways to  
help us stay together and  
hope that when we are  
through this time we will all  
come together again and  
enjoy belonging to the W.I.  
Stay safe, *Sue Ellis*

Think of others,  
phone a friend,  
keep being kind



M:HUB Café  
Beetham Road . Milnthorpe  
re-opened Fridays  
9.30 am - 12 noon

Tea, coffee, hot choc, biscuits  
Second hand books, DVD, CDs  
if you have any to donate to the  
stall, please contact us  
and we'll collect  
Rev David Stretton  
01524 761397  
methodistdavid@gmail.com

Kent Estuary Catholic Churches -  
Milnthorpe - Arnside - Grange  
Fr. Philip Smith  
015395 32731  
**Christ the King RC Church**

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for all your childcare needs  
from the age of 0-11 for 50 weeks of the year.

**Koala Room** for 0-2s & **Little Jumpers Room** for 2-5s  
Nursery Free Entitlement for 2-4s up to 30 hrs/wk  
between the hours of 7.45 am – 6 pm  
**School Holiday Club** 7.45am-6pm  
open to all primary age children in the area

Tel: 015395 64090 E: [helen@joeysnursery.co.uk](mailto:helen@joeysnursery.co.uk)

Joeys is part of Milnthorpe Family Centre a registered charity  
No. 1131829 offering support to families on a non-profit basis

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Food times Sat 12-9 Sun 12-8  
Mon-Fri 12-3 & 5-830  
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Free Function room hire available  
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**Beezon Road, Kendal**  
**01539 887988**

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<p>Nikita's Bistro now open The Square, Milnthorpe Breakfast, Brunch &amp; Lunch all day</p> <p>Tues &amp; Wed 9am - 4pm Thurs - Sat 9am - 5pm Sunday 9am - 2pm Mon - closed</p> 	<p><b>Hallams Chippy</b> Milnthorpe 015395 62298 07496 940454</p>	<p>Receive a warm welcome at the <b>River Bela Café</b> 49 Beetham Rd, Milnthorpe 015395 63668</p>
<p><b>Green Dental</b> 25 Main Street, Milnthorpe LA7 7PP</p>  <p>Accepting new patients Excellent family dental care Payment options available</p> <p>015395 63685</p>	<p><b>PURE ESSENCE</b> BEAUTY • SPA • ANTI-AGEING</p> <p>South Lakeland Leisure Village Carnforth LA6 1 BH 01524 735240</p>	<p><b>Living Well</b> Supplements &amp; Health Foods Milnthorpe 015395 63870</p>
<p><b>Sue Spencer</b> <b>COUNSELLOR</b> BACP Registered 015395 62217 07804 863408 www.suespencercounselling.com</p>	<p><b>Upper Cuts Barbers</b> 15 Park Rd, Milnthorpe  <b>T: 62300</b></p>	 <p>13 Main St Milnthorpe T: 64484 &amp; Facebook</p>
 <p>Baverstock Opticians technology • expertise • eye care 015395 62633 lmbaverstockopticians.co.uk</p>	<p><b>Chiropody Clinic</b> Judith Swift BSc HPC Registered Unit 6, Bridge End Business Park Park Rd, Milnthorpe <b>015395 64303</b></p>	<p><b>FOOTCARE AT HOME</b> Tracey Garrett BSc MinstChp <b>FOR HOME VISIT</b> Nail trimming - Ingrown nails Corns - Callus Diabetic foot care &amp; advice Phone 07766 167018</p>
<p><b>Ralph Sutton D.O.</b> <b>Registered Osteopathic</b> <b>Milnthorpe &amp; District</b> <b>Osteopathic Clinic</b> 015395 65777</p>	<p><b>Park View Surgery</b> Haverflatts Lane Milnthorpe LA7 7PS</p> <p>and 21 New St, Carnforth www.parkviewsurgerynhs.co.uk</p> <p><b>01539 715555</b> When surgeries are closed call </p>	<p><b>Irene Taylor Hearing Centres</b> Salt Pie Lane, Kirkby Lonsdale 015242 73589 Specialist in hearing aids &amp; protection Earwax removal by microsuction www.prestonhearingcentre.co.uk est. 1980</p>
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# Parish News, part of the church in community

is run by 3 Parish Churches  
of **St Peter's Heversham, St John's Levens & St Thomas' Milnthorpe**

**Ed Team:** Jane Cushnie, Jill Butterworth, John Thorley,  
Margaret Barrow, Wendy Dodds



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**Next issue Christmas 2020 will be in print & online**  
**Remember Remember to send info by 5th November 2020 !**

To the best knowledge of the Editorial  
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Mr John Ricketts  
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**Pastoral Visits are phone calls at the moment -**

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Heversham and Milnthorpe:  
email via websites 'contact us'  
or phone Linda Cooper 63836

Levens:  
Christine Hallas 60541  
Frances Makin 61417



## Remembrance Sunday 8th November 2020

10.00 am St John's Church Levens Village Remembrance Service  
11.00 am with Act of Remembrance at Levens Memorial

10.00 am St Peter's Church Heversham Village Remembrance Service  
11.00 am with Act of Remembrance at Heversham Memorial

2.30 pm Laying of Wreaths at Milnthorpe Memorial followed by  
a short outdoor service at the steps to St Thomas' Church