


FEB 2024

A free copy for you

# Parish News

Levens, Heversham, Milnthorpe



February

29

## Levens Methodist Church

### COFFEE SHOP

2.30 - 4.15 pm  
Everyone Welcome

### Mondays

Would you like a coffee & a chat?  
please join us.

You can also play dominoes,  
cards, Rummikub or do a jigsaw

Also bring your knitting, sewing  
or craft project and have a natter.

### Wednesdays & Fridays

Coffee and Biscuits

Milnthorpe Food bank -  
[www.milnthorpefoodbank.org](http://www.milnthorpefoodbank.org)  
Collection boxes in Spar  
and  
Churches in  
Milnthorpe and Heversham

There is an constant need of food  
& household items so please  
donate if you can, thank you

“We would like to say a big ‘thank  
you’ for the generous donations  
we received throughout the past  
year.

This includes donations of both  
food and money. We look forward  
to your continued support in the  
coming year.”

### Meet & Eat 23rd February at Levens Methodist Hall

12 noon - 2 pm      £5  
Children under school age FREE

Menus will be on posters  
in Levens

Tickets available  
from Coffee Shop  
or Susan Beckwith 0779 6561810

EVERYONE WELCOME

### M:HUB

on Beetham Road, Milnthorpe

Cafe is open  
every Friday morning  
from 9.30 am until 12 noon  
for refreshments.

### Coffee @ St T's Milnthorpe

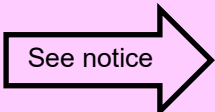
Every Friday 10 -11.30 am

serving Farrers Coffee  
and Lakeland Tea

free WiFi &  
contactless payment available

In church Feb– April:  
Entrance at North side  
During the building works  
Bring a mug or use a paper cup

See notice





The logo for Heversham Arms Pop up Pub is a shield-shaped crest with a beer mug and the text 'HEVERSHAM ARMS Pop up Pub'. Below the logo, the text reads: 'Heversham Pop up Pub 3rd Feb, 2nd March 7.00pm - 11.00pm 1st Sat of every month The Athenaeum For our community - all welcome'. The background is a dark, blurred image of a pub interior.

## St Thomas' Church Milnthorpe

Work to re-order the community rooms and the rear of the nave at St Thomas' Church started in January 2024. The community rooms will be closed for around four months to enable access to the upper and lower rooms to become independent and for the installation of a new kitchen and toilets, including a disabled toilet.

The work will also include the removal of pews at the rear of the nave to provide an alternative community space during the works and in anticipation of a second phase at a later date to provide secure storage and a Parish Office with a balcony over, subject to further fundraising.

The PCC hopes to be able to keep the Church open throughout the works using the North Porch, but any necessary closures will be signed on the notice board by the Church steps.

If you are interested in acquiring a pew by making a donation towards the building works, please email the Church Treasurer on [jtrobson@hotmail.com](mailto:jtrobson@hotmail.com)



For more info on Activities, please contact  
Diane on 07771 682378 or Lesley on 07816 895021



**Enjoyable Dementia friendly Walks** with optional refreshments.

**1<sup>st</sup> Feb** 10.30 am Prom walk :Grange Main St car park LA11 6DY

**15<sup>th</sup> Feb** 10.30 am Longlands Hotel, LA6 1JH for canal walk

**Woodland Wellness – New Venue with Cover Monday 26<sup>th</sup> Feb 11 – 12 noon**

Being outside is good for us all. Come and join us for engaging activities connected to nature –: Silverhelme Scout Activity Centre, The Row, Silverdale, LA5 0UG

**Social Table Tennis – at Arnside Educational Institute, Church Hill, Arnside, 10.30 am start, Wednesdays 7<sup>th</sup> & 21<sup>st</sup> February.**

**Dementia Embracing Community Singing Group**

**Silverdale Songsters** - Friday mornings between 10.30 – 11.30 am at St John's Church Hall, St John's Church, Silverdale

**Monthly Meet Up Tuesday 27th February** 10.30 am – 12 noon

**at Abbot Hall Social Centre, Dowker Lane, Kendal, LA9 4DN**

An enjoyable get together designed to engage and support people living with dementia and their carers. This month Ambleside Oral History Society will share noteworthy historical tales

**Zoom Poetry Group – Alternate Thursday 1.30 – 2.30pm 8<sup>th</sup> & 22<sup>nd</sup> Feb**

The group choose the theme and Dignity in Dementia search out poems which are then emailed to group members. Attendees are invited to read the poems out loud or some people prefer just to listen. A very friendly enjoyable group.

www.dignityindementia.org



**Please phone for details  
and to book lunches:  
Liz Dawes 01539 728118**

**Gentle Exercise  
Classes – Milnthorpe**

Every Tuesday 10.30 - 11.30 am  
Catholic Church Hall  
Haverflatts Lane, Milnthorpe LA7 7PS

**Gentle Exercise  
Classes – Levens**

Every Wednesday 10.30 - 11.30 am  
Levens Methodist Church  
Lowgate, Levens LA8 8NL

**Levens Lunch Club  
The Gilpin Bridge, Levens  
LA8 8EP**

Fourth Tuesday of the month 12.00 pm

**Hale Lunch Club  
The Tavern at Hale,  
Milnthorpe LA7 7BH**

Third Thursday of the month  
meet at 12.15 for 12.30 pm

**I've tried to follow the advice I've seen about energy saving, but my fuel bills are still going up. What else can I do?**



**South Lakes**

You've probably seen the advice to reduce your thermostat (not below 18°C while you are at home). But switch your heating off completely when leaving the house for a few hours. It's cheaper to reheat your home than keep your heating on low when you're out.

And you'll have been told to insulate your home. But how? Fitting draught-proofing strips to your windows and doors is a quick DIY job and can save around £45 a year. A hot water cylinder jacket is easy to fit, typically costs under £30 and can save roughly £50 a year on energy bills. And if you have an unused chimney, installing a chimney draught excluder could save you around £65 a year.

Another free tip is to keep furniture and covers away from radiators and heaters. Blocking the source of heat keeps you cold, overworks your system, and wastes money.

In addition to turning off lights and appliances you're not using, you can also make savings by using your washing machine on a 30-degree cycle instead of higher temperatures. Ditch the dryer to save even more money - dry your clothes on racks inside or outside in warmer weather to save up to £60 a year.

And have you heard of ECO? (Energy Company Obligation) This scheme obliges energy companies to support households to install energy efficiency measures such as insulation and new, more efficient heating systems. Contact your supplier.

If you're still struggling to afford your energy bills, the first step is to get in touch with your supplier. But if you are already in debt, contact South Lakes Citizens Advice without delay.

***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](http://www.southlakescab.org.uk)***
- ***Help to Claim (Universal Support): 0800 144 8 444***

Have you ever tried indoor bowling?  
Come along to  
**Heversham Indoor Bowling Club**  
and give it a go.

We meet Mondays 2pm to 4pm and  
Fridays 7pm to 9pm  
from October to the end of March.  
£20 membership & £2 per session.  
with Tea/coffee & biscuits included.  
Try for free for 2 weeks.

Its a chance to socialise,  
make new friends and chat  
having a cup of tea.

## Levens

Local History Group

Meetings are third Thursday in Levens  
Village Hall starting 7.30 pm, unless  
stated otherwise on the website.  
See website for 2024 Meetings.  
Contact: secretary  
Allan Steward via website  
<https://www.levenhistory.co.uk/>

## HEVERSHAM **theWI**

INSPIRING WOMEN

Next meeting:  
Wednesday 14th Feb  
Athenaeum, Leasgill 7.30pm

Speaker: Christine Raafat  
'Lady Anne Clifford's  
Battle for her Rights'  
Competition: 'Something related to a  
famous woman'

Visitors are asked to pay £2 and can  
now attend for 3 sessions before mak-  
ing a commitment to join.  
For further information please  
contact: Sue Ellis : 07939577881

## Heversham Bowling Club Games Afternoons

Every Tuesday in the Clubhouse  
During winter months  
2.00 – 4.00pm £2.00 inc refresh-  
ments

keep mentally active during the winter  
months – join us to play board  
games, dice games, word games,  
strategy games,  
paper & pencil games, card games &  
dexterity games.  
a variety of games to play, some well-  
known, others maybe new to you  
Everyone Welcome



## Hincaster Trailway Group

are fundraising for essential  
maintenance along the route.

If you are able and would like to  
donate please support the  
project.  
Any donation will help maintain  
this valued community asset.

Visit <https://www.gofundme.com/hincaster-trailway-group-appeal>

Thank you



## Singing for Fun

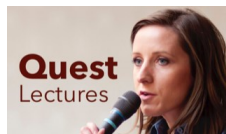
Come and join in with us  
Relax and Enjoy No Membership

Held on the first Thursday morning in  
the month

Starting at 10 . 45am

at the Roman Catholic Church Hall  
Haverflatts Lane, Milnthorpe

£2 includes tea or coffee



**Second & Fourth Thursdays**  
10.00 am  
at the Athenaeum, Leasgill

**8th Feb -**  
**Jim Bliss, Lowther Castle**  
**Bringing Back Beavers and other**  
**lost wildlife**

**22nd Feb**  
**Brian Sefton - A Life in Magic**

Annual membership -12 meetings  
including refreshments is just £18;  
guests £2.50 per meeting.  
All Welcome

Facebook - Quest-Lecture  
Group 110942098389216



If it's your birthday on the 29th Feb!

# COULD YOU VOLUNTEER WITH KEY?

Helping out at our youth clubs, community activities or excursions could help us provide much needed youth work for our local young people

- ⇒ Helping with drinks/snacks/cooking activities
- ⇒ Helping with sports, games, crafts
- ⇒ Helping with inter-generational projects
- ⇒ Be a listening ear
- ⇒ Be an extra adult at any of our activities/clubs

Contact us for more information,  
[rosiebrown@keyprojectcumbria.onmicrosoft.com](mailto:rosiebrown@keyprojectcumbria.onmicrosoft.com)







Saturday 3rd February

7 pm Quiz

All welcome for this brain teaser.

In St Thomas' Church, Milnthorpe during building works - use north door

Form a team with friends (max 4 per team) £10 per team in aid of St Thomas Building Fund



Athenaeum Management Committee Present:

A Quiz night with pie and peas supper

Saturday 24th February

Teams of 1-4 players

Bring your own drinks nibbles and glasses

Doors open 6.30pm

Start 7pm

Tickets £12

Available from

Tom Grindey: 07907286836

Hilary Hutchinson: 077729305222



The HERON theatre

Select your seats & book on line www.theherontheatre.com see website to hire venue

Box Office 015395 64283

9th Feb – Film ‘Are you there God? It’s me Margaret’

A heartfelt, poignant adaptation of Judy Blumes novel of growing up and self discovery. With Abbey Ryder, Rachel McAdams, & Kathy Bates 7.30pm

11th Feb – Classical Music with Rosamund Brass 2.30pm

who share their passion for brass chamber music.

17th Feb – Spanish & English Folk Music with Dos Almas

Bea Perez brings her voice and guitar whilst Ian Hunter provides sensitive percussive support 7.30pm

23rd Feb – Drama – Quentin Crisp: Naked Hope 7.30pm

Nick Farrelly, depicts Quentin at two phases of his life. With witty gems - everything from cleaning to marriage.

Eversley Choir

HAYDN

THE CREATION

Conductor – Ian Jones

Soloists & orchestra

Saturday 2nd March

2.30pm

Capernwray Hall, Carnforth, LA6 1AG

Tickets £18 (free for children/students)

Available from choir members, on the door or online at eversleychoir.org



# communitycatalysts®

unlocking potential effecting change

## Join a growing network of passionate people offering care and support

Community Catalysts are running a development programme in the South Lakes, to help people get set up working for themselves, offering care and support to older and disabled people in their communities.

People can offer any kind of help at home, such as cleaning, cooking, shopping, trips out, sitting and chatting, support to dress and wash, DIY, gardening and more. Community enterprises are run by passionate people who want to:

- Work locally
- Help their community
- Choose their own hours
- Set a fair rate of pay
- Be proud of the quality service they offer

For more information about setting up, or anything else, contact Jade Gibson your local Community Catalyst:

**-Call or text: 07435 943 933**

**-Email: [jade.gibson@communitycatalysts.co.uk](mailto:jade.gibson@communitycatalysts.co.uk)**

**-Facebook: [@CommCatsSouthLakesandEden](https://www.facebook.com/CommCatsSouthLakesandEden)**

The programme is funded by Westmorland and Furness

# Should we have a 20-mph speed limit in Heversham?

Heversham Parish Council is considering whether it should apply to Westmorland and Furness Council to change the existing 30mph limit to 20mph.

This would be through the whole village including Dugg Hill, Woodhouse Lane and Mabbin Hall Lane.

**Average thinking + stopping distance in good conditions.**



9 metres + 14metres = 23metres (75feet) or six car lengths



6 metres + 6metres = 12metres (40 feet) or three car lengths

If you live in Heversham, we would like to know what YOU think.

You can let us know whether or not you support the idea of making the village a 20mph zone by **simply texting YES or NO** to **07918 620261**

or emailing [speedlimit@heversham.com](mailto:speedlimit@heversham.com).

If you want to make additional comments, please do so in your email.

It would be helpful if we can hear from you by 16<sup>th</sup> February, but don't worry if its later; we still want to hear your views.

The possibility of the speed limit will be one item for discussion at the Annual Parish Meeting, open to all parishioners, details of which in the next Parish News.

Sunday 4th February 9.45 am  
SPECIAL CANDLEMAS SERVICE

FOR ALL AGES

St John's Church, Levens

Have you got a candle  
from your baptism? Bring it along.

Songs and special activities  
as we think about how  
the light of Jesus changes people



Mothers Union

First Wednesday at 2pm

St Thomas' Church

Milnthorpe

(Enter through North side door  
of church)

All are welcome to visit and join

next meeting:

Wednesday February 7th

at 2pm

Anne Pettifor will be speaking about  
Agricultural Chaplaincy.



World Day of Prayer Service  
at Storth Church

Friday 1st March at 2pm

All Welcome



The World Day of Prayer is an  
international ecumenical  
laywomen's initiative celebrated  
annually in over 170 countries on  
the first Friday of March. Mothers'  
Union support this service,  
anyone, men and women are  
welcome to join

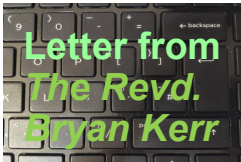
**Next issue -  
MARCH 2024  
print & online**

**Please email info by 10th FEB**

*\*Whilst the Church is most grateful for the  
support of  
magazine advertisers  
no automatic endorsement  
of products or services can be assumed.*

To the best knowledge of the Editorial Team  
all info is correct

at time of going to press 17.1.24



Dear Friends,

Dave was walking along a steep cliff one day when he got too close to the edge and slipped. On the way down he managed to grab on to a branch, and temporarily stopped his fall. But he couldn't hang onto the branch forever, and there was no way for him to climb up the cliff. So Dave began yelling, "HELP! HELP! Is anyone up there? HELP!

Finally he heard a voice.

"Dave, can you hear me?"

"Yes, but . . . Who are you, and where are you?"

"I am the Lord, Dave. I'm everywhere."

"The Lord? You mean, GOD?"

"That's me. Now, here's what I want you to do.

Listen carefully."

"I'll do anything, Lord. Just tell me what to do."

"Okay. Let go of the branch."

"What?"

"I said, let go of the branch. Just trust Me. Let go."

There was a long silence.

Finally Dave yelled, "HELP! HELP! IS ANYONE ELSE UP THERE?"



People may often feel positive about the person of Jesus Christ, and certainly enjoy the celebrations of his birth. But the teaching of Jesus and his journey to the Cross are much more disturbing. We might feel like Dave, asking if there is someone else, maybe another way and another message.

The great season of Lent begins on February 14th. In Lent we journey in heart and mind with Christ towards his death Jerusalem, and so we are reminded that rescue and friendship with God come at great cost. Many people think that Christ's message is about us being nice and kind and good. The journey from Lent to Easter reminds us of a painful cross and a different kind of message entirely. It is the wonderful news of sins forgiven, of a new start with God and a new place in his family. It is the humbling news that we cannot rescue ourselves, and need the drastic intervention of Christ's death to deal with our wrongs that stand between us and God.

In order that we may cling to Christ and his rescue, we are told to let go (as Dave was) of other things. Lent isn't simply a matter of giving up; it involves taking on as well.

Jesus put it this way in Mark chapter 8 in the Bible, "Whoever wants to be my disciple must deny themselves and take up their cross and follow me."

We deny/say No to ourselves, that we may say Yes to Jesus.

Every Blessing, Revd Bryan Kerr

Priest-in-Charge of St Thomas', St Peter's, St John's Churches

Winter Monthly Friday Morning  
Holy Communion

**Please note  
new time!**

Friday 16th February  
at 9.30 am  
at St Thomas' Church, Milnthorpe  
before Friday Coffee Morning  
Entrance to church is north door

Afternoon:



Tuesday 27th February at 2.30pm  
(last Tuesday in the month)  
at St John's Church, Levens

 Kendal **Methodist** Circuit

Revd Tiras Dainty-Share 01524 963716

Email: [tiras.ds@methodist.org.uk](mailto:tiras.ds@methodist.org.uk)

**Levens Methodist Church**

10.30am Services unless stated led by:

Feb 4th Sacrament service  
led by Revd Melanie Greenall  
Feb 11th United Service  
led by Richard Bielby  
Feb 18th Dr Don Spivey  
Feb 25th Mrs S Hilton

**Levens Methodist Church** is now registered for the solemnization of marriages between a man and a woman and for the solemnization of marriages of same sex couples.

Please contact :

The Revd Tiras Dainty-Share  
[tiras.ds@methodist.org.uk](mailto:tiras.ds@methodist.org.uk)  
telephone: 01524 963716

Join us as we worship  
in a relaxed space around tables.  
Refreshments served throughout.

**OASIS**  
@ **M:HUB**

Sunday 18<sup>th</sup> February 2024 @2pm

Connecting People  
**M:HUB**  
Building Community

Beetham Rd,



**14th February 2024**

**2.30 pm St John's Levens**  
**6.00 pm St Peter's**  
**Heversham**

Many thanks to everyone who have supported our fundraising for The Children's Society this year in Levens Both from collection boxes, donations and supporting the Christingle service at St. John's Church with donations.

In total a wonderful £582.76 was raised for this very worthy cause.



**You are welcome at  
February Sunday Morning Services at Parish Churches -**

<p><b>8.00 am</b> Holy Communion St Thomas' Milnthorpe 4th &amp; 18th Feb</p> <p>St Peter's Heversham 11th &amp; 25th Feb</p>	<p><b>9.30 am</b> St Peter's Heversham</p> <p>4th Parish Communion 11th Morning Praise 18th Parish Communion 25th Fellowship in the Old School</p>
<p><b>9.45 am</b> St John's Levens</p> <p>4th Candlemas Service - see page 12 11th at Levens Methodist Church 18th Parish Communion 25th Parish Communion</p>	<p><b>11.15 am</b> St Thomas' Milnthorpe During the building works please use the north door</p> <p>4th Morning Praise 11th Parish Communion 18th Morning Praise 25th Parish Communion</p>

**Sunday 3rd March at 10.30 am**

**United** Sunday morning service at Arnside Methodist Church

**Christ the King RC Church  
Haverflatts Lane Milnthorpe**

Sunday Mass celebrated at 10.30am  
Friday Mass now celebrated at 10 am

Find on You Tube channel and  
Facebook Group by searching:

**Kent Estuary Catholic Churches**

Fr Philip Smith 015395 32731  
Email:  
kentestuarycatholicchurches@gmail.com

**CHILDREN'S SUNDAY SCHOOL  
Milnthorpe**

There will be no Sunday school at St Thomas' church during the building works of February, March and April. Some quiet activities for children will be available in church during the Sunday morning service.



What's the latest?



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

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

If you would like an email of the weekly notices please click on 'contact us'

[www.levens.org.uk](http://www.levens.org.uk) has local info and NEWS and a link to the same archive of Parish News through - in the village St John's page.

<https://www.levens.org.uk/st-johns-church>

@NEWparishnews

Facebook page. Items posted are forwarded to Milnthorpe What's Going On page too.

Milnthorpe What's Going On page on Facebook to catch up with what is going on!

And **KEY** weekly Youth Activities post on this page

[www.heversham.org](http://www.heversham.org) has local info and an archive of over 17 years of Parish News in A4 pdf version.

[Nextdoor.co.uk](http://Nextdoor.co.uk)

Local info, tips and ideas

## Samaritans'

Free helpline number is **116 123**. Calls to this number do not appear on phone bills. This number is free to call from both landlines & mobiles, including pay-as-you-go mobiles. You don't need to have any credit or call allowance plan to call 116 123.

Available round the clock,  
every single day  
[www.samaritans.org](http://www.samaritans.org)



To sign up to the weekly emailed notices for Parish Churches in [Heversham](#) and [Milnthorpe](#) please email 'contact us' via the websites.

For regular email updates for St John's Church [Levens](#) please email:

[jill.butterworth54@btinternet.com](mailto:jill.butterworth54@btinternet.com)

**For a pastoral phone call**  
for yourself or for  
someone you know call:



**Heversham & Milnthorpe:**

Email via church websites  
'contact us' or phone

Linda Cooper 015395 63836

**Levens:**

Pam Martin 07840 671286

**Levens Good Neighbours** - You may find it good to know that the support offered by Levens Good Neighbours includes matching with someone to **offer friendship**.

If you call 07908 004672 any day between 8am and 8pm, this support can be arranged with you



**Can Levens Good Neighbours help with:**

A friendly phone call

Picking up shopping or library books or prescription  
Posting mail, Simple handyperson job, Dog Walk, Transport to a local appointment

**Ring 07908 004672**  
**8am - 8pm any day**

Volunteers are covered by insurance & policies relating to safeguarding and good practice.



# *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**

### **Volunteer Ed Team:**

Jane Cushnie, Jill Butterworth, John Thorley, Margaret Barrow, Wendy Dodds

**Distribution Team** of more than 60 volunteers across the three parishes

- thanks everyone!

**E-mail!**

**parishnews@heversham.org** Mrs Jane Cushnie Tel: 015395 **64582**

Levens News: jill.butterworth54@btinternet.com Mrs Jill Butterworth Tel: **61676**

### **Priest-in-charge of Levens, Heversham & Milnthorpe**

**The Reverend Bryan Kerr** Email: rev@lhmparishes.co.uk Tel **015395 61448**

### Churchwardens

#### **Levens: St John's**

Mr Hal Bagot 60588

Mrs Jill Butterworth  
61676

#### **Heversham: St Peter's**

Mrs Jane Fell 63174

#### **Milnthorpe: St Thomas'**

Dr Val Robson 62904

Mr John Ricketts  
01524 761076

### PCC Secretaries

Mrs Julie Marsh  
015395 83183

Mrs Lizzie Fawcett  
elizafawcett@icloud.com

Mrs Judy Rigg  
01524 761857

[www.kentestuarymissioncommunity.com](http://www.kentestuarymissioncommunity.com)

for information from churches in our Kent Estuary

### Useful Numbers for Room Hire:

Milnthorpe St Thomas' Church Centre

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

Milnthorpe Christ the King RC Church

Fr. Philip Smith 015395 32731

M:HUB, Beetham Road, Milnthorpe

Irene McKay 07958 605049

Leasgill Athenaeum [www.the-athenaeum.org.uk](http://www.the-athenaeum.org.uk) Clare Lewis 07876 124236

Heversham Tristrams Pavilion / Playing Fields, Email: [sports@dallamschool.co.uk](mailto:sports@dallamschool.co.uk)

Heversham Bowling Clubhouse

Tom Grindey 07907 286836

Levens Village Hall

Helen & Alan Miller 015395 60334

Levens Methodist Hall

Jane Jones 07875 163418

Levens Pavilion

Alice 07817 200053

## FISHWICKS

FUNERAL SERVICE

Beetham Hall Beetham

**015395 63108**

[www.fishwickfunerals.co.uk](http://www.fishwickfunerals.co.uk)



## BEETHAM HALL

CREMATORIUM

**015395 65363**

[www.beethamhall.co.uk](http://www.beethamhall.co.uk)

To advertise -  
please email  
for details to:  
[parishnews@heversham.org](mailto:parishnews@heversham.org)

## Woodlands Nurseries

Flowers for all occasions



Crooklands  
**01539 567273**

## EDWARD DUCKETT & SON

Joinery specialists &  
Funeral directors

**01524 784211**

**01524 781232**

## HALLS WASTE

house clearances.  
All waste removed,  
**licensed** asbestos  
& waste removal.

ALSO - Demolition services  
sheds - garages -  
outhouses - houses

Mike 07813 855479  
01539 332084

## ELMS CUMBRIA LTD Door Repair Service

Garage, industrial, Automatic doors  
Paul Schofield 64512  
**07799 332141**  
[info@elmscumbrialtd.co.uk](mailto:info@elmscumbrialtd.co.uk)

## Parkin & Jackson

new memorials, additional  
inscriptions, renovations

**House Names & Signs**  
**01539 722838**

[www.parkinandjackson.co.uk](http://www.parkinandjackson.co.uk)



**CHRIS EASTON Ltd**  
**Welding & Fabrication**  
**07917 402394**

[chriseastonwelding@yahoo.co.uk](mailto:chriseastonwelding@yahoo.co.uk)

## DCA FIREWOOD

Kiln Dried Logs Ready To Burn  
Call or Text 07919892703  
[www.dcafirewood.co.uk](http://www.dcafirewood.co.uk)



D&C ATKINSON  
Commercial Growth Maintenance Contractors



## LOCKSMITH

Local Family Business  
Trading Standards  
Approved

All Lock Problems Solved

Call Locks Express

**01539 739218**

**07886 831336**

## LOCKSMITH

Locks opened / replaced  
Ring for a quote

**015395 68170**

**07827481922**

## BPS Roofing

All aspects of roofing  
contact Ben  
**015395 63844**  
**07786 407187**

## SMOKELESS FUELS

Long established Coal Merchants

**Supplying a range of  
approved Smokeless fuels  
throughout the area.**

Free delivery  
7 days a week &  
no minimum order.

For quality, service & price  
ring/message 7 days

**07949 594381**

or Office hours

**015394 36667**



## skb window cleaning

**local window cleaner fully insured**  
Hard to reach & Velux windows, Frames, doors &  
garage doors, Solar panels & conservatories  
Roof cleaning & moss removal  
now also offer **GUTTER CLEANING** up to 4 stories  
with work checked by inspection camera  
**07783 802192**  
Email: [windowcleaner311@hotmail.co.uk](mailto>windowcleaner311@hotmail.co.uk)



## CHIMNEY SWEEP

Chris Backhouse  
ICS Registered Member  
Public Liability Insured  
Cows fitted, Nests removed  
**07443 902903**

## Andrew Backhouse Chimney Sweep Ltd

est 1992 Trading Standards Approved  
All types of chimneys and flues swept  
Public liability insured  
**015394 45117**  
**07763 145594**

**CALL & COLLECT**

**01524 812476**

[www.logsdirect.co.uk](http://www.logsdirect.co.uk)

**mainlineMOTcentre Ltd**

Class 4 and 7 MOTs  
and Tyres  
015395 64354

**stationgarage**

INDEPENDENT VW  
GROUP SPECIALISTS

015395 64111  
www.stationgaragemilnthorpe.co.uk

LOW  
Sizergh **LS**  
BARN



Low Sizergh Farm,  
Sizergh, Kendal LA8 8AE  
lowstzerghbarn.co.uk  
015395 60426



Farm Shop  
Café  
Farm Trail  
& Camping



**E&R AUTOS LTD**

Quarry Lane, Sandside  
**015395 63101**  
Vehicle Servicing & Repairs  
MOT Booking & Preparation  
Tyres & Puncture Repairs

Holiday Cottages  
in Heversham

Mary Davies  
**015395 64809**

[www.oldebluebellcottages.com](http://www.oldebluebellcottages.com)

**West View, Leasgill  
Cosy cottage sleeps 4**

2 small dogs welcome  
[www.sykescottages.co.uk](http://www.sykescottages.co.uk)  
/1097754

**Gilpin Bridge Inn**



Cask Ales - Dog Friendly  
Kids' Playground  
8 Bedrooms - Function Room  
Home Cooked Food  
**015395 52206**

**Self catering COTTAGE**

*SLEEPS TWO*  
BIRSLACK GRANGE, LEVENS  
**015395 60989**  
[www.birslackgrange.co.uk](http://www.birslackgrange.co.uk)

**CHOICE CATERERS**

Bev Carling 01524 736393  
07896 298072  
[www.choicecaterers.co.uk](http://www.choicecaterers.co.uk)

**THE ORCHARD'**

Holiday Cottage to Let in Levens  
Owners: Chris and Shirley Band  
Enquiries and Bookings to:  
**01244 352155**  
[www.sykescottages.co.uk](http://www.sykescottages.co.uk)



**Bay Vets**

"The Community Vets"

Inspiring trust, passion & care  
to deliver excellence  
to pets and their families.  
Lancaster 01524 32696  
Morecambe 01524 410867  
Milnthorpe 015395 62770  
Caton 01524 770615  
24 hours emergency service  
[www.bayvets.co.uk](http://www.bayvets.co.uk)



'Experienced vets  
for your much loved pets'

Kendal: 01539 722692  
Kirkby Lonsdale: 015242 71221

24hr Emergency Service  
[www.westmorland-vets.co.uk](http://www.westmorland-vets.co.uk)

**HIGHGATE  
VETERINARY  
CLINIC**



[www.highgate-vets.co.uk](http://www.highgate-vets.co.uk)  
**173 Highgate, Kendal**  
01539 721344  
**Beezon Road, Kendal**  
01539 887988

*Friendly, caring and professional team*



**015395 62665**

[milnthorpekennelsandcattery.co.uk](http://milnthorpekennelsandcattery.co.uk)

**PLUMTREE HALL**  
**Heversham**  
 Independent living  
 for over 55's



En-suite Rooms/Apartments. Lift  
 Good home cooking  
 Reasonable rates  
 Care provision accepted

015395 62661

www.plumtreehall.co.uk  
 Plumtree Housing Assoc Ltd

Abbeyfield  
**Hartland House**  
 Residential Care  
 Manager - Mrs Leanne Scrogam  
 015395 62251




**Baverstock Opticians**  
 technology • expertise • eye care  
 015395 62633  
 imbaverstockopticians.co.uk




**Sue Spencer**  
**COUNSELLOR**  
 BACP Registered  
 015395 62217  
 07804 863408  
 www.suespencercounselling.com

Philip Hartley  
 Registered Osteopath  
**Milnthorpe & District**  
**Osteopathic Clinic**  
 015395 65777

**Milnthorpe Barbers**  
 15 Park Rd, Milnthorpe  
 Tel: **62300**

**Pure Essence Beauty Salon**  
 Specialising in Permanent Laser Hair Removal  
 CACI Non Surgical Facelift  
 Massage Gel Nails  
 South Lakeland Leisure Village  
 Carnforth LA6 1BH  
 01524 735240

 13 Main St  
 Milnthorpe  
 T: 64484  
 & Facebook

**Foot Care by Claire**  
**Home Visiting Service**  
 Nail trimming Foot care advice  
**Callous/hard skin and corn removal**  
 Claire Mitchell CertFHP & MCFH  
 07896 814010

**FOOTCARE AT HOME**  
 Tracey Garrett BSc MinstChP  
 Nail trimming - Ingrown nails  
 Corns - Callus  
 Diabetic foot care & advice  
 Phone **07766 167018**  
**HOME VISITS**

**JONATHAN DEEGAN**  
 OPHTHALMIC OPTICIAN  
 BSC(HONS) MC OPTOM  
**OPTICAL HEALTH**  
**AT HOME**  
**NHS Eye examinations**  
**for people who are**  
**housebound**  
**M. 07788 730 422**  
 jondeegan@aol.com

**Park View Surgery**  
 Haverflatts Lane  
 Milnthorpe LA7 7PS  
 and 21 New St, Carnforth  
 www.parkviewsurgerynhs.co.uk  
**01539 715555**  
 When surgeries are closed  
 call 

**Feet First Mobile Footcare**  
 Covering all Your foot care needs  
 Nail cutting Hard skin removal  
 Ingrowing toenails Corn removal  
 Julie Harwood MCFH  
**07813 969006**  
 over 20 years experience

**Irene Taylor Hearing Centres**  
 Salt Pie Lane, Kirkby Lonsdale  
 015242 73589  
 Specialist in hearing aids & protection  
 Earwax removal by microsuction  
 www.prestonhearingcentre.co.uk  
 est. 1980

**Heydays** 015395 52548  
  
 Providing outstanding  
 homecare since 2011  
 Care & Support  
 Services  
**We can help with personal care,**  
**meal preparation, shopping,**  
**companionship & domestic help.**  
 Covering South Lakes inc.  
 Levens, Milnthorpe, Sedgwick,  
 Heversham & surrounding villages  
 www.heydayscare.co.uk

**Green Dental**  
 Milnthorpe  
 are happy to support the  
 Parish News  
 Sorry we are  
 not taking on new patients  
 at the moment  


 **Westmorland Homecare**  
**JOIN OUR TEAM!**  
 We are looking for outstanding carers  
**Starting salaries**  
 • Homecare Assistants £15 - £17 per hour  
 • Waking Night Staff £13 per hour  
 Contracted hours, regular clients, paid travel time,  
 petrol expenses and a great rewards package  
 No experience required as full training given  
 For more information contact our  
 Recruitment Team on 01539 725107  
 or visit our website  
 www.westmorlandhomecare.co.uk



Woodside Gardener

Sustainable Gardening Services  
RHS Qualified

☎ 07557343508 . 07533623208

✉ info@woodsidegardener.com

📘 woodsidegardener

🌐 www.woodsidegardener.com

### PIANO LESSONS with MARJORIE RAINBOW

B.Ed Hons. ALCM

07810 896366

Local Piano Teacher with  
over 30 years experience  
from 4 yr old - adults any age  
DBS checked

First lesson / Consultation  
free

Entry to ARBSM piano  
exams or playing for fun

**NBC SKYNET  
TV AERIAL  
& SATELLITE.**  
**07710 400 499**  
**015395 62561**

### ROGER J TREGLOWN

Member of Antiquarian  
Booksellers Association

**Antiquarian, rare, interesting  
second hand books  
and ephemera bought & sold**  
40 years in the trade.

Advice on starting a collection,  
book rebinding & valuations  
for insurance or probate etc.

Office open by appointment  
015395 62728

[www.rogerjtreglown.com](http://www.rogerjtreglown.com)



**Wright & Lord**  
Solicitors

A different type  
of law firm

wrightandlord.com  
015395 65990

Authorised and regulated by the Solicitors  
Regulatory Authority (SRA No. 519292)



**Wright & Lord**  
Financial Services

Truly independent  
financial advice

financial.wrightandlord.com  
015395 65995

Authorised and regulated by the Financial  
Conduct Authority (FCA No. 465610)

### Lakeland Picture Framers

5 The Square, Milnthorpe  
015395 62303



**FULLY EDITABLE WEBSITES  
YOU CONTROL**

Training and tech support included

**WEBSITES from £300+VAT**

Domains from £30+VAT Hosting from £75+VAT

visit [www.a2a.co.uk](http://www.a2a.co.uk)

**T: 015395 64486**

2 Beetham Rd Milnthorpe

### Computer Help At Home Plain English help with your computer

Graham Brook  
015395 60868

### 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](mailto:bts@yobunny.co.uk)

### VHS & VHS C & Video Hi8 & Mini DV tapes to DVD

Slides/Negatives scanned to  
jpeg format & put on USB or CD  
**Jane Cushnie tel: 64582**  
**mail@photoideas.co.uk**



### Joey's

Nursery and Out of School Club  
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: [enquiries@joeysnursery.co.uk](mailto:enquiries@joeysnursery.co.uk)

Joey's is part of Milnthorpe Family Centre a registered charity 1131829  
offering support to families on a non-profit basis



poole townsend  
LEGAL | PROPERTY | FINANCIAL

Your local Solicitor,  
Estate Agency  
& Financial Adviser  
First appointment FREE  
4 Park Road, Milnthorpe  
T: 015395 62044

E: [agunby@pooletownsend.co.uk](mailto:agunby@pooletownsend.co.uk)  
[www.pooletownsend.co.uk](http://www.pooletownsend.co.uk)

Poole Townsend are Independent Financial Advisers authorised  
& regulated by the Financial Conduct Authority FCA  
Regulated by Solicitors Regulation Authority SRA no 00076553

**MULTI TRADE**  
**General Property Maintenance**  
 small or large jobs over 40 years in the building trade  
**DAVE TRELFA**  
 01539 626087  
 07538 080510  
 Multi.trade.co1@gmail.com

**Holmeworks Handyman**  
 Nobody likes doing homework so let Holme Works do it  
 Give Neil a call on  
 01524 782177  
 or 07712 475863

Neil Townley  
**Painter & Decorator**  
 015395 63197  
 07969 406256



**Simpson Waste Services**  
 Local family run business for:  
 Septic Tank emptying  
 Roll on Roll off Skip Hire  
 Aggregate supplied/delivered  
 Plant hire available  
 Tel: Ryan 07766 971167  
 Lauren 07909 695454  
 Email: rysimpson@live.co.uk



**GROUNDWORKS & SEWAGE TREATMENT SYSTEMS**  
 Tel: 01524 812476  
 Mobile: 07876 205361

**PR PARKER PLANT LTD**  
 - HYDRAULICS - PLANT HIRE -  
 - PLANT REPAIRS -  
 Phil Parker  
 07447 621703  
 Specialists in hydraulic hose repairs and assembly

**COLIN HARPER**  
**Building Services**  
 01524 781194  
 0788 0925170  
 Alterations ~ Extensions ~ Plastering  
 Roofing ~ Patios ~ Stonework ~ Tiling  
 Quality Work at Competitive Prices

**CHRIS POTTS BSc MRICS**  
**Chartered Building Surveyor**  
**Design & Construction Consultants**  
 Full architectural design Service  
 Extensions, Alterations and New Build  
 Internal re-design & Space Planning  
**015242 73228**  
**07540 610582**  
 E: [info@cnpassociates.co.uk](mailto:info@cnpassociates.co.uk)  
 CNP Associates Ltd,  
 3 Market Square,  
 Kirkby Lonsdale, LA6 2AN



A family company, based in Levens, we install and maintain solar panels and battery storage throughout Cumbria and Lancashire. We have over 13 years experience in the solar industry and a lot of happy customers - check out our google reviews!  
 Email us at [hello@glowsolar.co.uk](mailto:hello@glowsolar.co.uk)  
 Or call 07340012808

**Chaplows Heating Services**  
 Gas Safe & Oftec Registered  
**Boiler Servicing, Installations & Maintenance**  
**015395 63017**  
 chaplows@hotmail.com

**TRAFALGAR**  
**Projects**  
 Building Services Ltd  
 Call Brian: 07766 131251




**SPARK ELECTRICAL LTD**  
**Simon Clark**  
 Free consultation for electrical work  
 Electric car charging points  
 Rewires  
 Extra sockets  
 Under floor heating  
 Low energy lighting  
 **07918 127393**  
**015395 64350**  
 simon.sparkelec@live.co.uk

**KJM Plastering**  
 Internal, External & damp work  
 07880 804825  
 015395 61668  
 Local & reliable  
**PLASTERER / TILER**  
 Time Served, City & Guilds  
 Interior & Exterior Work  
 Wall & Floor Tiling  
**JOHN WALLING 64199**  
 07907 286850



**Dave Atkinson Contracting**  
 Groundwork & Landscaping  
 Fencing • Septic Tanks  
 Flaggng • Concreting  
 Drainage • Machine hire  
 Call for free quotes & advice  
**015395 68645 • 07833 544 984**

 **COOPER ELECTRICAL CONTRACTING LTD**   
 All types of electrical work undertaken  
 Commercial, Domestic & Industrial & Agricultural  
 Inspection and Testing & Portable appliance testing  
 **01539 897138** or **077177 62274**  
 www.cooper-electrical.co.uk E: [info@cooper-electrical.co.uk](mailto:info@cooper-electrical.co.uk) 

<p><b>DW Johnston</b>  <b>Building Services Ltd</b>          62434 or 07887 756564          johnston708@btinternet.com</p>	<p><b>HOUT</b>          Kitchens, Furniture &amp; Creative Joinery          Designed &amp; Made in Cumbria          01524 781215  <a href="http://www.hout-design.co.uk">www.hout-design.co.uk</a>          Craftsmanship that celebrates uniqueness          Locally sourced, designed, made,</p>	<p><b>TOM STEVENS</b>          Joinery          Patios, Fences, Decking etc          Property Maintenance          65833 or 07968 799953</p>
<p><b>W.G. BROWNLIE Ltd</b>  <b>JOINERY &amp; BUILDING CONTRACTOR</b>  <b>extensions, building works, refurbishments,</b>  <b>upvc windows, conservatories, doors, flooring</b>          Levens 015395 60673 &amp; 07810 602999</p>		<p><b>S.C JOINERY</b>          For all your joinery needs          Traditional and UPVC          Contact Shaun Confue          Holme 01524 781179</p>
<p><b>JOINERS &amp; CONTRACTORS</b>  <b>A. HUTCHINSON &amp; SON</b>          Levens          015395 60481 &amp; 60491</p>	<p><b>DRJ FLOORING</b> Domestic &amp; Commercial          Flooring / Carpet Installer          07581 685561  <a href="mailto:enquiries@drjflooring.co.uk">enquiries@drjflooring.co.uk</a>  <a href="http://www.drjflooring.co.uk">www.drjflooring.co.uk</a></p> <p><b>nicf</b>  <small>national institute of carpet &amp; floorlayers</small></p> <p><b>fita</b> member  <small>flooring industry trade association</small></p>	
<p> <b>TT Carpets Ltd</b>          and TT Ceilings          Milnthorpe 62898  <a href="mailto:craig@ttclimited.co.uk">craig@ttclimited.co.uk</a>          Domestic and Trade</p>	<p><b>Julian Stobbart</b>  <b>FLOORING</b>          07792 749937          015395 62493</p>	<p><b>SCOTT SINGLETON</b>  <b>FLOORING SPECIALIST</b></p> <p> <b>07967 440568</b>  <a href="mailto:s.singletonflooring@gmail.com">s.singletonflooring@gmail.com</a></p>
<p><b>Robb Home Improvements &amp; Landscaping</b>          Specialising in fencing, stone walling, paving,          garden rooms, lawns and water features.          Bespoke garden design and build          Free estimates <b>Call 07954 336176 or 07871 878101</b></p>		<p><b>Martin Dodds</b>  <b>General Builder &amp; Plasterer</b>          Alterations, extensions,          plastering, dashing, roofing,          block work, stonework,          pointing, patios, fencing</p> <p><b>07950 033089</b>  <a href="mailto:martind23@btinternet.com">martind23@btinternet.com</a></p>
<p><b>THWAITES TREE CARE</b>          All aspects of Tree Surgery / Hedges          T: 015395 87541          M: 079869 88166          FREE QUOTES  <a href="mailto:info@thwaitestreecare.co.uk">info@thwaitestreecare.co.uk</a>  <a href="http://www.thwaitestreecare.co.uk">www.thwaitestreecare.co.uk</a></p>	<p><b>STEPHEN TAYLOR</b>  <b>STONEMWORK</b>  <b>07732 709622 or 01539 731391</b>          Dry Stone Walling ~ Stone Facing ~ Blocking          Patios &amp; Steps ~ Garden Landscaping ~          Pointing~ Garden Fences ~ Decking          Fireplaces ~ General Building          Home &amp; Garden Maintenance</p>	
<p><b>Cumbria Landscaping</b>          • Patios • Fencing • Stonework •          • Decking • Driveways • Ponds •  <a href="http://www.cumbrialandscaping.com">www.cumbrialandscaping.com</a>  <b>Stuart 0788 1914 108</b>  <a href="mailto:stuart.lambert@hotmail.co.uk">stuart.lambert@hotmail.co.uk</a></p>	<p><b>Felltree</b>          Tree Surgery          &amp; Grounds Maintenance          Free quotations &amp; Advice  <b>Aidan Giles 07501 360859</b>  <a href="http://felltree.co.uk@gmail.com">felltree.co.uk@gmail.com</a></p>	
<p><b>Hamish Foulerton</b>  <b>07747 788370</b>          Qualified, knowledgeable, professional  <b>Gardener</b> over 20 yrs experience          Expert effective maintenance, grass          cutting, tree, hedge &amp; shrub pruning.          Garden renovations &amp; fences.</p>	<p> 07766395595</p> <p> </p> <p>Berry's Garden Services          "Bespoke Horticultural Excellence"</p> <p> <a href="mailto:admin@berrysgardenservices.com">admin@berrysgardenservices.com</a></p>	
		<p><b>Grass &amp; hedge cutting</b>  <b>fencing</b>  <b>garden maintenance</b>          David Abel          0789 0502534</p>



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

### **Levens Youth Club**

**Tuesdays** 4.30pm-6pm at Levens Village Hall

Year 7+ (Year 6 from summer term welcome to attend)

### **Milnthorpe Youth Café**

**Wednesdays** 3.30pm-5.30pm at M:HUB

Year 7+ (Year 6 from summer term welcome to attend)

### **Storth Youth Group**

**Thursdays** 3.30pm-5.30pm at Heron Hall

Year 7+ (Year 6 from summer term welcome to attend)

### **Milnthorpe Senior Youth Group**

**Thursdays** 7.30pm-9pm at M:HUB Year 10+

### **Arnside Youth Group**

**Fridays** Yr 7-9      6pm -7.30pm

(Yr 6 from summer term welcome to attend)

Yr 10+ 7.45pm-9.30pm

at the Educational Institute

For more information email [rosiebrown@keyprojectcumbria.onmicrosoft.com](mailto:rosiebrown@keyprojectcumbria.onmicrosoft.com)