



Grange Tennis Mums - Page 24

ALAN SPEIRS GENERAL BUILDER

ALL BUILDING WORK
UNDERTAKEN

Roofing, Plastering, New Builds,
Renovations & Joinery Work

Tel: 015395 34403
Mobile: 07956 006 502

ARNOLD GREENWOOD

Incorporating Shirley M. Evans
Solicitor Limited

Solicitors & Estate Agents

w: arnoldgreenwood.co.uk/solicitors
t: 015395 35208

TB Shepherd & Son Ltd Plumbers & Heating Engineers

DAVID 07810 835 236
GRAHAM 07810 646 568
OFFICE 015395 33109

Since 1952



digital aerial & satellite specialists

Domestic Digital & Aerial Upgrades
Commerical Systems - Design & Install
Sky Installation & Repairs
Home Sound & Vision Systems

digital
Reg No: 18265860

Freesat HD skydigital FREEVIEW

Grange 015395 32792
Mobile: 07798 697880



PORTABELLO Blinds & Curtains Ltd.

Interior shutters, curtains, venetian,
roller, roman, vertical and Velux blinds.
Motorisation Available

Please phone Darren or Jo
01524 702111

'Where Quality and Courtesy
come as Standard'



MOT

& Service Centre

Open daily 8am - 5pm

GREAT VALUE TYRES

For fantastic service
and customer care...

Tel 015395 58920
Mile Road Garage, Moor Lane, Flookburgh.



The only
Locksmiths
based in
Grange

All Lock Problems Solved

- Trading Standards Approved
- Locks Opened, Repaired & Fitted
- Domestic & Commercial
- UPVC Door Lock Specialists
- Police (CRB) Checked
- High Security Locks Fitted
- OAP Discount

Eden Mount Road, Grange
Mobile 07886 831336
www.locks-express.com



Services
GRANGE LTD

STATION YARD GARAGE

VEHICLE SERVICING /
REPAIRS, TYRES, EXHAUSTS,
BATTERIES, MOTS,
DIAGNOSTICS

015395 35443

office@rpservicesgrange.co.uk
Station Yard Garage, Station Yard,
Grange-Over-Sands, Cumbria,
LA116DW



Tree Surgeon Covering all aspects of Tree Surgery

07771 680 919

015395 34299

acorntreeservices@icloud.com

YEWBARROW GARAGE



GRANGE'S NUMBER ONE M.O.T. TESTING CENTRE

SERVICING & REPAIRS TO ALL MAKES AND
MODELS, CARS, VANS, (PETROL & DIESEL)
ALSO ALL VEHICLE AIR-CON SYSTEMS
CHECKED AND RE-GASSED.

FREE COLLECTION AND DELIVERY OR
FREE COURTESY CAR BY APPOINTMENT

FREE fitting on batteries, tyres & exhausts
Latest Vehicle Diagnostic Equipment
Hofmann 4-wheel alignment system

AIRCON RE-GASSING AVAILABLE NOW
FOR NEW HFO1234YF SYSTEM

Tel: 015395 34291

24hr Accident & Breakdown Recovery: 07968 091 428
Email: yewbarrowgarage@live.co.uk



Providing accident repairs from our purpose build
Accident Repair Centre in Flookburgh. From a
minor scratch to severe accident damage. Carrying
out repairs for private, trade and all major insurers.

- Guaranteed excellence at competitive prices
- Cars, vans, motorhomes, motorcycles & restorations
- Alloy wheels refurbished
- Interior valeting & exterior polishing/detailing
- Free courtesy cars & vans
- Accident recovery service

www.evansautobody.co.uk

Moor Lane, Flookburgh, LA11 7LS
(Follow road 3/4 mile then take second left turn)
015395 58329

Panararmer
Kitchens • Bathrooms • Bedrooms
1983 - 2023: 40 YEARS OF BUSINESS

Call Us
015395 63523

**Stylish kitchen, bathroom and
bedroom design and installation**



Visit our
showroom in
Heversham

A full design and installation service

Your new kitchen from Panararmer will reflect your life and style. Visit our kitchen showroom to discover beautiful traditional designs from Laura Ashley, high-quality appliances from trusted brands such as BOSCH and NEFF, and the Quooker tap.

We've been providing quality design, installation, excellent products and efficient workmanship since 1983.

www.panararmer.co.uk

Celebrating **40** years working in our local community
Unit 3 Princes Way, Leasgill, Milnthorpe, Cumbria LA7 7FG

Chapel Island Walk

Sunday 30th July | 3.30pm
Sandgate nr Flookburgh

Join us for a breathtaking walk across the stunning sands of Morecambe Bay to Chapel Island.

You'll be guided by an expert from the Guide Over Sands Trust who will be on hand to keep you safe & talk about the area's history & wildlife

The walk is around five miles there and back & there will be the chance to enjoy a picnic on the sands before the return journey.

Tickets £15

Scan to book or visit
www.cancercare.org.uk



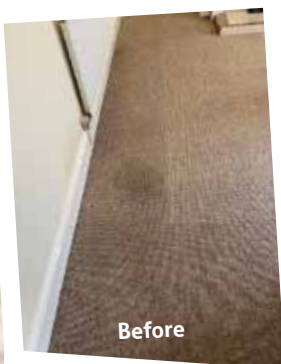
40

YEARS OF
BUSINESS

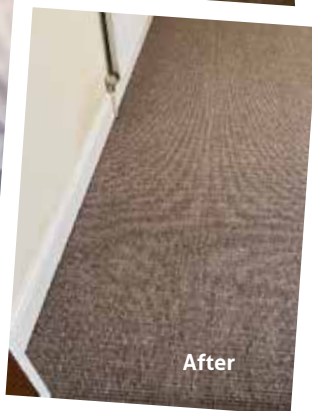
CancerCare
Registered Charity Number: 1200145



Registered with
FUNDRAISING
REGULATOR



Before



After

**Revive
Carpet
Cleaning**

Professional Carpet & Upholstery Cleaning

We are a local,
independent company
serving the Furness and
South Lakes areas.

Book now!

We will wear a face covering on request.

We also
clean
upholstery,
including
leather.



**Revive
Carpet
Cleaning**

revivecarpets.co.uk

01229 230821 07747 043919

Editor's Letter

Well hello August and it's show time folks. Make sure you get to Cartmel Show on 2nd August - lots to see and do.

It is high time I published a huge thank you to the fabulous team of Grange Now deliverers who will all be pleased to hear of a pay rise this month. We hugely appreciate the job you do in getting Grange Now out to as many letterboxes as possible.

Our next deadline is 18th August.

Chris

Cartmel-in-Bloom Donation to St Mary's Hospice



Ewen and Dianne Cameron present the Cartmel-in-Bloom donation of £1,000 to Annabel Holloway of St Mary's Hospice

The Cartmel-in-Bloom Group was formed over 10 years ago to prepare the village's entries for the Cumbria-in-Bloom and Britain-in-Bloom floral competitions and was successful in winning a couple of Cumbria Best Village prizes and a British Gold award.

Although the Group has retired from competition

entries, it is still very active in keeping Cartmel tidy and organising community and fund-raising events. Their recent annual barbeque was hosted by Ewen and Dianne Cameron and enjoyed the last of the fine spell of weather before the storms. Bloomer volunteers organised a most enjoyable and successful event which raised £1,000 for St Mary's Hospice.

Future Deadlines

ISSUE	DEADLINE	RELEASE
GN384	18th Aug	31st Aug
GN385	15th Sep	28th Sep

Experience a Fun-filled Family Day Out at the Cartmel Agricultural Show

This year's much-anticipated Cartmel Agricultural Show is set to take place on Wednesday, August 2, 2023, and promises to be a fantastic day out for families during the school summer holidays.

This annual event, dubbed 'The Royal Cartmel Show' by locals, offers an exciting array of attractions and activities that are sure to entertain all ages.

This year's Main Ring will be jam packed with action. One highlight will be the Bob Hogg Lamb National, where Bob's skilled sheepdogs will guide Herdwick sheep round a course of jumps. Pick your favourite and let the race begin!

Keeping up with the fast-paced action, the terrier racing will keep you on the edge of your seat whilst The North West Driving Club will host their Carriage Driving Arena Challenge where drivers

and their ponies will tackle a course against the clock. Mounted Fancy dress is always a crowd favourite and will be returning to the Main Ring this year.

Elsewhere, the Longhorn Cattle Society Show will be taking place, as well as all the usual competitive livestock and horse classes, with around 600 sheep and 70 cattle entries already confirmed.

Children will be entertained throughout the day with an exciting lineup of activities including Brian Patterson's zoo, while the tractor park will provide endless fun for little ones who love farm machinery, as well as vintage vehicles, a milking demo, sheep shearing demo and more in our Farming Demo area.

For more information and ticket bookings, visit www.cartmelagriculturalshow.co.uk.



CARTMEL SHOW

WEDNESDAY 2 AUGUST 2023

A great value family day out...

The Lamb National, children's entertainment, livestock and horses, terrier racing, vintage tractors, local food hall + more



Cartmel Park, near Grange-over-Sands



Free parking



Family ticket just £29



Free shuttle bus from Cark train station



Buy your tickets at www.cartmelshow.com

PRODUCED BY:

now MAGS

www.nowmags.co.uk

Grange Now, Kendal Road, Bowness, LA233HU

OPEN 9AM-3PM MONDAY - THURSDAY

info@grangenow.co.uk

Thermoshield John Rishton

Windows, Doors & Conservatories
Replacement Roof Specialist



With over 30 years
experience supplying and
designing uPVC Windows,
Doors & Conservatories

Tel: 015395 34212 Mob: 07970 537 871
email: thermoshieldgrange@gmail.com

COME SAILING ON LAKE WINDERMERE.

Experience the thrill of sailing
along on England's largest lake
surrounded by mountain scenery.
Great birthday present or a chance
to try something new. No experience
required. Fully qualified
RYA senior instructor
and fully insured boat.
Contact hello@
sailwindermere.co.uk



INDEPENDENT
INVESTMENT
ASSOCIATES
LIMITED



Independent Chartered Financial Planners

Cragdale House, Kents Bank Road,
Grange-over-Sands. LA11 7EY

Tel: 015395 36964

Email: info@iiagrango.co.uk

Web: www.iiatld.co.uk

Financial Planners:

Leigh S. Hornby BA (Hons), IMC, CFP

Gary Richardson FCIB, CFP

Jason Crane APFS, CFP

Andrew J. Troughton APFS

Ian D Hartley MCSI, CFP

Will Wilson DipPFS

Chris Hill CFPTM, Chartered MSCl

Authorised and Regulated by the Financial Conduct Authority

Investment Matters

By Will Wilson DipPFS

Bonds – What are they?

When the term 'investment markets' is used, it is tempting to think only of shares (equities); however, a major part of global investing is in Bonds.

Governments and large companies want to borrow money; to do this governments offer Sovereign Bonds (for example UK Gilts), whilst a company would issue a Corporate Bond.

On creating the 'loan' a set interest rate is attached known as a yield. To attract investors, less secure companies/nations must offer higher yields, the opposite is true of those that are highly trusted/reliable.

The amount borrowed must be repaid on a future specified date. Prior to maturity this type of investment can usually be traded; issue and maturity

prices are known at outset, trading in between is at a price based on supply and demand.

When demand is high, the price to buy goes up and therefore yield goes down and vice versa. Interest rates, inflation and liquidity are all factors that will affect the return. Although generally seen as lower risk than equities, they are far from risk free and can indeed, at times, attract similar volatility.

Crucial to any investment portfolio, looking to provide inflation beating returns over the medium to long term, is diversification; working with a Financial Planner will help you select the most appropriate asset mix and ensure your finances remain focused on your long term goals.

The comments in this Editorial are only general and should not be taken as specific advice. It is important that you seek independent advice before taking any action on the above, or any other, subjects. It should be noted that the value of some investments can fall as well as rise therefore you may get back less than originally invested. Past performance is not necessarily a guide to the future. Independent Investment Associates Limited is authorised and regulated by the Financial Conduct Authority.

Grange-over-Sands Community First Responders

Registered Charity No 1114069

We have an urgent need to recruit a treasurer to take over from our current post holder who is resigning in November for personal reasons.

The urgency is because we are a registered charity that is not allowed to function legitimately by the Charity Commission unless we have appointed a chairman, treasurer and secretary. Those of you reading this who were living here in 2005 may recall how Grange Sorooptimist Club members began work to establish the Grange-over-Sands and District Community First Responders team. The following year a management committee was established and the service became operational.

Responders work in partnership with the North West Ambulance Service (NWAS). Following a 999 call to the NWAS Control Desk, responders are alerted to attend patients to provide emergency life support until the ambulance crews arrive on scene. In 2006 the team consisted of more than 20

volunteers. Gradually the team's dynamic changed and a loyal team of ten members worked together for a number of years. However for health and safety reasons during the Covid 19 pandemic, NWAS instructed those responders who were over 70, or who had health issues, to stand down until it was safe to return. Some resumed active service but three resignations recently means that now we have just two operational responders.

In addition we have a community defibrillator scheme that requires support, finance and management to ensure the equipment is fit for purpose. I hope this brief resume demonstrates the need for our appeal for someone with the necessary skills to come forward to fill the vacancy. If you are the person we are looking for to ensure this valued and valuable community service is retained, then please do not hesitate to get in touch by mobile phone; number 07713085002.

Jane Strawbridge, chair of the management committee.

Mayor's Report

Firstly, I must apologise for missing the report last month. No real excuse, I just forgot until after the copy date.

It has been a very quiet few weeks on the mayoring front, my only official outing was to the Friday meeting of The Grange Cancer Support Group at the Father Magner Room in St Charles' Church. It was a very friendly group, doing a sterling service in befriending and supporting cancer sufferers, cancer recoverees and carers with chat, tea and cakes and for those inclined, board games. I must admit to being soundly thrashed in a game of Scrabble. The Group meets every Friday, 2-4 pm and would offer a warm welcome to new members. Just pop along and give it a try.

I must express my thanks to the Victoria Hall Support Group for raising funds to help keep

the Vic afloat. Their latest contribution of £8,000 will go a long way to paying for the repairs to the roof, which has been giving trouble for some time and causing damage to walls and ceilings in two rooms. I must say that I feel relief, as I'm sure many of you will, that new operators have been found for the 530/532 bus services. There will be a slight change in the timetable and some extra buses. Good news. By the time you read this, the consultation offered by Northern on the closure of almost all of the remaining ticket offices on the Furness line will have closed. I have asked Tim Farron to do his best to oppose this discriminatory move and he has assured me that he has taken the matter up with the Secretary of State for Transport. Keep your fingers crossed.

Roger Handley

Barrow-in-Furness | stollers.co.uk | 01229 820679

STOLLERS

Since 1905

UP
TO 30%
OFF



NOW ON
SUMMER SALE

SOFAS & CHAIRS | LIVING & DINING | BEDS & BEDROOMS | LIGHTING | ACCESSORIES | RESTAURANT



CASTLE WINDOWS

Suppliers and Installers of Quality PVC-U
Windows, Doors & Conservatories

At Castle Windows, we are a family run business of highly respected professionals, who have earned a reputation for providing a fantastic service.



DOORS

Our qualified and experienced door fitters can advise on suitable types, makes or models for your installation

WINDOWS

We supply and fit 'A' rated windows for customers throughout Morecambe, Lancaster and surrounding areas



THE
Signature
COLLECTIONTM
WINDOWS & DOORS
WITH EXTENDED WARRANTIES



Listen out for
our adverts on



IT'S LESS HASSLE WHEN YOU BUY FROM CASTLE

T: 01524 841314

www.castlewindowsmorecambe.co.uk

Unit 1a Northgate, White Lund Industrial Estate, Morecambe, LA3 3AY



Castle Windows Morecambe



_castlewindowsmorecambe



ALLITHWAITE AND CARTMEL PARISH COUNCIL

ALLITHWAITE AND CARTMEL PARISH COUNCIL - APPOINTMENT NEW PARISH CLERK

Following the resignation of Ms Julie Hendry in March, Council advertised for a replacement clerk and received several applications. From a shortlist, interviews were held on Friday 23rd June 2023 in Cartmel Village Hall. Council is pleased to announce that Christine Downey, an experienced Clerk/RFO, was appointed and took up her position on the 4th July 2023.

PARISH COUNCIL – VACANCIES

Notice is hereby given in accordance with Section 87 of the Local Government Act 1972 that Allithwaite and Cartmel Parish Council has three vacancies for councillors for Allithwaite. Anyone interested in serving the community in this way and who want to become a councillor for co-option should write the clerk at: clerk@allithwaiteandcartmel-pc.gov.uk.

HIGHWAYS – HIAMS

To report potholes or other highway problems is via the interactive website: www.allithwaiteandcartmel-pc.gov.uk and scroll to the bottom of the page and under 'Quick Links' click on Report a Highway Problem. Councillor Mark Pendlebury can assist if you need any help, he can be contacted by email mark.pendlebury@allithwaiteandcartmel-pc.gov.uk

WESTMORLAND AND FURNESS WEBSITE

If you have any comments, complaints or problems you can report these via the Westmorland and Furness website: www.westmorlandandfurness.gov.uk. As a new council they are in the process of adding information to the website. To give the information you need some pages will link back to the old council Websites, eg: planning.

ALLITHWAITE PLAYING FIELDS – EXERCISING OF DOGS

The exercising of dogs on the playing fields has increased recently, it is the policy of the centre that dog exercising within the playing field area is not allowed due to health and safety issues and the regular sports use of the area by all ages. This is not a new policy and is similar to that of local council run facilities.

PLANNING APPLICATIONS

Details of all planning applications can be viewed on the Parish Council website:

www.allithwaiteandcartmel-pc.co.uk and the Westmorland and Furness link to the planning applications of the South Lakes: www.southlakeland.gov.uk/planningapplications.

CUMBRIA FIRE AND RESCUE SERVICE ISSUE REMINDER ON DANGERS OF SWIMMING IN OPEN WATER

During the current spell of warm weather, Cumbria Fire and Rescue Service is issuing a reminder to anyone tempted to cool off in rivers, canals, ponds, reservoirs or lakes - swimming in open water can have deadly consequences.

The water may look calm on the surface, but there may still be strong undercurrents that could pull even a strong swimmer under. The water may also feel relatively warm on the surface, but just a few feet below can be icy cold even in the hot weather and can very quickly cause severe cramp and hypothermia.

WESTMORLAND AND FURNESS LAUNCH SUMMER HOLIDAY ACTIVITY AND FOOD PROGRAMME

Westmorland and Furness Council is excited to announce the launch of its Summer Holiday Activity and Food Programme. The program aims to provide a fun and engaging experiences for free for eligible children and young people during the summer break while ensuring they have access to nutritious meals.

The initiative is a collaborative effort between the council, local organizations, and dedicated volunteers and provides up to 16 days for free throughout the summer for children who are in receipt of Free School Meals.

The programme provides an extensive range of activities and experiences available for children of all ages. There is something for everyone, including sports, crafts, outdoor activities such as hill walking and drama groups. The programme's variety ensures that every child can find an activity that sparks their curiosity and enables them to develop new skills and interests.

Not only will the Summer Holiday Activity and Food Programme provide exciting opportunities for learning and growth, but it also addresses the crucial issue of ensuring children have access to nutritious meals. Many families face financial challenges during the school holidays, which can lead to food insecurity for some children. To combat this, the programme will offer healthy and balanced meals to participants, ensuring that no child goes hungry.

Families and caregivers interested in enrolling their children in the programme should book now and can find more information on the Westmorland and Furness Council website: westmorlandandfurness.gov.uk/holidays, spaces are limited, so early registration is encouraged.

ALLITHWAITE COMMUNITY CENTRE –



PUMP TRACK

Following the completion of the pump track the Parish Council funded picnic tables as can be seen from the photo.

Johnathan Thorburn, who was the driving force behind the 3 year refurbishment of the pump track, it is thanks to him that Allithwaite now has a safe, fun and progressive pump track suitable for all ages and abilities and users will be able to enjoy it for many years to come.

The track passed a RoSPA inspection and safety signage has been installed.

SERVICE 530/532 - CARTMEL - GRANGE-OVER-SANDS – KENDAL

Kirkby Lonsdale Coaches is to replace the 530/531 service currently provided by Travellers Choice from Monday 24th July 2023. They plan to retain almost all the current timetable, but also to add a Saturday service, and on Saturdays and weekdays outside school term time, to offer an extra later return from Kendal.

The service will also return to running via Levens Village which will restore a five day a week service to the village (existing Kirkby Lonsdale Coaches services to the village will also continue). The company are part of the Department for Transport's maximum £2 Single scheme (which Travellers Choice were not). So fare paying passengers will be able to travel at this low fare. For further information visit the website: www.westmorlandandfurness.gov.uk/buses

Over 50 years service in Cumbria

**We will beat any genuine, written,
like for like quotation.**
(Conditions apply, call for details)



- Experienced, qualified audiologists
- Free home consultations
- Free aftercare plus servicing and repair
- Competitive prices and interest free payment plans
- Microsuction ear wax removal



Tel 015395 36391
www.stjohnsac.co.uk



Main Street, Grange-over-Sands



DEAN TAYLOR
BATHROOMS & WETROOMS



THE WHOLE PACKAGE

From taps to tiles we cover your whole bathroom renovation!

Design - Supply - Install

- Plumbing • Electrics
- Flooring • Tiling



All hassle free with our customer satisfaction guarantee
Proudly Covering the South Lakes

01539 821384 / 07841 955357
info@deantaylorbathrooms.co.uk
deantaylorbathrooms.co.uk
1 The Boulevard, Windermere Rd,
Grange-over-Sands, LA11 6EG



Clare House
Park Road, Grange-over-Sands, Cumbria

Open to non-residents serving:

Brunch/Lunch, Afternoon teas, coffee,
tea, cakes and Dinner
Tuesday to Saturday
(No dinner Sunday or Monday evening)

Tel: 015395 33026 www.clarehousehotel.co.uk



Flookburgh Band

Flookburgh band and their MD John Iveson would like you to join them at the Victoria Hall, Grange on Saturday 12th August for their annual "Last night of the Proms".

There will be a varied programme of music including solos and features from the band. In the second half the band build up to the last night of the proms sequence with plenty of flag waving and singing. This year Michael Mutch (Baritone) will be leading the singing. Mike is no stranger to the band as his wife, Katherine is one of our awesome horns. Tickets are £10 with accompanied under 16's free, available on the door (please note cash only). on line: www.trybooking.co.uk Or at Cockles



Flookburgh and Johnston's the jewellers. Our usual refreshments and bar once again will be provided by the fabulous Charity & Co. **Dates for your diary:**

Grange band stand : Sunday 27th August 2-4PM, Flookburgh Church Concert Saturday 30th September: 7pm, tickets on the door, Flookburgh band & the Houghton Weavers Saturday 4th November 7PM.

Thornleigh Marks 50 Years With Special Concert

Thornleigh Christian hotel is celebrating its 50th birthday with a special concert when they welcome singer Jonathan Viera for an 'audience with' style evening on Saturday August 26.

The team at the hotel, which was established in 1973, has also been painting many items in the building in gold to mark the anniversary.

Jane Walmsley has been the general manager for 15 years. She said: "Jonathan is such a wonderful performer and artist, and we know our guests will have a fabulous evening with him.

"Thornleigh prides itself on being a home

away from home for our guests – so much so that often people make their next booking before they've even left.

"We hope people will join us in celebrating 50 years and looking forward to the next 50 too."

The concert will take place at the Victoria Hall in Grange-over-Sands, just a short walk from the hotel itself, and will be an evening not to forget with live music and a warm welcome from this seasoned performer.

Tickets for the concert are priced £12 and can be booked by contacting Thornleigh on 015395 32733 or emailing office@thornleigh.org



IN THEIR 50TH YEAR
ANNIVERSARY CELEBRATIONS
THORNLEIGH CHRISTIAN HOTEL
PROUDLY PRESENTS

**AN AUDIENCE WITH
JONATHAN
VEIRA**

Tickets
£12

Saturday 26th August 2023, 7:30pm
Victoria Hall, Main Street, Grange-over-Sands, LA11 6DP

Tickets available from: jvlive.uk/thornleigh (TICKETSOURCE BOOKING FEE APPLIES)
Or direct from Thornleigh Christian Hotel,
The Esplanade, Grange-over-Sands
Tel: 015395 32733 | Email: office@thornleigh.org

jonathanveira.com

Here at Promedica24 we provide a dedicated 24-hour live-in care service as an alternative to a residential care home. We firmly believe the old and vulnerable requiring care and support should be able to live well in the comfort and familiarity of their own home, enjoying their independence as much as possible. Our team of well-trained experienced live-in carers live with our clients in a spare bedroom providing peace of mind to both them and their relatives. We take care of the cooking, help with medication, and promise to support personal care needs with dignity. Our team will make sure the home is kept tidy too, after all for several weeks or more your home is their home too. There's no better feeling than knowing you have a friendly carer as your companion day and night. Moreover, our team of professional Care Managers organise all aspects of care, care assessments, changeovers, and are always on hand to offer full support to every client. All our clients can be confident in our quality of care as we are fully regulated and rated 'GOOD'. Importantly we recruit, train, and monitor the performance of all our live-in care team. This way we can ensure that we meet your high expectations for great care and support. It only takes a matter of a week to organise care and all assessments and consultations are without charge or obligation.

Our weekly rates compare very well with Residential Care Homes but the difference is your relative is living in their own home, close to friends and family and also keeping up their treasured contact with their local community.

I look forward to sharing more news with you soon. Best Wishes, Gary

PROMEDICA24
Live-in care and support



Live-In Care with Promedica24

Continue to live independently in your own home with the support of your live-in carer



Specialist 24/7 live in care tailored to your personal needs



High quality and fully managed 1-2-1 care from fully trained staff



Specialist Support for those living with Dementia, Parkinson's or a disability

Contact Gary, serving South Lakes and Cumbria

Gary Derbyshire

07419 111981

g.derbyshire@promedica24.co.uk

www.promedica24.co.uk

Inspected and rated

Good

 Care Quality Commission

Ticket office to close?

Sadly it is too late for Grange Now readers to have a say on proposals to shut most railway ticket offices in the coming months, including the one at Grange railway station, as the public consultation closed on 28th July.

About 12% of tickets are bought at ticket office windows – down from about 85% in 1995 – but campaigners and unions argue the offices are particularly valued and used by elderly, disabled and other vulnerable

passengers.

If you believe the change would impact on passenger safety and the ability for passengers to obtain information and advice on their journey, you may wish to visit the Rail Delivery Group website where they state their case for the closures. <https://media.raildeliverygroup.com/news/proposals-to-update-the-railway-for-how-passengers-use-it-today>

There is also a petition that you may be interested in at: <https://petition.parliament.uk/petitions/636542>

PromArt is Back?

Good news PromArt was back with its first event on July 9th and will be followed by their regular last Sunday of each month until September.

A spokesperson for PromArt told Grange Now "Like many not for profit organisations PromArt

depends on volunteers. This can sometimes lead to problems which in our case cost us months of hard work. However, With the help and support of W&F councillor Peter Endsor, PromArt, considered a long time asset to the community, will be on the Prom again for 2023!"

Nutwood Medical Centre Garden Project



L-R Paul Howie business Manager Nutwood medical practice, Pete Endor Westmorland and Furness councillor, Tom Attwood, Abi and Tom's Garden Centre

The staff at Nutwood are delighted with the garden and are very grateful to Cllr Pete Endor for the funding and to Tom from Abi & Tom's Garden plants for the planting.

The health centre has purchased new garden chairs for the staff to sit out at lunch

time and enjoy the garden.

Our staff work very hard here at Nutwood to look after our patients and it's also very important we look after our own staff's health and wellbeing. This garden is part of a wider health and wellbeing plan. A big thank you to Pete and Tom.

Classics over Sands 13th August

Just an update on preparations, whilst there is still some room on the field, at the time of writing we have over 270 entries on the books. Just to whet everyone's appetites, we have a huge variety of vehicles from a Messerschmitt bubble car to a vast Chevrolet Bel Air.

This year we've a steel band booked, as well as a local duo playing sax and guitar, along with the very popular Bay Singers who headlined the event last year. There are plenty of options for eating and drinking, many run by local Grange groups including Cartmel scouts, Grange



School PTA and the local WI, as well local Traders.

A big thank you to those who saw our last Grange Now update, asking for volunteers, there is still room if you would like to come and help, contact Phil on: classicsoversands.org@gmail.com



Inspected and rated
Outstanding ☆
Care Quality Commission

Are you considering care for yourself or a loved one and want to know more?

JOIN US FOR OUR
**HEMECARE
OPEN DAY**
Victoria Hall Grange-over-Sands
Wednesday 16th August
Pop along any time between
10am and 6pm

SCAN ME

01539 267220

HOME INSTEAD SOUTH LAKES

IF YOU CARE FOR A LOVED ONE...

We can provide home
care that supports
both of you.

At Home Instead, we understand the challenges, as well as the rewards, of caring for a loved one. We're experts in supporting clients and families, and we will take the time to understand your circumstances to find a solution that works for you and your loved one.

You'll be surprised how much difference an hour or two can make. Our team provides home visits that make a difference to your loved one and support a family caregiver with a break.

"Without any question, we would highly recommend using this care provider to others. They were quite simply outstanding in all aspects and we really appreciate all the support provided both to Mum and all of the family."

- Daughter of Client




- Always the same fully trained Care Professionals
- On time, at the same time
- From companionship or home help, to complex care
- Warm & professional local team
- Dementia and Alzheimer's specialists
- Parkinson's UK partners
- End of Life specialists

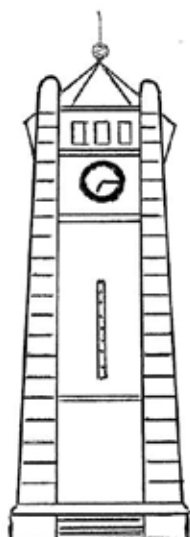
We're here to help from 2 hours a week. Speak with our team about your needs and learn what makes Home Instead different.

 **01539 267220**

 info@southlakes.homeinstead.co.uk

 Meadowbank House, Meadowbank
Business Park, Shap Road, Kendal LA9 6NY

New members wanted and very welcome



Grange Lecture Society

Founded 1908
(Registered Charity No 702671)

Now is the time to enrol for Ten Talks for 2023-24

You can do this by using the enrolment and programme leaflet with this copy of Grange Now or by downloading the application form from our website:

www.grangelecturesociety.co.uk

Season tickets for the 10 lecture programme with a reserved seat cost just £46.

Completed forms should be returned to:
Gedye & Sons, Chancery House, Kents Bank Road.
OR
Daisyrroots Books, Main Street.

Payment can be made by enclosing a cheque with your application or by bank transfer (details are on the website).

You can also enrol at our free:

TASTER EVENING
7 for 7.15 pm
Tuesday 22nd August 2023
at the Victoria Hall

Drinks and nibbles, sample lecture, meet friends and enrol. Payment will be accepted in cash, cheque or by card.

From the Library

Summer Reading Challenge 2023: Ready Set Read!

Calling all children aged 4 to 11yrs! It's not too late to sign up. For 0-3yrs, there's a mini challenge specially for you. Choose your reading goal and read books of your choice to collect special stickers and other rewards along the way – all **FREE!** Challenge completers will be entered into a prize draw for a Kindle eReader, provided by the Cumberland Building Society. Further information can be found at www.readingagency.org.uk/summerreadingchallenge Ask in the library for further details.

NEW FOR SUMMER 2023!: Street Tag points can also be collected when visiting the library.

Interested in finding out about seal rescues, porpoise strandings and all things marine? On Wednesday 30th August at 6pm, Sarah Neill will be talking about the rewarding work she does for British Divers Marine Life Rescue – all ages welcome. Tickets available at the library.

Exhibitions:

We are lucky to have two locals exhibiting this month. Until Friday 18th August, John Burke will be exhibiting a varied array of acrylics, including animal subjects, landscapes, character



portraits and maybe a surprise or two? From Monday 21st August, it will be the turn of Brian Ogden, a self-taught, Lindale local, who volunteers for Cumbria Wildlife Trust. He combines his love of wildlife and photography in this exhibition, featuring a range of photographs from around the UK and overseas. Opening hours as normal library hours.

Book Challenge: This month's challenge and front display is themed around "Books from the local area". There are plenty to choose from. Mindful Colouring resources are available on Saturday mornings.

Computers are available for free use and advice to the extent of our own knowledge and expertise, also printing and photocopying facilities at a small cost.

Free to access drop-in & advice/ support sessions

Grange Now Team: Thursday 17th August 10am-12pm.

For further information contact Grange library: Tel 015395 32749

Opening: Mon-Fri: 10am-5pm, Sat: 10am-1pm

The Friends of Grange Library Events

Join the Friends of Grange Library on Thursday August 10th at 2.30 p.m. for our regular Reading Friends get together when we meet to discuss and chat about a variety of topics.

This month we are looking at 'Local Lingo'. Are you feeling nesh? Or are you in fine fettle? Are you nithered or powfagged because its maftin today?

Come along and see if you can understand dialect from other areas of the country or even those to be heard

within a few miles of Grange. Everyone welcome for a cuppa scordy while pondering the consequences of the Helm wind which has been known to blow 't' nebs off 't' geese and caulkers of 't'clogs'!

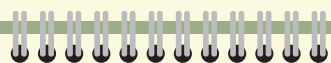
The other event we are holding this month is a repeat of our popular Cake and Games afternoon on Thursday August 24th from 2.00p.m. Enjoy board games but don't have anyone to play them with, then the Library is the place to be for company, cake and friendly competition! No ticket required just turn up!

Summer Newsletter

Welcome to our Summer update!

Time flies! Here we are in Summer and what a Summer it's been. We held a super party to celebrate the King's Coronation back in May, as well as some more of our fun Lunch Clubs in June and July. Do come along and join us at the next one - they're held on the second Tuesday of each month. If you struggle with mobility, we now have a disability car, so get in touch to arrange access to this.

Our Senior team Hayley, Emma and Jade have been studying hard to obtain their next Health & Social Care qualifications, with Hayley currently working towards her Level 5 Managers qualification. Kelly and Hayley will also be attending the Dementia Conference later this year and hope to arrange some further in-house training for our care team with the Alzheimer's Society.



Upcoming dates...

8th Aug - Lunch Club
12th Sept - Lunch Club
10th Oct - Lunch Club
14th Nov - Lunch Club

Our Lunch Clubs are held at The Pheasant Inn, Allithwaite.

Gentleman's Socials

Our gentleman's social outings are held monthly and are organised by Carers, Michael and Mick.

Call our Office to enquire or join any of these.



Celebrating the King's Coronation in May

6 Reasons why LIVE-IN CARE is a good alternative to residential care homes ...

- Remain at home, close to friends, family and your local community
- Avoid stressful changes if your care needs alter or become greater
- Peace of mind that your carer is with you day and night
- Build a trusted relationship with one carer and a small extended team
- Good value weekly rates compared to residential care
- Full support from our professional team with care plans + regular assessments

To find out more about our live-in care packages, give us a call on 015395 52548.

Summer Photo Album



Despite the unusually hot and sticky weather in June, our carers and clients have been out and about having fun whether it be a wander by the duckpond or going for an ice cream. There have been a few special celebrations too including our lovely client, Denise's 90th birthday.

NEW DISABILITY CAR ARRIVES

We're passionate about community engagement and social inclusion, so in July we took delivery of a new wheelchair accessible vehicle. It can carry four passengers and a wheelchair, with a ramp and hoist. It will be available to transport clients to our social events as well as for companionship social calls. As the saying goes, the world is your oyster so go and have some fun!!

Allithwaite CE Primary

The last half term has been busy and full of wonderful extra-curricular activities to end our successful academic year.

The Snowy Owl children had a visit from Amber Watch where the children learnt lots of amazing facts about being a firefighter and they all enjoyed using the hose to put out a pretend fire. They have also had a visit from the Police where one highlight of the visit was the chance to explore a police van parked on the school grounds including being allowed to sit in the back of the van.

These two first hand experiences provided a unique perspective of the tools and equipment utilised by these emergency services in their day-to-day tasks.



The Reception children along with the Tawny Owl children enjoyed their trip to the Aquarium where they learnt lots of wonderful facts about local wildlife before boarding the steam train to Haverthwaite. The trip tied in with the class's topic of the Oceans around the World. Tawny Owls have nearly finished

their seaside bunting where they selected their preferred fabrics, thread colours and decorative embellishments.

The Eagle Owls have enjoyed a visit from BAE who delivered a Robot-wars themed STEM workshop. We celebrated winning the Cartmel Cluster Rounders competition and have just come back from a brilliant couple of days residential where we visited the National museum of Scotland, Edinburgh Castle, The Real Mary King Close, Dynamic Earth and not forgetting Pizza Hut! The children were very enthusiastic and the general public praised their wonderful behaviour.

Last week, our Year Six children participated in an apprentice project where they worked in groups to make and sell their own products to the younger children in the school. We have also been visiting Fell Foot to become more water confident and the children have all made incredible progress.

Flookburgh CE Primary



How the time has flown – Summer holidays are literally, just around the corner!

The children, staff and community have had a very busy few last weeks of term, with trips, inclusive-sport opportunities at the Lakes School and a well-deserved Year 6 Leavers Treat at 'Flip Out' in Preston – we certainly have some very promising trampolinists!

We couldn't end the year without a fantastic Sports Day supported by our fabulous families and Friends of Flookburgh ready with strawberries and cream, teas, coffees and obligatory biscuits! We were blessed with the weather and so our children and families were able to share morning tea together on the school field during the interval.

As part of our commitment to the aims and values of Sport

England we combined competition with the qualities that all great sportsmen and women need to succeed: Resilience, Perseverance, Respect, Passion, Personal Best and Cooperation.

It was a fabulous day with everyone joining in and encouraging each other to give of their best whilst having fun – fantastic!

We would like to take this opportunity to thank our children, staff, governors, families and wider community for their unwavering support and commitment to our school over the year and wish everyone a relaxing and restful Summer holiday.

To find out more about what the 'Flookburgh Spirit' is all about, visit our website: www.flookburgh.cumbria.sch.uk, and follow us on Facebook www.facebook.com/flookburghprimary

Grange CE Primary

This month we say goodbye to our Y6 students who we are so proud of. Throughout their time with us they have represented the school many times, such as at Pupil Parliament and sports tournaments and have been School Councillors, Eco reps and Play Leaders for younger children.

Their final assembly in school summed up their understanding of their place in the world and the impact they can have, when they shared their letters about conservation and global issues. The fashion show had a 'recycle-reuse' theme-outfits made from wrappers, old CDs and re-purposed items.

We also say farewell at the end of term to two sisters who joined us from Ukraine in 2022; they have brought such positive energy to our school and from the minute they arrived were enthusiastic and



determined to learn English and do their best in everything. We wish them and their family all the best for the future in their new home in the UK.

We take personal and social and health education very seriously and invited the Coram Life Education team into school to help our young people learn more about their bodies and their mental health. In addition, our school was delighted to be invited to be part of a piece of

work commissioned by Westmorland & Furness Council to create a new piece of children's theatre on the subject of positive behaviours and how to recognise and deal with negative ones. BarrowFull actors led a workshop with Y5/6 to explore this important topic.

On Sunday 9th July St Paul's Church held our very first 'Pet Service' in the school grounds. This was led by Revd Annette Miller and well supported by church members, families, children and of course pets! A snake (the cuddly stuffed toy kind); dogs of all breeds, a bearded dragon and even woodlouse were present at the service.

It has been a full and productive year with great support as always from our governors, our church and the community. We thank everyone who has worked and volunteered with us-we really value your commitment and interest in our school.

Cartmel Priory

Its been a very busy end of term at Cartmel Priory School

The sun was shining for our final interhouse day. Students competed in their houses - Cavendish, Harington, Marshal & Preston. Students and staff were in full spirits in their house colours and cheering their teams on. First competitions of the day were athletics, followed by football, netball, rounders and cricket. The overall winner was Harington!

Year 8 students took part in workshops that focused on Cartmel's food heritage, historical investigation workshops, and exploring local life, both past and present, starting at the time of the fish slabs

We hosted a careers day for Year 9, where they explored post-16 options and the many varied career routes. Kendal

College were represented, speaking with students about all the different courses and qualification levels available.

NP Inclusive Sport hosted a fantastic wheelchair basketball session, coached by Great Britain World Champion Nat Pattinson, who provided the students with a unique opportunity to gain a greater understanding of disability.

We said goodbye to the Class of 2023 at their final CPS event, their Graduation Ball. Everyone had a lovely evening at Cartmel Racecourse, where students arrived by various modes of transport including tractors, a HGV lorry, a Ferrari, a vintage truck and lots more! All the



Cartmel Priory School Graduation Ball - Photo taken by Chris Bent

students looked amazing and were a credit to the school. We wish them the very best in their next chapter.

Finally, we said goodbye to three members of staff who are moving on to pastures new; Mrs Ashcroft, who has been Deputy Head at CPS since 2006, Dr Heyes and Dr Kelly. Good luck to them all for the future.

Lindale CE Primary

We had our SIAMS (Statutory Inspection of Anglican and Methodist Schools) this half term and are so proud to be able to share the results with the community.

We have been judged 'excellent' in both the impact of collective worship and as our overall grade. The inspector especially noted a deep awareness of spirituality which runs through everything, high-quality pupil-led worship, values of trust and forgiveness, and the effective use of stories to explore world religions. The report is available to read on our website.

We have had a jam-packed summer



term. Recently, we took the whole school to Chill Factore as part of our extended PE curriculum. The children challenged themselves with skiing sessions and rock climbing, and they really enjoyed a play in the snow park! The response from pupils (and staff) was really positive and it has been wonderful to be able to provide opportunities that many had never

experienced before.

All classes have enjoyed their residentials and outdoor days this term. Reception and KS1 spent time at Castle Head and enjoyed looking at wildlife and completing some adventurous activities. Year 3 and 4 spent 2 night in Sedbergh where they did canoeing, hiking and caving. Year 5 and 6 enjoyed 3 nights in Ingleton where they did canoeing, rock climbing, caving, hiking and ghyll scrambling.

Sports day was a big hit and the sun shone for us! The children enjoyed a carousel of activities in their house groups and then some races. They especially liked the wet and wild year 6 race! From everyone at Lindale CE Primary School, we wish you a wonderful summer.

Cartmel CE Primary

School celebrates Gold Artsmark Award Status.

Pupils and staff at Cartmel Church of England Primary School have been celebrating, after the school was awarded the Gold Artsmark status.

Artsmark is the creative quality standard for schools; accredited by Arts Council England and awarded to schools which actively champion high quality art and cultural education within their curriculum. Culture and creativity increases pupils' confidence, critical thinking, communication and literacy skills, improving attainment and bringing core subjects to life.

In order to achieve Artsmark Gold status, Cartmel Church of England Primary



has demonstrated its commitment to incorporating art and culture into every student's life and learning, as well as showing ambitious plans for the future. The school will now continue this journey with the support of Curious Minds - the Arts Council England appointed regional agency for creative and cultural education for the North West. As part of its Statement of Commitment, Cartmel Church of England Primary School



highlighted the strengths of its drama, music, and arts provision. With a rich tapestry of engaging and inclusive opportunities already in place, the school built on their strengths in this area and developed new creative skills. During the pandemic, the arts continued with digital programming and showcasing, through an online partnership with CHOL Theatre Company.

CHURCH NEWS

St. John the Baptist, Flookburgh

The weekend of 24th to 25th July was our Patronal Festival, which included a lovely Saturday Afternoon Celebration, and a Confirmation Service.

On the Saturday we had a Strawberry Fayre, which was very well attended and enjoyed by young and old. Strawberry cream teas were served in the Church Room, there was a Teddy Bears picnic, traditional games and lots besides.

On the Sunday we welcomed the Bishop of Carlisle who confirmed members

of St John's and St Paul's. Following the service, Bishop James planted a commemorative tree for the Coronation, to replace one which was planted by Queen Mary, our current King's Great Grandmother.

Diddi Disciples has gone from strength to strength, as reported below:-

This week we come to the end of our 1st year. It has been a wonderful and exciting time seeing babies & toddlers coming along each week with their parents or carers. We have a bible-based story with singing, followed by craft & other activities, or carers can relax with their babies and chat with friends over coffee and biscuits.

We are open during term time and meet in St John's Church room 10am until



St John the Baptist, Flookburgh - Bishop of Carlisle planting a tree in the grounds of St John the Baptist Flookburgh on Sunday 25th of July on the occasion of his last official visit to the Cartmel Peninsula for the Confirmation of candidates from St Paul's and St John's

11-30. Looking forward to seeing you all again on the 7th September. Have a good summer, St John's Diddi Disciples.

United Reformed Church

I hope you are enjoying the summer and all the beautiful flowers around us in Grange.

Our Fellowship walk this month was on July 13th. From the shore at Bardsea we made our way towards Birkrigg Common. We approached the common via Bardsea village before climbing upwards to approach on the northern side, from where we could see the Iron Age fort in the distance.

Then we turned round and headed

towards the Bronze age stone circle – 1700-1400BCE, before returning to the shore and a welcome ice-cream. Our next walk is on September 14th around Witherslack. Don't forget Morning Coffee is served in the hall on the first Tuesday of the month – August 1st.

We look forward to seeing you. Take care Margaret Popper



Little and Caine
FUNERAL DIRECTORS

Our family looking
after your family

Grange: 015395 33550
Also at
Barrow, Dalton & Ulverston
www.littleandcaine.co.uk

DALTON

WOODLAND BURIAL GROUND

**Natural Woodland
Burial Ground**

"Return to the Earth, naturally"

www.daltonwoodlandburial.co.uk
Burton-in-Kendal

01524 782442



Alan Postlethwaite
FUNERAL DIRECTOR

Independent family firm - Complete funeral service
Private Chapel of Rest - 24hr Availability
- Golden Charter funeral plans arranged

Golden Charter
Smart Planning for Later Life

015395 33040
Windermere Road
Grange-over-Sands,
Cumbria LA11 6EG

www.alanpostlethwaitefuneraldirector.co.uk

St. Charles and St. Cuthberts

Greetings and best wishes to all readers.

Another busy month for St. Charles' parishioners. After the day at Hynning I mentioned last time, which was very well attended and brought up some interesting comments. We have had some involvement in the Churches Together worship initiative at Cartmel Grange, and two of our Polish families are returning home for a time in the summer, taking with them funds collected in the parish to enable them to support Ukrainian refugees while they are over there. We also are helping to support a Ukrainian family who are living in the parish. On Saturday the

8th of July our parish was fortunate enough to host the pilgrim statue of Our Lady of Fatima, along with relics of Saints Francisco and Jacintha. (If you want to know more, google "Fatima Apparitions") We had a full day of celebration, with a film, a talk, and various other attractions during the day. People from all three of our churches attended, along with others from all over the South Lakes area. We are hoping to be able to support the Churches Together Praise on the Prom which will take place on Sundays through July and August (except when Prom Art is on) at the bottom of the Clare House bridge, from 4.30 pm. Come along and have a good sing, or at least a good time listening. I wish you all a relaxing summer holiday season.

St. Paul's Grange

We have a lot to be thankful for as we enjoy our summer. We've had lovely hot days followed by cooler wet days, so there has been something for everyone!

At the beginning of July 16 Solo Diners enjoyed a Sunday lunch at the Royal Oak, Lindale. This is a good way for people who live alone to enjoy a get together with others from church. A few days later a good number of us enjoyed Cuppa and Cake in church.

We congratulate Jonathan Brewster who will be leaving us to become Dean of Carlisle Cathedral. We will miss

Jonathan, Sarah and the girls but we wish them well in their new home.

On Thursday 13th July we had a concert in church with David Edmonds on flute and Charles Edmondson on piano. The programme of music was really enjoyed by the 50 or so people who attended.

On Sunday 30th July there will be a Songs of Praise Service in St Paul's at 6pm. This will be a service of favourite hymns and readings and invitations will be extended to all churches in town.

On Thursday 10th August at 11am in St Paul's there will be a Seasonal Tapestry of Readings and Music with Audrey Gorman and Charles Edmondson.

Lindale Primary School visit to St Peter's Church at Field Broughton



Pupils of Lindale Primary School proudly display their altar frontal for St Peter's church.

Lindale Primary School visit to St Peter's Church at Field Broughton

The pupils of Lindale Primary School paid a lovely morning visit to St Peter's, Field Broughton to learn about the relevance of St Peter to the gospel story. The children were shown round the church and each was able to try playing the organ. The young visitors then made a wonderful frieze for the altar frontal, with a red background appropriate for St Peter's saint's day.

Grange Methodist Church

We are very much enjoying partnering with many different groups as we seek to show God's love to our community.

In July our many visitors appreciated all the work done by the congregation of St George's United Reformed Church in Hartlepool to produce the Knitted Bible we have had on display.

Thanks to the staff of Grange Primary School for bringing their Year 6 pupils down to interact with it. We were impressed by their knowledge of Bible characters, and hope that we have been able to share with them something of the sweep of the Bible story. Our prayers go with them as they move on to secondary school after the holidays.

We appreciate our partnership with PEAT in running the repair café. After another successful evening at the beginning of July, we are now giving our volunteer repairers a well-deserved break in

August. But you may like to note now that the first Friday in September is actually the 1st itself.

Not everyone has read their copy of Grange Now by then, so you may like to note now that the repair café will be open from 6-8 pm that day.

We support Action for Children, and at our recent service to celebrate their work it was good to hear from two of their workers about the services they provide locally. We continued what is now a tradition of holding a "Firstfruits Harvest Festival" in July, with gifts of food and money going to Barrow Food Bank, to help sustain its work as demand increases through the summer holidays.

We are a "Sight Loss Friendly" church, a scheme run by the Torch Trust, and are pleased to be able to link up with them as

a group come to Grange for a holiday at the beginning of August.

Our role as part of Churches Together locally means that we make sure "Praise on the Prom" is happening again this year. All are invited to join us by the Clare House Bridge from 4:30 on Sundays 6th, 13th and 20th to sing our praise.

Finally, thanks to all the volunteers from our congregation who ensure that our regular events can continue through the summer holidays: Baby group from 9:30 on Tuesdays, and our community coffee morning from 10:30 on Wednesdays.

Saunders & Son

— Funeral Directors —

Established over 100 years

Tel 015395 32566 | 07580 863585

24 hour availability

liam@saundersfunerals.com
www.saundersfunerals.com

Now providing Golden Leaves Funeral Plans





Photo Credit www.visitcumbria.com/sl/cartmel-priory/

Cartmel Priory

In June the Priory welcomed King's School, Macclesfield for their annual visit as part of their end of year tour. The Priory is usually their final destination, and it is always a joy to experience the enthusiasm and musicianship of their young students.

A busy weekend followed in early July with a visit from the Furness Bach Choir who celebrated 400 years of English choral music, with a concert culminating in a performance of the Byrd Mass for Four Voices. The choir were accompanied by Ian Pattinson and conducted by Alex Robinson, who favoured the West End of the Priory as a performing space for its warm acoustic. The concert was well received by a large audience and the choir were welcomed by Revd Nick Devenish.

The following day, with unexpected warm, sunny weather, Cartmel Priory and Village partied in the Priory grounds as 'Ice Cream Sunday' resumed for the first time since 2019. A celebration of community

and friendship, festivities began after morning service and continued until Choral Evensong. Music, games for the young and young at heart, a lot of laughter, a tasty and complimentary BBQ, with burgers, sausages and sticky toffee pudding, cake, something to drink and -oh, yes, of course ice cream!

We are grateful to the many people who gave up their time and worked hard to make this happen and to those whose generosity made it all possible. Thank you. And now we can look forward to Steeple Chase Sunday at the August Bank Holiday when we welcome horse and jockey to the morning service, followed by the exciting visit of La Serenissima performing Vivaldi Four Seasons on 23rd September. Tickets in Premium or Standard seats are now available to be purchased with cash or card in person (preferred method) from the Priory Shop or on-line from trybooking.com. Come and enjoy this opportunity to listen, live, to a world class orchestra.

A Seasonal Tapestry

The midweek concerts continue at St Paul's Church Grange on Thursday 10 August at 11 am and this one has a slightly different slant.

Audrey Gorman, a member of the congregation at St Paul's along with Charles Edmondson, organist will present an hour of music and readings entitled "A Seasonal Tapestry"

Here is what Audrey has to say;

The readings have been chosen to give a contrasting view and mood of each season. Comprising a mixture of prose and poetry, some will be familiar, some, perhaps, less so. Perhaps some will evoke memories and may be, even raise a smile, but, hopefully, they will all bring enjoyment.

There has certainly been no shortage of material from which to choose and it has been a pleasure to sift through it all and come up with the final programme. Charles will play a few short pieces on the piano and organ including Gershwin's "Summertime", Kosma's "Autumn Leaves"

and Debussy's Prelude "Footsteps in the Snow", all of which will have seasonal connections. Admission is free to the concert which is open to all members of the public. Light refreshments are available from 10.30 onwards.

ARTS & MUSIC

On The Grapevine

The success of our June play written by Agatha Christie cannot be measured. Certainly her name alone never fails to attract audiences and nothing was truer recently at Lower Holker Village Hall.

The popularity, almost a cult following, of her work may yet see us staging more in future. Any favourites? But for now Grange Drama would like to thank everyone who came along to watch their production of her play TOWARDS ZERO. It was a treat to see some new faces on stage amongst the thirteen strong cast & director Deborah Powell took a deserved bow – roses all the way - as the final curtain came down on our Cark in Cartmel debut.

Behind the scenes and front of house, as always, a small team worked tirelessly, making a hugely significant contribution to the success of this production. The

return of amateur drama to the stage at Lower Holker after an absence in recent years was welcomed - literally all sorts of fans abounded & "Christie fans" were kept cool in the auditorium as distant thunder rumbled during the performance on the last night, both on & off stage! Handy parking was also welcomed but two patrons deserve special mention, and a medal, for letting the train take the strain. Yes, they travelled on the Furness Line from Grange to Cark in Cartmel to support our Christie crime thriller.

The first sharing of the director's chair at a play reading took place last month when Ginny Moss and Margaret McDonagh brought the work of Cumbrian based writers to the drama table. They were delighted with the turn out, welcoming new drama friends along, and would like to thank both writers, Sandra Gold-Wood & Ruth Sutton, for providing us with such an interesting evening through their scripts.

This month's play reading starts at

7.30pm Wednesday 9 August 2023, Grange Institute, when the more usual format prevails - a full length comedy crime play by Simon Brett, MURDER IN PLAY when Andy Dobel will take the director's chair. We look forward to reading more of this playwright's work, known to many BBC Radio 4 Listeners through his Charles Paris Series starring Bill Nighy. Reading parts number eight, and the cast is headed by one, Boris Smolensky, who runs a budget repertory company experiencing shaky times. However his cast are more interested in their own egos than the play and life imitates art when Boris's wife is murdered on stage. You can find out more about this comedy crime play on Grange Drama's Website and Facebook page. www.grange-drama.org.uk Community theatre reading nights are free so if the fancy takes you why not drop in, maybe have a go reading or just listening and the kettle is always on ready for coffee and a chat.

Grange Musical Theatre Society

MONTY PYTHON'S SPAMALOT

A new musical lovingly ripped off from the motion picture
MONTY PYTHON and the Holy Grail

Grange Musical Theatre Society (GMTS) would like to announce that their 2024 production will be: SPAMALOT, a stage musical based on the 1975 film "Monty Python and the Holy Grail" a parody of Arthurian Legend.

Music by John Du Prez and Eric Idle, lyrics and book by Eric Idle, by kind permission or TRW (Theatre Rights Worldwide)

Show Dates will be: Tuesday 27th February to Saturday 2nd March 2024, get these dates in your diary now!!

This is so exciting, another new show for the society and we're all looking forward to starting rehearsals in September.

If you would like to be involved with the show, either on

stage or behind the scenes, please come along to a read through of the show on Wednesday 6th September at 7.30pm in the Methodist Church School Room. Tea & biscuits provided All welcome (even if you just like to listen to the read through!!). Full rehearsals will begin on Wednesday 13th September in the Methodist School Room at 7.30pm.

Also: Another date for your diaries!! This year's pantomime will be: BEAUTY and the BEAST by Alan Frayn, by kind permission of Stage Right Creative Limited. Grace Heap will once again be at the helm. Performance dates are: Friday 8th to Sunday 10th December 2023. Bookings will be open towards the end of September from: www.ticketsource.co.uk/gmts

Return of music event 'Hut-Fest' at Ravenstown in Flookburgh

Following on the huge success of last year's event where a tremendous amount of £4160.00 was raised and split between two local charities - St Mary's Hospice and Rosemary Cancer Care, the Hut-Fest Team have decided to go big and better for 2023.

This year on the 19th August, Hut-Fest will be raising money for 3 incredible charities to support the amazing work they provide locally to people that need it the most: **St Mary's Hospice, Rosemere Cancer Foundation, British Heart Foundation.**

In 2022, the team set out to provide a fun day for the community hosting a selection of local bands and a bar, a fantastic day was had by all! This year the team are aiming for another great day which triumphs last year.

As a result of the Hut-Fest's fabulous sponsors who have generously pledged enough money to cover the down lay costs of organising such an even, 2023 will bring **9 artists to the stage, a marquee**

and bar so that everyone can enjoy a beverage whatever the weather, food stalls and delicacies such as that all important ice-cream, Glitter facepainting and hair braiding, Hut-Fest memorabilia such as hats and cups, an auction and silent raffle.

The team are still looking for raffle prizes and items which can be auctioned. If anyone has anything they would like to donate to the event to help raise the cash pot for the charities, they would be gratefully received, please get in touch via the Facebook page.

Tickets now on sale at £15.00/per adult and £5.00 per child which includes unlimited use of the bouncy castle. Tickets are available online at [Skiddle.com](https://www.skiddle.com) or Ravenstown Club. Alternatively, check their Facebook page and get in touch directly.

The team have a really good feeling about Hut-Fest 2023 and they hope that some of you will join them for what hopes to be a fabulous day on 19th August from 1pm.

Cartmel Art Society

Cartmel Art Society would like to announce the dates for their Annual Exhibition in August. This will be held at Cartmel Village Hall from Friday 11th to Sunday 13th August, opening from 10am to 4pm each day.

A preview evening on Thursday 10th August, from 7pm to 8.30pm, will give members and guests the opportunity to socialise and view the exhibition in advance. Any pictures purchased on this date can be taken away at the close of the evening.

The exhibition is free and refreshments will be available. There is free parking at the village hall during your visit, the venue being easily accessible by wheelchair users. All

the artwork on display is offered at an affordable price and visitors are welcome to come along and view the exhibition with the opportunity to buy and take away their chosen artwork at the time of purchase. A cup of coffee and a slice of cake may be the perfect way to end your visit to our exhibition!

Make the most of your visit to the beautiful and charming historical village of Cartmel with a visit to the imposing priory and a view of the attractive racecourse which lies opposite the village hall. There are also some lovely pubs and restaurants to tempt you with meals if a piece of cake is not enough to satisfy your needs.

CINEMA at the VIC

Sunday 13th August Hobson's Choice (1954) (U)

Join us for a classic film night, by popular demand! David Lean's Classic British Comedy - Digitally Remastered. Henry Hobson (Charles Laughton), a British widower, is the overbearing owner of a shoe shop. His three daughters -- Alice, Vicky and Maggie (Brenda De Banzie) -- work for him and all are eager to get out from under his thumb. When the headstrong Maggie announces she intends to marry Henry's best employee, Will (John Mills), father and daughter engage in an intense showdown.

Doors open 6.30pm, film starts 7pm. Presented in conjunction with Cine North. Ticket prices: adults £6.50, children £4.50. Rating: U. Runtime: 2hrs 10 mins including 20 minute interval.

Make an evening of it with our fully stocked bar & snacks, ice cream, interval burgers and bacon butties to order, tea and cake. Book Tickets at www.ticketsource.co.uk/vhsg
Credit/debit cards, Apple Pay and Google Pay accepted on the door.



Music4charity



Music4charity - Molly and her Dad enjoying the Bay Community Singers

On Saturday 8th July, Allithwaite Community Centre welcomed Rachel Poklington's Music4Charity funday featuring local bands.

Despite some wet weather the event hit the high notes and raised over £3000 for Manchester based charity Reverse Rett, who fund research into Rett syndrome, a rare condition that affects 1 in 10,000 children, including Molly from Grange-over-Sands.

With the help of numerous

volunteers, the kind support of many local businesses – with over 100 prizes in the raffle - and a wide selection of donated cakes to choose from and some tasty food and drink on offer it was a great family event, enjoyed by all.

Those attending enjoyed live music from Jim Bean, The Black Sheep, Underdogs, Lantern Lights, Paul Morris, Koosticks, Lucy Jane Acoustics, David Webster, Bay Community singers and a brilliant performance from Dance Atikk and much more.

National Theatre Live at the Vic!

Fleabag (15) starring Phoebe Waller-Bridge

The Victoria Hall Support Group is delighted to bring the NT Live screening of Fleabag to Grange!

Sunday 20 August at 7pm.

Following a box-office record-breaking run in cinemas in 2019, the one-woman show returns to cinemas this summer. Fleabag may seem oversexed, emotionally unfiltered and self-obsessed, but that's just the tip of the iceberg. With family and friendships under strain and a guinea pig café struggling to keep afloat, Fleabag suddenly finds herself with nothing to lose.

The play won a host of awards, including two Off



West End Theatre Awards, The Stage Award for Best Solo Performer and the Critics' Circle Award for Most Promising Playwright.

'Filthy, funny, snarky and touching' Daily Telegraph

'A legitimately hilarious show' New Yorker

National Theatre Live brings the best of British theatre to local venues – unmissable theatre filmed live from Britain's most exciting stages.

Come and enjoy our fully stocked bar, interval food, snacks and ice cream.

Run time: 1 hours 50 mins including interval.

Tickets £12 available from www.ticketsource.co.uk/vhsg

Watch the trailer at www.ntlive.com

CARS & CARAVANS BOUGHT AND SOLD

FAMILY RUN AND DEDICATED TO GIVING YOU THE BEST POSSIBLE PRICE

01200 445900

Deerpark Garage, Gisburn Road (A59), Gisburn, Clitheroe, Lancashire BB7 4ES

www.smallbonecars.co.uk



Smallbone - your car buyers



Gisburn caravans



Grange-over-sands and District Concert Club

The Mediterranean **SIROCCO WINDS** usually cross the Sahara to North Africa and the South of Europe but on Friday, 7th of July they seemingly changed direction and brought us five very talented wind players from Scotland. who formed the 'SIROCCO WINDS' Quintet.

They had elected to stay with us for two sessions, one to develop an interactive concert with local Primary School pupils and our usual monthly summer concert in the evening. The pupils, who very much enjoyed an afternoon experiencing



Charlotte Saluste-Bridoux credit Kaupo Kikkas

lively music making first hand, came from schools at Grange, Penny Bridge and Cartmel. At the evening

concert, the Quintet guided us through the history of the wind quintet from Handel and Mozart into the 20th century with Hindemith through to Karl Jenkins. Their presentation was informative and appealing, and of a very high musical standard. We hope that they will be able to visit us again in future and wish them well in the interim.

Our next concert will be held at Victoria Hall on Friday 18th of August at 7.30 pm and will be given by CHARLOTTE SALUSTE-BRIDOUX (VIOLIN) and JOSEPH HAVLAT (PIANO). We hope to see you there.

Grange Community Art Club Summer Exhibition

Tuesday 2nd to Saturday 26th August Community Foodstore, Main Street, Grange Over Sands.

We have three wonderful art groups at the Community Foodstore.

Our fridges and freezers are covered in the littlies' artwork, the teens blow us away with their fantastic creations every month. The adult group have thoroughly enjoyed learning new techniques from their tutor, Lynne Warburton who says, 'I am delighted by the feedback from the students this year, expressing their enjoyment of the class and the welcoming, relaxed atmosphere at the Community Foodstore.' Please come along and support, all work is for sale.



Grange Community Art Club

Open when Foodstore open, check fb page or What's On blackboard for our August details. Further info 07985 505 415



Cartmel Comedy Night

19th August, Cartmel Village Hall, 8pm. Tickets £15. Supporting Motor Neurones Disease Charity. Bar and Raffle.

Come and join us and see MC Mike Wilkinson introduce three of the top comics from the UK circuit for a rib tickling night of fun. The night is

raising funds for the research into Motor Neurones Disease and we have a prize raffle with amazing prizes kindly donated by Rogans, Cartmel Cheeses, The Priory, The Wine Snug, Unsworth's Yard Brewery, Cockles, The Cabin Ark and Hales of Cartmel. Tickets £15 Available from Cockles and The Cabin Ark.



L-R Chris Washington, Sam Harlan, Harry Stachini, Mike Wilkinson

The Shearing Shed

Celebrations in the Shearing Shed

10 years in business

Thanking all customers past and present we couldn't have done it without you.

5 The Boulevard,
Windermere Road,
Grange

(015395)
32783

South Lakes Oven Cleaning

RELIABLE, FRIENDLY AND PROFESSIONAL

Agas, Ovens, Hobs & Extractors

Quote Grangenow for 10% off!

Tel 015395 55868

www.southlakesovencleaning.co.uk

J P Computers

Based in Cartmel

Free consultation

Collect & return service

Tel: 015395 35513

Mob: 07964 180021

www.johnparrycomputers.com

ALL NEW
**2023
SHOW!**

TONY HOPKINS PRESENTS
CIRCUS MONTINI

SATURDAY 19 to TUES 22 AUGUST

ULVERSTON FORD PARK

WEDNESDAY 23 & THURSDAY 24 AUGUST

FLOOKBURGH MOOR LANE PLAYING FIELDS

BOOK NOW! CIRCUSMONTINI.COM

TICKET & INFO LINE 0844 4155 228

Lower Holker W.I.

What a good meeting on July 5th. Although our President was ill and unable to attend, (get better soon, Roz), our Secretary stepped in and chaired the meeting. There were lots of lists to peruse, of outings and interests that are coming up. We look forward to seeing the felt birds that some of our members are going to create. 15 places for lunch at Kendal College were on offer. These were soon filled and deposits for the meal were collected.

Then we welcomed our speaker, Christine, a very talented lady, who explained the rigours and discipline required to sit and write. We saw her book, an historical novel about Lady Anne Clifford, who was local to our area, a person with remarkable talent and determination. After being denied her inheritance she came into her own and at the age of 60, took over her estates. Working hard renovating, repairing and restoring her five castles, including Skipton and Appleby, she proved her ability, demonstrating that women can do challenging things. Her wonderful almshouses in Appleby are a standing tribute to her thoughtfulness and capabilities. For her day and age, she was unique. Thank you Christine, you enlightened us.

Grange Forum



Dave, our Bibby's driver, took 30 Grange Forum members to Dumfries and Galloway in July. The first stop was the lead mining museum at Wenlockhead and it was a very humbling experience to see the miners cottages and the conditions they endured over the centuries. The second oldest subscription library in the UK was magical housing

many rare gems. Following our interesting tour, Dave navigated the winding road through the Menlock Valley safely arriving at Drumlanrig Castle in time for a well prepared lunch of lentil soup, delicately cut sandwiches and cakes after which we all thoroughly enjoyed the castle tour with our knowledgeable guides. The staff were friendly, helpful and informative providing us all with a fabulous experience, a well organised day by Alan Anderson, much appreciated by everyone.

Our next outing will be a theatre visit to see HAMILTON at the Palace Theatre in Manchester in February and there are still tickets available.

Grange Forum resumes its weekly Tuesday morning meetings in October and for further information please contact G 33696

Grange Cancer Support Group



On 30th June, our group was honoured with a visit from the new mayor of Grange, Roger Handley. Roger bore up very well to the onslaught of questions put forward by our members, including traffic problems, parking issues, the future of Yewbarrow lodge, termination of our local bus service etc. The mayor took a lot of interest in the work of the group and spoke freely to our members, after the questions we asked. Roger entertained us with stories of his early life in Grange ...e.g. "I went to school in Tesco!" ... We obviously didn't put him off too much, as he stayed with us the whole afternoon and joined some of

our members in a game of Scrabble. (Our group very much enjoy their "games", which include Rummikub, Triominos and Scrabble). We have other activities such as poetry afternoon (reading a

favourite classical or humorous poem, or indeed, making up one of their own!) We have a raffle table once a month and everyone is a winner! The main tenet of our group of course is to support cancer patients and their families and friends and those who are bereaved. We are a caring group, and new members quickly become friends. We meet

every Friday, 2-4pm in the Fr Magner Room, St Charles' church, Kents Bank Road, Grange. For more information, ring Marie on 33279.

Grange Lecture Society

Grange Lecture Society will be hosting a free 'Taster Event' on Tuesday 22nd of August to welcome members new and old. It will commence at 7.00 PM for 7.15 PM and be followed by drinks and nibbles to allow the audience to meet the committee and old friends. The guest speaker for the 30-minute talk is Dr Richard Hinchcliffe whose talk centres around his new book *Flying Scotsman in America: The 1970 Tour* co-written with American friend Bill Wagner and published by Amberley.

Richard is also the new Programme Secretary for the Society having taken over from Jeff Pattinson who has done such fantastic work over the past twenty years. The new programme for 2023-2024 will also be highlighted and contains talks on the Slave History of Lancaster, the work of Bay Search and Rescue and opens in October with the Cumbrian Film Archive showing rarely seen films from South Cumbria.

Richard's talk documents the life of his mother and father who managed *The Flying Scotsman* in the first two decades of its preservation. But it's also a travel back in time to when, like *The Beatles* and *ITV's The Avengers*, *Flying Scotsman* was one of Britain's cultural exports to America. The talk is illustrated with film and some previously unpublished photographs from the book.

Be there at 7.00p.m. on the 22nd of August in Victoria Hall to support the Lecture Society and to experience Richard and Bill's excellent adventure!

Grange-over-Sands Civic Society

The Civic Society has been active in Grange. The Bloom Group's Outstanding Award from Cumbria in Bloom for work on the station gardens

and a National Certificate of Distinction from the RHS; Happy Benches around town; Historic Plaques Trail; and the Open Gardens in May have all featured in Grange Now. Grange Civic Society is proud to sponsor a concert by Lancaster City Brass on Sunday 30th July at 2pm in the bandstand in Park Road Gardens, which are looked after by our volunteers. We hope to see you there! As well as Park Road Gardens, Civic Society volunteers also care for the community orchard; Yewbarrow gardens; Normandy Veterans' garden; station gardens; station planters; ornamental gardens; Wilkinson Wood; and some of the Prom gardens. We are very grateful to them all for their work, support, skills, and time. The money from the Prom Wishing Well is used towards the upkeep of Grange's public gardens. New members and volunteers are always welcome - membership is £3 for one person or £5 for two people at the same address. If you're interested please email Sarah Shepherd (secretary) for more details membsecgoscivicsoc@gmail.com

South Lakeland Stitches Group



Sandra, one of our members, led the July workshop. She came armed with ideas and a full array of fabric paints, stamps, velvet and organza. For many of us, the techniques were new. The first few stages of creating a background onto the velvet, using paints and stamped images were demonstrated. As work progressed, we realised that we would not have a finished product by the end of the day as the background had to be completely dry, before adding stitching. Sandra demonstrated further techniques of machine and hand embroidery, to highlight parts of the design, which had been overlaid with a piece of shot organza. Some samples had been embellished with small pieces of foil wrappers from Ferrero Rocher chocolates. There should be finished pieces to view at our next meeting in September.

We are very grateful to Grange

Library service for giving us the opportunity to exhibit some of our work. Individual pieces demonstrate the diverse skills and techniques which we have learned and then use in our work. The exhibits displayed some very fine detailed hand embroidery, fun, creative stitching on the jigsaw creatures, machine embroidery, applique work, large and small pieces of weaving and felting. View our work on - southlakelandstitchers.blogspot.com

Grange Soroptimists

Club members enjoyed a talk by Steve Richardson from Kendal college talking about land use and the case for communal fruit and vegetable growing. He outlined the wasteful use of land for meat production with intensive farming also reducing biodiversity, and made the case for increased growing and consumption of fruit and veg grown in the UK, particularly in gardens and allotments. The development of communal growing is being explored. Members enjoyed a delicious afternoon tea at the home of member Sheila and raised funds for Barrow women's Centre. We are looking forward to our fundraising Garden party on 16th August at Cartmel Village hall. (see What's on)

Anyone interested in joining the club or getting further information on our work please see our website www.sigbi.org/grange-over-sands/

Grange Probus Club.

Grange-over-Sands Probus Club's intended speaker was unable to attend and Ewen Cameron stood in at short notice with a talk on the Development of Cartmel Priory. He explained how Cartmel Village Society had sponsored a study of how the Priory had been established in the 1190s and had been developed and changed over the following 800 years. Local architect, David Coward, had produced a series of fascinating computer models to try to portray how the monastic house might have appeared at its various stages. He concluded by encouraging members to attend a Priory guided tour available on Wednesdays at 11am and 4pm. The Club's next event will be on Monday, August 14th at 10.30 for 11am at the Netherwood Hotel when Mark Newbrook will talk about "Nutters I Have Known". Grange Probus welcomes retired people as new members and meets on the second Monday of each month for a talk, other than June and December for luncheons and

March for its AGM. Further information is available from the Secretary, Dr Neil Martin at neilandval1@gmail.com or 07985 375511.

Cartmel Peninsula Local History Society.

Cartmel Peninsula Local History Society continues the summer break in its lecture programme, but with regular outings to local places of historic interest. The Club's next meeting will be on Thursday, September 7th at 7.30pm in the village hall for a talk by Tony Lonton on George Hutchins Bellasis' early picture of Grange-over-Sands and the history of the town. Admission for members will be free and £3 entry for visitors. Further information on CPLHS, membership and activities can be found at Cartmel Peninsula Local History Society | Bringing Local History to the Community (wordpress.com) or from Stuart Harling on 015395 36296.

Cartmel Village Society

CVS is in the process of commissioning a specialist to restore the 1681 Royal Coat of Arms of King Charles II in Cartmel Priory to celebrate the Coronation of King Charles III. It is planned to carry out the work in the Priory during the autumn with visitors being able to view progress. CVS is also organising a Medieval Cartmel event on Saturday, September 30th to celebrate the restoration of the village's historic market fish slabs and pinnacle.

Cark River Group

There have been some leaks into the river and yesterday the river was filthy, the water level was up and the water from the pipe from the pumping station was gushing out. There had not been any water running into the river from this pipe for the previous 28 days. This was reported. The outstanding work is still in their programme and they are still waiting for new pumps. A temporary infrastructure is in place for now. They have an Infiltration Reduction Plan which is to systematically work along the pipe in Cartmel to find the issues. They have started on Barn Garth and the Causeway in Cartmel, lining 160m of the sewer, to stop any infiltration and progress is being made. Photos show that water is no longer leaking into the lined sewer. They will then see what impact that has and then make decisions about whether to move into the next length. Hopefully they will. UU now have 2 River Rangers Dale Hull and Jason Robinson who will be around Cark every week taking

samples and dealing with sewer litter. Report any new sightings to the River Rangers by email on unitedutilitiesriverrangers@uuplc.co.uk. If something is urgent call their call centre on 0345 672 3723 and it's open 24/7. As always We are very grateful to Tim for all his efforts, and the ongoing help of the Allithwaite and Cartmel and Lower Holker Parish Councils. We also need to keep logging any further instances with the Environment Agency on 0800 80 70 60. Anyone wishing to join the Group or go on the mailing list contact Rhona on r.barton5353@gmail.com.



Grange Shed

Almost seemed like Christmas this month. We got a delivery of various stains, varnishes, paints and fillers courtesy of Ronseal. The Men in Sheds organisation got sponsorship from Ronseal and allowed Sheds to claim for a variety of Ronseal products. A big thanks to Ronseal and to Men in Sheds.

There has also been a mix of the old and the new. We have been making over 2 dozen picture frames for the Grange Art Group exhibition. And the guys are trying to repair a Victorian stool which involves, amongst other things, turning a new embellishment for the sides. This is coming along nicely.

The Repair Café also went well although that had an iron for repair that had everyone stumped. They were trying to take it apart for nearly two hours before throwing in the un-ironed towel. Well, you can't win them all!

There will not be a Repair Café in August because of holidays but it will be back on 1 September. As always you are welcome to come and have a chat with us on any Monday, Wednesday or Friday mornings at Back Yewbarrow Terrace, between about 10.00 and 13.00, you never know you too might get hooked.

Grange-over-Sands Lifeboat Branch

The Grange-over-Sands fundraisers for the Lifeboats have had a successful time this year so far. The first event



was a new event for the Branch when we were invited to attend The Total Retro Show at the Westmorland Show Ground on the 14th May. The branch was supported by Barrow Guild who brought along the RNLI Gift stall and the RNLI Face-to-Face Team who, along with Stormy Stan, were emphasising water safety messages. The support of attendees at the event was very positive and the event raised a total of £1049 for Lifeboat funds.

The second event was in support of the RNLI MayDay campaign. This campaign aims to raise funds to ensure that RNLI volunteers have the training and kit they need to save people who get into danger by the water. The event was held on Sunday 21st of May and was well supported by all those out for a walk on Grange promenade in the fine weather; raising nearly £291.

The most recent event was the Flag Day held in Grange on 15 July. The weather forecast was far from promising: however the rain did hold off until the afternoon, when the collectors were glad of their waterproofs and any shelter they could find. So the day was more successful than expected raising some £657. The Branch would like to thank everyone in the area for all their support for the RNLI as a charity. It is very much appreciated. However, the support cannot be fully realised without the dedicated support of the Branch volunteers who give their time to turn out at events. The Branch is always looking to expand its network of volunteers, so if you feel that the RNLI is a charity you would like to support, please get in contact through RNLI.org/FundraisingCrew. The final event of the year for the Branch will be the Autumn Fair planned for Saturday 14th October in the Methodist Church Hall. So please make a note of the date in your diaries.

Lower Holker Village Hall

Tai Chi, Yoga, and Dancing, start again in September.

For Aerial Hoops, contact the Hall. Thursday is Badminton/ Table Tennis day.

Badminton 9.00am to 2.00pm and from 3.30 pm to 9.00pm. Table tennis from

9.00am to 9.00pm. Cost is £1.00 per player for the booking. Anyone wishing to play contact the Hall. Sewing Machine Classes every Friday morning 10-12pm. £15.00 per session, bring your own machine. Whether you're into Crafting to Dress making, join and learn a new skill!!!. Contact Natasha on Natashal27@outlook.com or 07901751197. Craft Fair Saturday 28 th October, tables £10.00, contact Rhona on r.barton5353@gmail.com to book. Bowling Green now open and open to the public as long as competition/match not in progress. Suitable footwear essential and cost per player is £2.00 which should be placed in Honesty Box. There are numbers available for the 200 Club, contact the Hall. Please follow us on Facebook at lowerholkervillagehall for all our latest news. Website is lhvh.co.uk. The Hall number is 015395 58304 (with ansphone).

Cartmel and District Flower Club

Our next meeting is on Monday 21st August at Cartmel Village Hall with our guest demonstrator Judy Watkiss from Leeds with "A Bit of This & A Bit of That". All members and visitors are welcome so bring a friend and enjoy refreshments and floral prizes. Contact Isobel 015395 33136.

Repair Café on Holiday

Repair Café is taking a break in August, but we hope you'll miss us as much as we'll miss you and be ready to join us again for our September 1st Café at Grange Methodist Hall, 6 – 8pm. Bring along those torn clothes, broken toys and ornaments and defunct small electrical items and we'll do our best to restore them to working order. We're also considering running some repair workshops to teach some basic skills to help you do your own repairs – look out for details in future issues of Grange Now.

SPORT

Grange Tennis Mums



We started a new initiative in April to facilitate younger members to the club. Our first target was young busy mums (you might have seen the posters round and about) and wow what a great response. We now have 12 enthusiastic tennis players, some complete beginners and some that have not played tennis since school. Everyone has come on leaps and bounds. We all get a good workout with lots of laughter and a very healthy competitive nature especially when a chocolate Freddo is up for Grabs!

The club already has a thriving junior tennis session on Tuesdays 4:30 -5:30 and the mums meet after children's bedtime 8-9 pm. There is a lot of positive research published by the LTA (Lawn Tennis Association) regarding mental health and well-being benefits with playing community tennis.

Here are a few quotes from the Tuesday tennis girls.....

" Tennis has given me time out of the house to be me and not just a mum "

" Our tennis sessions have been such a fun way of keeping fit & meeting like-minded women "

"Tennis is a means of taking me away from work for a while and mom duties "

" perfect mix of camaraderie and competition "

The sessions are pay and Play £5 or free if you join and will continue for the rest of the summer.

Please do come along its not exclusive to young mums , you could be a mum whose kids have flown the nest or a dog mum ! Might even target young Dad's next !!

If you are interested contact Me! Helen Cooper WhatsApp 07873502829

Crake Valley Croquet Club

The League season is well underway with our teams in all 3 formats - Association, Level Play & Handicap Golf

Croquet - challenging at the top half of each league. Members attended the North West Festival of Croquet at Southport and finished in a respectable mid-table position. Moving into August we have our prestigious "Cavendish Clock" tournament where 12 top players from the North West and beyond will be showing off their skills. Spectators welcome on 5th & 6th August. The Club will also have a presence at the Rusland Show (19th August) where we hope to attract potential new members to free taster sessions before the end of season.

South Lakes Women Go Swimming



South Lakes Women Go Swimming is a fabulous group of women from the Grange and Allithwaite area who have become friends through their love of open water swimming. Open Water swimming is all about physical and mental well-being and supporting and encouraging each other.

By following their motto, "Brave enough to dream, crazy enough to try" they have set themselves a goal to swim 14 waters, lakes and meres in our lovely Lake District this summer, not only for their own well being, but to support Cancer Care North Lancashire and South Cumbria, a fantastic charity that helps people in our area in so many different ways and is very close to the hearts of some members of the group. Two of the girls are members of Flookburgh Band and take their instruments along to each lake shore to start the swim with a tune! Their favourite theme tune "Don't stop me now" describes this mission perfectly. Some of the swims and the walks have been arduous, as the swim distances get longer and the terrain gets steeper, but that's nothing in comparison to the uphill struggle faced every day by people and their families who live with cancer.

Nine waters have been completed so far and the finishing line at Fell Foot on 3rd September is in sight. Please help them reach their target of £3000. More than 90% of CancerCare's wonderful work is funded by people like these swimmers who challenge

themselves to undertake extraordinary challenges and the people like you who donate to support them. You can donate at Johnston's Jewellers in Grange or online using their Just Giving page

Cartmel Cricket Club

We currently lie ninth in the league having had a mixed bag of results. We beat Coniston by 77 runs, with Bob Davies scoring 88 not out, Joe Cowperthwaite took four wickets and Dave Unsworth took an amazing five wickets in four overs. We later lost to Coniston in the Cup competition. Defending 135 off 20 overs, Coniston were 117-2 but tight bowling from Stuart Bailey, Joe Cowperthwaite and John Burton reduced them to 130-8 but they managed to win the game with four balls spare. We lost to Silverdale and Milnthorpe but beat Sedbergh School by 140 runs. Bob Davies scored 130 not out supported by Joe Cowperthwaite with 68. Pick of the bowlers was Joe Atkinson 5 for 31. Next we beat Sedgwick in the cup competition Bob Davies again in the runs with 66 and Jonathan Cooper and Dave Unsworth both took three wickets. However we lost to Netherfield in the semi final of the cup. Lastly we lost to Westgate but the highlight of the game was Ollie Skyrme's three reverse sweep shots for four!

Grange Fell Golf Club

June saw the annual inter-club Route Trophy being contested at Lansil GC. Grange Fell's 8- man team successfully defended the title following last year's victory at the Fell. The Barry Newton trophy was won by Russell Kay (44 points). Millennium trophy was won by Ian Howarth (net 65) and the Gedge Cup was won by Shaun McClure (+5). July started with a John Magnall pairs win for Liam Oliver and Ian Howarth followed by a closely contested Golden Jubilee won by Chris Postlethwaite (65) on card playoff from Dave Robb.

The ladies Route Trophy was again held at Grange Fell. Our team (Dayna, Ellie, Anne L, Gill and Marjorie) played extremely well and won the event with 158 points (25pts ahead of second place Dunnerholme). Many thanks to all members who ensured the day was very successful. A really enjoyable away day at Bentham was closely fought, with Irene Wild beating Karen Riley by one point. The June 9 hole competition was won by Anne Lawson.

A Community Ebike Scheme for the Grange and Cartmel Peninsula?



A Community Ebike Scheme was recently funded by the National Lottery Community Fund, as part of the Zero Carbon Cumbria Partnership's ambitious emission reduction programme to make Cumbria carbon neutral by 2037 for the village of Staveley in South Cumbria.

You may have seen a feature about it on BBC's Countryfile program broadcast on 16th July. Now the organisers have produced a manual for other communities who may wish to have a similar scheme. Why not Grange? I (Chris the Editor) would be happy to help get this organised. Is there anybody else out there who would like to help set this up?

The e-bike share scheme would mean local residents have access to an electric bike on a very low cost hourly basis without the expense

of buying or the hassle of maintaining.

If you are interested in how this works please look at <https://www.communityebikes.org/staveley/>.

If any individual, local business or the local council wish to support this set up for the local community please contact me - chris@grangenow.co.uk. If there is interest I will set up a meeting and ask the Staveley organisers to come and talk to us. It would be a fantastic addition to the area, helping both locals and visitors gain low cost access to eco friendly and enjoyable transport and activity.

The manual which describes exactly how to do it is here <https://www.communityebikes.org/staveley/wp-content/uploads/2023/07/Community-Ebikes-A-Development-Guide-July-2023-FINAL.pdf>

Victoria Hall Christmas Fair

It may seem a long time until Christmas but we at the Hall are already thinking about this year's Christmas Fair!

If you are part of a charity, fundraising or school PTA group and would like a free table at this year's Fair on Saturday December 2nd from 10am until 2 pm, please

get in touch with Councillor Tricia Thomas to register your interest. She can be reached by email at plthomas1302@hotmail.co.uk Tables are limited and will be allocated on a first come, first served basis. The tables, which are 6 foot long, will need to be manned by you as sadly we don't have free folk to do it for you.

Free design service and complete project management for your peace of mind.

Carl Graham
INTERIORS

Quality Kitchens, Bathrooms and Bedrooms



Visit our stunning showroom featuring two floors of displays



Opening Hours

Monday - Friday 9am - 5pm
Saturday 9am - 4pm

Contact our friendly design team

Tel 015395 83695

Email info@carlgrahaminteriors.co.uk

Find Us Milnthorpe Memorial Hall,
1 The Square, Milnthorpe LA7 7QJ
www.carlgrahaminteriors.co.uk

[f carlgrahaminteriors](https://www.facebook.com/carlgrahaminteriors)

The warm weather has suited the Low Sizergh bees and the orchard hives have produced a bumper crop of honey. We've also welcomed Anglum, the halloumi-ish cheese from St James Cheese at Holker to our farm shop counter, and the Growing Well fields and polytunnels are at peak production.

This recipe brings that feast of local flavours together perfectly.



Honey Glazed Halloumi & Bean Salad

INGREDIENTS

4 Growing Well spring green leaves, tough central stems removed & shredded
1 large carrot, peeled into ribbons with a peeler
1 tin Suma cannellini beans, drained
15g parsley, chopped
1 orange
1 tbsp olive oil
1 tsp red wine vinegar
75g St James Anglum (halloumi)
10g Low Sizergh honey
salt & pepper

METHOD

Place the shredded spring greens in a bowl and pour boiling water over them to take off the raw edge. Leave for a few minutes.

Add the carrot, beans, and parsley to a bowl. Drain the greens and add them too.

Next, make the dressing. Cut the orange in half and squeeze one half into a small bowl. Add the olive oil and vinegar, and a good sprinkle of salt and pepper. Mix together. If you want your salad extra zesty, zest a little of the orange peel before cutting it in half, and add that to the dressing too.

Pour the dressing over the salad ingredients and give it a good mix. Taste and adjust seasoning.

Cut the halloumi into slices, about 3mm wide. Add to a hot frying pan and fry on both sides until browned. Turn the heat right down. Add the juice of the other half of the orange along with the honey. Stir to coat the halloumi, then turn the heat off.

Top the halloumi on the salad, and dig in.

*adapted from a Riverford recipe



EIGHTEEN EIGHTEEN AUCTIONEERS

Do you have items of antique and vintage silver or jewellery, collections of stamps or coins, or perhaps a collectable bottle of whisky to sell?

Our well-followed specialist auctions run throughout the year and our bidders are keen to buy.

Get in touch to see what your items could be worth.



T. 015395 66201
E. info@1818auctioneers.co.uk
Junction 36 Auction Centre,
Crooklands, Cumbria, LA7 7FP



Grange & District Natural History Society: Scout Scar in the mist



The weather has been playing tricks with the summer excursions of Grange & District Natural History Society.

Meeting in mist on the former Kendal Racecourse, in full waterproofs in late June Grange Nats members reflected on the new vagaries of the English weather.

Leader Peter Bullard, former Director of Cumbria Wildlife Trust, introduced the Scout Scar limestone ridge, as a big magical place with many paths: he urged us to stay close together, in the mist.

Rosebay willow herb in flower hinted at early autumn, as did puff balls on the racecourse grassland. Although much of Scout Scar is bare limestone,

it has many rare plants in the thin soils. Bright yellow Lady's Bedstraw shone through the mist, though orchids and other spring flowers had dried up in the recent drought. Peter pointed out that heather grows on the limestone, as acid rainfall leaches lime from the soil, which becomes more acid with time. We studied a rare Whitebeam tree, and pondered the meaning of the term 'hybrid'.

Excursions to Trowbarrow and to Windermere, postponed due to extreme heat (the quarry visit) and rain (painting the lake with water colours) respectively, will be re-scheduled for the autumn. Keep an eye on our web site, www.grangenats.uk



MJK Plumbing & Heating Ltd

We have many years experience in the plumbing and heating industry. We pride ourselves on excellent customer service and guarantee all our work to the highest standard.

We specialise in: Gas boiler and full heating systems, boiler repairs/ break down, boiler servicing, central heating flushing, landlords Gas Safety certificates & all plumbing, bathrooms, kitchens and more.
Ex British Gas engineer



Call 07918 191540

Email mjkplumbing1975@gmail.com



The Importance of a Clean Break

Since the introduction of the HMCTS online service, more and more people are choosing to issue their own divorce proceedings online rather than instructing a solicitor to progress the divorce on their behalf.

However, whilst obtaining a Final Order of divorce will bring a marriage to an end, it is important to remember that this does not provide the couple divorcing with a financial clean break.

The financial bond between the former spouses will continue to exist unless a financial consent order is put in place. Neglecting to obtain a financial consent order could place future earnings, investments, and inheritances at risk.

This is a legal document which sets out the financial agreements reached between a separating couple. It records how assets such as the family home, pensions and savings are to be shared.

A clean break order effectively severs any financial ties, protecting both parties from any claims from the other in the future. To be legally binding, it must first be approved and sealed by the family court.

Under the new no-fault divorce law, you can only apply for a consent order after the Conditional Order of divorce has been granted (previously the Decree Nisi). Once granted, the consent order will come into force when the Final Order of divorce has been issued (previously the Decree Absolute).

Should you require any advice regarding this, or any other matrimonial issue please do not hesitate to get in touch with a member of our experienced family law team to discuss your options.



Michele Ashton



Lisa Bell



Judith O'Brien

Contact us today to arrange an appointment.

015395 38288

Kents Bank Road, Grange-over-Sands LA11 7EY

www.progressionsolicitors.com

ULVERSTON | WINDERMERE | GRANGE | BARROW | LANCASTER

Walk of the Month



A ramble around Beatrix Potter country taking in Far Sawrey, Near Sawrey, Claife Heights and Windermere lakeside path. A mixture of quiet lanes, fieldpaths, bridleways and forest tracks. There are excellent views to the surrounding fells and across Windermere.

DIRECTIONS

Start: National Trust car park at Ash Landing Map ref: SD388954 (OL7)

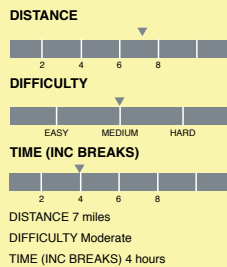
1/ Leave the south end of the car park and follow signs for Hilltop along the roadside path.

2/ Where path ends continue uphill along the road.

3/ Turn right on to path (sp Hilltop)

4/ Turn left down lane opposite public house (sp Hilltop)

5/ Turn right by cottages onto footpath (sp Hilltop)



6/ Take left fork in path and continue along roadside path.

7/ Where path ends continue along road into Near Sawrey

8/ Take first road junction on right, walk out of village and continue up

bridleway.

9/ The bridleway passes Moss Eccles Tarn and Wise Een Tarn

10/ Enter forestry land at the top of Claife Heights and continue ahead along the bridleway

11/ Where forest track goes downhill to the right bear left to keep on the bridleway

12/ At crossroads in tracks go straight ahead (sp Belle Grange)

MAP SUPPLIED FOR ILLUSTRATION PURPOSES ONLY



13/ Follow twisty path downhill to Lake Windermere.

14/ Turn right along lakeside track

Note: This is also a cycle track - be aware of cyclists.

15/ Go through archway near Joey's café and follow path straight on up to Claife Viewing Station. Now retrace path downhill and take path to the right to return to the car park at Ash Landing.

Visitors are always welcome to join our weekly walks, details of the starting times and place can be found in the Ramblers website.

Please find the walks for August below:
Thurs 3 Aug - Shepherd's Bridge, Holme Fell, Hodge Close, Colwith Force and

Cathedral Cave. 8.7 miles, 2066 feet ascent. Strenuous.

Wed 9 Aug - Warton Crag and Cringlebarrow Woods. 9 miles, 1500 feet ascent. Moderate

Thurs 17 Aug - Cartmel Fell and the Winster Valley. 7 miles, 1000 feet ascent. Moderate (1 steepish climb)

Wed 23 Aug - Troutbeck, Wansfell Pike, Ambleside, Jenkins Crag. 7 miles, 2300 feet ascent. Moderate/Strenuous. Views

of Windermere and Fells

Wed 30 Aug - East of Staveley circuit. 7 miles, 900 feet ascent. Moderate. A green and soothing low-level walk around the eastern side of Staveley

Details of start times and locations can be found on the Ramblers website at <https://www.ramblers.org.uk/go-walking/group-finder/areas/lake-district/groups/grange-over-sands.aspx>

NATIONAL GARDEN SCHEME
Garden Open For Charity

Grange Fell Allotments

Fell Road, Grange-Over-Sands, LA11 6HB

Sunday 30 July
11am - 4.30pm
Adults £4 Children free

More information at ngs.org.uk

Biodiversity

The importance of taking action to help pollinating insects

The Cumbria Local Nature Partnership has recently produced Cumbria's Plan Bee - A Pollinator Action (see Cumbria Plan Bee I Saving our pollinators I Cumbria Wildlife Trust website).

The plan urges everyone in the county - communities, councils, farmers, landowners and businesses - to sign a pledge and take action to help Cumbria's pollinating insects. Wild bees, butterflies, hoverflies and moths play a vital role in

our food production and are a key part of our natural world. However, many species are in trouble due to habitat loss, pesticide exposure, disease and climate change.

The Plan sets out how we can start to reverse this trend. There are 66 priority actions to help our pollinating insects. Ranging from small acts (e.g. building a bee hotel in your garden) to larger-scale measures, reducing pesticide use and farmers and others creating more wildflower-rich areas.

To make a difference we need to get everyone thinking about pollinators and taking some action (however small)

WHO LOOKS AFTER YOUR CHILD IF YOU'RE NOT THERE?



A Will is one of the most important documents we can all make for ourselves, irrespective of our circumstances.

It is a document we hope we don't have to think about until we are much older. However, it can do more than just making financial provision for your loved ones on your death.

If you have a child who is under the age of 18 at the time of your death, have you considered what would happen to him or her?

A Will allows you to make clear who you wish to appoint as legal guardian or guardians for your child in the event you pass away before they attain the age of 18.

At first instance, anyone with parental responsibility will automatically take guardianship over your child on your death. Thus, when you pass away, if the other parent is still alive, the surviving parent will normally continue to have full responsibility for the child.

However, if on your death there is nobody with parental responsibility over your child then, without appointing legal guardians, you could be at risk of passing the responsibility for your child to the court which could mean your child is taken into care until the court appoints a guardian. This is not ideal, as the court will not necessarily appoint the person or persons you would have preferred to take care of your child.

Who has parental responsibility?

A child's mother automatically has parental responsibility from birth of the child. A father has parental responsibility if he:

- is married to the child's mother at the time of birth;
- subsequently marries the mother of the child after birth;
- is named on the child's birth certificate;
- enters into a parental responsibility agreement with the mother; or
- obtains a parental responsibility order from a court.

Appointing a legal guardian in your Will

You can appoint more than one guardian and/or a substitute guardian or guardians. To avoid any conflict, separated parents should ideally consult with each other and appoint the same person(s). Your chosen guardians are authorised to appoint replacement guardians for your children in their own Wills should anything happen to them. Therefore this is something to take into account when thinking about and discussing guardianship.

Picking a guardian or guardians is not always an easy decision to make therefore it is vital you seek professional advice and assistance. If you have children under the age of 18 then don't delay making a Will to ensure they are well provided for and you have guardians in place for them.

For further advice, guidance and assistance on Guardianship or making a Will please contact our experienced team today.

LEGAL PEACE OF MIND SINCE 1903

015395 32313
info@gedye.co.uk

gedye
& SONS

Property Talk

With

Craig Turner
Property Department Manager
and Valuer



FRIENDLY HONEST PROPERTY ADVICE

Award winning service and performance

At a time where uncertainty across the world is affecting everything from food prices to mortgage rates we find ourselves looking for help and reassurance from proven experts in all aspects of our lives.

With increases in interest rates and subsequent mortgage rates as well as property purchasers taking a more pragmatic approach to the market it's comforting to know that Poole Townsend have spent the last year being recognised as the best estate agent in the South Lakes and Furness by providing exemplary customer service and sales results.

Over the past twelve months our offices in Kendal, Grange and Barrow have all been awarded the gold standard as best estate agent in their respective towns by The British Property Awards whilst our lettings departments in the South Lakes and Furness have also achieved the same gold standard. During the process our sales teams have been independently and anonymously tested on several occasions and have excelled in our levels of customer service with regard to assistance, information and guidance given in what was an increasingly difficult market.

We pride ourselves on our local market knowledge, property expertise and the highest expectation levels of customer service given to our clients. In a market that increasingly needs a knowledgeable and experienced guiding hand to navigate you through a property sale or purchase, Poole Townsend are the certified best agents across the South Lakes and Furness.

As the financial belt tightens, people are taking stock and reassessing how they approach property purchases. Negotiation is re-entering what was a fast paced property sales market meaning it is more and more important that the agent acting for you knows how to operate successfully in ever-changing markets.

If you are thinking of marketing your property for sale or let come and speak to our award winning sales teams in our offices and we will happily discuss the current property market with you and how best to achieve a successful sale.


**POOLE
TOWNSEND**
Property

For PROPERTY advice call us
FREE on 015395 33316
or visit our website at
www.pooletownsend.co.uk



Poole Townsend are Independent Financial Advisers
authorised and regulated by the Financial Conduct Authority.
Regulated by the Solicitor Regulation Authority No. 00076553.

What's On in August

Tuesdays 1, 8, 15, 22, 29 Cartmel Wellbeing Walks from Cartmel Racecourse grandstand entrance at 11am. Contact Ewen Cameron on 07929 833528 for information.

Thursdays 3, 10, 17, 24, 31 Grange Wellbeing Walks from the pay-and-display car park behind the Commodore Pub at 11am. Contact Ewen Cameron on 07929 833528 for information.

Tuesdays 1, 8, 15, 22, 29: Baby group for parents, carers and their little ones at Grange Methodist Church Hall from 9:30 a.m. Contact Hazel Edmondson on 015395 36213 for information.

Wednesdays 2, 9, 16, 23, 30: Community Coffee morning in Grange Methodist Church Hall from 10:30 to 12 noon.

Sundays 6, 13, 20: Praise on the Prom from 4:30 by Clare House Bridge

Saturday 12th August - Flookburgh band at the Victoria Hall, Grange on for their annual "Last night of the Proms".

13th August 2023 Classics over Sands - There are plenty of options for eating and drinking, many run by local Grange groups including Cartmel scouts, Grange

School PTA and the local WI, as well local Traders.

Monday 14 August Grange Probus Club will meet at 10.30 for 11am at the Netherwood Hotel for Mark Newbrook's talk about "Nutters I Have Known".

Wednesday 16 August 1.30 – 4pm GARDEN PARTY run by Grange Soroptimists at Cartmel Village Hall. Tickets £5 (includes tea/ coffee and cake) from Isabel huggett735@btinternet.com Accompanied children free

Tuesday 22nd of August Grange Lecture Society will be hosting a free 'Taster Event' 7.00 PM for 7.15 PM and be followed by drinks and nibbles to allow the audience to meet the committee and old friends. The guest speaker for the 30-minute talk is Dr Richard Hinchcliffe whose talk centres around his new book Flying Scotsman in America:

FLOOKBURGH & DISTRICT OVER 60'S

Thursday 24th August 2023 Coach trip to Lytham. First pick up Flookburgh Square 9.30am. Leaving at 4pm Contact: Wendy Bland 015395 58392

Age UK Exercise Classes Grange – Every Tuesday 2-3pm at the United Reformed Church, Kents Bank Road, Grange – no need to book. *class not on 8th and 15th August 2023

Lunch Clubs Grange – Third Wednesday in the month at the Commodore Inn, Grange **Cark** – Fourth Friday in the month at the Pheasant, Allithwaite **Allithwaite** – Second Tuesday in the month at the Pheasant, Allithwaite. To book on the Lunch Clubs please contact Age UK South Lakeland on 01539 728118

**If you would like to hand in
notices or adverts, come
and see us in person at
Grange Library 10am - 12noon
on 17th August.**

**The next Grange Now
deadline 18th August**

What's On at The Vic – August

REGULAR

James Reeder Dance classes – all styles, Weds from 7pm

Various U3A groups – contact U3A

Wild Soul Yoga. Book on hello@mywildsoul.co.uk

Parliamo Italiano – Italian class starts again in Sept.

Creative Photography – Thurs 7pm

CADAS Peer Support Group – Thurs 10am

INDIVIDUAL

Weds 02/08, 10am – 6pm: **Home Instead Recruitment Day**

Thurs 03/08, 12.30pm: **Lake District Summer Music Folk concert at the Bandstand.**

*Mon 07/08, 7pm: **VHSG Bingo**

Thurs 10/08, 10am – 11.30am: **CADAS Grange Peer Support group starts**

Sat 12/08, 7.30pm: **Flookburgh Band**

*Sun 13/08, 7pm: **Cinema at The Vic. Classic Film:** digitally remastered Hobson's Choice (1954) (U)

Mon 14/08, 7pm: **Grange over Sands Town Council Meeting, incl. Have Your Say!**

Weds 16/08, 10am – 4pm: **Home Instead Client Open Day**

Thurs 17/08, 4pm – 6pm: **Tim Farron MP Surgery**

Fri 18/08, 7.30pm: **G&DCC concert – Charlotte Saluste-Bridoux (solo violin and piano)**

Sat 19/08, 6.30pm: **Keldwyth Award Final**

Tues 22/08, 7pm: **Grange Lecture Society taster event – mini talks and nibbles. All welcome**

Fri 25/08, 7pm: **Friday Night Dancers**

Sat 26/08, 7.30pm: **Jonathan Veira in concert to celebrate 50 years of the Thornleigh Hotel**

Sun 27/08, 11am – 3pm: **Craft at The Vic craft fair**

Weds 30/08, 5pm: **Friends of Cumbria Opera Group event**

*Denotes VHSG event to support the Victoria Hall.



Dear Editor,

My son in law, who was a detective and his son, who is a Police inspector have warned me about a man who is going round Grange. He purports to be working with the jewellers in Main Street (which they deny) and is asking for old watches, gold and silver, broken or otherwise. His prices are not the true value and he tried to come into my house via the back door a couple of years ago. I know of two people recently who have been approached.

Jennifer Forsyth

Dear Readers,

Over the past two years, so many of you have attended many events that our fabulous committee have organised to raise funds towards an inclusive roundabout for the park. These events have been massively supported by various local businesses too.

To all of the community, helpers, committee and generous donors, we would like to say a huge heartfelt, THANK YOU.

This week, we have been able to place the order for the roundabout!! Please keep an eye on our Facebook Page for more up to date information.

Beckie

King George V Jubilee
Allithwaite Park



Letters to the Editor are published on the understanding that they may have to be shortened to fit available space. Publication of a letter in no way reflects the views of Grange Now. All letters must be accompanied by a name and address even if the correspondent requests anonymity. In this case 'name and address supplied' will be added.

Dear Editor,

We have been in discussion with the lead transport officer at Westmorland & Furness Council to see if we could offer something for Cartmel & Grange for a couple of months and initially we were looking at a reduced service, however I do believe this runs the risk of driving passengers away in the longer term. As such we're offering what I believe to be an enhancement over the existing provision and hoping this leads to an increase in patronage over time. I do wish to reiterate that these services, as those currently offered by Traveller's Choice, are wholly commercial and despite a strong desire by interested parties that there should be a bus service, sadly there isn't any funding to support them so it really is a case of use it or lose it.

One thing I would ask is that people be patient with us for the first week or so as we try to get drivers up to speed.

Richard Blaikie

Transport Manager

Kirkby Lonsdale Coach Hire Ltd

KENDAL - GRANGE - CARTMEL

530 531 532

SUMMER - From Good Friday to first Saturday in November

Monday - Saturday

Service Number	532	531	532	530	530
Notes					
KENDAL Blackhall Road	---	1050	---	1320	---
LEVENS Bridge	---	1104	---	1334	---
LEVENS Village Shelter	---	---	---	1336	---
LINDALE Bus Shelter	0910	1115	---	1350	---
GRANGE Railway Station	0915	1120	1215	1355	---
GRANGE Post Office	0918	1123	1218	1358	---
Higher Grange, The Crescent	0921	1126	1221	---	---
KENTS BANK Railway Station	---	---	---	1406	---
ALLITHWAITE Lane Ends	---	---	---	1411	---
ALLITHWAITE Yakkers	---	---	---	1413	---
FLOOKBURGH Lakeland Leisure Park	---	---	---	1421	---
FLOOKBURGH Market Square	---	---	---	1425	---
RAVENSTOWN	---	---	---	1426	---
CARK Engine Inn	---	---	---	1430	---
CARTMEL Clogher Beck	0926	1131	1226	1435	---

Service Number	530	532	531	532	531	532
Notes						
CARTMEL Clogher Beck	0930	1135	1230	1435	1435	1650
CARK Engine Inn	0935	---	---	---	---	---
RAVENSTOWN	0939	---	---	---	---	---
FLOOKBURGH Lakeland Leisure Park	0945	---	---	---	---	---
FLOOKBURGH Hope & Anchor	0949	---	---	---	---	---
ALLITHWAITE Lane Ends	0955	---	---	---	---	---
ALLITHWAITE Yakkers	0957	---	---	---	---	---
KENTS BANK Railway Station	1000	---	---	---	---	---
Higher Grange, The Crescent	---	1140	1235	1440	1440	1655
GRANGE St Paul's Church	1008	1142	1237	1442	1442	1657
GRANGE Railway Station	1010	1145	1240	1445	1445	1700
LINDALE Bus Shelter	1014	---	1244	1449	1449	1704
LEVENS Village Shelter	1024	---	1254	---	---	---
LEVENS Heaves Hotel	1029	---	1259	---	1500	---
KENDAL Bus Station	1045	---	1315	---	1515	---

D - Service operates Monday - Friday School days only

S - Service operates Saturdays & Monday - Friday during School Holidays

Saturday service operates Good Friday, Easter Monday, May Bank Holiday, Spring Bank Holiday, Summer Bank Holiday and additional Public Holidays

Dear Editor,

During our event at Kents Bank Station on 21st May, we realised that some kind person had brought three lovely photos (from 1985) and positioned them in the Victorian waiting room, amid the coronation bunting. If the person who brought them would like them back, please would they get in touch with me on 015395 36763.

Margaret Carter,

Treasurer, Friends of Kents Bank Station & Foreshore.



Dear Editor,

Deprivation

Deprivation is not a word that one would readily associate with Grange-over-Sands but, according to Thesaurus, it means 'at a disadvantage' which is just what some of the older generation are suffering from. We, of a certain age, are being deprived of access to many things because we do not, or cannot, follow modern technology.

The necessity of owning a computer, a smart phone and other equipment needed to access information is expensive, time consuming and the excessive use of electricity. Electric car batteries require 8kg of Lithium and 14g of Cobalt to prevent overheating, which are mined in South America and the Congo, not good for the pasture land of those countries. Do you have your television on 'standby', use remote controls, have your computer 'on' in case you have an incoming e-mail?

Is it really necessary to be on Facebook, Twitter and other social media? Face-to-face communication is better than anything else, a quicker response and an understanding of the situation, and each other, immediately. If this is not possible, then one telephone call is equal to about four emails. To be diagnosed by a doctor on the telephone or by Zoom does not feel very satisfactory.

Unable to purchase a parking ticket from the Station unless one has a special "App" on a telephone is deprivation, along with the lack of access to a public toilet without a card, even though we have the cash. Both of these last two examples have happened in Grange, despite the population of 65 years and older being the highest in Cumbria (59% Grange South - 48% Grange North - from the National Census). All these remote forms of contact make for isolation as well as deprivation, there is no substitute for personal contact, otherwise what is the purpose of being on the planet?

Why not live in the present and be aware of each other's needs? It is the here and now that is important. The joy of receiving letters or cards is far greater than an e-mail; it is tangible, delivered by a postal worker (thus providing jobs) and human contact; it is written on paper which comes from trees which, in turn, are planted and re-plant for carbon catching and, again, this provides employment especially in rural areas. The art of letter writing provides information and interest in the past. Letters of 'Young Voices' record history of the War (my brother and sister's evacuee letters are in the Imperial War Museum). Reading the letters of the famous, George IV, Churchill, Queen Victoria, Beatrix Potter to name but a few gives great pleasure.

What is the point of providing toilet and parking facilities if access is denied to those most in need of such everyday essentials. The elderly and disabled are being discriminated against if they do not possess a Smartphone and, even if they do, it is still difficult to deal with technology as a different "App" is required at Grange Station than the one at Carnforth and others. How many "Apps" are we to have on our 'phones?

Tough on the partially sighted.

Yours sincerely

Judith Shapland (Mrs)

ACCOUNTS/SELF ASSESSMENT

FOR HANDS ON ASSISTANCE with accounts, Self Assessment and VAT. Locally. Call 015395 58916.

ANTHONY CLYNES

ACCOUNTANTS Accounts, Self Assessment, PAYE/wages, Bookkeeping/VAT, Personal friendly service - Contact Tony 07778 485 475 (Grange)

APPLIANCE REPAIRS

Domestic Appliance Centre. For all your Domestic Appliance Needs. One call takes care of it. Call 01539 741241

CLASSIFIEDS

BABYSITTING

THE DOBSONS 01539522612

BOOKS

Daisyroots Book Shop, for pre-loved and new books, cards, maps and prints. Visit us in our new expanded shop on Main Street, Grange. Book collections bought. Open Mon-Sat 10am - 4pm. 015395 38817

BOOKS BOUGHT Collectable items or whole collections. PBFA Member. Phone 015395 35125 (Allithwaite)

BUILDERS

MARK SUMNER General Builder with over 30 years experience Bricklaying, repointing, internal and external decoration. Floor and wall tiling. External carpentry, including decking, wooden handrails and fencing. Tel: 07946 391143

Builder / Handyman - former main contractor now doing smaller jobs. Bathrooms, kitchens, joinery, decoration, insulation, plumbing, etc. 20+ years experience. Local references available. David Pattison 07939 092454 / david@pattison.uk

General builder, all jobs welcomed, inside/outside, Grange and surrounding areas 07471 974889 vladutostafe@yahoo.com

CARE SERVICES

BAY HOME CARE LTD. Established 2014, fully registered professional provider of home care and community support services. Based in Grange Over Sands and managed by Grange residents we offer a full range of care services to adults within their own homes. This includes support with personal care, medication, shopping, cleaning, community transport and much more. For more information please call 015395 34987.

CARPETS

HDC FLOORING Albert Road, Grange-Over-Sands Tel: 07905 687672 www.hdcflooring.co.uk Carpets, Vinyls, Amtico, Karndean Laminate, Engineered Wood

CARPET CLEANERS

THE DOBSONS
Carpet and upholstery
01539522612

Carpet and Upholstery Cleaning, Grange over Sands. 015395 62390

CHIMNEY SWEEP

ROB CHAMBERS

All types of chimneys and flues Member of the National Association of Chimney Sweeps HETAS Approved. Fully Insured Tel: 01229 588025 Mobile: 07881 921529

ANDREW BACKHOUSE CHIMNEY SWEEP LTD 25 years of quality workmanship in your area Trading Standards Approved 015394 45117 or 07763 145 594

CHIROPODIST/PODIATRIST

DAVE HEMMINGS M.Inst.Ch.Pod. HCPC Registered. Qualified 1982. Home visits Grange & Surrounding areas. 07736 448 702 or 015395 35487.

SUE LAWTON (D.Pod.M, RCPod) HCPC Registered. Qualified & Registered for over 30 years. Home visits to Grange and surrounding villages. 015395 83625

Dr Anders - Podiatrist. Expert treatment and advice for all foot problems. Dr Judith Anders PhD is a highly trained Degree qualified Podiatrist with over 20yrs experience. Tel: 07584 301653 www.dranderspodiatry.co.uk

NICOLE WATERS, BSc (Hons) Podiatry, MRCPod, HCPC Registered. Home visits to Grange & surrounding areas. Call 07760832027 or email info@nwaterspodiatry.com for an appointment.

CLEANING SERVICES

LAKELAND MAIDS
PROFESSIONAL CLEANING SERVICE

DOMESTIC & COMMERCIAL
Regular, builders, spring cleans,
Holiday change overs, End of Tenancy

Helen 015395 35277 or Lakelandmaids@gmail.com

LITTLE MISS MOP & BUCKET Weekly and fortnightly cleans, Deep cleans, End of tenancy cleans. Call Kelly 07810 415406

CLOCK & ANTIQUES RESTORER

HANDYMAN SERVICES Clock, Barometer, Furniture Repair and restoration undertaken also minor domestic household repairs. No job too small. Tel: (015395) 96316 ask for Tim e-mail: tim1492@outlook.com.

THE CLOCK WORKS Antique Clock Repair, Restoration & Sales Quality Work Fully Guaranteed BW&CMG member Est 1991 01229 822680

COMPUTER SERVICE

COMPUTER HELP AT HOME. For computer problems or tutorials in plain English. Call Graham Brook a certified computer engineer on 07787727443 or 015395 60868

COUNSELLING

Rachael Mary Counselling, face-to-face, online and phone sessions are available. BACP member Tel: 07846 611632 www.rachaelmarycounselling.co.uk

Alix Jagger, appointments in Grange and online. BACP member. 07818 896 170. www.alixjaggercounselling.co.uk

Counselling/ EMDR Louise Tych BACP Accredited. 15 years experience. In person, online, phone. www.southlakescounselling.co.uk 07775610480

Hillfoot Coaching. Are you struggling with loss, divorce or just life in general? As a qualified, professional coach, I can help you. Contact me today to arrange your free introductory session. hillfootcoaching@gmail.com 07802 714478

CURTAINS/SOFT FURNISHINGS

Curtains, Roman Blinds and soft furnishings made for you, also clothing alterations. Call Joanne Airey at Sew'n'Sew on 015395 34215

Arabella Jane Interiors Made to measure curtains, Roman blinds and soft furnishings. Contact Bella on 07920748770 www.arabellajaneinteriors.co.uk

DOG BEHAVIOUR TRAINING

SPECIALIST IN RESCUE REHABILITATION & SOCIALISATION

wendysenior360@btinternet.com
Kennel Maids 015395 52099
WWW.P4WS.CO.UK
SEE US ON FACEBOOK

DOG GROOMING/ WALKING

Jude's Groom Room including cats based in Kents Bank. C&G. Natural shampoos. Call Jude 07914644852

CARTMEL VALLEY DOG GROOMING Qualified, experienced, insured, caring. References. Natural products. Free puppy intro. CLAIRE 07748 077077 www.cartmelvalleydoggrooming.co.uk

DOG GROOMING/ WALKING

Small Paws Dog Grooming
BY ANDREA NELSON
 30 years experience
 Small to medium dogs
07470 409414
 collection & delivery in the local area

DOG WALKING Jude 07914 644852
 Fully insured, experienced, kind and caring

Bark of Beyond Dog walking and training services. Fully insured, specialising in active, outdoor loving dogs. Contact Mick 07794754199, email Barkofbeyond@gmail.com or Facebook:@barkofbeyond

DRESSMAKER/ALTERATIONS

Stitch in Time. Sewing repairs & alterations. Maureen Maddock 58436.

ELECTRICIAN

AM&Co Group Ltd - domestic and commercial. Over 15 years experience. Qualified, insured and NAPIT certified. www.amcogroupltd.co.uk 07400562162

D.M. Cowgill electrical contractor, Grange area - small jobs undertaken, lights, powerpoints etc. tel 07970 601379

MBSG Electrical Services All domestic and commercial. Fully qualified, registered/approved. Stan 07831007646

T W Electrical (Cumbria) Ltd, Electrical Contractors, All aspects of electrical work undertaken, Domestic, commercial and industrial, NICEIC Approved Contractor, Call 015395 59089 or 07702792916.

Ian Purcell Electrical Contractor City & Guilds Qualified/NAPIT Registered/Fully Insured 015395 58814 07885099269

ENGRAVING

ENGRAVING/TROPHIES Kendal Trophies 015395 58863
 www.kendaltrophies.co.uk

FENCING

GRANGE SERVICES ~ fencing & gates, Steve 07968 100114

FITNESS & WELLBEING

Physiotherapy support and Personal Training in the comfort of your own home. Specialising in rehabilitation and re-introduction to exercise (including for conditions such as COPD, Stroke, heart disease). Assistance with improving balance, flexibility and strength. Elaine 07855 135714

FUEL SUPPLIES

SMOKELESS FUELS Long established, approved coal merchants delivering quality service 7 days. Best SMOKELESS prices in area. 07949 594381

AR Dickson Countryside Services Ltd Seasoned firewood, Kiln dried firewood, hardwood or softwood, Kindling. Bulk bags, net bags, trailer loads or barrow bags. Please contact 07824736255 angust1990@btinternet.com

FURNITURE RESTORERS

JM RESTORERS. Antique, Modern furniture, Porcelain, Paintings. Est 41 Years 015395 68915

GARDENING

DJ Dixon of Grange
 Gardens maintained to the highest standards, mowing, hedges, trees, pressure washing, overgrown gardens cleared - no job too big. Fully insured. For a high quality service with an outstanding reputation. Mobile: 0771 320 3609.

GRANGE GARDENERS for GARDEN MAINTENANCE & DESIGN
 Extensive plant knowledge
 We maintain gardens all year round
Call Michael and Liz
Thornborough 015395 32118
mobile: 07796 674 861
www.grangegardeners.com

PAUL GIBBONS GRASS CUTTING, Pruning, Weeding, Planting, Strimming, Leaf clearing and Patio cleaning. 07932 741546

KGC Lawnmower Services Grange area and surrounds. Call Kevin Clarke 07956 266264 or email kevin.clarke9@gmail.com

GARDEN MAINTENANCE, grass/hedge cutting, weeding, pruning, treework, dry stone walling. James Hawksley Ltd Tel 07980 354 651

PROFESSIONAL, EFFECTIVE, EXPERIENCED and reliable Gardening Services for larger gardens/grounds. Small, large and difficult grass areas cut. Trees, hedges and shrubs beautifully pruned. Renovation projects undertaken. Call Hamish Foulerton. Tel 07747 788 370

M.T. HOWARTH

Garden maintenance carried out to a high standard incl mowing, hedges, tree work, fencing and pressure washing. Overgrown gardens cleared and rubbish can be removed. All jobs considered large or small.
HOME: 015395 32188
MOBILE: 0789 4737 069

Hedges, lawns, leaf blowing, general garden clearance including strimming and shredding, also pressure washing. Small to large jobs catered for. Established, local, friendly, fully insured operator. Call Simon on 07950 912212 or 015395 34640.

GRAHAM'S GARDEN SERVICES Friendly and reliable service for all your garden requirements. Our services include Grass Cutting, Garden Maintenance, Patios Jet Washed, Fencing and hedge cutting. Telephone 07815 313 828 or 015395 58664

COPELAND LANDSCAPES, stonewalling, patios, tree work, hedge cutting, fencing, etc. Established 1980. 01524 730 022 or 07815 955 961

THE LAWNMAN Specialist in fertilisation, weed/moss control, eradication of Japanese Knotweed. Scarification available 01539538949

Grass cutting, strimming, hedge cutting, pruning, lawn care including moss removal. Green waste disposal. Insured, friendly, experienced, contact George 015395 35716 or 07796 867762

GARDEN BUILDINGS

Bespoke garden buildings, home office, bar, summerhouse etc. Built to your requirements, including insulation, plumbing, electrics - use all year. Free quotes, John 07885 532365

HAIRDRESSERS

MICHELLE Mobile 34904

CHARLOTTE Mobile Hairdresser 07966 543223

Studio 39 Hair Salon Grange-over-sands. Ladies, Gents and children. For appointments call Laura on 07990 772745 Also on facebook

Galina Mobile Hairdresser and Barber. 07412591591

HANDYMAN/WOMAN

I'm your local, friendly handyman. Specialising in painting and decorating. Also DIY and general repairs around the home. All jobs considered. Call Simon on 07950 912 212 or 015395 34640.

Handyman available in Grange and surrounding area, specialising in Upvc door and window problems, including replacement of failed double glazing. All jobs considered, no job too small. For DIY around your home call Mike 07790012820

GRANGE SERVICES FOR SENIORS ~ Steve 07968 100114. Call to discuss needs.

Handyman, Cartmel & surrounding areas. Call John 07552 045017

Handyman Services since 2016. Painting, fencing, guttering plus many more DIY jobs. Excellent reputation. Call Trevor 07810717450

HEARING SERVICES

St Johns Hearing Centre, Main Street, Grange. Comprehensive Hearing Service. Free home consultations. Full aftercare service. Hearing tests, Repair service, Batteries and Accessories. Gentle Wax Removal Service. 40 Years experience. Tel 015395 36391

HOLIDAY ACCOMMODATION

Do you have visitors that would like to stay near to you in Grange? Newly appointed 2 bed apartment with exceptional views with off road parking. Phone 07880 688694

HOLIDAYS FOR DOGS**KENNEL MAIDS**

The Original Holidays for Dogs Since 2000 Officially Rated 5 Stars by SLDC Licensing Authority. Professional Home Boarding Licence no: AHB 003 Professional Dog Day Care Licence no: DDC 039897 Fully insured - Vet Approved - 20 years of references
WWW.P4WS.CO.UK
 wendysenior360@btinternet.com

HOME HELP

Cleaning, ironing, companionship, shopping. Suzanne 07979 792467

HOUSE CLEARANCES

WA House Clearance & Removals
 Garages, sheds etc
07528 049 516 / 015395 59469

House Clearances, Houses, Garages, Sheds cleared and all contents removed. For prompt reliable and confidential service contact Graham Walkden.
Tel: 015395 32793

JOINERS / BUILDERS

BB Wilson & Son
 All aspects of Joinery and Building from Ground Work to Slatting Landscaping, Conservatories Loft conversions, Extensions. Established 50 years, no job too small Free estimates.
 Tel: 07972 811 706 - 015395 58340

Mark Walmsley

Building & Joinery



Mark offers a complete Builder & Joinery service

- Renovation - Extensions -
- Loft Conversions - Doors -
- Kitchens - Staircases -
- Windows -

Mark 32126

MICHAEL DAVIS JOINERY LTD. All aspects of joinery work undertaken. Quality workmanship guaranteed from time served joiners. Over 30 years experience. Tel 07791409755 or 015395 35152

Grange Now
Deadline 18th Aug

W.G.BROWNIE Ltd.

Joinery & Building Contractors

All high quality Bespoke Joinery.
 Extensive local experience in holiday homes & second homes since 1999.

- Complete roofing services; natural slate, tiling, leadwork, chimneys & velux installation
- Extensions & renovations
- Loft Conversions
- Refurbishments
- Conservatories, windows & doors in uPVC or Timber
- Hardwood Flooring Specialists

IGLS. 29 Greengate, Levens, Cumbria. LA8 8NF

Tel: 015395 60673
Mob: 07810 602999
 email: wgbrownieltd@gmail.com

LANDSCAPING

GEORGE NEWTON TRADITIONAL STONWORK LANDSCAPING Lime pointing and rendering. Established 1996 Mob 07818802659

HARD LANDSCAPING fencing, walling, block paving, flagging, paths, patios, driveways, ponds. Free estimates, all work guaranteed. Call Martin Eland 015395 594 72, mobile 07821 260 730

GBW Landscaping. For all your landscaping needs. Please call Guy Williams for a friendly chat about your ideas and plans. 07746 136440 or 015395 34048 www.gbwwlandscaping.co.uk

Phil Hawkins

GROUND WORKS

patios | driveways | garden fencing | tarmacing drainage | digger work 20 years experience

m.07890 636167

phgroundworks@outlook.com

LOCKSMITHS

Locks Express The Only Locksmiths Based In Grange. All Locks Repaired & Fitted. Trading Standards Approved & Police Checked. Eden Mount Road, Grange. Telephone 07886 831336



The only Locksmiths based in Grange

All Lock Problems Solved

- Trading Standards Approved
- Locks Opened, Repaired & Fitted
- Domestic & Commercial
- UPVC Door Lock Specialists
- Police (CRB) Checked
- High Security Locks Fitted
- OAP Discount

Eden Mount Road, Grange
Mobile 07886 831336
www.locks-express.com



LAKEWOOD
- Lock & Safe Co -

Locksmith & Safe Engineer

Locks and safes, supplied, repaired and fitted with over 30 years experience

Edward Lenihan 07407 192270

**Grange Now
Deadline 18th Aug**

MAN WITH VAN

THE DOBSONS

From a letter to a sofa we cover any distance. 01539522612

MOBILE MECHANIC

GEORGE SMITH



Tel 07805 953424
gsmobilevehiclerepair@gmail.com

We work on all makes and models, servicing, diagnostics, clutches, tyres, brakes, etc

MONUMENTAL MASONS

Able Memorials - Monumental Masons. Time served masons with over 30 years experience. New memorials, Second inscriptions, repaints, regilds and renovations. Free estimates and home visits given. 1 Wildman Street, Kendal LA9 6EN. Phone 01539 735583 or 01524 784920.

PARKIN and JACKSON Monumental Masons. New memorials, second inscriptions, repaints, regilds and renovations. Visit the showroom on 14 Appleby Road, Kendal LA9 6ES. Telephone 01539 722838. Free estimates and brochure on request. www.parkinandjackson.co.uk

NURSERY SCHOOL

ACORN MONTESSORI Mon to Thurs 8.45 am - 3.15 pm, Friday 8.45 am - 12.15 pm. Contact Melanie Knight 015935 35629 / 07971 828 797.

NUTRITION & WEIGHT

Want to shape up? Get more energy? Feel Amazing? I have done exactly that! Let me show you HOW. Call Debs 07949 311513 or 015395 58773 email debsandy@yahoo.co.uk

OPTICIANS

LAKELAND OPTICAL, Main Street, Grange. 015395 32951 Independent practice with owner/optometrist Lisa Sariwee. Private & NHS Examinations. NHS Emergency Eye Care service. Contact Lenses. Latest equipment, modern frames, friendly service. Thank you for supporting a local business. www.lakelandoptical.co.uk

PAINTING & DECORATING

Lee Logan Ltd Quality painting,



decorating & tiling. Reasonable rates, free quotes. Experienced, reliable, local. 07708 213079

D Logan Ltd painting and decorating. 07931258752

DAVID HODGSON experienced time served painter and decorator TEL 015395 34438 OR 07999953025

PRF DECORATING - NEW TO THE AREA PUNCTUAL, RELIABLE, FRIENDLY. All aspects of painting and decorating undertaken. Time served, free no obligation quotes. Call Paul Foster 07500 926601.

PAINTING & DECORATING

Trevor Bedding painting and decorating 07810717450

PEST CONTROL

TOWN & COUNTRY Pest Control Over 30 years experience. Most up to dates methods. 24 hour service. All aspects covered including Cluster flies. Wasps, Fleas, Rats, Mice, Moles. Tel. 015395 62795. Mob 07887 977 085. www.tandcpestcontrol.co.uk

PET FEEDING

THE DOBSONS

Dogs cats and other small animals 01539522612

Jude 07914 644852 Fully insured, experienced, kind and caring

PET SITTING

Care & sleepover services, in your home, for pets and smallholdings. Trustworthy/reliable, experienced, former veterinary assistant. Suzanne 07979 792467

PICTURE FRAMING

Picture Framing Service at the Beach Hut Gallery - Kents Bank Station. beachhutgallery@googlemail.com 015395 35959.

PLUMBING & HEATING



Miniheat
PLUMBING & HEATING ENGINEERS Est. 1968

GAS LPG PLUMBING

Shop/office 015395 32053

office@miniheat.co.uk

RICHARD WYATT PLUMBER From bathrooms to ball valves no jobs too small. Daytime 0777 260 2506, evenings 015395 58862.

TAYLOR

Plumbing and Heating Engineers Gas Safe Registered, Lindale **Darren Taylor 07778 394 206**

A. TYSON PLUMBING & HEATING LTD.

Gas Central Heating Worcester Accredited Installer Gas Safe Registered 015395 32761 - 07967 384 114

P.W. Gas Services Plumbing & Heating Gas Safe Registered OIL - GAS - LPG Worcester & Baxi Accredited Installer Phil Wood 07793 543440

MJK Plumbing & Heating Ltd.

Professional and friendly, fully insured. Domestic and commercial. Emergency call-outs. Boiler & plumbing repairs. All plumbing undertaken to a very high standard, we only use the best materials to ensure a quality job. Call 07918 191540

PORCELAIN RESTORERS

Porcelain, Ceramics, Paintings restored. JM RESTORERS. 015395 68915.

**Please support
our local
businesses**

POWER WASHING

POWER WASHING SERVICE
TEXT OR CALL MARK: 0736898485

PATHWAYS
PATIOS
DECKINGS
DRIVEWAYS



Paths, patios, driveways, decking, fencing etc, John Wrigley 07885 532365

John Nottingham 34904

Power Washing Pathways, Patios, Deckings, Driveways Mark 07368 984485

Under Pressure - Exterior Cleaning Services Our services include Pressure Washing, Gutter Cleaning, Traditional Window Cleaning and Sealing Services. Contact Daniel for a free quote on: 07500 772158

PROPERTY MAINTENANCE

BUILDING SERVICES stone facing, water mains and drainage. Pressure washing, painting. Free estimates, all work guaranteed. Call Martin Eland 015395 59472, mobile 07821 260 730.

Repairs, alterations, small building/joinery projects our speciality. Time served joiners, John 07885 532365

PROPERTY TO RENT

Retail property to rent, Main Street, Grange over sands, for details please apply to chris@directimage.tv or Tel.07867551144

REMOVALS

Steele's Removals Ltd

Local * National * International
Secure Self- Storage 24hour access
+ Self-Drive Removal vans
Storage facilities in Flookburgh
www.steelesremovals.co.uk
info@steelesremovals.co.uk
01229 820 777

SHEDS

GRANGE SERVICES - shed removal, repair, and installation, Steve 07968 100114

STORAGE

GENERAL/CARAVAN/BOAT STORAGE. Lawler 34136.

Caravan, boat, trailer and motorhome storage. Grange over sands area. All year round. Secure compound. Tel Paul 07774 822069

TAXIS

A Star Taxis - all airports, local and long distance. Shopping trips and hospital appointments. Phone Ally or Debbie 07805 862658

24/7 Taxis
(Promenade Taxis)
015395 63405

7 days a week taxi service
4.6 & 8 seater cars
wheelchair access vehicles

we do all work inc airports, stations, hospital/docs, shopping and tours.
Accounts and Contracts available.

PAINTING & DECORATING



DIFFERENT STROKES

PAINTING & DECORATING LTD

For your peace of mind we are now operating in-line with the current Covid19 safety precautions

Unit 1a, Station Yard, **Grange-over-Sands** LA11 6DW Please visit or give us a call should you require a **FREE** quotation for any size decorating project.

TEL: 015395 35832 | EMAIL: info@differentstrokes-uk.com | WEBSITE: www.differentstrokes-uk.com



COLOUR YOUR WAY



TILING

Walls & Floors expert tiling service, call me with your plans, Howard 07748 800741

Lee Logan Ltd 07708 213079

TREE SURGEON

Max Reynolds Tree Services - fully qualified, professional and reliable Arborist covering all aspects of tree work and forestry contracting for both commercial and domestic clients. 07376804724 enquiries@maxreynoldstreeservices.com www.maxreynoldstreeservices.com

TREE SURGEON

The Care of Trees - 15 years experience in all aspects of pruning and removals. Tree surveys for planning applications & condition and risk assessments. Contact Matt 07595 050821 or info@thecareoftrees.co.uk

BT FORESTRY Based in Grange. Tree, hedge and dead branch removal, storm damaged trees, pruning and bird/owl box installation. Call/text Ben 07746995045

TREE SURGEON

Acorn Tree Services in Grange. 07771 680 919 or 015395 34299

WINDOW CLEANING

SKB WINDOW CLEANING

Now offering high level gutter clearing up to 4 stories All work checked by inspection camera mob: 07783802192 tel: 015395 62852 e.mail: windowcleaner311@hotmail.co.uk

WINDOW CLEANING

ClearView 015395 33810 or 07971 344277

YOGA

WILD SOUL Yoga classes, private sessions, Indian head massage, nature walks, events and retreats. Wild Soul studio, Victoria Hall hello@mywildsoul.co.uk www.mywildsoul.co.uk 07779601354

ROOFING

Your local roofing specialist
With over 35 years of experience

- ✓ Pitched roof, slating & tiling
- ✓ Leadwork / welding
- ✓ Gutters
- ✓ Velux Installation
- ✓ Chimney Stacks
- ✓ Repairs & re-roofing
- ✓ All structural work undertaken



All aspects of roofing

Tel: 015395 68046
Mob: 07824 469427

Email: nc@carter-roofing.co.uk
www.carter-roofing.co.uk



BRACKEN'S

ROOFING
& BUILDING COMPANY LIMITED



Est. 1997 - 30 years experience | Re-roofing slate, tile, pitched, lead, flat roofs
Installation of Velux windows and roof lights | Insulation work (up to building control standards) | PVC guttering and fascia boards | Listed property works
Lead work | Slate repairs

Tel 01539 733401

info@brackensroofingkendal.co.uk

Bracken's Roofing & Building Company Limited | Unit 9B, Lake District Business Park
Mint Bridge Road | Kendal | Cumbria | LA9 6NH

Registered as a limited company in England and Wales under company number: 03362418

Commercial & Domestic

VELUX®



Covering Cumbria and Lancashire

ASK Roofing

Specialists in Listed Buildings, Natural Slate,

Slate & tile repair | Chimney work | Guttering | Ridge tiles | Re-roofs
Lead work | All felt and fibreglass flat roofs | Wood & UPVC fascia boards

Registered Velux window installer.

www.askroofing.co.uk

Grange: 015395 35635
Email: info@askroofing.co.uk

Mobile: 07788 411602
FREE ESTIMATES

HOME SERVICES

- Man and a Van Service
- Property Security Checks
- Carpet & Upholstery Cleaning



- Pet Feeding
- Cleaning
- Baby Sitting

Our man with a van service can deliver from a letter to a sofa and any distance in the UK. We have the very latest commercial carpet cleaning machine to make your carpets look and smell as good as new. We can carry out all types of cleaning from domestic to commercial. Our pet feeding and dog walking is a totally bespoke service please get in touch with your requirements. If you want a night out and need a babysitter please let us know we will be glad to help you. Whilst you are away from your property if you would like your plants watering or a basic check of the premises etc please let us know.

Contact us today for a friendly, no obligation chat... Tel 015395 22612 or 07704032012

Email - thedobsonsketh@gmail.com www.thedobsonsonline.co.uk

PROPERTY SERVICES

hartmanns Property Services

- Bathroom and Kitchen Refurbs
- All Electrical Works
- Electrical Appliances
- Renewable Energy
- CCTV
- Handyman Service
- Power Washing
- Gutter Clearance
- Grass Cutting
- Garden Tidy
- Fully Insured and Approved
- No Job Too Big or Small
- Free Quotations

Tel 07876 231671



PAINTING & DECORATING

D. Logan Ltd.
PAINTING & DECORATING

- 18 years experience
- Internal and external

Contact David for a free quotation
07931 258 752 or 07732 362 186

PLUMBING & HEATING

A. TYSON
PLUMBING AND HEATING LTD

185147 30 years experience

Gas Central Heating

WORCESTER
Boiler Group
Accredited Installer

• HIGH QUALITY • FRIENDLY SERVICE •
• REASONABLE RATES •

FREE ESTIMATES
Tel: 015395 32761
Mob: 0796 7384114

PLUMBING & HEATING

Wareing & Son Plumbing & Heating Engineers

Locally established with over 40 years experience.

No Call Out Fee
Prompt, friendly service
Tel: 35425



Richard Wyatt
Plumbing & Heating

richardwyatt@live.co.uk
07772 602 506 / 015395 58862

TAXIS

ECONOMICAL TAXIS LTD
P & J BUSHELL

Ring Paul or Joan
Tel: Flookburgh 58901

PAINTING & DECORATING

Andy Huddart Painter & Decorator

- 35 years experience
- free no obligation quotes

07766 337 625

andyhuddart@btinternet.com

Next Deadline 14th July

Miniheat
PLUMBING & HEATING ENGINEERS Est. 1968

• GAS • LPG • PLUMBING

WORCESTER
Boiler Group

2 DEVONSHIRE PLACE, KENTS BANK ROAD
Shop/office 015395 32053
office@miniheat.co.uk

REPLACEMENT UPVC

IAN BUCHAN WINDOWS

UPVC Windows, Doors
Replacement Double-glazed Units
Repairs I Fascias, Soffits etc

015395 32593 | 07971 698541
Email ianbuchan17@gmail.com
Assure registration | 30 years experience

WANTED

TOOLS, gardening, joinery, engineering etc. Garages cleared. Tel 32793

Clocks by Barber of Winstar and other Lake District makers 01229 822680

War Medals WW1/WW2 & earlier Also badges, bayonets, swords, helmets, uniforms, anything military considered. Also interested in Railway Items, Lamps, Signs etc. Tel Colin 07712206786

Old suitcases, trunks, leather bags, wooden boxes, wooden tool boxes, wooden ladders, galvanised / enamel buckets, watering cans, old kitchenware, TG Green 'blue and white' Cornishware, Sewing machine cast iron stands Peter 07539 290 879/eigerbird@hotmail.co.uk

FREE FOR SALE

Next deadline is 18th August, subject to space. Five items max. Single items max £200, in writing to our offices or e-mail info@grangenow.co.uk, include your name and address

Stihl TS 350 Stone Saw (needs full service) c/w almost new diamond blade £70.00 Tel 015395 36952

Matching pair black chrome plated table lamps with shades. Excellent unmarked condition. £35 ovno. Outdoor glass topped table and two chairs. Rattan style. Little used. £35. 015395 32584

Dining Table (Teak) with 4 chairs, octagonal shaped, extendable £100 Tel: 015395 36563

4 x wooden farmhouse kitchen chairs £10 each vgc Tel 07815 450 881 Grange over sands Office Chair. Height Adjustable. Swivel Action. Brown Upholstery. £30. Portable Toolbox. Length 19". Includes Variety Hand/ Diy Tools. £20. Pocket Binoculars. Case. New. 10x25. 114m/1000m. £20. Kenwood Handheld Electric Foodmixer/ Whisk £10. 015395 33853.

Stihl petrol strimmer with Kombi chainsaw attachment £90. Murray (Briggs & Stratton) 18 volt electric mower, 37cm with twin batteries & charger. 3 years old. £75. 07717 2077 86

Corner work station. Like new. £75. 07494 706299

Electric Tandem with panniers for sale, robust, excellent condition £750 ono Tel 07970 845573

Caravan accessories: Wheel lock £55, Hitchlock £40, Towing cover £85, Kolapz water barrel kit £10. Tel 0788 4955582

New, never used, beautiful glass and chrome table and two white leather effect and chrome chairs. Cost £600, accept £200 Tel: 07787853994 or 015395 38800

Electric fire dimplex XLS with remote control. Inset or freestanding vgc £25 07934 193899

ACCOUNTANCY, TAXATION AND BUSINESS ADVICE

ACCOUNTANTS



- Year End Accounts
- Cash Flow Forecasting
- Business Planning
- Company Formation
- Tax Returns
- Bookkeeping
- Periodic Accounts
- VAT Returns
- Payroll
- Auto Enrolment

015395 36163 www.bfmsltd.co.uk

3 Lowther Gardens, Grange-over-Sands, LA11 7EX

