



Lido Fundraiser, locals swim the Channel - page 3

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What is an LPA?

A Lasting Power of Attorney (or an LPA as it is often called) is a legal document which enables you to appoint someone of your choosing to make decisions on your behalf if it is no longer possible for you to do so on your own.

What does it do?

There are two types of LPA:-

Property and Financial Affairs

Your Attorney be able to assist you with managing your finances; this can be anything from helping you to pay day-to-day bills or assisting you in managing your investments. This does not however mean that your Attorney will have free reign over your assets as there are there are strict rules in place.

Health and Welfare

This enables your Attorney to make decisions for your medical care. This includes consulting with doctors when you become unwell and making sure you have a suitable place to live if need be.

But I have full capacity right now... do I still need an LPA?

Most people assume that as they have full mental capability right now, this isn't something they need to worry about until later down the line and if worst comes to worst, their next of kin can just step in and help them out... that there is plenty of time to put measures in place when the time comes.

Unfortunately, this way of thinking leaves a lot of people in a difficult situation as you cannot predict when and if you are going to lose capacity.

The only alternative once you have lost capacity is to pursue a Deputyship under the Court of the Protection, but this is a costly and long application and often can result in a person who you wouldn't necessarily have chosen being appointed to look after your affairs.

If you would like any more advice moving forward, please contact our team of experts today.

LEGAL PEACE OF MIND SINCE 1903

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The Grange Shed



A bit of a change this month we were allowed out in public!

Seriously, we had a stall at the PEAT Eco Fair at the Victoria Hall it was a great day with lots of people and organisations encouraging everyone to care more for the environment by recycling, growing our own food, being eco friendly and not simply throwing things away. What has the Shed got to do with that? Well, we recycle lots of wood and we have repair skills that can keep mechanical and electrical equipment and musical instruments going.

We were able to display

some of the things we make. Anyone for bird, bat or hedgehog boxes, we can turn candle sticks and make coaster sets. We are also actively seeking new members so that we can expand our opening times and range of services.

We will also be at the next Repair Café on 3 November at the Methodist Church Hall and will hope to see people there. If you cannot make that we are happy to see people when we are open on any Monday, Wednesday or Friday morning at Back Yewbarrow Terrace, between about 10.00 and 13.00. Hope to meet lots of people.

Celebrate with Friends at Christmas

Join Friends at Christmas on Christmas Day.

If you live on your own in the Grange area, we would love to see you. The event includes lunch and entertainment and it is an

opportunity to be with other people on Christmas Day. This is a free event but you do need to register in advance for a ticket. For further information, please phone Steph on 36426.

Future Deadlines

ISSUE	DEADLINE	RELEASE
GN387	17th Nov	30th Nov
GN388	15th Dec	29th Dec

Local Group Swim the British Channel



Four local swimmers recently swam the British Channel (the Everest of swimming!) for a personal challenge and also to raise funds for Grange Pool.

The self-funded adventure was hatched at a regular swimming session at Fell Foot, Windermere earlier this year where, swimmers supportive of the Lido regularly meet to swim. (Facebook Group Team Save Grange Lido if you are interested in swimming with them).

Amy from Kents Bank hatched the plan and encouraged Ali (Ulverston), Catherine (Lancaster) and Ian (Allithwaite) to join her in a 22 mile relay swim between Dover and somewhere in France.

Training started with regular outdoor swims, a training week in Bournemouth and sea swims at Earnse Bay off Walney Island. Using a support boat, they also practiced the swim in Windermere replicating swimming at night and each swimmer performing multiple swims and practising legitimate changeovers.

The big swim commenced 15th September at 9.25am with Sea Satin as support vessel and an official observer watching every move. Weather conditions were good, the sea was calm and the team were nervous but optimistic about the challenge ahead.

Catherine commenced the swim and each swimmer swam for one hour with changes at 25mins past the hour. The first ten hours were fairly uneventful apart from seeing a porpoise jumping and sharing the shipping lanes with rather large ships (the English Channel is the busiest shipping area in the world).

A WhatsApp group had been setup to allow people to track the boat and the swimmers. This group was a fabulous area of positivity and was used to provide encouragement to the swimmers after they had finished their leg of swimming. Ian was wearing a Smartwatch and it vibrated when a new message landed, he stated that it was incredibly encouraging whilst swimming. Poems, songs and general well wishing provided much joy as Amy, Ali, Catherine and Ian pushed towards foreign shores.

The team have a crowdfunding pot in place and such was the interest in the swim and the Lido itself this has swelled to over £8100 (<https://www.justgiving.com/crowdfunding/SaveGrangeLido>) from people's generosity. The team swam for 16hours 54mins, covering a distance of 43 miles. Amy, Ali, Catherine and Ian would like to thank everyone who supported financially or with words of encouragement.

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Investment Matters

By Ian Hartley CFPTM, Chartered MCSI

"How much money do I need in my pension to be able to retire"

Like most things in life
there is no stock answer,
quite simply the amount
you need will depend upon
so many factors all of which
will be personal to you.

The key objective for
most people is to ensure
they have enough income
to cover their essential
expenditure, discretionary
expenditure and any capital
purchases for the rest of
their life and potentially
their spouse/civil partner's
life. It will also be important
to factor in inflation, as this
can have huge impact over
time.

The first thing to consider is
when do I want to retire and
what guaranteed income
sources will I have, such as
State Pension, Company
Pension's and Rental
Income to name a few

although Rental Income is
not always guaranteed.

If you're planning on
retiring before these
income sources are due,
then there will be a gap to
fill and it will be vital that
you have enough savings,
investments and personal
pension funds to fill the
gap.

Once you have started to
receive your other income
sources, if these can
deliver enough income for
the rest of your life then
this provides a great deal
of reassurance, however,
these often fall short so
your savings, investments
and personal pension funds
are vital to maintain your
lifestyle and standard of
living.

It's at this stage we suggest
that professional financial
advice is sought to help
with such an important and
complicated area.

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
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Mayor's Report

It has been a quiet month on the Mayoring front.

On 29th September, Sheila
and I was invited to attend
the K Shoes Male Voice
Choir event at the Vic. It
has been a while since I
heard a male voice choir in
the flesh and the K Shoes
Choir did not disappoint.
They gave us a very varied
programme, which they
delivered most professionally.
The funds raised on the night
were destined for St Mary's
Hospice, a very good cause.
They may well be back next
year, so keep an eye out and
give them your support.

On Sunday 8th October I
was on duty again at the
Lions' Charter Lunch, a joint
charter for Grange Lions and
Windermere and Bowness
Lions. Never having been to a
Charter before I was not sure
what to expect and prepared
a speech, much too long. The
speakers before me were
mostly quite short, so I had to
do some pruning on the hoof.
I'll know better if there is ever
a next time. Again, part of the

proceeds from the lunch were
going to St Mary's.

It seems that it costs £3.3
million to keep the Hospice
open for one year, a good
slice of which needs to be
sourced from fundraising.
They do a marvellous job
of providing essential care,
both residential and in the
patients' own homes. As
individuals, let's hope we
never need them but please
keep supporting them. The
new Manager of the Victoria
Hall, Sarah Wisemann,
should be in place on the 31st
October. She will need a little
while to settle in but will, no
doubt, wish to make a few
adjustments here and there.
Please give her a breathing
space to get her feet under
the table. We are still short
of Councillors and if you
are fed up with me going on
about it, you can shut me up
by coming forward to join the
Council. It's your town, come
along and contribute to its
future and wellbeing.

Roger Handley, Grange Town
Council



CHRISTMAS MARKET EXTRAVAGANZA

1-3 December 10am-4pm

The heated marquee and courtyard glow with twinkling lights hosting artisan
stalls filled with festive gifts, handcrafted art and foodie treats. Harry's cafe will
be serving seasonal delights, along with Harry's Braai and street food stalls,
mulled wine & mince pies, and live music to entertain. A shuttle minibus brings
you to the barn, with a £4 entry fee (children free) and every visit
supports High Newton Village Hall.

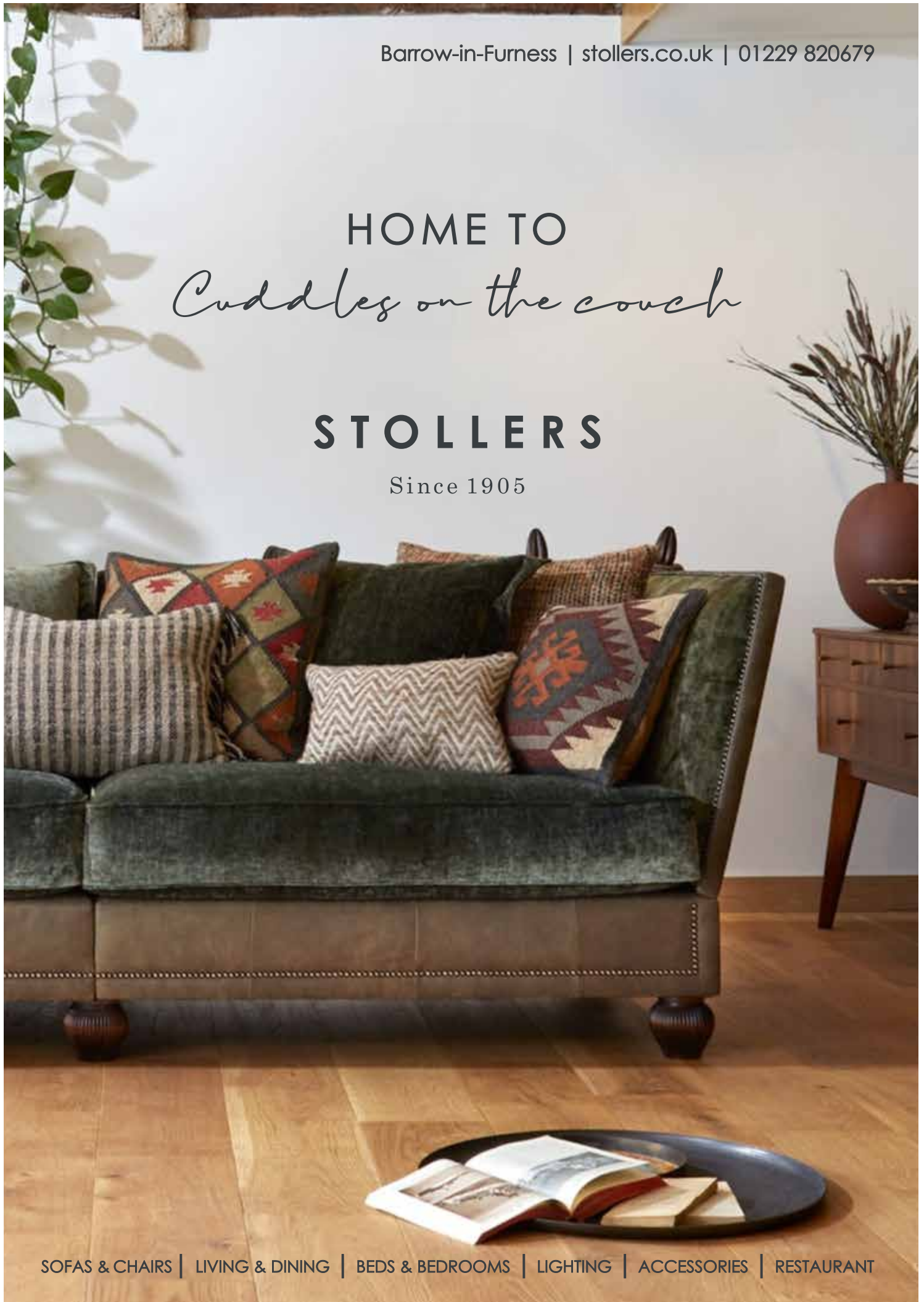
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A buzzing atmosphere at the Eco Fair

A buzzing atmosphere, a brilliant range of stalls, produce, displays and activities, interesting short talks all day, hot drinks and homemade cakes, visitors of all ages including local schoolchildren – the Eco Fair at the Victoria Hall on Oct 12th had all that and more!

The event was organised by Peninsula Environmental Action Together (PEAT) to highlight how climate change and biodiversity loss could affect us locally and consider what projects and individual actions we can take to ensure a sustainable future.

Stallholders selling produce had been selected for their great environmental credentials and were happy to chat to visitors about their products.

Children from local primary schools chatted to stallholders, enjoyed some activities prepared for them



and completed worksheets about what they had learnt, to share back at school. Jenny Sanderson, a soil health expert, was delighted by how many people brought samples of garden soil to look at under the microscope and were fascinated by what they saw.

At the next table, Master Composters were on hand to give advice about soil health and its importance for food-

growing and wildlife.

Organisations that monitor and protect the natural world had stalls and displays; the RSPB, South Cumbria Rivers Trust and Cumbria Wildlife Trust. They reported having lots of great conversations with people looking round.

The staff from Cumbria Action for Sustainability (CAfS) had plenty of interest in their Cold to Cosy and Solar Made

The Eco Fair at the Victoria Hall

Easy schemes as well as giving advice about retrofitting homes to make them more energy-efficient.

The feedback from stallholders and visitors has been tremendously positive with many requests for another eco fair, so if you missed it, look out for the posters going up next year!

New Community Beat Officer



Let me introduce myself. I am Police Constable 1807 Simon Eyres and am your local community officer for Grange, Cartmel, Levens and Newby Bridge including most of the villages in between.

My official title is Community Beat Officer or CBO for short. I have been a serving police officer for nearly 20 years and for the last 13 years I have been a roads policing and firearms officer.

When the opportunity arose for a CBO in the area in which I live I applied and thankfully was appointed the position. I start my shifts at Windermere police station, but once topped up with my appointments

(radio, handcuffs, baton etc.) I make my way into Grange, or wherever I am first required.

With the police now working jointly with the fire service under the Police Crime Commissioner I have use of Grange fire station, so if you see a police vehicle parked outside please feel free to knock on the door for a chat. I endeavour to get out and about on foot as much as possible and am sure lots of you have already noticed (possibly in amazement) at me "walking the beat" in town. I am more than happy to stop and chat about the weather, crime or any questions you may have so don't feel shy in stopping me. Along with my colleague, PCSO Jayne Park, we will promote "Drop Ins" at Grange, Flookburgh, Levens and other villages so that you, our community, can come and see us face to face and discuss any issues. We will endeavour to advertise these in Grange Now and on the Cumbria Police website.

One of the issues presenting

itself concerns our youth gathering in the shelters on the Prom. There is no issue with them hanging out here especially in poor weather but I do object to graffiti and litter as do much of the community. I have already spoken to a small number and asked them to please tidy up after themselves, which on checking later, they had done. On the whole the youths I have seen are well mannered and polite but sadly it only takes a few to give them all a bad reputation. Alcohol is the main contributor and I will be taking it away from anyone I find underage drinking.

Cumbria and specifically the South Lakes is a beautiful and extremely safe place to live and I will do my utmost to serve my community and keep it a safe place to live, work and play in. My work email is simon.

eyres@cumbria.police.uk and please drop me a line with any concerns that you think I can assist with.

Police surgery - 16th November 10am -12 at Brookes Supplies Café in Flookburgh.

In an emergency always ring 999.

Simon Eyres PC 1807

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Lakes Property Services Ltd



When 2 holiday let owners from Cartmel that were customers of Orian Property Services heard the news about the planned closure of the business at the end of September, they were, like many others, extremely worried.

This was likely to have a huge effect on the holiday let industry in the area and owners were understandably concerned about the continuation of their businesses and the services Orian provided. From getting to know the staff over the years of being customers, Stephen and Charles were also saddened to hear that almost 40 jobs were at risk....that's 40 local families affected in the run up to Xmas in what are already tough times.

They entered into discussions about a possible takeover and managed to move quickly to get a deal over the line in time for October 1st. They have already started to invest heavily in the business, with new

laundry machinery, vehicles, linen and staff uniforms. Lakes Property Services are providers of cleaning, laundry and maintenance across the South Lakes to holiday let properties, guest houses and small hotels. "Our aim is quite simple. To provide the best service possible to all of our loyal and valued customers, whilst creating a real family environment within the company, where the staff all pull together and create and maintain the highest of standards." "During the busiest period of the year in July and August, the staff were extremely busy amidst a lot of uncertainty regarding keeping their jobs... the attitude they all displayed was nothing short of remarkable in the circumstances."

"We aim to build on these solid foundations and with our hands on approach gain the reputation as the best service around."

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Heydays Autumn News

Dear Friends,
We've had a busy couple of months, running lots of great workshops for our cares, including dementia training from the brilliant Alzheimer's Society. Our Lunch clubs are still as popular as ever – the next one will be on Tue 14th November at The Pheasant, Allithwaite.

Live-in Care


A personalised alternative to residential care. Continue to live independently at home when your care needs change, with the help of a Heydays live-in carer and our friendly, professional management team. We currently have availability for live-in care across the North West – call us to enquire.



Join us at our Christmas Party!

Wed 13th December, 12:30 – 2:30pm
at High Newton Village Hall.

The perfect chance to get into the Christmas spirit! Come & enjoy a fun afternoon, a glass or two of mulled wine, some festive nibbles & a piece of Christmas cake.

 **FREE for clients and £7 for non-clients.**
Call us to book 015395 52548 by 1st Dec.

Christmas in Cartmel 2023

The popular Christmas in Cartmel festival will be held on Friday, November 24th to launch Christmas celebrations in the village.

Extensive street markets with stands selling seasonal goods will be open from 10am to 7pm in the main Square and outside the Priory from 10am to 7pm with live music throughout the day to add to the festive atmosphere and Christmas lights illuminating the village centre.

Santa will make his usual grand entrance to the village around 4.45pm in his carriage drawn by Cartmel's famous Black Horses and will dismount at the Priory to set up his Grotto in the church to give presents to girls and boys who have been good. Cartmel Primary and

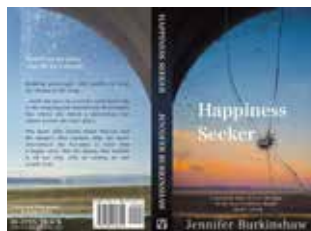


Santa arrives for Christmas in Cartmel in his carriage drawn by the Cartmel Black Horses.

Secondary schools will also have stands in the church to entertain young visitors.

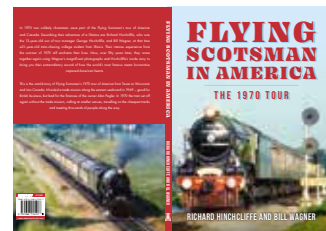
For everybody's safety around the street markets, the central village will be closed to traffic from 9am to 7.30pm with routes clearly marked to free parking on the Racecourse and the exit (similar to race days) through the woods to Cark Road. Profits from the event will be donated to local charities.

Book Press Launch & Signing at Daisyroots Book Shop



Customers at Daisyroots Books will have the chance to meet two local writers on Saturday 4th and Saturday 11th November respectively, as we help to celebrate and promote their books to local people and visitors alike.

On Saturday November 4th between 1pm and 3pm, Jennifer Burkinshaw will be launching her brand-new novel for young adults, *The Happiness Seeker*. Set in and around Grange-over-Sands and Morecambe Bay, the novel draws you into the story of a sixth form trip, a lethal setting and a week that changes everything. Some of the life-changing events Allie, the main character,



experiences take place on the promenade, including the bandstand and lido, at Kents Bank station and Cartmel Priory as well as Morecambe Bay itself.

On Saturday 11th November between 2pm and 4pm, Richard Hinchcliffe will be talking about his latest book, *Flying Scotsman in America: The 1970 Tour*. This is the untold story of Flying Scotsman's 1970 Tour of America from Texas to Wisconsin and into Canada. Richard, with Bill Wagner describe their adventures and how the world's most famous steam locomotive captured American hearts.

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Medieval Spectacular Delights the Crowds



The restored Market Pinnacle and Fish Slabs are unveiled by Mike Gibbons of CVS, project manager Cllr Barry Dean, Cllr Mike Lamb of ACPC and the Rev Nick Devenish of Cartmel Priory church.



Iron Shepherds' Donation from CVS

The Medieval Cartmel Festival to celebrate the restoration of the village's historic marketplace on Saturday, drew some 2,000 visitors for a day of historic reenactments, guided tours and markets.

The village was looking its best decked out with banners with street markets in the Square and outside the 11th Century Priory church.

Activities were launched with the formal unveiling of the restored Market Pinnacle and Fish Slabs by Mike Gibbons of Cartmel Village Society and Mike Lamb the chair of Allithwaite and Cartmel Parish Council. The crowds were then entertained through the day by a rolling programme of the Caliban's Dream medieval minstrels, juggling jesters on stilts and dramatic appearances by



Cartmel Black Horses with knights make a dramatic appearance in the Square.

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the Cartmel Friesian Black Horses clattering through the village ridden by armour-clad knights. The local Iron Shepherds' medieval peasant re-enactors set up camp in the Priory grounds whilst a wandering monk was on hand to describe the rigors of monastic life to visitors. Tours of the village and rare public access to the Priory's Bell tower were quickly sold out.

The yellow-coated volunteers cheerfully greeted spectators, giving directions and answering questions. The day's events concluded with an evening Celebration in the Priory for locals and helpers and included votes of thanks to the National Lottery Heritage Fund for their generous grant topped up by Cartmel Village Society and Allithwaite and Cartmel Parish Council, raffle prizes donated by local businesses, and the efforts of the organisers and volunteers that had made the day a great success. Even the forecast rain held off until most of the main activities

had been completed.

The village is now preparing for its popular Christmas in Cartmel festivities and markets on Friday, November 24th with a reappearance of the Black Horses towing Santa to his Grotto in the Priory.



Caliban's Dream Steve and Kate

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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

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Live-in care and support



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Two opportunities for volunteers

Grange Community First Responders and Grange Seroptimists are both looking for new volunteers to assist them in providing well established services appreciated by the local community.

COMMUNITY FIRST RESPONDERS are professionally trained volunteers working in partnership with the North West Ambulance Service (NWAS) to provide vital life support and care to patients with life threatening symptoms until the ambulance crew arrives on scene. Having successfully recruited a new treasurer for the management team the future is more secure and we are now in a position to be able to expand our team of operational first responders. We are appealing for physically fit adults who are car drivers (over 18 years) who have access to a vehicle and a few hours to spare who are willing to undertake the necessary initial training provided by NWAS. Previous experience

working in a medically related profession is desirable but is not a requirement, as all responders are trained up to the standards needed for the role. If you are interested in applying or need additional information please get in touch with Jane Strawbridge.

GRANGE SEROPTIMISTS are looking for volunteer gardeners to help the existing team who work in the award winning Sensory Garden located within Park Road Gardens. Currently, team members work in pairs or groups of three for two to three hours once every three weeks, but we hope to be able to change this to a four week rota if we manage to recruit more volunteers. We can guarantee you a warm welcome and friendship whether you are an experienced gardener or a novice willing to learn new skills. Please get in touch with Jane Strawbridge if you are interested in either volunteer opportunity I look forward to hearing from you. Mobile phone 07713 085002 Email janestrawbridge@icloud.com

Location of defibrillators Grange Town and Surrounding Villages

GRANGE TOWN AREA

Avondale Dental Care
Bay Rescue Shop
Clare House Hotel
Grange Fire & Rescue Station
Grange Golf Club
Grange Hotel
Grange Institute
Grange Library
Grange Medical Practice – The Health Centre
Grange Methodist Church
Grange Primary & Infants School
Grange Railway Station
Graythwaite Court
Hazelmer Cafe
Netherwood Hotel
Oasis Dental Care
Pavilion Playing Fields
Promenade Cafe
St Charles Catholic Church
St Pauls Anglican Parish Church
Tesco Store
The Keg and Kitchen
United Reformed Church
Victoria Hall

SURROUNDING AREA AND VILLAGES

Allithwaite Community & Sports Centre
Allithwaite Primary & Infants School
Allithwaite - Boarbank Hall Nursing Home
Allithwaite – The Pastures, Templands Lane
Cark - Public Toilets & Play Area
Cartmel Cricket Club - racecourse pavilion
Cartmel Primary & Infants School
Cartmel Priory School
Cartmel Surgery
Cartmel - Unsworth's Yard
Cartmel Village Hall
Cartmel Fell Parish Hall – St Anthony's Church
Castle Head Field Study Centre
Field Broughton Parish Rooms
Flookburgh - Cockles Stores
Flookburgh – Haven Holiday Park
Flookburgh Primary School
Flookburgh - Ravenstown Social Club
Flookburgh – Sandgate Country Park
Grange Fell Golf Club
Holker Hall - restaurant
Lindale - Alnat Industrial Estate
Lindale - Archway Veterinary Practice
Lindale - Audi Car Showroom
Lindale Bowling Club
Lindale Primary School
Lower Holker Village Hall
Meathop Caravan Park

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Thursday 30th November



1.30PM - 3.00PM



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Grange-over-Sands
Victoria Hall



Getting older can sometimes mean you feel isolated and lonely. Join us and meet other people in our community and find out what support is available.



DAME EDNA & CROCODILE DUNDEE



This year, we decided to combine The Old Vicarage's annual BBQ with our globe-trotting theme for the celebration of countries. Australia was selected as the country most fitting for as they say, "a barbie". What made this event special for Ena, was a visit from her son, Keith who lives in Australia! So, without much ado, we gave Keith an apron and he kindly made the burgers, like they do 'down under'. We were very lucky to have the Dame Edna Everage, Crocodile Dundee, and Steve Urwin Appreciation Societies present! But we think Skippy, who was able to sing along to all the Abba songs and who brought along some inflated friends, was an absolute star!

But the biggest stars for this event were the residents, families, and friends who were 'good sports'. See you next time when we celebrate England for our Bonfire Party with our guest, Guy Fawkes - time for the matches again!! More photographs can be viewed on the blog page of our website

INTRODUCING OUR NEW TEAM

We recently appointed Sue Wilson as our new Care Manager, and in short space of time Sue has successfully filled all of the vacancies we had at The Old Vicarage. We have two new Night Care Assistants, Mike, who has relocated from Dorset, and Isabel. Our newest recruit is Sky who is amazing at PR! At this point, we think we should tell you that Sky is Sue's 15 year old Border Collie!



A NEW ROLE FOR CLAIRE



After much consideration, Claire Plevin has decided to step down from her management role and return to her original vocation which is cooking (she originally trained as a Cordon Bleu trained chef). After providing a fabulous level of care and management for over 15 years, Claire is now our new part-time Cook. With the fabulous combination of both Denise and Claire's qualifications and culinary skills, our menus will undoubtedly delight!

Cartmel Gets Lit Up Ready for Christmas



Cartmel gets lit up ready for Christmas on Friday 24th November.

Villagers and businesses get their Christmas decorations and twinkly lights out early as part of Christmas in Cartmel. The team of volunteers would love the community to get involved and make the village



especially vibrant and festive - prizes to be won! Natural foliage or neon, traditional or contemporary - show off your creativity and support the village event. Details of the event via FaceBook Christmas in Cartmel - please post your photos too. Awards sponsored by Cartmel in Bloom.

St Paul's 10th Christmas Tree Festival 2023



We are very excited to once again be hosting the Christmas Tree Festival at St Paul's Church, especially as this year is the 10th anniversary.

Last year we had 30 trees in church and if there are any new groups or organisations who would like to be involved, please do not hesitate to contact us at stpaulschristmastrees@gmail.com. We would love as many people as possible to be part of this year's festival, to help celebrate this

anniversary. The Christmas Tree Festival Reception will be held in church at 7pm on Thursday 7 December when Tim Farron will open the festival along with singing by the Bay Community Singers and children from Grange C of E Primary School. The Festival will be open every day from Friday 8 December 10am-4pm up to and including Friday 29 December (apart from service times and Christmas Day and Boxing Day). Everyone is very welcome.

Donations received will be sent to Bay Search and Rescue and St Mary's Hospice (in memory of Sue Wymer <https://www.justgiving.com/campaign/suescuddlebed>)

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Woodlands Restaurant

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Christmas Party

November & December

Whether you require an intimate evening or a large gathering for family, friends, or work colleagues we shall be happy to accommodate you.

We look forward to making your party a memorable occasion.

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£45 for 6 weeks / £9 per week drop-in

Contact Caroline 07813 952055 caroline_jackson@mac.com



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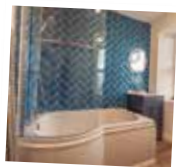


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Flookburgh Band

On Saturday 4th November
2023 at the Victoria Hall,
Grange, the Flookburgh band
and their Musical director
John Iveson will be performing
yet again with the Houghton
Weavers.

Please come along for a varied
evening of musical entertainment
and singing.

The concert starts at 7pm and the
usual refreshments will be provided
by Charity & Co. Tickets costing £10
(children under 16 free) are available



from: Cockles Flookburgh, online: www.trybooking.co.uk or on the door. (cash only). **Dates for your diary** Christmas concert : Saturday 16th December, Victoria Hall, 7pm

On the Grapevine - Grange Drama

The final rehearsals are taking place
for 'Murder in Play' by Simon Brett
and directed by Ian Wilson.

This will be Grange Drama's second
production at Lower Holker Village
Hall. Come and join us and you will
be assured of an excellent evening of
thrills, murder, mystery and plenty of
laughter.

Venue: Lower Holker Village Hall,
Cark, LA11 7NU

Dates: Wed 1st to Sat 4th November
at 7.30 pm

Tickets: Online from www.grange-drama.org.uk and on the door each evening [cash only].

Get a sneak preview of all the fun by
viewing the 'Murder in Play' display in
Grange Library.

If you would like find out more about
Grange Drama and our future events
you can visit our website and Facebook
page. You would also be very welcome
to join us for our pre- Christmas play
reading on 30th November at 7.30 pm
in the Grange Institute. Come along
and take part or simply sit and listen
with a cuppa and some festive treats.
We look forward to seeing you there.

Right photos from top to bottom:

Tanya as Pat, Jim as DI Delver

Pam as Lady Cholmondley

Andy as Major Pirbright, Claire as Lady
Virginia

Jonathan as Director Boris



Photos by (top 3) Pete Crocker and (bottom) David Pheasey

Steel Rhyme school workshop

Contemporary folk duo, Steel Rhyme
will be running a music workshop
at Cartmel CE Primary school on 17
November.

The session will be run by Gary
Hammond, long time performer with
The Beautiful South and Nina Simone
and Luke Carver-Goss - accordion/
guitar player and long-term musical
partner of performance poet and
broadcaster Ian McMillan.

Luke and Gary work with groups of
around 30 children to create dynamic
and textured layers of sounds and
song. The children will play a variety of
instruments, over which they will sing
songs that have been taught during the
workshop. The resulting piece will be
performed at the end of the workshop.
They are also holding a performance
at Newton in Cartmel Village Hall that
evening.

Squirrel benches arrive at Kents Bank Station



The Friends of Kents Bank Station & Foreshore are pleased to report that their squirrel bench project was completed in early October.

The benches were delivered to Kents Bank station by representatives from Procast Foundry Ltd. Northern's contractors then removed the modern benches from platforms 1 and 2 and replaced them with replicas of the Victorian benches pictured in early



photographs of Kents Bank station. Hopefully visitors and residents will agree that these benches enhance the station's Victorian heritage.

This project was sponsored by grants from Network Rail and South Lakeland District Council, with top-up funding raised at the Friends of Kents Bank Station & Foreshore's Connecting Communities event on 21 May 2023.

Photographs by Mary Rossall.

James Jeory wins silver

James Jeory, who used to deliver Grange Now, recently competed at the British National Taekwondo championships and won the silver medal.

The British national championships run every year at the Sheffield Institute of Sport and this year it was 30th September to 1st October.

James represents Cumbria Taekwondo in Kendal and has been training for approx three and a half years. James is currently in year 9 at Dallam school (aged 13) and is currently a blue belt at Taekwondo. Last year he went out in the first round but this year managed to fight his way to the final



where he was unfortunately beaten by his opponent from last year. James's Dad Darren told Grange Now, 'My thanks to the Cumbria Taekwondo club in Kendal whose coaches are unpaid and give up their time to train these kids 4 nights per week.' Congratulations and well done to you James.

And the winner is...

A hamper full of Fairtrade products, generously donated by Grange Co-op, was raffled at the Eco Fair on Thursday, Oct 12th.

We have the winner's name

on the stub but not a contact phone number. Please would ROSLYN get in touch and then we can arrange for you to collect your prize. You can email the organisers at peatmessages@gmail.com.

Grange District Natural History Society



Start of the fungal foray in Eaves Wood, Silverdale
(photo Deborah Jones)

A Season for Fungi & a Keynote talk

The Society ventured out of Cumbria for its annual Fungal Foray this year, but only as far as Eaves Wood, Silverdale.

Led by local expert, Helen Speed, a troop of members (also the term used to describe groups of fungi) found a window of dry weather between recent downpours to search for fungi in the woodland. Many of the finds were of small "wood-rotters", a consequence of the abundance of dead twigs, branches and stumps on our woodland floors. These are the product of the many high winds and storm events we now experience. The fungi have an invaluable role in recycling carbon and other minerals in our ecosystems. They have lovely common names: Bonnets (4 species), Parachute, Pinkgill, Webcap, Oysterling, and the common Yellow Brain jelly fungus. In our finds, we may have been 'low on quantity', but were certainly 'high on quality'.

Stephen Trotter, Chief Executive of Cumbria Wildlife Trust gave a spectacular start to our indoor programme with a bespoke talk on 'The Natural History of Grange-over-Sands- 70 years on', comparing the state of nature in 1954 when the Society was founded and the present. It was heart-warming to hear his assessment that Grange-over-Sands is 'outstanding for biodiversity', and slightly daunting to hear that 'we must keep it like that'. It was

pleasing to hear that GDNHS members are often the first to identify changes in species and habitats.

Stephen characterised the 70 years of the Society as a period of great change, which geologists are calling the Anthropocene; humans are having more impact than ever on the natural world. The latest State of Nature report 2023 shows that many species are now at risk of extinction. Increased rainfall deposits nitrogen oxide gases from vehicle exhausts on to our mosses and uplands, reducing their species richness. This atmospheric pollution causes coarse grasses to dominate, and encourages nettles and thistles. Light pollution, which does occur in Grange, causes earlier bud burst, and may even exacerbate blue-green algae growth in our lakes and tarns.

The biggest changes to Grange's environment occur in the Bay: Spartina (Common Cord Grass), first recorded at Humphrey Head in 1967, now dominates the salt marsh, and may protect Grange from rising sea levels – a form of 'soft' sea defence. A current challenge is to protect roadside verges, which have potential to become a linear nature reserve. Some notable successes for species conservation in the last 70 years include ospreys, buzzards, and otters. Visitors are always welcome at our meetings.

Peter & Sylvia Woodhead

Walk of the Month



Cunswick Scar, Underbarrow Valley and Scout Scar

DISTANCE: 9.5 miles

DIFFICULTY: Moderate,

Ascent 1100 feet

TIME (INC BREAKS):

5.5 hours

DIRECTIONS

Start: Limestone car park near radio mast.

Map reference GR SD489924 (OS Explorer OL7)

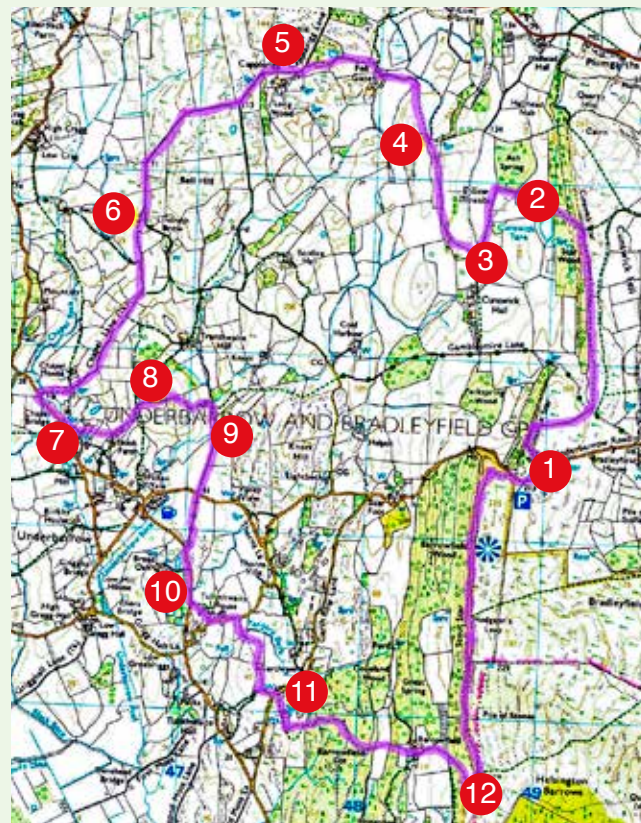
1/ Take footpath into wood. Keeping wall on left, cross Gramblesmire Lane and turn left with wall. Continue north along fell, turn left through kissing gate into wood and drop down to Cunswick Scar.

2/ Go diagonally across field to stile at left corner of Ash Spring. Take short path through wood, turn left along field edge towards Cunswick Hall.

3/ Turn right (signposted Crook Road). Follow left hedge to gated wall stile. After stile keep to right hedge. At end of field go through two gates.

4/ Head diagonally across field towards Fell Gate. After farmyard turn right, then take path on the left. Keep wall on left and continue to lane and turn left.

MAP SUPPLIED FOR ILLUSTRATION PURPOSES ONLY



5/ Take bridleway right (sp Lindreth Brow). Ignore bridlepath on left, then take right fork. Turn left onto path immediately before cattle grid.

6/ Go over two stiles, past stone building. Keep ahead down field, through a kissing gate. At next gate go ahead (Chapel Lane) to emerge on a road near Chapel House. Turn left.

7/ Pass church then left onto minor road.

8/ Turn left to The Birches, go through garden to stile. Straight ahead across two fields to Nook Farm. Turn left and follow track through farm.

9/ After gate turn right onto a path and keep to right hedge. Go through gate at field-end.

Follow left field edge, ignoring gate, to a stile on the left.

9/ Drop downhill towards a house, go through to lane and turn right. At end cross a road onto a track. At end turn left along road.

10/ Turn left prior to Tullythwaite House. Turn left onto lane, then right through a squeeze stile. Cross three fields, turn left and pass an old building.

11/ At road turn left, then right onto path and follow signs to Scout Scar.

12/ On reaching the ridge turn left. Walk along the ridge, past the Mushroom viewpoint. Cross the road back to the start point.



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Visitors are always welcome to join our weekly walks. Details of the starting time and place can be found on the Ramblers website.

Walks for November are:

Wed 01 Nov - Windermere to Troutbeck also visiting Holehird Gardens. 9 Miles, 1200 feet ascent. Moderate
Thur 09 Nov - Kirkby Stephen and the Nine

Standards. 9.8 miles, 1933 feet ascent. Strenuous.

Thur 16 Nov - Details will be released nearer the day
Wed 22 Nov - Orrest Head, School Knott and Brant Fell. 8 miles, 1500 feet ascent. Moderate

Thur 30 Nov - Details will be released nearer the day
<https://www.ramblers.org.uk/go-walking/ramblers-groups/grange-over-sands-group>

ALLITHWAITE AND CARTMEL PARISH COUNCIL

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 to the clerk at: clerk@allithwaiteandcartmel-pc.gov.uk.

HIGHWAYS – HIAMS

The reporting of potholes or other highway problems is via the interactive website: www.allithwaiteandcartmel-pc.gov.uk, 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

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.

ALLITHWAITE QUARRY

Unfortunately, the quarry area has been closed due to Health and Safety issues which were highlighted after a professional survey was undertaken on the site. Part of the remedial work required is fencing and safety work on boundaries and the quarry face.

It has taken some time to obtain a contractor to undertake the work and to find funding to complete the task. Work has now started on the project and it is hoped to be completed by the end of October weather permitting. After the work has been completed the PC will reassess the site to confirm the site is as safe as practicable to enter. A number of warning and safety notices will be required due to the nature and landscape of the area.

ALLITHWAITE COMMUNITY ORCHARD AND MEADOW

Volunteers have again been busy in the orchard area, over recent years the volunteers have grafted and cared for new varieties of apple trees. A small number of trees in the orchard have been replaced due to disease but eleven new varieties have been introduced to the area as a whole.

Thanks go to Ben Jinks for his help in providing his equipment and time to dig the areas where the new trees were to be located, saving hours of hard work digging the areas over. The area has nearly seventy varieties of apple tree, some quite rare and includes Allithwaites own apple tree "Dans Pippin".

A good season for apples with the site having many residents and visitors both picking fruit and for general interest. For more information on the site visit the Parish Council website where the 10 year Plan can be viewed.

ALLITHWAITE FREE MINI LIBRARY

Those using the library may have noticed that it has been secured on a number of occasions, unfortunately our two intrepid volunteers Kev and Christine France have had a sudden change in circumstances and had to give up their library duties. Kev and Christine have run the facility since its inception and their time and efforts in organising the library will be greatly missed by all who use the facility. Grateful thanks from the Parish Council go to Kev and Christine for their sterling efforts over the years.

We are now URGENTLY looking for new volunteer librarians to take up the duties of what is a busy and well used community asset which is open 24 hours a day 365 days. Kev and Christine will be on hand to offer their advice. If you're interested in helping to keep the library open, please contact the Parish Clerk at: clerk@allithwaiteandcartmel-pc.gov.uk or Steve at: steve.sim@allithwaiteandcartmel-pc.gov.uk or 01539532891/07812406324.

CARTMEL MARKET SQUARE PINNACLE, STEPS, AND FISH SLABS CONSERVATION REPAIR PROJECT – OCTOBER 2023

The finished work to the pinnacle, steps, and fish slabs in the square in Cartmel is the conclusion of an almost 3-year long project that sought to implement a long-term conservation repair strategy to the landmark heritage asset. The overriding goal of the project was to secure the future of the historic structure for centuries to come.

The completed project is the culmination of a 2-year long development phase that including a close quarters condition inspection of the structure by a conservation accredited architect and a structural engineer with decades of experience working with historic structures.

The proposals were scrutinized by the conservation officer and area planning officers at South Lakeland District Council as well as the approvals team at the National Lottery Heritage Fund.

Prior to tendering the work, the Parish Council sought to draw up a list of contractors and trades, some local to the Cartmel Peninsula, that may have been willing to tender the works as a single contract in accordance with the detailed specifications, drawings, and works schedules that were produced by the project design team.

The competitive tender exercise resulted in the appointment of Walker Conservation Specialists, a firm based in the Northwest and who work throughout the South Lakeland Area. Ownership of the heritage was acquired by the Parish Council from Cumbria County Council and National Heritage Lottery Funding secured following the offer of seed funding from the Cartmel Village Society.

The work was carried out with an archaeologist present on site during all dismantling and excavations in accordance with a pre-agreed archaeological watching brief. All construction was monitored by the conservation accredited architect and completed in accordance with the approved plans and specification.

AGE-FRIENDLY SURVEY FOR SOUTH LAKELAND

The Age Friendly Survey has been out for a while now but Age Friendly need lots more to be completed. There is a closing date of the 1st November 2023 for this survey.

The Age-Friendly Programme wants to improve people's quality of life as they age in South Lakeland. This survey is for individuals aged 50+ and will help them understand the issues that people face as they age.

The results of this survey will be shared with statutory bodies and other organisations to help them make South Lakeland a place where people can age well. All answers are confidential and individual responses will not be shared.

To take part in the survey, go to: <https://www.surveymonkey.co.uk/r/HGM5SWW>.

STREET SAFE – POLICE UK

StreetSafe is a service that allows you to report safety concerns in public places without giving us your name (anonymously). This includes issues like poorly lit streets, abandoned buildings, or vandalism, as well as instances where you feel unsafe due to someone following or verbally abusing you.

Please note: StreetSafe is not for reporting crimes or emergencies. If you witness a crime or emergency, please call the police on 101 or report a crime online. If you're unsure whether something is a crime or not, read our advice.

Examples of situations that should be reported to StreetSafe include a poorly lit alleyway that makes you feel unsafe or a park with broken equipment that poses a safety hazard.

For further information contact: support.knowledgehub@pds.police.uk.

Lindale CE Primary School



Paul Sturgess.
The world's tallest basketball player.

The highlight of the first half term at Lindale CE Primary has to be our visit from Paul Sturgess.

The whole school really enjoyed meeting the world's tallest basketball player. He spoke to us about what it is like to be different and the importance of celebrating our differences. Throughout the morning Paul delivered basketball workshops to each class. The children and staff really enjoyed developing their dribbling skills and working as part of a team.

Year 5 and 6 had a wonderful

time at Priory Day, meeting up with peers from other local schools whilst enjoying a variety of activities. We particularly enjoyed the crafts and the singing.

On Friday 6th October we held our Harvest Festival in school. Each class shared some harvest-related work with us including playdough, art, poetry, songs and harvest anagrams. It was lovely to be joined by many parents and governors. We also took the opportunity to bid 'au revoir' to Mrs Curwen. We look forward to seeing her again very soon.

Cartmel CE Primary School



Lots of exciting trips and things have been happening at Cartmel this month!

Some of our children experienced Tower Wood on Lake Windermere for three days as they explored the depths of some caves in Yorkshire, went paddleboarding, tree climbing, orienteering and ghyll scrambling to name a few. Some of our children also enjoyed the autumn sunshine at Holker Hall, having a guided tour of the house, gardens and exploring whilst on a nature trail. Class 3 have also experienced a theatre company in school. The action-packed performance engaged the children in some very serious topics and messages that are prominent in today's society. Feedback from the children was fantastic. Fruit salads were

demolished in class 1 after our DT day. Children had the opportunity to design, make and evaluate their own fruit salad, linking with our science and how to be our 'superhero' self topic knowledge. A sea of yellow was seen on Tuesday 10th as we celebrated 'Hello Yellow Day'. Reminders of the importance of our mental health, alongside our new 'Decider Skills' proved to be a thought provoking and enjoyable day - made even better as we demolished our banana milkshakes at snack time! Rewards all around on the afternoon of Friday the 13th, class marble jars are full!

Following our discussions and lively debates classes decided on a cosy autumn afternoon in class with a film, crafts and some treats, well deserved and well done for a superb first half term.

Allithwaite School

The Eagle Owls had a fantastic day at Cartmel Priory, where they had the opportunity to meet pupils from local schools and participate in a series of activities.

It was heartwarming to witness the enthusiasm displayed by our pupils.

Our Key Stage Two pupils have completed their swimming lessons at Ulverston Leisure Centre. Not only has their confidence

soared, but their swimming skills have also improved significantly. We are extremely proud of their dedication and progress. The Key Stage Two pupils have started their weekly orienteering sessions with Dr. Bell where the engagement and determination demonstrated by our pupils during these sessions are truly commendable.

The Snowy Owls and Tawny Owls have been participating in weekly sport sessions with

Sportivos. These sessions have allowed the students to explore various sports and develop their physical abilities under the guidance of experienced coaches where their active involvement and eagerness to learn has been wonderful to witness.

The whole school participated in a range of Yogi Sessions for World Mental Health Day. It was a fantastic day filled with positivity and relaxation. The Yogi Sessions were led by an experienced instructor

who guided the children through various yoga poses and breathing exercises. This helped them develop their physical strength and flexibility, while also promoting relaxation and mindfulness.

We will end our first half term with a harvest festival where our family members are welcomed to watch. The children will participate in a series of performances and presentations that highlight their understanding of harvest.

Cartmel Priory School

We've had a very full first half term at CPS.

We have had charity non-uniforms days, supporting Children of Hope and the two students we sponsor in Uganda. Our Macmillan coffee morning raised in excess of £450.00.

Year 7 & 8 took part in a STEM roadshow, presented by BAE Systems, The Royal Navy, and The Royal Air Force. We held our annual Open Evening for Year 5 & 6 students. It was a very successful night and we hope everyone enjoyed themselves.

We hosted our Careers Fair

for Year 9, 10 & 11 students. There were 23 exhibitors present including apprentice providers BAE Systems, Simon Rogan's, Gilkes, NHS, Hadwins, Playdales, Sensible IT, Siemens, LTS and the RAF. Colleges and 6th Form stalls included UVHS, Kendal College, Furness College, Lancaster & Morecambe, QKS, QES, KKS, Lancaster Girls Grammar and Lancaster



Royal Grammar. Year 8 took part in a STEM workshop – Build-a-bot This was a robotics and coding workshop which provided students with opportunities to design, engineer and build their own robots and then programme their movements.

Finally, students have been busy rehearsing for our next school production, Matilda, which will take place in February 2024. Already the energy is building and we think it will be amazing! We look forward to an equally busy November and December!

Flookburgh CE Primary School



How the first half of the Autumn term has flown for our children; we have been so busy!

Our term began with the

opening of 'The Burrow'; a super visit to the County Show and a whole school Wheelchair Basketball workshop all within the first

two weeks! Our Year 5/6 children enjoyed a wonderful day Priory Day at Cartmel; they found the whole experience enlightening and were highly commended for their knowledge, respectful attitudes and engagement with all of the activities particularly, the reflective station. Our children spoke articulately about their day and the positive effect it had, had to their wellbeing.

The children also experienced the wildlife of East Africa through a hands-on workshop delivered by wildlife photographer, Peter Knutsford; he was so impressed by our children's enthusiasm and knowledge.

Visitor after visitor have been enjoying our school welcome with a whole school First Aid Workshop; Baking with 'Thyme Out's' very own Ella as well as 'Inclusive Football' for Y5/6 girls at the Ulverston Festival – all in 6-weeks!

We're really excited about the year ahead and have some super events, activities and experiences planned for our children and families.

To find out more about what the 'Flookburgh Spirit' is all about, visit our website: www.flookburgh.cumbria.sch.uk, or Facebook pages: Flookburgh C of E Primary School; The Burrow

Grange C of E School

Thanks goes to 'The Sheds' for their excellent work in repairing the ramp to our play house.

This is now back in use for our younger children in nursery-hurray! A great day was enjoyed at Castlehead Outdoor Adventure Centre at the end of September -partly funded by Michelle Jurd Trust. The 29th Sept was a glorious day with a blue sky and warm breeze-perfect for canoeing, climbing, raft building and exploring the woods, waterways and grounds. The whole school, nursery included, couldn't wait to tell their families all

about their adventures and how they had challenged themselves, supported and encouraged others and had fun!

Visitors in school have included Tullie House museum service to deliver a Roman workshop with Y3/4/5; Lakeland Orienteering, who began in our grounds before heading out to Cartmel Woods and Fell Foot with Y6 and the poet Andy Tooze who spent a whole day working in different classes reading and helping children compose their own work. Y6 have been involved in an Everfi Finance workshop which builds on the work they



did in Y5 around money and our Eco group joined PEAT at the Victoria Hall for their Eco event. We thank all the volunteers who helped with the Priory Day in Cartmel at the start of October-the Y5 and Y6 children spent the whole day engrossed in activities with children from across the peninsula and

joined together with parents and carers at the end to share a celebration worship-uplifting for all! Sporting success came in winning the peninsula 'High 5' netball competition this half term, and new skills came in learning cricket with an excellent coach who also ran a well-attended after school club.

Anti-Money Laundering

Anti-Money Laundering (AML) rules and ID verification are crucial for law firms to follow the law and keep financial systems safe. AML rules help fight money laundering and ensure that illegal money doesn't get legitimized through legal services.

Law firms have an important role in this fight. They need to check and confirm who their clients are, understand what they're doing, and be aware of any risks linked to their activities. Thorough ID checks help law firms follow the law and avoid unintentional involvement in illegal activities.

To meet legal requirements, law firms must have clear procedures to identify clients and keep their records updated. Following these procedures helps law firms spot any suspicious activities, report them to the right authorities, and effectively stop money laundering. If law firms don't follow these rules, they could face serious consequences like fines and harm to their reputation.

In summary, sticking to AML rules and doing proper ID checks isn't just about following the law; it's a vital step in creating a legal, clear, and safe financial system.



Claire



Helen



Rebecca

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Remember...

Remembrance Day

11am on 11 Nov 2023

A short service and 1 Minute Silence at the War Memorial, Ornamental Gardens, Grange-over-Sands, LA11 6ED

Remembrance Sunday

12 Nov 2023

2pm: The Civic Service of Remembrance

St Paul's Parish Church, Crown Hill, LA11 6BD

Everyone is then invited to make their own way from the Church to the War Memorial

3.30pm: Act of Remembrance with the laying of wreaths.

Held at the War Memorial in the Ornamental Gardens LA11 6ED



Join The Royal British Legion, St Paul's Parish Church, Churches Together in Grange and Grange Town Council to remember the service men and women, service animals and civilians who lost their lives in war, and those still experiencing conflict.

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St Charles Catholic Church, Kents Bank Road

For more details

03330 150 628

info@cancercare.org.uk
cancercare.org.uk



CancerCare

Registered Charity Number: 1120048



Charity Ball in aid of The Great North Air Ambulance Service

Emma Walmsley is hosting a charity ball in aid of the great north air ambulance service next year so now is the time to get your tickets as they are selling fast. Emma is also seeking raffle prize donations from local businesses.

Tickets for the charity ball are now on sale. Contact 07807822792 or email emmawal34@gmail.com

Emma told Grange Now, 'Back in July 2021 James Walmsley (my brother) spent just under 2 weeks in the Intensive Care Unit in a coma at Preston Hospital as he was involved in a Road Traffic Collision where we were told could leave him with life changing and potentially life threatening injuries. Today he is fighting fit and healthy and if it wasn't for the fast response of the Great North Air Ambulance Service we would have been telling a total different story today.

As a family we are forever

grateful for the care he received throughout his recovery process from all the emergency services it was absolutely outstanding and they undoubtedly saved his life!

So to give a little back to a charity so close to our hearts we are hosting a charity ball, info below (I've sold a load of tickets already, so grab them before it's too late)...

**Saturday the 3rd of Feb
7pm till 1am**

Carus Green Golf Club

Drink on arrival

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All funds are in aid of the Great North Air Ambulance.

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Property Talk

With

Craig Turner

Property Department Manager
and Valuer



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Mind the gap!

So we find ourselves at a bit of a stand-off. Two sides facing each other waiting for the first one to blink. Buyers vs sellers, waiting for any changes in the market that can be taken advantage of. Or that's certainly how it seems.

The property market is in an interesting place. Inflation and interest rates have had their influence and we are definitely in a slower moving market, but moving nonetheless. Over the past few months we have spoken about a return to a normal market, which we have seen, but now we have come to a crossroads.

The media has been as helpful as ever when it comes to stoking the flames of uncertainty. Stories of property price reductions constantly abound and national trends are displayed to us as gospel truths. There are areas of price reductions and there is a slow down in the sales process as people take longer making decisions and attaining financial support. What seems to be happening though is that buyers are waiting for a bigger drop and sellers are hoping to avoid one.

Prices are holding steady and sellers know the value of their home whereas buyers are constantly worried that the market will drop and they will be left out of pocket. We are left with a no mans land between the two which is still being crossed but tentatively.

Which way things will go is difficult to predict especially as we approach the winter market. However, with the next interest rate announcement due at the beginning of November we could see movements before the year is out. Should the base rate be held again then positivity should be nurtured in the market and more competitive mortgage rates should be more common. With this the chance of easier lending and more affordability should lead to more sales in the market.

Whatever happens, Poole Townsend are there to guide you through your local property market and are happy to talk you through any property questions you may have.


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**Cartmel Church of
England
Primary School**

St. John the Baptist Flookburgh

Flookburgh Band performed an excellent concert at Flookburgh Church earlier in the autumn.

The event was very well attended and as always the concert reflected their very high standard of musicianship. It was a thoroughly enjoyable evening.

On Sunday 5th November we will be holding a Service of Hope and Remembrance at St. John's at 10am. This is an opportunity to reflect on the people that we have loved and lost and to light a candle in memory of them. The following week, 12th November, we have our usual

Service of Remembrance when we remember those who have died in service to our country.

Looking ahead, our Carol Service will be at 4pm on Sunday 17th of December. There will be a Christingle service at 3pm on Christmas Eve, and Christmas Eucharist at 9.30pm

CHRISTMAS SERVICES AT ST. JOHN THE BAPTIST, FLOOKBURGH:

Sunday 17th December
4.00pm Carol Service
Sunday 24th December
(Christmas Eve): 3.00pm
Christingle Service
9.30pm Late Christmas
Eucharist

Cartmel Methodist Church

On Sunday 24th September we celebrated our Harvest Festival service, which was led by visiting lay preacher Mr Andrew Lockley.

The service was attended by both regular members of the congregation and a number of visitors who were on holiday in the area, all of whom were welcomed to the service.

A total of 130 items, including food and toiletries, plus £200 in cash was donated by the congregation for which

we offer our thanks; also, a "thank you" to Grange Bakery for their very generous donation of a range of their products which graced the altar at our service. All of the donations received for the thanks-giving service are donated to the food bank in Kendal. Every one who visits Cartmel Methodist church are assured of a warm welcome. Sunday services are 11am to 12noon, and the church is open to visitors daily from 10am to 4pm to look around or for quiet contemplation.

St Paul's

As the days get shorter and we enjoy some lovely autumn weather, it is amazing to think that we shall soon be in November.

Charles Edmondson gave his last concert of the season on 12th October. We were entertained with music by Mozart, Schubert and Saint-Saens.

On Thursday 19th October at 2pm there will be a craft afternoon with Pip. All welcome.

At 11am on Sunday 29th October we will have a united ecumenical service which will include the commissioning of Andrea Mason as our community youth leader. There will be contributions from our young people and information about the Youth Trust.

On 1st November we have an after school event at Grange primary school from 3.30-4.30pm.

5th November there is an All Souls service at 4pm. This is a special service to remember those we have lost and to light

a candle. All are welcome to this moving service.

There will be a Civic Service of remembrance at 2pm on 12th November, followed by the laying of wreaths at the War Memorial at 3.30pm.

On Saturday 25th November we will be having our Christmas Fair from 10am-1pm. Please come along, have a coffee and support our Christmas fund raising event.

Sunday 26th November will be the Christmas appeal foodbank. At 2pm there will be a concert by Burnside Brass band. Everyone is invited to these events.

The first of four "Reflections of Light" led by the Venerable Penny Driver will be held on 30th November. This is a study course for Advent, inspired by the stained glass windows in St Paul's. Other dates are 7th December, 14th December, and 21st December from 2-3.15pm.

Lastly, let us pray for the innocent people of Palestine and Israel who are dealing with the terrible events that have happened recently.

Grange Methodist Church

We look forward to being open for the next repair café between 6-8 p.m. on Friday, November 3rd.

On Sunday, November 5th we have our General Church Meeting at 1:00, giving us a chance to look back over 2022-2023 and make plans for the future.

We invite everyone to join us for our "Christmas Craft Fair and Coffee Morning" on Saturday, November 18th from 10:00 to 12:30. There will be a variety of stalls with crafts by Wendy, handmade

cards, Christmas Cards and other seasonal items and a produce stall with homemade cakes and other goodies. Refreshments available; all proceeds go towards our building redevelopment fund. Look out for details nearer the time of our next fund-raising event, a flower demonstration on Friday, December 1st.

We enjoy the peace and opportunity for reflection afforded by our "Stillness and Song" occasional evening services. This is Taizé-style worship led by local musicians. The next such service, to which all are welcome, will be at 6:00 p.m. on Sunday, November 26th.



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St Mary's Allithwaite

October's calendar was busy with events for all ages, a welcome chance for autumn gatherings.

Pizza, popcorn, games and songs (with a boom box for music and a light show!) made for a fun children's party in church on October 6th, organised by Community and Youth Leader Andrea Mason. If you're reading this before October 31st, there's a 'Light Party' that afternoon for children of all ages, accompanied by an adult, from 4pm till 6pm, in church. Hot dogs, marshmallows, games, music and a chance to dress up as something on the

theme of 'Light' should make for an enjoyable alternative to Halloween.

October 14th was 'Curry Night', a chance to enjoy a range of curries and rise to the challenge of Andrea's Quiz, all in a good cause, raising funds for the Julius and Dora Children's Centre in Kenya, a charity that St Mary's has supported for a number of years now. More information on the Centre's work can be found at www.janddchildrenscentre.org

Information about St Mary's, our service times and events, can be found at www.allithwaitechurch.org.uk

St. Charles' and St. Cuthbert's

Greetings and best wishes to all readers. First of all, let me apologise for the apparent lack of an entry last month.

Father Parker sent up his contribution, but it was printed in the letters section instead of this section. No blame to Grange Now, just an oversight on our part. Ooops!!!! This month both our Parish Priest, Father Philip and our Deacon, Joe have been away, Father on a retreat for diocesan priests, at which he was very pleased to be able to have not only a quiet time and a rest, but also to socialise with his fellow priests. Joe and his wife were on holiday. This did mean that the anaweim, (the faithful few) were left to

carry on the life of the parish. As usual, they rose to the occasion with great aplomb and there was no day when there was not a service in the church. The rest of parish life went on as usual, although the children's liturgy was missing, during half term. We were, of course, glad to welcome both Father Philip and deacon Joe back to take up their duties once more. On the 23rd October, at 2.30 pm there was a Mass for the sick, organised by the SVP, with light refreshments in the Father Magner room afterwards. This was well attended and the refreshments were enjoyed by all. As we approach the Christmas season, let us not forget the true meaning. God bless you all.

United Reformed Church

A Lantern - lit Community Carol Service taking place on Thursday 21st December at 6pm.

Among the guests will be the Bay Community Singers. With guest organist Ray Booth. Make it YOUR Carol service by choosing some of the carols (see below). There will be a collection for Alzheimer's Research and St Mary's Hospice Please come with your family to make a Real seasonal start to Your Christmas. Please number your six favourite carols in

order of preference & post your slip in the Church Letter box (adjacent to the Church Hall) or email to margaret.popper@gmail.com

Silent Night, Away in a Manger, O come all ye Faithful, Hark the Herald Angels sing, Joy to the World, The First Noel, While shepherds watched their flocks, It came upon the midnight clear, Once in Royal David's city, The Holly and the Ivy, O Little Town of Bethlehem, We Three Kings



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Grange WI



Members of Grange WI hosted a Treasure Trail around Grange on Saturday 7 October. It turned out to be an exciting adventure with many clues to solve amongst the buildings and streets of our town. As people returned the main comment was how much they had learnt about Grange, even from those who had lived here many years.

The overall winner was Sarah Shepherd who received a chest of golden treasure (chocolate gold coins).

A big thank you to those who took part. If you did so and are still puzzling over some clues then please contact Margaret Brennand at mbthclock@gmail.com who will get the answers to you.

A donation to St Mary's Hospice will follow in due course.

Cartmel Art Society

On 11th October Jenny Leahy returned with a morning demonstrating Celtic Knots. The 25th brought us a debut visit by Janice McGloine, leading a day workshop demonstrating her technique in drawing and painting quirky-styled houses and buildings. She is well known for her colourful re-creations of local landmarks, particularly of familiar views in and around Arncliffe and Silverdale.

November 8th will be a morning workshop led by local artist Lesley Maddock demonstrating Impressions of Stained Glass. This is followed on the 22nd November by a full day workshop led by fellow member Joan Aitchison. She will be demonstrating Abstract Colour in any medium.

Members are invited to reserve their places by contacting Rita Denby by email on ritadenby45@gmail.com or 07587 705842.

We welcome all budding artists from beginners to more

advanced artists. Please get in touch via our Facebook page or our website: cartmelartsociety.co.uk if you have any questions. We will arrange a suitable date where you will be able to come along to a morning meeting and get an opportunity to see if what we offer is for you.

Grange Forum

Grange Forum began the new season with a talk by Penny Aubrey on A Passage Across the World. Ken Taylor will talk on The Forests of the night on the 17th and on 24th, Martin Cooper returns to the Forum to talk about The Watch and the Lun Bawang Tribe and Chris Wright concludes talks in October on the 31st and will speak about A Libyan Odyssey. The first talk in November will be on 14th Standing up for Trees by the Woodland Trust. A reminder to everyone that meetings are on Tuesdays at the URC hall at 10.15, refreshments at 9.45 BUT there is NO meeting on the first Tuesday of each month. Afternoon Tea will be at The Villa, Levens on Tuesday December 5th and booking forms will be available on Tuesday mornings or from the Treasurer 33057 or the Secretary 33696

Mothers & Others

Our October meetings got off to an interesting start with a visit from Hannah Kitchin representing Age UK South Lakes. She gave a very helpful and informative talk about the services and help provided, and there were many leaflets for members to take home to study. We were able to give Hannah our donation to Age UK South Lakes, and were pleased to hear that the money would be used to support needs in the South Lakes area, as is any money raised by sales of items from the Age UK charity shop in Grange. At the time of writing we are still anticipating a visit from 'Retired Greyhounds South Lakes' on October 17th followed on October 31st by a talk by Rahina Borthwick on the activities and help offered by her organisation. At our November 14th meeting our tastebuds will be activated by a talk by Irini, from Cartmel, who was the winner of the TV programme Masterchef, and then on November 28th local retired headteacher Colin Milner will give an illustrated talk on 'Portmeirion-an oddity in the Welsh countryside'. Many people will remember Portmeirion as the setting for

the TV series 'The Prisoner'. As usual both meetings will be held in the Father Magner room behind St Charles' Catholic church on Kents Bank Road, starting at 7.30 p.m. and ending with tea and biscuits and an opportunity to chat informally with the speaker. Ladies, you are never too young or too old to attend our meetings, we offer a warm and friendly welcome to all who come. If you would like more information please call Ann on 01539533856 or Mavis on 01539533850, we would be pleased to hear from you.

Grange Cancer Support Group

Last week our group celebrated its 30th year anniversary. We had a get together at the Pheasant, Allithwaite – most of us having Fish and Chips. This was a smaller event than we first planned but Covid and the economic climate have made us a smaller group – at least for the present. So we thought it best to celebrate our anniversary modestly. If you are affected by cancer in any way now is a good time to come and see if we can help you. We are a non-medical group, but we can offer you support and friendship at any stage of your illness. We can also support you if you are a carer or if you are bereaved. We are a very friendly group and you will be made very welcome. You can join in anything that is happening on the day or just have a cuppa and talk to someone one to one. We meet every Friday 2pm to 4pm in the Father Magner Room, St. Charles Catholic Church, Kents Bank Road, Grange.

Grange Soroptimists

Members celebrated the 69th birthday of the Club with a Pie and Pound supper before the Club meeting. It was good fun and raised some charitable funds.

Some members have been working very hard replanting the Ornis ring flowerbed near the station and it now looks very good and welcoming as you drive into Grange.

Members took part in the Eco Fair in Grange raising awareness of the environmental impact of the fashion industry and promoting our Clothes swap on evening of Friday Dec 1st at Cartmel Village Hall.

Members are looking forward to Joan Bentley's "Deck the Halls" Christmas flower arranging demonstration at Allithwaite on November 19th (see Whats

on). This will include some Eco arrangements.

Members continue to support the Women's Centre in Barrow and are currently fundraising for the Christmas hampers for needy families. Anyone interested in joining the club or getting further information on our work / events please see our website www.sigbi.org/grange-over-sands/

Grange and District Photographic Society

The Society will meet fortnightly in the Methodist Church Hall during the autumn. The meetings will take place on Monday afternoon at 2pm. Admission is £4 including tea/coffee and biscuits. In November we'll meet on the 6th and 20th. 6th November, Seppo Hakkinen: Photography – Visual art Looking beyond the rules Exploring ways to go beyond traditional photography rules. Finding the essence of your subject with creative thinking. We'll discuss ways to make a photographer's mind free to use her / his imagination.

20th November, Show and tell An opportunity to ask questions and learn from others. Just come along and share which cameras, lenses and software you use. You can discuss your Camera and what settings you use in different situations and share some tips!

Grange Lecture Society

The new season of ten lectures began at 7.15pm on Tuesday the 10th of October. We were delighted to see a very fine turnout with many new members coming for the first time with our highest ever number paying at the door. After the President Peter Ratcliffe welcomed everybody, Programme Secretary Richard Hinchcliffe introduced Jim Bowness and Andrew Leitch from the Cumbria Film Archives. The audience were treated to over an hour of interesting material some of which dated back over 125 years. There was movie film of the Grange Lido in the 1930s, and a wide variety of clips from all over the County such as the Carlisle pageant of 1938 and Pathe news reel of the Windscale fire of 1957. The next meeting of the Lecture Society is on Tuesday 24th of October presented by Professor Alan Rice from University of Central Lancashire. Alan will give us insight into Lancaster's place in the slave trade and how the story can be increasingly told through the development of

Black History. The next meeting after that is on Tuesday the 7th of November when Helen Clark from Bay Search and Rescue describes who they are, what they do and how they do it.

As ever we do appeal to the community for people to come forward and help support the vital few of us who are keeping Grange's iconic organisation going into our 115th year. If you would like to get involved and have ideas as to how we can continue to change with the times and can entertain and inform the Grange local community please get in touch. We are a friendly crew and have just three meetings a year. See the website for further information on all the next nine talks along with our contact details: www.grangelecturesociety.co.uk Many thanks to all for continuing their membership along with the many guests who attended on the evening of the 10th.

Cartmel and District Flower Club

The next meeting is November 20th this is our annual A.G.M. and Jacobs Join.

So please come along for 1.00pm and we look forward to welcoming all our members. Contact Isobel for more information 015395 33136

South Lakeland stitchers

This last month we were very fortunate to invite Anne Brooke, textile artist from Brighouse, Yorkshire, to lead us in a creative stitching workshop. Our aim was to create a paper stitched collage box, lined with fabric. Anne kept us very focused, giving detailed demonstrations and instructions in stages, as our work progressed. Some of us had arrived with ideas of how our boxes would develop, but as the day went on, inspiration and fresh ideas stepped in and the results can be viewed on the Blog. - southlakelandstitchers.blogspot.com No one left with a completed box, but with the enthusiasm to finish the work. Unusually for our group, this workshop was held on Sunday and we agreed to meet again on our normal stitching day. This session was more relaxed and many members continued working on the boxes, either hand stitching or with machine embroidery, continuing to embellish each side before completing the boxed shape. Joanna shared ideas for the Christmas challenge which we will start at the next meeting. We will make a Christmas Kawandi Placemat.

Grange Probosc Club.

The Club's scheduled speaker was unable to attend at the last minute and was replaced by Pat Ascroft who herself had withdrawn from speaking earlier in the year due to injury. Pat's talk was about a fundraising 400 mile cycle ride that she had undertaken in 1977. The one hundred participants had intended to carry out their sponsored ride along the Nile in Egypt but had had to change this due to a recent terrorist attack in that country. Plans had been rapidly changed to ride from the Dead Sea to the Red Sea in Israel which had been safer at that time. Pat graphically described the arduous route and very basic facilities that they had endured during their journey. Often they had stopped overnight along the route at Bedouin encampments which they had found generally hospitable, though rather guarded about the female members of the group. Pat's talk was particularly poignant given the ongoing situation in the region. The Club's next event will be on Monday, November 13th at 10.30 for 11am at the Netherwood Hotel when Peter Logan will speak about "Mutiny on the Bounty – the Cumbrian Connection". Grange Probosc 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's last lecture of the year was attended by almost 70 members and guests for John Nixon's talk on the South Lakeland WW2 airfields. He explained how the bases at Millom, Walney and Cark were originally planned to be fighter stations, but they generally developed into training schools for aircrew such as navigators, gunners and wireless operators. The local mountainous terrain was useful for teaching flying skills but, combined with poor weather, resulted in numerous flying accidents, most of which were fatal. Searching for the crashed aircraft resulted in the establishment of specialist RAF Mountain Search and Rescue teams based in the area. The Society's AGM on Thursday, November 30th at 7.30pm in the village hall will include the opportunity

for members to give short talks on objects or subjects of local interest. There will also be a Research Workshop on local date stones on Tuesday, December 2nd at 11am in the village hall supper room. 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 was delighted with the success of the Medieval Cartmel festival to celebrate the restoration of the village's ancient marketplace and is grateful to everyone who helped organise the event and the volunteers who provided support on the day. The CVS sponsored restoration of the 1681 Royal Coat of Arms of King Charles II in Cartmel Priory to celebrate the Coronation of King Charles III has also been successfully completed and it is intended to formally "unveil" the restored board in an appropriate manner in the near future. The Society will hold its AGM on Sunday, November 12th at 4pm in the village hall supper room and everyone is invited to attend to hear reports on their 2023 activities and plans for 2024. It has not been possible to finalise arrangements for the CVS Annual Lecture planned for early December and this is likely to be held early in 2024.

Lower Holker Village Hall

October 200 Club winners are: 1st £40 192 Jennifer Oldcorn, 2nd £25 9 Terry Miller, 3rd £15 191 Julie Cousins, 4th £10 32 Gill Cleeve. Friday 17th November Kitty Brown Fashion Show, tickets £5.00 to include glass of wine/soft drink, doors open 7.00 pm for 7.30 start. Tickets available from Rhona on r.barton5353@gmail.com, Cabin at Cark or on the door. Tuesday 5th December is our famous Christmas Bingo with oodles of brilliant prizes, Christmas Quiz on Thursday 14th December. Tai Chi, Yoga, Dancing, Aerial Hoops, Indoor Tennis are available. 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, learn a new skill!! Contact

Natasha on Natashal27@outlook.com or 07901751197. Bowling Green now closed. There are numbers available for the 200 Club, contact the Hall. Please follow us on Facebook at [lowerholkervillagehall](https://www.facebook.com/lowerholkervillagehall) for all our latest news. Website is lhvh.co.uk. The Hall number is 015395 58304 (with ansphone).

PEAT

PEAT was thrilled with the Eco Fair held at the Victoria Hall on 12th Oct. The mix of stalls, talks, displays and activities generated a fantastic atmosphere of interest and positivity. We were asked many times if we will run the event again, so the chances are with feedback like that, that we will! If you would like to join us to make a difference locally and spread the word about sustainable living, please contact us at peatmessages@gmail.com and we will give you information about upcoming meetings and projects.

SPORT

Grange Fell Golf Club

In late September the Ronnie Robinson Trophy (4BBB Bogey) competition was won by Tony Hadwin and David Wilson scoring Plus-9, just pipping Craig Davidson and David Grundy.

The delayed club championship (TB Hustler) was held on 1st October over 36 holes. Strong sub-80 rounds were put in on the first 18 holes by Graham Shepherd and Tony Montwill. However, the afternoon belonged to Derek Airey scoring a magnificent 72 gross to win the day and become Club Champion for the sixth time.

In early September the Ladies section went for a very enjoyable 2-day break to Shaw Hill Golf Club and Spa. On the first day the singles competition was won by Anne Clough, followed by Carol Campbell and Dayna Davidson. On the second day Claire Ryder and Sarah Davies won a 4BBB over 9 holes. Later in the month they held the Lady Captain's Day, played over 9 holes. The winner was Karen Riley, with Carol and Dayna in second and third places. It was lovely to welcome social members and former players to the buffet afterwards.

What's On at The Vic

REGULAR

James Reeder Dance classes – All styles, Weds from 7pm. Contact: james@reedersdance.co.uk

Various U3A groups – All welcome. Contact U3A: 015395 35358

Wild Soul Yoga – Contact: hello@mywildsoul.co.uk

Parliamo Italiano – Tues 7pm from 3rd Oct Improvers. Thurs 7pm from 2nd Nov Beginners. Contact: caroline_hakkinen@mac.com

Creative Photography – Alternate Thurs 7pm from 5th Oct. Contact: seppo_hakkinen@icloud.com

CADAS Peer Support Group – Thurs mornings. Contact: richardc@cadass.co.uk

INDIVIDUAL

02/11 Thu – Tim Farron MP Advice Surgery: 4pm to 6pm

04/11 Sat – Flookburgh Band concert: Doors open 6.30pm for 7pm. Advance tickets or cash only on door.

06/11 Mon* – Bingo: Doors open 7pm for 7.30pm start

07/11 Tue – Grange Lecture Society – Bay Search and Rescue: 7.15pm See: www.grangelecturesociety.co.uk

11/11 Sat – RGM Parkinsons Group: 11am - 1pm Further information from Sheila Tel: 07553747678

12/11 Sun* – Cinema at The Vic film: The Quiet Girl (12A) – Doors open 6.30pm - Film starts 7pm

13/11 Mon – Grange over Sands Town Council Meeting, including Have Your Say! 7pm

17/11 Fri – Friday Night Dancers - Ballroom & Latin Social: 7.30pm Contact: fnd.south.lakes@gmail.com

18/11 Sat* – NT Live: Skylight (15) Doors open 6.30pm - Screening starts 7pm

21/11 Tue – U3A Monthly Meeting: 10am for 10.15am Contact U3A: 015395 35358

21/11 Tue – Grange Lecture Society – Mind your Motor Manners: 7.15pm See: www.grangelecturesociety.co.uk

30/11 Thu – Home Instead – Companionship Café: 1.30pm - 3pm Tel: 01539 267220

*Denotes VHSG event to support the Victoria Hall.



Sunday 12th November The Quiet Girl (2022) (12A)

Join us on Sunday 12th November for a screening of *Set* in 1981, we follow a withdrawn nine-year-old girl, raised among many other siblings by neglectful parents, who experiences a loving home for the first time when she spends the summer on a farm with a married couple who are distant relatives.

A deceptively simple reminder that the smallest stories can leave a large emotional impact. In Irish and English with subtitles.

'One of the most exquisitely realised films of the year' - The Observer
Doors open 6.30pm, film starts 7pm. Presented in conjunction with Cine North.
Ticket prices: adults £6.50, children £4.50.

Rating: 12A Runtime: 1 hour 55 minutes 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.



Friends of Grange Library

November is going to be a bit busier for the Friends group than usual as in addition to our regular events we are holding a coffee morning on Friday November 17th from 10.30 a.m. If you would like to find out more about what the group does or would simply welcome a chance to put your feet up, relax with a cup of coffee and enjoy tasty homemade cakes, then grange library is the place to be! On Thursday November 9th our regular reading friends meeting is focussing on favourite childhood reads. Were you an Enid Blyton fan or did you veer more to the classics such as Peter Pan or Black Beauty? Who was your fictional hero or heroine, and which book, comic or teen magazine would you take to Robinson Crusoe's desert island? Finally if you enjoy playing board games come along and try out some of the new games we have purchased at our monthly cake and games afternoon on Thursday November 23rd from 2.00 p.m. everyone welcome!

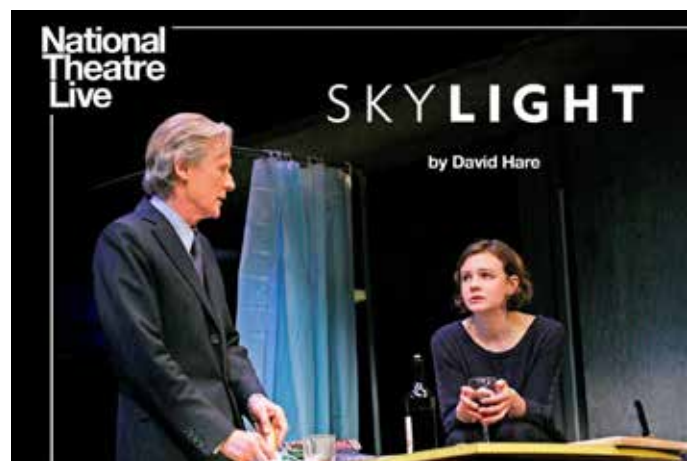
Skylight at the Vic!

The Victoria Hall Support Group is delighted to announce that our next NT Live screening at the Victoria Hall will be *Skylight* (15) on Saturday 18 November at 7pm, starring Bill Nighy and Carey Mulligan.

Returning to the big screen after nearly ten years, Bill Nighy (Living) and Carey Mulligan (Promising Young Woman) feature in the critically acclaimed revival of David Hare's play, directed by Stephen Daldry (The Audience).

On a bitterly cold London evening, schoolteacher Kyra receives an unexpected visit from her former lover. As the evening progresses, the two attempt to rekindle their once passionate relationship only to find themselves locked in a dangerous battle of opposing ideologies and mutual desires.

Written by David Hare and directed by Stephen Daldry.
'Moving picture of politics and love' Guardian ***** Captured live from Wyndham's Theatre in London's West End in 2014. Contains strong language. 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. Tickets £12 adults £10 children available from www.ticketsource.co.uk/vhsg Credit/debit cards, Apple Pay and Google Pay accepted on the door.

What's On

Tuesdays 7, 14, 21, 28

Cartmel Wellbeing Walks from Cartmel Racecourse grandstand entrance at 11am. Contact Ewen Cameron on 07929 833528 for information.

Wednesdays 1, 8, 15, 22, 29:

Community Coffee morning in Grange Methodist Church Hall from 10:30 to 12 noon.

Thursdays 2, 9, 16, 23, 30

Grange Wellbeing Walks from the pay-and-display car park behind the Commodore Pub at the Memorial Park end at 11am. Contact Ewen Cameron on 07929 833528 for information.

Friday 3rd November

Grange Natural History Society talk -CWT Reserves by Drone, Colin Aldred Aerial Artwork. 7.30 pm, United Reformed Church Hall, Kent's Bank Road. Non-members welcome £2.00 per head

Friday 3rd November

Repair Cafe 6-8pm in the Methodist Church Hall. It is the last one of the year, so a chance to get things repaired before Christmas! Free, all welcome.

Saturday November 4th

Book Launch/Author Talks. Local writer Jennifer Burkinshaw will launch and talk about her new novel for young adults, Happiness Seeker at Daisyroots Book Shop, Grange 1pm-3pm. 015395 38817 or sales@daisyrootsbooks.co.uk for more details.

Tuesdays 7, 14, 21, 28: 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.

Remembrance Day, Saturday 11th November

The Remembrance Day Service, including one minute's silence will be held at 11am on Saturday 11 November 2023 at the War Memorial in the Ornamental Gardens.

Saturday 11th November

Book Launch/Author Talks. Local writer Richard Hinchcliffe will be talking about his latest book, Flying Scotsman in America. The 1970 Tour at Daisyroots Book Shop, Grange. 2pm-4pm.

Remembrance Sunday 12th November

At 2pm, the Civic Service of Remembrance will be held at St Paul's Parish Church. This

will be followed by the Act of Remembrance at the War Memorial in the Ornamental Gardens. Although the usual parade won't take place because the police are unable to close the road, Flookburgh Band will still be performing. Everyone is asked to make their own way from the Church to the Ornamental Gardens, where Flookburgh Band will be playing. The Act of Remembrance will then start at 3.30pm. Afterwards, all are welcome to come for refreshments at the Victoria Hall.

Sunday 12th November

Cartmel Village Society AGM at 4pm in the village hall supper room.

Monday 13th November

Grange Probud Club will meet at 10.30 for 11am at the Netherwood Hotel for Peter Logan's talk about "Mutiny on the Bounty – the Cumbria Connection".

Tues 14,21,28

Circle Dancing. No partner or dance experience needed. Gentle to moderate pace. Variety of music from around the world. Allithwaite Community Centre 2.15-4.15. All welcome. £8 per week (includes refreshments). Free parking.

Tuesday 14th November-

Mothers & Others-Talk by Masterchef winner Irini from Cartmel. 7.30 pm in the Father Magnier room behind St Charles' Catholic church on Kents Bank Road.

Friday 17th November

Newton in Cartmel Village Hall - 7 pm - Steel Rhyme. Return by popular request! Contemporary folk duo featuring Luke Carver Goss and Gary Hammond - a panoply of percussion, voice, guitar and accordion. "British music at its most ingenious!" The Guardian. £10 inc supper - cash bar. Booking and details www.ncvh.org.uk

Friday 17th November

Dr Kevin Briggs will return to Grange Natural History Society to give a talk on Bird Behaviour. 7.30 pm, United Reformed Church Hall, Kent's Bank Road. Non-members welcome £2.00 per head

Friday 17th November

Lower Holker Village Hall in Cark-in-Cartmel will host a Kitty Brown Fashion Show. Doors open 7.00 pm for 7.30 pm start. Tickets £5.00 to include glass of wine/soft drink. Tickets from Rhona on

r.barton5353@gmail.com, Cabin at Cark and on the door. Come along and stock up and treat yourself.

Saturday 18th November

Christmas Craft Fair and Coffee Morning in Grange Methodist Church Hall, Kents Bank Road from 10:00 to 12:30. Stalls and refreshments.

Sunday 19th November

Art Heart Space, Exploring Creativity with spirituality. Come and enjoy being creative, drawing, painting or just doodling with time for reflection around our chosen theme. 2.30-4.30 pm. Allithwaite Community Center. For info contact Jenny on 015395 35979

Sunday 19th November

2pm DECK THE HALLS – Flower arranging demonstration by Joan Bentley run by Grange Soroptimists at Allithwaite Community Centre. Tickets £5 (includes tea & cake) from Isabel huggett735@btinternet.com or 015395 36378

Thursday 23rd November

Flookburgh over 60s Coach trip to Carlisle First pick up Flookburgh Square 9.30am. Leaving at 4pm. Contact: Wendy Bland 015395 58392

Tuesday 28th November-

Mothers & Others-Illustrated talk by Colin Milner on 'Portmeirion-an oddity in the Welsh countryside'. 7.30 pm. in the Father Magnier room behind St Charles' Catholic church on Kents Bank Road.

Thursday 30th November

Cartmel Peninsula Local History Society will hold its AGM followed by Members' short presentations at 7.30pm in the village hall.

Exercise Classes - Age UK

Grange – Every Tuesday 2-3pm at the United Reformed Church, Kents Bank Road, Grange – no need to book.

Lunch Clubs - Age UK

Cark – Fourth Friday in the month at the Pheasant, Allithwaite

Allithwaite – Second Tuesday in the month at the Pheasant, Allithwaite

New Venue – Grange Golf Club fourth Thursday in the month starting 23rd November To book on the Lunch Clubs please contact Age UK South Lakeland on 01539 728118

From the Library

Exhibitions: Seppo Hakkinen will be exhibiting with us once again, this time presenting "Heaven and Earth" – a selection of Himalayan landscapes and culture as well as images from the lowlands like Khajuraho and Delhi. Exhibition open hours are in line with library opening times.

STORYTIME IS BACK: Join in with your toddlers in our children's area. We have a range of comfy seating and plenty of floorspace. Our fabulous volunteers are here every Thursday with a range of stories, poems and rhymes for adults and toddlers alike. Thursday 10.15-10.45 (weekly during term time).

Book Challenge This month's challenge and display is themed around "A book with a one word title". Only two more months to read through before you submit your completed challenge form for the chance to win a prize.

Christmas cards, calendars, tags & wrapping paper are still on sale and going like hot cakes. CASH ONLY. Come and browse.

Mindful Colouring resources are out for use on Saturday mornings. Do feel free to request them at any other time. Computers are available for free use, also printing and photocopying facilities at a small cost. You can access your own emails, use them to research online and browse the internet. We are here for advice on accessing online resources to the full extent of our own knowledge and are happy to do so.

Free to access drop-ins

Grange Now Team:

Thursday 16th November 10am-12pm.

For further information contact Grange library: Tel 015395 32749

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

A DATE FOR YOUR DIARY.

The Victoria Hall Christmas Fair On Saturday December 2nd From 10am Until 2pm

It will be a mix of Charity and other stalls. Refreshments will include mulled wine!

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Chestnut & Fava Bean Casserole

INGREDIENTS

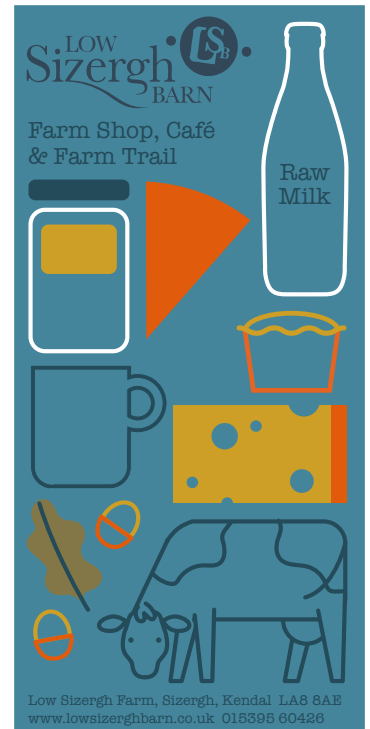
- 1 tbsp Rapeseed Oil
- 100g Smoked Bacon Lardons (leave out for a vegetarian dish)
- 2 Onions, chopped
- 3 Celery sticks, cut into 2cm lengths
- 2 Carrots (large), sliced very thickly
- 250g Chestnut Mushrooms, thickly sliced
- 2 tbsp Flour
- 150ml Red Wine
- 400g Hodmedod's Whole Fava Beans (or 100g Hodmedod's Dried Whole Fava Beans, pre-soaked and cooked)
- 180g ready-to-use Whole Chestnuts
- 450ml Beef Stock (or Vegetable Stock for the vegetarian option)
- 1½ tsp Dried Thyme
- Salt and Black Pepper

As the season changes, we can look forward to the hearty and earthy flavours of root vegetables.

This recipe is a simple combination of their wholesome goodness with grains and herbs and can be served as it comes or with a side of kale. It's flexible enough to withstand a swap too; exchange the Jerusalem artichoke for a firm potato variety.

METHOD

1. Heat the oil in a large casserole and fry the lardons (if using) for a few minutes. Add the chopped onions and sauté for about 5 minutes, until softened.
2. Add the celery and carrots, stir well and then turn the heat down and cover the casserole. Leave the vegetables to 'sweat' for 10 minutes, stirring occasionally.
3. Turn the heat up slightly and stir in the mushrooms. Sprinkle the flour across the vegetables and stir well. Cook for 2 minutes before adding the wine. Stir well.
4. Add the fava beans, chestnuts, stock, thyme and seasoning. Cover with a lid and simmer gently for 45 minutes, stirring occasionally.
5. Serve with baked or mashed potatoes and a dark green vegetable like savoy cabbage or curly kale.



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EIGHTEEN**
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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

I would just like to put a big thank you in for the kind gentleman who found my purse and handed it in to Jackie at the boutique hotel, Grange. Nice to know there are some honest people about and it is truly appreciated.

Thank you so much,
Helen Newell

Dear Editor

Please consider using local shops for Christmas trade. Within half a mile of my home, I am able to purchase flowers, meat eggs, cheese, groceries, bakers, milk, papers and have access to laundry facilities, plumbing, heating, furniture, carpets, hairdressing, podiatrist, electrical, hairdressing, cash, fish and chips, cafes, chemist, opticians, sewing, library, pub and post office, which proves just how fortunate we are in the local area. If you are able to, please support the local facilities; many deliver as well. There has been a lot of new build in the area, and it would be good to know that these people are using all the local facilities too.

Judith Shapland.

WANTED

WANTED IMMEDIATELY - storage container or house with garage wanted to rent. Contact via Grange Now - info@grangenow.co.uk

FOR SALE

"Toolport Pop Up Gazebo." (3x6m High Performance 300g/m2 grey Waterproof.) A new-one was £439.00(not be use) NOW £375.00 + etc, like weights & cover. Jane Lucas. 07795675748 (text only) janecheetham58@icloud.com

Solid pine computer / home office desk. 132 cm W, 53 cm D, 61cm H. Drawer and cupboard to each side of central pull out keyboard shelf. VGC. £95 ono. Buyer to collect. Phone 07713 085002

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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

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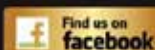
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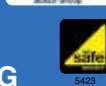
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