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THE NEW YEAR'S RESOLUTION YOU CAN ACHIEVE



Good intentions come in all shapes and sizes. The new year presents that perfect opportunity to make changes, to improve, to get things done. It feels like a time to start afresh, with a positive attitude and a determination to shake off the old. That's the theory, anyway. But the experts say it's all about setting achievable goals. It's about pinpointing what needs to be done, what can be achieved and committing to doing it.

Personal circumstances dictate what measures should be put in place, how and when. Some clients will have particular concerns – how to ensure the right people will benefit from their estate, how to minimise tax, how to earmark money for care home fees. There will be clients who know what they need and simply want us to get the paperwork in place. The key thing in each of those scenarios is understanding the full picture, so that the future planning fits together cohesively.

This all has to start somewhere and the message for now is: use January to get the basics done. A Will and a Lasting Power of Attorney are two documents that can be put in place relatively quickly and they offer peace of mind that aspects of your future, and that of your family, are taken care of.

Wills

It is the legal assurance that your estate will be dealt with in the way you want after you have passed away. It can be used to express certain wishes and it means your family will avoid being subject to the rules of intestacy. Making a Will gives peace of mind, but it's not something you should forget about once it's been written and filed away. It's really important to check in on your Will every three to five years and always when aspects of your life change.

Lasting Powers of Attorney

These are usually very straightforward to put in place, and there can be huge advantages. A Lasting Power of Attorney appoints people to make certain decisions about your property and finances or your health and welfare if you become unable to make those decisions for yourself. It's a bit like an insurance policy; you might not need to call on it, but it's there if you do. A Lasting Power of Attorney means the right people are ready to step in if called upon.

The most important thing to do is: something. Taking steps now to get plans in place will put one giant tick on your to-do list. Speaking with a Wills and inheritance specialist is a great place to start. They'll help you map out a plan and get those vital legal and financial provisions in place.

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Former Allithwaite primary pupil becomes British Judo Champion



Tara-Nel (Allan) competed in the national British Judo Championship In Sheffield on Sunday, Dec 3rd. She became British Champion in the under 18 category for girls under 70kg.

Tara-Nel from Grange has been practising judo since she was 8. First at Furness Judo Club in Barrow-in-Furness and then since the age of 11 at DNA Craven Judo Academy in Ingleton under coach Danny Harper. (Danny has recently been teaching judo to year 9 and 11 at Cartmel Priory School.) Tara-Nel attended Allithwaite Primary school. She now attends the Lancaster Royal Grammar School in Lancaster. Tara-Nel is a member of the English Judo Development Squad and has high hopes to be competing internationally next year. Many congratulations on a fantastic achievement.

Future Deadlines

| ISSUE | DEADLINE | RELEASE |
|-------|----------|----------|
| GN389 | 19th Jan | 31st Jan |
| GN390 | 16th Feb | 28th Feb |
| GN391 | 15th Mar | 27th Mar |

Mike's brutal Spine Race challenge to raise money for former BAE colleague and friend



Mike Gregory is taking on one of the toughest endurance races in the world to help his friend and former Astute colleague Alan Towart. Alan, who used to work on Boat 6 as a Mechanical Team Leader, was diagnosed with Motor Neurone Disease back in 2017.



Mike wants to support Alan's chosen charities and his family as best he can, and is taking part in the Winter Spine race to raise money for St Mary's Hospice, Ulverston, and the Motor Neurone Disease Association. Consisting of a brutal 268-mile start to finish race up the Pennine Way in January, from Edale, in the Peak District, to Kirk Yetholm in Scotland, the Winter Spine represents a formidable challenge.

Competitors have seven days to complete the distance, carrying their own equipment (sleeping bag system, warm clothes, food, emergency equipment the lot!) to survive outdoors in the depths of winter and with an average of just eight hours daylight per day.

Having worked in the military for 18 years and being an accomplished cyclist and triathlete, the 45-year-old is used to tough physical challenges. The Winter Spine will be one of his most challenging assignments to date and he is training hard in preparation.

Juggling his work and family life (Mike is married with children) is tricky and his training regime often sees him running around Grange at the crack of dawn before catching the train to Barrow to work, or cycling 25 miles home after a day's shift as an Operations Leader in Barrow.

Mike also spends many hours of his weekend free time running over the Yorkshire Dales or Lake District fells carrying a heavy backpack to replicate what it will be like when he sets off along the Pennine Way on Sunday 14 January. With a high percentage of athletes ending up as 'DNFs' (meaning Did Not Finish) just completing the Spine will be a great achievement, but Mike is determined to get home in five days – especially as his birthday is on the Friday (19th)!

If you would like to sponsor Mike, please use the detail below:

<https://www.givewheel.com/fundraising/1999/mikes-2024-winter-spine-race/>

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Investment Matters

By Will Wilson APFS

Looking forward to 2024....?

At the end of the calendar year, it is always worth taking time to look at what changes may be coming in 2024.

In November's Autumn Statement, reductions in National Insurance Contributions, permanent expensing of plant and machinery investment costs, extension of business rates relief, and freezing of alcohol duties were among notable tax measures. However, whilst this was good news, a number of tax allowances will remain frozen until April 2028, and dividend and capital gains tax allowances are still set to be reduced again, likely leading to people and businesses paying more tax.

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

With the tax regime now clearer, these changes are likely to have an impact on most savings strategies, so effective financial planning will come more into focus. With allowances for capital gains and dividends being reduced again next year, this highlights the need to make full use of your annual ISA allowances, and ensuring that any other remaining tax allowances are used effectively. In order to get the most from your investments, it is becoming more important to take professional advice. Discussing your options with a Financial Planner will ensure your money is invested in a tax efficient manner, whilst having the comfort of knowing that, should there be any other changes, there is always someone on hand to help.

Editor's Letter

Well it is the start of a new year so I thought I would surprise you all by moving the Editor's letter....not really. I just wanted to allow maximum space for the two articles and images you have just seen on page 3. What amazing people we have in the local area.

Perhaps the new year is the time for you to start something new. If so, you will find all sorts of groups and activities to connect with in the pages of Grange Now. From volunteering to acting, joining a new club or society, singing, gardening or even helping with the foodbank.

Please note there are no library sessions for Grange Now in January and February - we will resume in March.

Whatever 2024 means for you I wish you a very Happy New Year.

Best wishes, Chris.

Next deadline 19th January

Happ New Year to you all

New Pet Shop Now Open

Paulina Melling, 36, who lives in Grange is excited as she has just opened a new pet shop.

Pawlina's Pet Shop at Albert Road, opened on December 2nd, and caters for dogs, cats, pets such as rabbits, guinea pigs, hamsters and fish – and even snakes and geckos.

The new shop will sell a range of pet food and equipment, including collars, bowls, jackets, leads, shampoos and cat litter. "We shall sell everything your pet needs – and if it is not in the shop we'll get it for you," said Paulina, whose family has a friendly nine-year-old pet bulldog called Bella and two guinea pigs.



Paulina Melling outside Pawlina's Pet Shop



www.pawlinas.co.uk

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[pawlinas.petshop](https://www.instagram.com/pawlinas.petshop)



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Opening Times

Monday Closed
Tuesday 9:30am - 4:30pm
Wednesday 9:30am - 4:30pm
Thursday 9:30am - 4:30pm
Friday 9:30am - 4:30pm
Saturday 9:00am - 1:00pm
Sunday Closed



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Chris's dodgy moustache walk for Prostate Cancer UK



Chris Martin has raised over £1000 for Prostate Cancer, complete with a Movember moustache. Walking the length of the south west coast path, Chris who is 65 and from Grange totted up over 1.2 million steps to complete the challenge.

Chris explained, 'I normally take part in Movember growing a

moustache to raise funds for prostate cancer UK. This year I also decided to do a walk. I chose to walk the south west coast path but virtually. I walked every mile but all the walks were done locally in Cumbria and Lancashire.'

Having previously walked the length of Lands end to John O Groats during covid, Chris explained that he had always wanted to complete the south west coast path but the logistics were difficult. Walking the same distance locally proved to be the next best thing.

"I did a lot of walking around Grange, Cartmel, Flookburgh, Barrow, Carnforth and surrounding areas."

The fundraising total is already over his target of £1000 and climbing. If you would like to add to the total please visit, <https://www.justgiving.com/fundraising/south-west-coast-path-51825>

Grange Shed

We have been very busy over the Christmas period. We got the tree to St Paul's and repaired Santas broken legs! We hope everyone had a great Christmas and you are all looking forward to the New Year.

We had a good year, lots of activity, many repairs done and things built including a number of benches, mud kitchen and ramp for the primary school. We have even refreshed a bus stop although I still need to give another coat of paint to the cream to make it look better when the swallows return to nest, waiting on the weather though.

For the next year we are looking to expand the use of the workshop and are putting out a suggestion that other crafting or art groups might want to use it when we are not. We can clean up the sawdust,



honest! If anyone has a group that would be interested please give me a call. You can also catch me at the Repair Café, which is back on 5th Jan. That too had a good year in 2023, lets keep up the momentum.

We are working on any Monday, Wednesday or Friday morning at Back Yewbarrow Terrace, between about 10.00 and 13.00. Keep an eye on our Facebook page or phone 07909 911728. Happy New Year.

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From April 2024 eligible working families in England with a 2-year old can claim up to 15 hours of free childcare. To find out more and to apply, please follow the link below www.childcarechoices.gov.uk The deadline for applications is the 31st January 2024 so don't delay!

For more information about funding, please go to www.childcarechoices.gov.uk or if you would like to arrange a visit to school, please contact one of our friendly office staff on 015395 58434



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Overwhelming Success for Village Christmas Fair



Cartmel was blessed with perfect weather for its popular annual Christmas in Cartmel Festival to launch seasonal festivities in the village.

From more modest beginnings, the event has developed into a day of street markets and entertainment culminating in the spectacular arrival of Santa in his carriage drawn by Cartmel Black Horses' beautiful Friesians.

The village had already successfully delivered the similar one-off Medieval Cartmel festival in September to celebrate the completion of the restoration of their historic marketplace and months of careful preparation had been made for the Christmas event. The village centre was suitably decorated and the market was soon crowded with appreciative locals and visitors. The atmosphere grew as darkness arrived and anticipation of Santa's arrival increased.

After school, excited families and children assembled in the historic Priory for a Christmas Costume from Recycled Materials Competition whilst the Cartmel schools also provided musical entertainment and festive stalls in the church. At the appointed hour, everyone moved outside for carol singing followed by the arrival of Santa with horses, riders and the carriage sparkling with dozens of small white lights. After his triumphant tour of the village, he dismounted and occupied his grotto in the Priory's Town Choir to dispense presents to deserving girls and boys.

Christmas in Cartmel is run as a community event and to raise money for local groups and charities. This year's donations will be paid to the local Scout and Brownie groups and Cartmel Peninsula Holiday Food Boxes.



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Grange Drama

A Happy New Year to everybody! Grange Drama ended 2023 with seasonal activities. Members packed into Grange Institute for a pre Christmas play reading event, some Gilbert & Sullivan re-writes put to good musical effect, festive food & a proliferation of cracker jokes.

The “who dunnit acting brigade” were still in post comedy thriller mode after Murder in Play & were they chatting about the idea of Terence Feely’s play Who Killed Santa Claus or even a narration of The Adventure of the Christmas Pudding, Agatha

Christie’s short story, for next December? Who knows but it is thanks to Tanya Shaw, Deborah Powell, Eleanor Fonth, Kathryn Kay & others for making it such a fun night for all of us last month - encore in 2024!

This month & next director Carol Williamson will be in Grange over Sands to lead two play readings, the second one being an Audition Reading night for her Spring

production for Grange Drama. She is a member of Lancaster Footlights who has crossed the Bay previously to direct California Suite, 84 Charing Cross Road & Still Life for Grange Drama & we are all looking forward to her return for the following evenings. Why not join us at these evenings especially if you would like to read, just listen to others or ultimately take part or work behind the scenes in next production - & there is always time at these free gatherings for a brew & a chat as well!

First Play Reading of the New Year 7.30pm GRANGE INSTITUTE THURSDAY 24 JANUARY 2024

Audition Reading for May 2024 Production 7.30pm GRANGE INSTITUTE THURSDAY 7 FEBRUARY 2024

May we remind anyone who would like to take a part in the above production to register your intention in advance on www.grange-drama.org.uk - & confirm that you will be attending this Audition Reading at the Institute.

Cartmel Choral Society

Cartmel Choral Society wish everyone a very Happy New Year 2024.

Our Spring term rehearsals begin on Monday 8th January at 7.15pm in Cartmel Village Hall, with registration from 6.45pm. Anyone who would like to come along to find out about joining us will be given a warm welcome. Rehearsals are great fun. We don’t audition and the ability to read music is not a prerequisite.

Our next concert will be on Sunday 24th March at 3.30pm in Cartmel Priory. The programme is Widor’s Mass


op.36 and two pieces by Gabriel Fauré, the Cantique de Jean Racine and Requiem in D minor.

Contact Jim Kitchen on 015395 35306 or visit www.cartmelchoral.co.uk

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Walk of the Month

With Grange Ramblers



A walk generally on good paths, along the River Brathay, past Elterwater to Little Langdale.

DISTANCE: 5.5 Miles

DIFFICULTY: Easy, with ascent 900 feet.

TIME (inc breaks): 4.5 hours

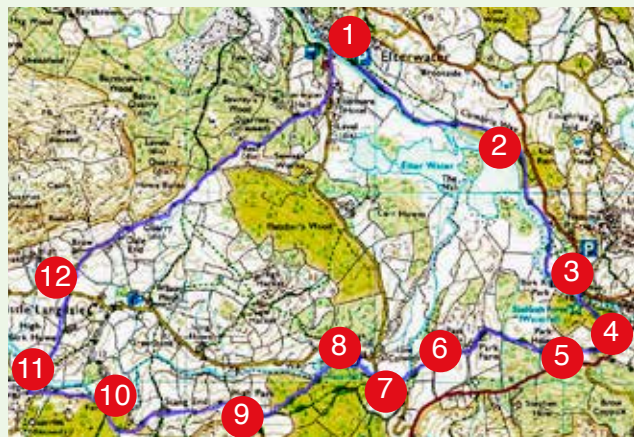
Start: National Trust car park - Elterwater Village.

Map ref: NY327046 (OL7)

DIRECTIONS

- 1/ From car park take riverside path towards Skelwith Bridge.
- 2/ Pass Elter Water, with good views to Langdale Pikes
- 3/ Cross metal footbridge over river, into wood.
- 4/ The path continues along river, before bending uphill to kissing gate.
- 5/ At an access road, turn right and pass some cottages. After two metal kissing gates, walk between buildings at Guest House, before descending on waymarked path.
- 6/ After two stiles and an enclosed path, go through gate onto path going diagonally across field. Path follows edge of steep drop to river, before descending to bank. Continue to road.
- 7/ Turn right along the road. After 80 yards turn left through two stiles (towards High Park). Then turn right to Colwith Force. Bear left up a rocky track. Keep right of a fenced area to a viewing point above the waterfall.

MAP SUPPLIED FOR ILLUSTRATION PURPOSES ONLY



- 8/ Retrace your steps and turn right uphill after the fenced area. The wooded track leaves the river and goes uphill to a gate in a wall.
- 9/ Follow the wall to High Park Farm and turn left up to a road. Turn right along the road, through Stang End. The road turns into a track around the edge of a wood.
- 10/ At the river go straight ahead along the left bank, ignoring the footbridge on the right.
- 11/ Turn right through a kissing gate, to cross Slater Bridge. Walk uphill keeping to the left of a wall. At the top there are good views over Little Langdale Tarn. Turn left along the farm access road.
- 12/ At the end turn left and immediately right. After a farm continue along the rough path. Ignore paths and tracks on both sides. At the road turn left to return to Elterwater village.

The planned walks for January 2024 are shown below. More details can be found on the Ramblers website.

Thurs 11 Jan - Details will be released nearer the day
Wedn 24 Jan - Staveley, Reston Scar, Ghyll Bank, Brunt Knott and Potter Tarn. 8 miles, 1800 feet ascent. Moderate.

<https://www.ramblers.org.uk/go-walking/ramblers-groups/grange-over-sands-group>



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Grange Natural History Society

2024 will be a big year for Grange DNHS, as the Society was formed 70 years ago, in March 1954. A special programme of events is being organised- see our web site and Facebook pages.

On 17 November 1954 Nigel Charles, who worked at Merlewood Research Station, gave a talk to the newly formed Grange DNHS on Bird Behaviour. On 17 November 2023 Dr Kevin Briggs gave a talk on Bird Behaviour to a capacity audience of GDNHS.

Kevin gave a fascinating account of his in-depth scientific studies of Oystercatchers. He explained that they should be called 'mussel pickers'- a mistranslation of a Dutch name. With black and white markings, and a long red bill and red eyes, they are attractive



and interesting birds. Historical records show that they were mostly coastal birds, feeding on mussels, cockles and limpets, but have adapted to eating earthworms on short grassland or arable fields. Oystercatchers have been intensively studied, with whole books and research tomes about them.

Kath Smith, Community & Engagement Officer for South Cumbria Rivers Trust (SCRT), explained that her enthusiasm for the natural world started with volunteering. SCRT is a small conservation charity, one of 60 across England, aiming to monitor and improve the quality of rivers and lakes in our area.

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Rhubarb and blood orange crumble

INGREDIENTS

- 600g rhubarb, trimmed and cut into chunks
- 1 blood orange (or any orange)
- 50g golden caster sugar

For the crumble

- 100g chilled unsalted butter
- 180g plain flour
- 50g porridge oats
- 100g golden caster or soft brown sugar

The start of the year brings two seasonal delights, forced rhubarb grown in Yorkshire and blood oranges, which make a very brief but much-appreciated appearance at the same time. This recipe brings them both together in a comforting pud that suits the season's weather.

If you lean towards the more savoury notes in life, there are other good options to look out for. We recommend Nigel Slater's light lunch of beetroot and blood oranges or take your pick of the many recipes for beetroot and orange relish.

METHOD

1. Preheat the oven to 180°C/fan160°C/gas 4. Put the rhubarb in a suitable pie or baking dish (it can be as shallow or deep as you like). Halve the orange around its 'equator' and squeeze the juice of one half over the rhubarb. Cut the other half in two, slice each quarter as thinly as you can, and add to the rhubarb. Add the sugar and mix everything together.

2. Make the crumble. Rub the butter, flour, and oats together with your fingers until gravelly. Fold in the caster or soft brown sugar. Top the rhubarb evenly with the crumble and bake for 30-40 minutes or until golden and bubbling.

3. Serve hot with Low Sizergh Barn custard.



The works of Cumbrian artists of the 20th Century command very respectable prices at auction, with one setting our all-time highest-price record in the autumn of last year. Here's a quick guide to those that catch buyers' eyes.



Our 2023 top lot was a particularly 'naive' looking portrayal of blue hyacinths, by the renowned and adopted Cumbrian artist, Winifred Nicholson (1893-1981), which made £48,000 with us. Nicholson sits alongside many other high-calibre and well-known Cumbrian artists who attract keen buyers.

Take Sheila Fell (1931-1979), a West Cumbrian born from humble beginnings. Her often ominous landscape paintings, full of expressive brushwork and bold colour,

contrast drastically with the joyful, bright works of Winifred Nicholson. At auction, her paintings consistently make four to five figures.

The works of Percy Kelly (1918-1993) differ even more from the aforementioned, yet still bring about significant bidding at auction. Born in Workington, Kelly notably refused to sell his works during his later life, and their popularity soared following his death. He focused on the region's more understated areas, the fishing ports for example, and he has a very distinctive style.

Alfred Wainwright (1907-1991) needs no introduction. If you have an original pen and ink sketch of his, now is the time to consider selling one. Though his Lake District sketches fetch more, we've sold a good number of Scottish and Yorkshire drawings here in the last few months very successfully.

Then we have the likes of Tim Gustard (b.1954) and Pat Cleary (20th Century). The former produces exquisitely detailed still life paintings, pleasing to the eye, and the latter executed paintings of the Lake District, its farming and industrial landscape, roughly and expressively. Just recently, we sold a magnificent painting of Honister Slate Mine in winter, by Cleary, which sold for £600.

These are only a handful of names. Other artists include June Bennett (1935-2013), the Heaton Coopers, and Julian Cooper (b.1947).

**EIGHTEEN
EIGHTEEN**
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ALLITHWAITE AND CARTMEL PARISH COUNCIL

NEW COUNCILLORS – ALLITHWAITE AND CARTMEL PC

After a long time trying to co-opt people to the Parish Council, which has had 3 vacancies for over 2 years, it is with pleasure, following the recent council meeting, that we are able to announce that John Barrett and Mark Simpson have been co-opted as councillors to serve on the Allithwaite and Cartmel Parish Council.

Unfortunately, this means we still have 3 vacancies following the two resignations last month of Ro Lewis and Mark Pendlebury. If you have some spare time and would like to support and help the Parish Council as a councillor, or require further information on the role, then please email our clerk Christine: 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.

PLANNING APPLICATIONS

Details of all planning applications can be viewed on the Parish Council website: www.allithwaiteandcartmel-pc.gov.uk and the Westmorland and Furness link to the planning applications: www.planningregister.westmorlandandfurness.gov.uk.

KEEPING WARM AND WELL THIS WINTER

You should heat your home to a temperature that's comfortable for you. Try to heat rooms that you regularly use, such as your living room and bedroom, to at least 18°C if you can. You should also keep your bedroom windows closed at night. Exposure to low temperatures indoors can have a serious impact on your health as you get older, particularly for people living with health conditions or reduced mobility. Wearing several layers will keep you warmer than one, thicker layer.

GET FINANCIAL SUPPORT

There are grants, benefits and sources of advice available to increase your income, make your home more energy efficient and improve your heating. There are also support measures in place to help with the cost of living.

For further advice visit Age UK's website www.ageuk.org.uk/financial-support or call 0800 169 6565.

ALLITHWAITE MINI-LIBRARY

Allithwaite Free Mini Library is now fully up and running, thanks go to Kath who has taken on the facility. New books have replaced older ones which users have shown little interest in. However, we are still getting quality donations which although given with kind intent and we are of course grateful to our users. Unfortunately, we have no more space to store donations.

Notices within and outside library and in our newsletter will let users know when we can take or not more of your very kind donations. If you can help with a little storage space please contact the Parish Clerk at clerk@allithwaiteandcartmel-pc.gov.uk. Thanks for your continued support and understanding.

ALLITHWAITE QUARRY

As residents may have been aware the quarry has been closed to the public for some time. The safety work which was advised by professionals has now been completed and the area is now open to the public to enjoy the tranquillity of the area.

People who visit will notice an emphasis on safety with regards to falling rock, uneven ground and a few other items to be aware of. Large safety signs have been installed on the entrance gate and footpath along with a small number within the area itself. The emphasis on safety is placed on the visitor to make sure they are aware of the possible issues within the

site and to follow the instructions and information on the signs. The Council can now move on with work with the ten year ecological plan which was commissioned 2 years ago. Enjoy the Tranquillity!!!! and be safe.

SOUTH LAKES POLICE WANT YOU TO REPORT ALL ANTI-SOCIAL BEHAVIOUR AND CRIME

Please report any incidents of crime or anti-social behaviour to us, to help us keep South Lakes safe. If a crime is in progress always call 999. You can report crime <https://www.cumbria.police.uk/ro/report/>

The online Live Chat function is a new service giving you an alternative way to communicate with a Police Officer in real time. www.cumbria.police.uk/contact/af/contact-us. You can also phone on 101.

Alternatively you can contact Crimestoppers, anonymously, on 0800 555 111.

BUSINESS SUPPORT AND GRANTS NOW AVAILABLE TO BUSINESSES IN RURAL AREAS OF WESTMORLAND AND FURNESS

Rural Business Support is now available through Westmorland & Furness Council's UK Shared Prosperity Fund (UKSPF) and Rural England Prosperity Fund (REPF) programme.

This is delivered by Cumbria Business Growth Hub, the Chamber's business support arm, working with a number of partners, including The Farmer Network, Cumbria Tourism, Lake District National Park Authority, NFU and others.

Advice and grants are available for small and micro businesses in rural areas of Westmorland and Furness (i.e. the previous Eden and South Lakeland areas) to support:

- Businesses to overcome challenges facing them and respond positively to opportunities
- Farming businesses to respond to phasing out of Basic Payment Scheme and wider challenges and opportunities including diversification

For further information contact: info@cumbriagrowthhub.co.uk.

CUMBRIA ACTION FOR SUSTAINABILITY

Cumbria Action for Sustainability gives free advice and support to people who need help with their energy bills, making their homes more energy efficient, grants and much more.

A drop in session in Grange Library will be held on Friday morning on the 17th January 2024 from 10.30-12.30. People who may wish to call in. If you would like to know more about this, please feel free to call Maria Appleton on 01768 639308 at any time Monday to Friday. Maria is the Project Officer for 'Cold to Cosy Homes' and more information can be viewed via: www.cosyhomes.org.uk.

STREET SAFE – POLICE UK

StreetSafe is a service that allows you to report safety concerns in public places without giving 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.knowldgehub@pds.police.uk.

Acorn Montessori



As the Autumn Term draws to a close, it is a good time to reflect on everything the children have been doing this term.

Colours have been a big focus with walks round the village to spot the 'colour of the week'. An Autumn Walk to the Woods gave the children a wonderful opportunity to look at the signs of Autumn, the changing colours of the leaves, feel different types of bark and hear the variety of birdsong. On a cold, frosty afternoon, the children met and fed the Alpacas and hens. They witnessed the frozen water feeders and discussed why the water had frozen and what we could do to ensure the animals had water to drink.

Christmas activities included a visit to The Old Vicarage in Allithwaite, performing their Nativity Play, and a Christmas Party with a special visitor concluded an enjoyable term.

Allithwaite School

This week, we have enjoyed the spectacular play of 'Bethlehem Bake Off' which was performed by the Nursery, Reception, Year 1 & 2 children.

Key Stage Two had a wonderful time on their recent trip to Blackpool to watch Shrek. It was a fantastic opportunity for them to enjoy a fun and educational experience outside the classroom and to inspire their upcoming performance of Shrek at the Victoria Hall next month.

The entire school participated in an outdoor learning activity that showcased the children's determination, resilience, and teamwork. It was heartwarming to witness their collaborative efforts and to see them embrace the challenges presented to them.

Mrs. Tebay has also secured another grant, this time for £3,000 which we have used to purchase a new phonics scheme and we are already seeing the impact of the new scheme.

The festive season brought its own excitement to the school. The Christmas lunch was a particular highlight along with the classroom Christmas parties. The atmosphere was filled with joyous singing, laughter and of course, indulging in delicious food!

We want to take this opportunity to extend our warmest wishes to you and your families for a joyful Christmas and a happy new year. We hope you have enjoyed reading our adventures this year in the Grange Now and we look forward to more adventures, enriched learning experiences and creating more magical memories next year.

Lindale CE Primary School

It has been lovely to get into the festive spirit at school in the lead up to Christmas with events like our Christmas Performance, class parties, Christmas dinner, FOLS Christmas Raffle and much more.

Our whole school performance of 'Hoodwinked' was brilliant; the children were so confident on stage, sung some beautiful solos and we even had some quality improvising this year! We are really proud of our children and staff for all the effort and hard work they put into making this a fantastic show.



Our Christingle Service in school was a wonderful experience, lit by candlelight with readings by Year 5/6 and beautiful singing from all. Thank you to Bidy Hibbert for leading our service and for the support of members of our Governing Body too.

The Nativity took place on the last day of term and was a superb way to end the year together. The children and staff did a wonderful job of producing this special event. It was lovely to have so many parents come to join us too.



Our Reception and Key Stage One children have been very busy learning about People Who Help Us and had special visits from Grange Fire Service as well as our local Police officers. They also went off to Lakeland Wildlife Oasis to spend the day learning about all kinds of animals!

Miss Barker hosted the first of our Stay and Play sessions in our Early Years at the beginning of December. It was a fantastic morning with lots of new faces coming to visit. It was very exciting to share our fabulous plans for the development of the EYFS area in school which will be completed for the start of the Summer Term 2024.

From everyone at Lindale School, we wish you a Merry Christmas and a Happy New Year!

Flookburgh School

What an exciting end to our Autumn term we have had; jam-packed with fun, laughter and celebration! Here's some snippets from each class about what they've been up to;

Wainwright Class had a STEM workshop where we designed planters for economical farming which led into our DT work on programming drones and robots to investigate their uses in farming. We also became published authors in a poetry anthology, 'This is Me'. We designed a scale model of the Solar System, used a Van De Graaff Generator to explore friction and listened to a talk from an astrophysicist about the international space station! Amazing!

Earlier this month children from Bluebird Class took part in a Lego Workshop. We built structures such as a robot and used software to programme the robot to solve



a problem - the children were wowed by the technology! Now we can't wait to use our Micro:bits in class to support our work on computer coding and programming.

Dove Class have been enjoying writing poems about fireworks and Christmas, improving our gymnastics skills and learning about properties of different

materials – rocks were our favourite! We've also enjoyed exploring different versions of the Nativity story and learning about just who was the Angel Gabriel.

Hill Top Class have been really busy in the run up to Christmas! This week we have made and written our own Christmas cards. We then walked into the village, purchased a stamp and posted them into the letterbox. We are so excited for them to be delivered! Finally, from all at Flookburgh School we wish everyone a very merry Christmas and peaceful New Year.

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

Cartmel CE Primary School

Some great news to share this month.

We have been chosen as one of 5 Beacon Schools in the North West to work with Curious Minds on a Peer Tutoring Programme as part of our continuing Artsmark journey. They were very impressed with our application for the programme and will be working with a group of older children in school in the new year to teach them the necessary skills for them to be able to work alongside a group of younger students

on an aspect of the curriculum. The idea is to build leadership skills and raise confidence for both groups of young people, developing resilience, teamwork and a host of other life skills. A very exciting prospect and more news to follow as we have it!

The whole school thoroughly enjoyed 'A Christmas Carol' at The Dukes in Lancaster, our annual Christmas panto trip. We have been extremely busy practising for our nativity 'Straw and Order' that will once again be held in the beautiful Priory Church. Thank you Rev. Nick for this opportunity, also to the parents who have sourced and provided

fantastic costumes for the children and the governors and generous couple from the village for the mulled wine and mince pies to round off the evening. The children had their magical visit from the big man himself. Santa Claus arrived on his cart pulled by the majestic black horses from The Friesian Experience and Sanctuary nearby - complete with elves and shetlands adorned in Christmas clothes! Gifts were given to all the children before he left again, bells ringing.

We are looking forward to all the exciting things we have booked in the spring term and wish everyone a healthy and happy new year!

Cartmel Priory School

The second half of the Autumn term is always a busy time at Cartmel Priory School and this year was no different with students participating in many different activities.

Year 11 students attended an A level mathematics taster session at UVHS 6th Form. They solved different maths puzzles and questions and had the chance to experience 6th form life!

A group of students competed in the British Schools Orienteering Championship in Sheffield. Individually they had some great results and the team came 2nd nationally in the small school category, which is a fantastic achievement.

The catering team did a marvellous job in preparing 250 Christmas dinners and desserts and everyone left the dining room with full stomachs and happy faces.

The annual Gingerbread house competition took place, with the theme of 'Movies'. This year the four houses competed against each other and the end results were amazing.

Students have been rehearsing every week for our next school production – Matilda. Performances will be on Wednesday 7th & 8th February at 7pm. Tickets are available via our online booking system using the <https://www.trybooking.com/uk/CXXJ>

We wish all of our community a very Happy New Year and we look forward to the opportunities that 2024 will bring.

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Property Talk

With

Craig Turner
Property Department Manager
and Valuer



FRIENDLY HONEST PROPERTY ADVICE

An 'Interest'-ing year in property

We once again look back before we look forward to the New Year in front of us. It's nice when sometimes things go roughly to plan and whilst reading my New Year report from last year it was comforting to see that what was hoped and expected last December has happened - and we are in a better place for it.

At the beginning of this year, we found ourselves in a slowing market as interest rates and inflation took hold, and activity levels had quietened but not stopped. The predictions for interest rate peaks to be lower than expected came true and towards the end of the year have even been held by the Bank of England for the third time in a row.

Our local market is always set apart from the national one. Even though it looked like there may be a further slowing of the market in summer as the holidays were upon us, the interest rate hold seems to have sparked activity levels which have continued to the end of the year. Confidence in lending has grown as better deals have become available.

Granted each area across the South Lakes and Furness are experiencing differing levels of activity but all are still active and seeing plenty of new instructions and sales. The New Year will hopefully bring a renewed sense of impetus and a yearning for change. Competition should return to the mortgage market and affordability should increase. There are even whispers that the interest rate may be cut over the next year. But don't hold your breath.

Having had a hugely successful 2023 and having proudly sold the most property across the South Lakes and Furness area, Poole Townsend are looking forward to an active and successful 2024. If this New Year is the time for you to look for your next step on the property ladder or you're thinking about climbing onto the first rung, why not give us a call or visit one of our offices where our local experts can help you.

Wishing you a healthy and a happy New Year from all at Poole Townsend.


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Grange C of E School



A lovely end to our term was the visit by Poppy the donkey who came to see the nursery and reception children so they understood what it might have been like for Mary and Joseph travelling to Bethlehem.

Poppy was so amazing and her owner Joanne told us she has also visited care homes and is so gentle. This is a first for our school- and we would love to see her again-perhaps at a pet service later in the year?! This year the Christmas Nativity was 'Prickly Hay', performed by KS1. The children enjoyed telling the story from the perspective of a farmer and the shrew who made the manger more comfortable for the baby Jesus. Of course, we had a narrator, stars, shepherds, sheep, visitors, wise men and innkeepers too. The



whole performance was a great success and enjoyed by all families and friends.

St Paul's church welcomed us for our Nursery Nativity -the church looked so beautiful and with the Christmas trees all twinkling -it was magical. Thanks to St Paul's and all who have helped with the school this year -we are so lucky to have so many volunteers in the community.

Call for volunteers at the new Grange Active Travel hub – opening soon!

There's still time to get involved with the team at Morecambe Bay Partnership helping out at the trial hub which will gradually open up in the new year.

A perfect excuse to come and make new friends with a variety of roles on offer. Find out more online at www.morecambebay.org.uk/pop-up-active-travel-hub-at-grange-over-sands, or drop an email to info@morecambebay.org.uk



Carers take part in ground-breaking dementia experience



Carers from the South Lakes and Furness home care providers, Heydays Care and Support Services, Grange Cottage Residential Care Home and the Old Vicarage Residential Care Home in Allithwaite recently attended a state-of-the-art

dementia experience day.

The Virtual Dementia Tour offers a scientifically and medically proven way of giving a person with a healthy brain the experience of what dementia might be like. With mobile units available to hire across the UK, the virtual tour offers care providers a unique opportunity to understand the effects of the illness as well as practical tips and advice for those caring for people with dementia.

Mayor's Report

Looking through the diary it has been a pretty quiet month.

On 22nd November I visited the Travel Hub on Grange Station by invitation from Sarah Mason of Morecambe Bay Partnership. I was really expecting an information centre related to rail travel but, to my surprise, the objective of the Hub is to promote sustainable travel round the Bay.

Situated on the Barrow (is that the down?) platform in the old waiting room – recently a second-hand bookshop – the Hub offers access to electric bicycles and mobility scooters. Advice will be given on the driving of these vehicles and suggestions for routes, with the Prom literally on the doorstep that's a good place to start.

The team have done a good job of repairing and decorating the room but their efforts have been somewhat spoilt by a leaking roof due to plant growth in the gutter. Since my visit, efforts by the landlords to clear the gutters have been stymied when their scaffolding fell foul the Prom refurbishment.

December brought the Victoria Hall Christmas Fair on the 2nd, very well attended with a lovely selection of stalls and a good selection of Christmas gifts to buy. Refreshments provided

by Councillors and Council Staff were of a very high standard and sold well.

That same evening the Christmas tree lights were turned on in the ornamental Gardens and, although I was not able to attend, I gather that all went well despite the snow, which threatened to curtail the event and did lead to some people abandoning their cars and walking home. All good Christmas fun?

The Christmas Tree Festival and Carol Service in St Pauls was on the 7th. Very well attended and the choirs were all in good voice, especially the children who performed exceptionally well. I had forgotten how junior school kids find sitting still so difficult, it was quite amusing to watch the wriggles.

The Christmas trees were up to their usual standard. Thanks to all who put so much effort into the event, I know it takes much effort to plan and decorate the trees. Thanks also to the team who organised the event and provided the mulled wine and nibbles.

I want to say Merry Christmas to all but by the time you get this edition it will be a bit too late. However, I hope all in Grange have a happy and prosperous New Year.

Roger Handley

Foodbank Collection

There was a fantastic response for our Christmas appeal for the people of Barrow, Ulverston and Millom - those families struggling financially, particularly at this time of the year.



A very warm thanks to all who so generously donated. It took two men to load up the van, before going on to St Anne's at Haverthwaite to collect even more!

Santa Sleigh

Unfortunately the appalling weather meant that Santa was unable to make his planned visit to Grange and his visit to Allithwaite was confined to an appearance at St Mary's Church, where several families brought their children to see him.

Normal service resumed the following week and successful visits were made to Kents Bank, where the elves were Ukrainian, and the villages of Flookburgh and Ravenstown.

Grange -over-Sands & District Lions Club would like to thank all the people who made



such generous donations. All the money collected will be used to support local causes and activities without any deduction for administration costs.

The Lions would like to welcome everyone to join them at St Charles Church, Grange on Wednesday 31st January to hear more about the work the Lions do. Refreshments will be provided.

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St. Paul's, Grange

St Paul's church is looking lovely with some beautifully decorated trees in our Christmas Tree Festival. This is the 10th anniversary of the festival being held in St Paul's and the theme this year is "The beauty of the earth"

We send a special Thankyou to Harry Barker of Stribers Farm who kindly donated our impressive church tree. We thank all the organisations and societies who have decorated trees. We particularly mention the Mens Shed who have made two lovely wooden trees, one to stand outside and one to stand in the porch. Donations from the Christmas Tree Festival will be shared between St Mary's Hospice and Bay Search and Rescue. At 11am on 31st December, being the 5th Sunday in the month, we invite the other churches across the peninsular to join us for a service of readings and carols.

As we enter the new year we have our Cuppa and Cake on 3rd January. This is always on the first Wednesday of the month and everyone is welcome. At 3pm on 5th January we will have a Festival of Readings and Carols by candlelight to celebrate Twelfth Night. From 18th to 25th January there will be a week of prayer for Christian Unity with services each day at the various churches. The morning service at St Paul's on Wednesday 24th January will be lay led. Finally on 27th January we will have our Patronal Festival when we celebrate the conversion of St Paul. This is followed by a Jacobs Join lunch.

St. Charles Borromeo

Christmas Greetings to all Grange Now readers. This month got off to a somewhat inauspicious start as snow hindered the transport systems of the region and prevented all but a few intrepid souls from getting to the annual Carol Service at Boarbank Hall.

Those who managed to get there were treated to a truncated service, but an enjoyable occasion. As Advent is as short as it is possible to be, with the fourth Sunday falling on Christmas Eve this year, it has been a rush to fit everything in, but the church has been decorated with poinsettia plants and candles, the figures of the crib have been brought up gradually on the four Sundays and placed in their positions (except for the Wise Men who are still travelling and due to arrive on the 6th of January). Church and school nativity plays and carol concerts have been attended by parents and grandparent and on one particular evening we were treated to an evening of "Christmas carols, readings, humour and goodwill" to quote from the publicity, provided in part by the children and followed by mince pies with mulled wine for the adults and soft drinks for the children. Along with these preparations, we have of course been busy with secular activities, stocking up on food and drink and presents for families and friends, not forgetting those less fortunate than ourselves. I wish all readers an indulgent, (but not over-indulgent) Christmas with happiness and holiness to the fore and a prosperous New Year.



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Cartmel Priory



As with all churches in the weeks immediately preceding Christmas, the Priory has been very busy. Busy, not only welcoming local schools, but welcoming schools and organisations from further afield.

In early December our local MP, Tim Farron, visited the Priory to meet with Rachel Battersby, Cartmel Primary School head teacher and children who had mounted a display of their work connected with a Christian Aid project Climate Justice.

Sadly, the Light up a Life service had to be cancelled due to heavy snowfall the day before and the consequently icy and unsafe roads on the 3rd December. School services, however, were scheduled for the following week and Cartmel Primary School's beautifully presented Nativity play blazed the trail for the Priory School's Carol Service followed a couple of hours later by a visit from all the pupils of St Anne's Windermere - about a thousand young people in the space of a morning!

On Sunday 17th the congregation at the Service of Nine Lessons and Carols for the Order of St John (St John's Ambulance) of whom Revd Nick Devenish is Cumbrian Chaplain, was honoured with the presence of the new Lord Lieutenant and the High Sheriff. The choir were in fine voice and Revd Richard Lee gave the address. Presentations were made by the Lord Lieutenant to members of St John's Ambulance who merited long service medals. It was a happy occasion followed by tea and/or wine and mince pies.

As I write there is still a week to go before Christmas, but no doubt the momentum towards our celebration of the birth of Christ will continue through the last week of Advent and then we shall look optimistically into 2024.

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Grange Methodist Church

If you get your Grange Now in time, a quick reminder that we will have a Watchnight Service in church on New Year's Eve, at 11:30pm. on Sunday, 31st December.



We look forward to hosting the first Repair Café of 2024 from 6-8 pm. on Friday, January 5th. The next day, Saturday 6th, brings our Church family party for all ages, from 4-7 pm.

Thanks to all who supported our flower demonstration in December, which raised £477-50 towards our building redevelopment fund. We hope that 2024 will be the year when we can start this major redevelopment of our premises so we can be truly "Open for Community". We will need to relocate our worship and other activities for a while; we are holding an open meeting in the church hall from 11-12 on Saturday, January 13th, which we'll follow with a soup lunch. This is to discuss possibilities; we hope as many members and friends as possible will attend to pool our ideas. Our contribution to the joint events to mark the Week of Prayer for Christian Unity is a gathering in our church hall from 10:30 on Thursday, January 25th. We'll start by sharing refreshments and fellowship together, then move into a time of worship (still in the church hall) to bring the week to a conclusion and send us out to love God and our neighbour. If you now have your 2024 diaries, you may like to note now that our next fundraising venture is a ceilidh on Friday, February 9th from 6:30 to 9:00pm, with a caller and the Sands Band. No tickets, donations welcome on the night.

United Reformed Church

As I write this, we are still looking forward to our Christmas services, so I will report on those later.

On December 2nd we had our Christmas Coffee morning which was well attended, so thanks to all who came. We were very fortunate to miss the snow which really got going after we finished.

Now we begin to look forward to the New Year. Our monthly Morning Coffee sessions will resume on the first Tuesday in February, but first we will start the spring session of Women's Guild meetings with a talk by Peter Jones accompanied by slides of local interest on 3rd January at 2.30pm. On 17th February we will have a Beetle drive. These meetings are open to any local ladies for a bit of sociability, so do join us.

Besides our Sunday Worship at 10.30am, we also have a short service on Thursday mornings at 10.30am in the hall. Everyone is welcome on all these occasions. All the Best for 2024.



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Cartmel Peninsula Churches Together

January each year brings the Week of Prayer for Christian Unity, which is always from January 18th to January 25th.

In 2024 look out for the posters at each church advertising different times of worship and fellowship together; it is good to try to go to a church other than the one you usually attend. The theme this year is from Luke chapter 10, 'You shall love the Lord your God... and your neighbour as yourself', which leads into the well-loved parable of the Good Samaritan. We will be exploring what it means today to heed the commandment: "Go and do likewise".

For more details about any of these events, contact the chair of Cartmel Peninsula Churches Together, Rev David Edmondson (015395 36213).

St Mary's Church, Allithwaite

As I write, we are still getting ready for Christmas, enjoying the excitement, watching nativity plays and carol singing.

St Mary's church led a Big Sing around the village before joining up with the Flookburgh band at The Pheasant pub. More singing was followed by chip butties, for which we wish to thank Charlotte and her team.

If you missed attending a Christingle, you have an opportunity on 14th January. We will be lighting up the church again at 4.00pm with a New Year Christingle service to which everyone is welcome. We pray God's blessings and hope for a peaceful 2024.

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GRANGE SOROPTIMISTS

Members enjoyed a frugal but delicious soup supper to mark Human Rights Day on Dec 10th and wrote letters as part of Amnesty International's Write for Rights campaign. We have also been taking part in 16 days of Activism raising awareness of domestic abuse and wearing orange hearts and spreading the word on social media.

Over 50 members and guests enjoyed a very successful "Clothes Swap" on Dec 1st highlighting the appalling waste of resources generated by Fast Fashion. Those attending had a glass of bubbly and a choice of some lovely "new to them" clothes with some very happy "customers". Members braved the weather on Dec 2nd running a cake stall at the Christmas Fair in Grange and raised £130 for our charities. Members enjoyed the Christmas party with a delicious meal and games at "At Home". Members donated and packed 40 Christmas hampers for needy families, and these will be distributed by Barrow Women's Centre. Many thanks to pupils of Kirkbie Kendal school, Kath Horsfall for the eggs and Fletchers for their help. Burns night on Jan 27th is always popular (for info see Whats on) Please see our website www.sigbi.org/grange-over-sands/

LOWER HOLKER W.I.

The December W I meeting was sure to have a Christmas theme, and we were not disappointed, in spite of the fact that our speaker was unable to come. Among the items discussed were the 2024 Outing, a crafting meeting, lunch at the Grange Hotel and voting for the National Resolutions.

We welcomed two visitors and we hope they experienced a warm welcome and an enjoyable afternoon. Unfortunately, the speaker was unable to come because of the awful weather conditions in the county, but our vice President, Janet, stepped in and demonstrated the making of a Christmas Wreath. Barbara gave a heartfelt vote of thanks.

Elizabeth won the competition with a hand made Christmas tree hanging, and we enjoyed a lovely cup of tea, with seasonal mince pies. From Lower Holker W I, to all our readers, a Happy Christmas and Healthy New Year. Do come and join us at our next meeting on the first Wednesday in February, when Peter Wilson will be speaking and showing pictures of the Greek Islands. See you there.

KENTS BANK STATION LIBRARY

Kents Bank Station Library and neighbouring Beach Hut Gallery held a well-attended Christmas Fair on December 9th, with over seventy guests, some from as far afield as Derbyshire, Wigan and West Yorkshire. Several donations of books and artefacts were received. The Library made a successful bid for an historic ex-British Railways sign for 'Kents Bank', with 25 supporters contributing to the cost. The sign will be officially unveiled by Sir Peter Hendy, chairman of Network Rail, in January.

From January the Library will be open once a month, normally on the second Saturday of the month - next open day is Saturday January 13th, from 11.00 to 3.30 pm. Entrance is via steps next to Beach Hut Gallery (also open). Teas, coffee and biscuits available - sale of surplus books, there is also an expanding 'lending' section. The library is also open for reference/study purposes by appointment - ring 07795 008691 or email info@stationlibrary.org.uk

The Library has started a series of monthly talks. The next talk will be on Wednesday

January 10th at 7.30 when Richard Hinchcliffe will talk on his book 'Flying Scotsman in America' covering the historic locomotive's remarkable expedition across the United States, the subject of his recent book (with Bill Wagner). Space is limited and pre-booking is essential. Ring 07795 008691 or email info@stationlibrary.org.uk

GRANGE CANCER SUPPORT GROUP

We hope you have had a good Christmas. It's nearly over now for another 12 months and we are about to start a brand New Year. Here at Grange Cancer Support we are thinking of ways to help anyone affected by cancer. Firstly, we are starting relaxation sessions once a month, from January. We have offered this service in the past and it was very popular. As time goes by we will be organising other therapies. If you are a cancer patient or a carer of someone with cancer or if you are bereaved come to our weekly meeting and see if we can support you. We meet every Friday 2pm to 4pm in the Father Magner room, St. Charles Catholic Church, Kents Bank Road, Grange. for more information please phone Marie on Grange 33279

CARTMEL AND DISTRICT FLOWER CLUB

Thank you to everyone who attended our Christmas Gala with Ros Harrison. I am delighted to announce our New Year lunch on Monday 15th January 12.30 at Cark. Our committee wishes all our members, visitors and friends A Happy New Year. For more information contact Isobel 015395 33136.

MOTHERS & OTHERS

Mothers & Others would like wish all readers of our article a Happy & Healthy New Year, and also extend a warm welcome to any ladies who would like to join us at our meetings. We welcomed Fiona Hanlon to our final meeting of 2023 and thoroughly enjoyed listening to and joining in with Christmas carols. We were pleased to welcome a representative of St Mary's Hospice to the meeting, when we gave her our donation to the charity. The evening ended with a Secret Santa, mulled wine and mince pies. Our first meeting in January will take

place at 7.30 p.m. in the usual venue, the Father Magner Room behind St Charles' catholic church on Kents Bank Road on Tuesday 9th, when Dorothy from The Hazelmere will talk to us about something we all enjoy, 'A cup of Tea'. We will also be choosing our menus for our annual New Year Dinner which will take place at The Cumbria Grand Hotel on Tuesday January 23rd.

Ladies of all ages, we would like to invite you to attend our meetings; if you would like to know more about us please contact Ann on 015395 33856 or Mavis on 015395 33850

LINDALE BOWLING ASSOCIATION

Although we are in the depths of Winter, now is a good time for New Year Resolutions. One to consider is to join our crown green bowling club.

The season commences late March and runs through to September. We invite anyone interested to come and meet us, and maybe have a trial session, on our enrolment day, which will be on a Saturday in March, from 10.30am. Date to be confirmed. Beginners and more experienced bowlers are most welcome.

We play a mixture of competitive and social bowling, your choice and we are always happy to provide instruction if needed. Throughout the year we also organise social events, some bowls related, some not.

If you would like more information please phone Maggie on 55928 or Ian on 33065.

CARTMEL ART SOCIETY

The Christmas Party, held on December 13th, was our final meeting of the year. The theme for the Christmas Picture Competition was "Sunset", and this year's trophy was won by Val Hebble-thwaite; the runner-up being Christine Bold. It was a great opportunity for members to get together and have some festive fun.

The New Year starts with a morning session on January 10th, led by fellow member Christine Bold, encouraging us to paint in the style of our favourite artist. The meeting is followed on the 24th with a full day workshop led by

local artist Caren Threfall. She is making a welcome return demonstrating Silk Painting. Due to the popularity of this workshop, members are requested to contact Rita Denby as soon as possible, either by email on ritadenby45@gmail.com or call her on 07587 705842, to reserve their place. This workshop has been very popular in the past, and Caren is a lively and friendly demonstrator who is extremely popular with all our members.

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.

GRANGE SOCIETY LECTURE

December saw just one talk, the very much appreciated 'She Wears it Well ... a gallop through 150 years of costume and style' by Sue Ashworth. Sue has worked in museums for 40 years with Lancaster City Museums and then with Lancashire County Museum Service. She has now joined Blackpool Council Museum as Project Manager for 'Showtown' the brand new museum of fun and entertainment for Blackpool which will open on 15 March 2024. Sue's 'gallop' started in the regency period and noted the fashions of men and women right through to the current day fascinating us with how fashion continually reinvents and returns itself to previous incarnations.

There is now a Christmas and new year break until the 9th January 2024 when the freelance sports reporter Peter Slater will entertain us with "Don't You Know Who I Am": 45 years being ignored by sport's rich and famous. His talk is based on his book of the same name detailing over 45 years with the great and the good of the sporting world. These include a drunken Brian Clough, an angry Alex Ferguson and the girlfriend of the greatest living Yorkshireman (which we presume is Geoffrey Boycott!). On the 23rd January we will have Richard Kay who will give us a song and tune to describe the 'History of the Musicals – West End to Broadway.'

As always, visitors and locals who do not hold a subscription ticket are very welcome to any

talk at £10 per head.

Many thanks and a big welcome to Nicky Wood, new to our committee. Her skills and knowledge are, and will be, greatly appreciated. A very happy Christmas and New Year to all our members and guests!

LOWER HOLKER VILLAGE HALL

December 200 Club winners are : 1st £40 200 Philip Barton, 2nd £25 17 Paul Jenkison, 3rd £15 142 Paul Jenkison, 4th £10 164 Stuart Croft Plus 5 x Christmas £10.00 Bonus Numbers, 190 Helen Entwistle, 36 Vi Hadwin, 4 Pip McConnell, 43 Terry Miller, 134 Simon Nixon. Christmas Bingo on Tuesday 5th December raised £796.30 for the upkeep of the Hall, which is a registered charity. This is £68.38 more than last year. 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. Bowling Green closed. 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 Natasha127@outlook.com or 07901751197. 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 ansaphone). Merry Christmas and Happy 2024

GRANGE AND DISTRICT PHOTOGRAPHIC SOCIETY

This is the spring 2024 programme. 15th January - Glaciers, Bears and Dinosaurs by Ken Taylor.

He talks about his photography travels from North Alaska through the Inside Passage and across the Canadian Rockies to the Badlands of Alberta.

5th February - The Falkland Islands by Lee Kitchingham

Lee describes his tour of the Falkland Islands covering its wildlife, scenery and history 19th February - Confessions of a Trainspotter by Malcolm

Kimber. Malcolm goes through his journeys from youthful transporting to his involvement in railways. 4th March A Libyan Odyssey by Chris Wright

Meetings are held in the Methodist Church Hall, Kents Bank Road in Grange at 2pm.

Admission is £4 including tea/ coffee and biscuits

GRANGE PROBUS CLUB

Grange Probus Club. The Club's members and guests enjoyed an excellent Christmas Luncheon at the Netherwood Hotel and were reminded that the AGM in March will have to decide on the future of Grange Probus. Questionnaires will be issued to members at the January meeting to gather their ideas on the options. The club's next meeting will be on Monday, January 8th at 10.30am at the Netherwood Hotel when Chris Kirk's talk will be on "Learn More About Mobile Phones". Grange Probus welcomes retired people as new members and meets on the second Monday of each month for a talk, other than June and December for luncheons and March for its AGM. Further information is available from the Secretary, Dr Neil Martin at neilandval1@gmail.com or 07985 375511.

GRANGE FELL GOLF CLUB

2023 was another great year for Grange Fell Golf Club and despite the summer weather we managed a full programme of competitions and even now, as we move into winter, the course is in fine fettle. The club hosted many social functions during the year including the ever popular tribute nights (The Beatles and Fleetwood Mac). The start of the winter competitions saw wins for Martin Johnson (October Stableford), David Wilson (November Stableford) and Jes Woodhouse (Turkey Trot). Grange Fell would like to thank everyone that took part in the golf in 2023 and all those that support the club by using the facilities and helping to run the many functions throughout the year.

Happy New Year to everyone and we look forward to seeing you all again in 2024.

KEEPING WARM AT REPAIR CAFE

With energy prices going up again this month and the cold winter months setting in, we're all looking for ways to keep

warm without it costing the earth. Conserving the heat we have and keeping out cold draughts is key to staying cosy at home, so come along to this month's Cartmel Peninsula Repair Café and make yourself a draught excluder! Materials will be provided and if your sewing skills are negligible our textile volunteers will do all the tricky parts for you. If you'd prefer a draught excluder that fits your décor and want to bring your own fabric, that's fine but not necessary. If possible, measure the width of your doorway so we can ensure a snug fit. The café will be at Grange Methodist Hall from 6 – 8pm on January 5th. We'll also be doing all the usual range of textile, electrical and general repairs and there will be hot drinks and scrumptious cake for all. Don't miss it!

CARTMEL VILLAGE SOCIETY

CVS is finalising arrangements for its annual lecture on Historic Church Royal Coats of Arms and Hatchments to be held in March. The date and other details should be included in the February edition of Grange Now.

CARTMEL PENINSULA LOCAL HISTORY SOCIETY

CPLHS's first meeting for 2024 will be on Thursday, February 1st at 7.30pm in the village hall when Ewen Cameron will give a talk on Cartmel Priory – its development and Curiosities. Entry is free for members and £3 for visitors.

PEAT

Peninsula Environmental Action Together's first main meeting of the year will be our AGM, which will be an upbeat celebration of our achievements over the past year and a look at the exciting projects we're planning. Everyone is invited whether they are paid members or not and we'd love to see some new faces. The climate emergency is getting more urgent, so come and join in to see how we can move our beautiful peninsula towards a sustainable future. We can do so much more when we join forces with others! Our AGM will be on Tuesday, Jan 30th at Grange Methodist Hall from 7pm – 9pm. For more information about PEAT, contact us at peatmessages@gmail.com

What's On at The Vic

REGULAR EVENTS

James Reeder Dance Classes

– Starts Wed 10th Jan from 7pm.
Contact: james@reedersdance.co.uk

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

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

Parliano Italiano – Improvers: starts Tues 16th 7pm. Beginners: starts Thurs 18th, 7pm. Contact: caroline_hakkinen@mac.com

Creative Photography – Starts 18th Jan. Alternate Thurs 7pm. Contact: seppo_hakkinen@icloud.com

CADAS Peer Support Group – Thurs mornings. Contact: richardc@cadasc.co.uk for more info.

INDIVIDUAL EVENTS

03/01 Wed – NEW - U3A Pickleball
10.30am -12.30pm, contact U3A: 015395 35358

08/01 Mon – Grange over Sands Town Council Meeting, Have Your Say! 7pm

09/01 Tue - Grange Lecture Soc: Talk by Sports journalist Peter Slater. Doors: 7 for 7.15 pm: www.grangelecturesociety.co.uk

12/01 Fri – Friday Night Dancers - Ballroom & Latin Social: 7.30pm Contact: fnd.south.lakes@gmail.com

13/01 Sat – Write Around The Bay: Writing workshops – 2-4pm: booking: Jennifer.burkinshaw@gmail.com

14/01 Sun – Cinema at The Vic: A MATTER OF LIFE AND DEATH. (u) Doors open 6.30pm - starts 7pm - VHSG

16/01 Tue – U3A Monthly Meeting: 10am for 10.15am Contact U3A: 015395 35358

17/01 Wed - NEW - U3A Pickleball
10.30am -12.30pm, contact U3A: 015395 35358

23/01 Tue - Grange Lecture Soc: A History of Musicals with Peter Kay. Doors: 7 for 7.15pm

24/01 Wed - NEW - U3A Pickleball
10.30am -12.30pm, contact U3A: 015395 35358

27/01 Sat – NT LIVE: Dear England: Doors open 7pm for 7.30pm start – £12 - VHSG

31/01 Wed - NEW - U3A Pickleball
10.30am -12.30pm, contact U3A: 015395 35358

01/02 Thu – Home Instead – Companionship Café 1.30 - 3pm. Details: 01539 267220

03/02 Sat – The Telling – Into the Melting Pot, 7.30pm. Details: www.thetelling.co.uk/events/itmp-grange

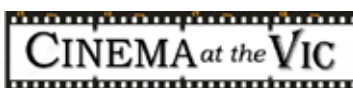
Friends of Grange Library

Another New Year is here, but before we finally bid farewell to 2023, the Friends of the Library would like to thank everyone who has supported us over the last 12 months by attending the events that we've held, from the regular monthly Reading Friends sessions and Cake and Games afternoons to the Coffee morning and quiz nights.

The Cracking Christmas quiz held in December really was a cracking evening enjoyed by everyone who came. Congratulations to the winning Christmas Crackers team who won on a tie break! The World of Work will be the focus for this month's Reading Friends meeting at 2.30 p.m. on Thursday January 11th. What is the worse job you've ever had, and the best? Did you have a favourite boss or maybe you were self-employed? Did you work outside or were you stuck behind a desk all day? Come along and share your experiences of work or

favourite poem or piece of writing on the subject. Later in the month our very popular Cake and Games afternoons will resume on Thursday January 25th from 2.00 pm.

We have used some of the money raised at past events to buy some additional games as well as some new cups and a larger flask, so if you enjoy playing board games but don't have anyone to play against come along for an afternoon of Cake, Company and friendly Competition!



A Matter of Life and Death (U) Sunday 14th January 6.30pm (doors 6pm)

Join us for a special screening of this 1946 cinema classic! £1 for under 25s – and free tickets for children attending with an adult.

British Air Force pilot Peter Carter (David Niven) is on his way home to England from a World War II bombing mission in a badly damaged aircraft. Before he bails out of the plane into the ocean, he contacts June (Kim Hunter), an Allied radio operator with whom he shares what he believes to be his final moments on Earth. But Peter survives, finds June and they fall in love. A problem arises when a divine messenger (Marius Goring) arrives to escort Peter to heaven to rectify his wrongful survival. Screening as part of Cinema



Unbound: The Creative Worlds of Powell + Pressburger, a UK-wide film season supported by National Lottery and BFI Film Audience Network. Please note the earlier than usual start time. Rating: U Runtime: 2 hours and 5 minutes (including 20 minute interval). Bar, snacks, ice cream, interval burgers and bacon buns to order, tea and cake. Advance tickets from www.ticketsource.co.uk/vhsg Credit/debit cards, Apple Pay and Google Pay accepted on the door. Adults: £6.50 Under 16s: free with an adult paying full price 16 to 25 year olds: £1.00

National Theatre Live at the Vic

Our next NT Live screening will be Dear England on Saturday 27th January at 7pm (doors 6.30) starring Joseph Fiennes.

The country that gave the world football has since delivered a painful pattern of loss. Why can't England's men win at their own game? With the worst track record for penalties in the world, Gareth Southgate knows he needs to open his mind and face up to the years of hurt to take team and country back to the promised land. Gareth Southgate has brought hope back to the England squad but with



the nation's expectations upon his shoulders, what happens when football doesn't come home? Filmed live on stage at the National Theatre. 'Joseph Fiennes mesmerises as Gareth Southgate' - The Telegraph 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

What's On

Tuesdays 2, 9, 16, 23, 30

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.

Tuesdays 2, 9, 16, 23, 30

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

Wednesdays 3, 10, 17, 24, 31

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

Wednesdays 3, 10, 17, 24, 31

Newton-in-Cartmel Village Hall. Mindful Yoga. 7pm. Contact Tracey Fielding 07969447545 spaciousminds@aol.com

Thursdays 4, 11, 18, 25

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.

Thursdays 4, 11, 18, 25

Newton-in-Cartmel Village Hall. Mindful Yoga. 9.30am.

Friday 5th January:

Cartmel Peninsula Repair Café at Grange Methodist Church Hall from 6-8 pm

Fridays 5, 12, 19, 26

Newton-in-Cartmel Village Hall. Mindful Yoga. 10 am.

Saturday 6th January

Churches Together Men's Breakfast at 8:30, Methodist Church Hall. Share a simple breakfast, fellowship and prayer together.

Sundays 7, 14, 21, 28

Newton-in-Cartmel Village Hall. Winter Table Tennis. 3 - 5pm £1 incl tea/coffee. All welcome. Contact admin@ncvh.org.uk.

Monday 8th January

Grange Probus Club will meet at 10.30 for 11am at the Netherwood Hotel for Chris Kirk's talk about "Learn More About Mobile Phones".

Mondays 8, 15, 22, 29

The Lighthouse Community

Mental Health Hub Grange Drop-In for over 18s - Community Foodshare, Main Street. Are you struggling with your mental health and wellbeing? Join us for a chat and a brew between 1:30 pm and 4:00 pm. Contact The Lighthouse on 07307 618914 for information. We are a registered CIO, providing peer support to people experiencing mental health and wellbeing issues.

Tuesday 9th January

Grange Forum At 10.15 My Life In Music By Hilary Wade URC Hall

Tuesday 9th January

Mothers & Others-'A cup of Tea'- a Talk by Dorothy from the Hazelmere. 7.30 p.m. in the Father Magner Room behind St Charles' catholic church on Kents Bank Road.

Tues 9, 16, 23, 30

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. Helen Brooks 01539 324774

Wednesday January 10th

7.30 Station Library, Kents Bank Station:

'Flying Scotsman in America'. Illustrated talk by Richard Hinchcliffe.

Free admission, donations welcome. Pre-Booking essential on 07795 008691 or info@stationlibrary.org.uk

Friday 12th January

Grange Natural History Society The Ice Age in Cumbria, Professor Paul Carling 7.30 pm, United Reformed Church Hall, Kent's Bank Road. Non-members welcome £3.00 per head

Saturday January 13th

Kents Bank Station Library: open from 11.00 to 3.30pm. Entrance via steps next to Beach Hut Gallery. Explore the expanding collection, borrow up to three books or pick up a book bargain!

Tuesday 16th January

Grange Forum 10.15 The Inca Trail And Machu Picchu By Norman Harris URC Hall

Friday 19th January

Grange Now Deadline for issue GN389 which comes out at the end of January.

Sunday 21st January

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.

Tuesday 23rd January

Grange Forum 10.15 Three Centuries Of Photography – A Personal View By Boyd Harris URC Hall

Tuesday 23rd January

Mothers and Others Members Annual New Year Dinner at the Cumbria Grand (By reservation)-7.00 for 7.30.p.m.

Friday 26th January

Grange Natural History Society – AGM, followed by Chair's talk Natural History in Iceland in winter 7.30 pm, United Reformed Church Hall, Kent's Bank Road. Non-members welcome £3.00 per head

Saturday 27th January

7 for 7.30pm BURNS NIGHT – run by Grange Soroptimists at Cartmel Village Hall, with haggis supper, speeches and singing. Tickets £15 from Isabel on 015395 36378 or huggett735@btinternet.com

Tuesday 30th January

Grange Forum Kamchatka – Russian Far East By Colin Balls URC Hall

AGE UK events

Grange Lunch Club - 25th January at Grange Golf Club.

Gentle Exercise Class at Grange United Reformed Church is now on a break until Tuesday 2nd Jan when the class will restart at 2.00pm – 3.00pm.

Next Allithwaite Lunch Club at the Pheasant Inn will be 9th January

Next Ark Lunch Club also at the Pheasant Inn will be 26th January

From the Library

Happy New Year all!

It's good to see you again. Thank you to all who bought cards, calendars, gift tags and the like, in support of the different charities. You did us proud in Grange!

Energy Saving Week

is Monday 15- Sunday 21st January 2024. Maria from Cumbria Action for Sustainability is planning another drop in with energy saving advice and tips for accessing assistance available. Go online at www.cosyhomes.org.uk to find out more or come and talk to Maria on Wednesday 17th January.

Weekly storytime is back from Thursday 11th January 10.15-10.45. Come along with your toddlers for stories, rhymes and fun. Also, Action for Children are running their own story sessions Little Bookworms (18 months – 4) Wednesday 10 January – Wednesday 7 February 2024. Places are limited and need to be booked. Contact sharon.norton@actionforchildren.org.uk.

Throughout 2023, we have loved hosting varied exhibitions. Please speak to library staff should you have a fancy to display. For one or two artists, this has been their first experience of sharing their work publicly and the exhibitions are greatly appreciated by borrowers and staff alike.

Book Challenge

The prize draw for book Challenge 2023 will be Friday 5th January 2024! We are planning next year's, as I write, Grange Library "Booket List"2024 so don't forget to pick up a new form.

Mindful Colouring resources are out Saturday mornings.

Computers are available for free use, also printing and photocopying facilities at a small cost. You can access your emails, research online and browse the internet. We're here for advice on accessing online resources to the extent of our own knowledge.

Further information contact Grange library: Tel 015395 32749

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

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we remain dedicated to investing in transforming our
branches to serve you, our hardworking community, better.



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Dear Editor,

Thank you from Friends at Christmas

Friends at Christmas organised their 16th annual Christmas Day celebration in 2023, welcoming 30 guests who might otherwise have been home alone for Christmas. We are especially grateful to Debbie Atkinson who prepared a delicious traditional turkey dinner. Musical entertainment from Rob and Matty Cooper, together with bells and whistles from the Friends at Christmas team who also organised plenty of fun and traditional party games. A thoroughly good time was had by all. The event was again generously supported by businesses including: A W Woodhead, Abi & Tom's Garden Centre, At Home, Brennard's Newsagents, Butterfingers, Cartmel Sticky Toffee Pudding Company, Choco Lori, Co-op, Country House, Cromptons, EmJ's, Fletchers, Foxes Den, Friends and neighbours of Sue and Pete Robinson, Grange Bakery, Grange Flowers, Grange Forum, Grange Laundry, Grange Now, Hazelmere Bakery, Hearing Aid Centre, Johnson's of Grange, Lakeland Optical, Lancasters, Paragon, Robinson's electrical, Scarecrow Design and Print, Spa, Tesco, Treatment Rooms and Vibe Hair Design, who together made this event possible. Thank you from all at Friends at Christmas.

Dear Editor,

We are trying to find a very kind young lady who helped my wife and I when we were walking up Grange Main Street on September the 26th 2023 around 4 o'clock. She was so kind, organising the ambulance to come to help us. We would like to thank her. We are sure she lives in the Grange area. She had young children in the back of her car. Thank you P Wilkinson

Dear Editor,

I would just like to congratulate everyone that has been involved with producing the Panto, Beauty and the Beast. It was a lovely show and there must have been many hours of hard work by so many children and helpers. The singing, dancing, scenery, and changes of costumes etc. were really lovely and everything was so well coordinated. The Victoria Hall is such a good venue too and long may it be part of Grange. Thank you all again for another smashing Show! Also to Charity and Co for the teas and lovely cakes, as usual. Jane Woodley

Dear Editor,

We have currently purchased a De-fib and have registered it on the national database for locals to use if required. It is located at our park entrance security hut. We have also had a successful trial with Piranhas swim school - who used to teach in the local area at allithwaite before their pool closed down. We invited them to use our pool free of charge every Monday to resume their swim school in this area and have successfully assisted in enabling 60 local children to resume swimming lessons. We will be continuing with the swim school in 2024 and would love to let local people know this. We also recently had a giving tree for our owners on park and successfully donated over 100 items to a local children's home in Barrow in furness. One of the goals for the senior team at Lakeland for 2024 is to get more involved in the local community and to support the local community where we can Calley Edwards Lakeland Holiday Park (Haven)

Dear Editor,

I would like to thank the kind honest and thoughtful member of the public who found my lost wedding ring at the Grange Recycling Centre and handed it to a member of staff there, also a thank you to the member of staff for its safekeeping. Brian Edgar

Dear Editor,

I would like to take this opportunity to thank all those who supported the Victoria Hall Christmas Fair on December 2nd. Despite the rapidly worsening weather conditions, there was a good turnout and the atmosphere was really lovely. A huge thank you goes to all the stall holders who offered a great range of tempting things as well as the amazing folk who ran the refreshment area in the kitchen, offering delicious food and much needed hot drinks. (The yummy smells coming from the kitchen were so tempting!) And last, but by no means least, a massive 'thank you' goes to all the shops and businesses who so generously donated prizes for the raffle. May I take this opportunity to wish you all a very happy and healthy New Year. Tricia Thomas

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Obituary from Robina Dexter

David Duncan Bartley 1934 - 2023 Partner of the late Howard Wilby; beloved cousin, friend and neighbour, David died peacefully at Boarbank Hall, 25 November. David will be remembered in Grange for his quiet manner and professorial appearance. David grew up in Cilcain, North Wales, an only child, but with an extended family and many friends providing lifelong support. He graduated from Aberystwyth University with a Ph.D. and lectured in Botany and Ecology at Leeds University. The David Bartley Herbarium plant collection is held at the Natural History Museum. David was a highly respected colleague and researcher and an inspirational mentor and teacher. Many of his students corresponded with him to the end of his days. His principal research was in pollen. Pollen traps are all over Finland, courtesy of one of his students now resident there. David's room at Boarbank was decorated with cards from well-wishers, many of them scenes or lovely artwork from Finland. David's other interests included gardening and music and, after Howard's death in 2015, he attended concerts in Preston and Manchester with others from Grange. A kind and courteous neighbour; a true friend. Much missed.

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Station Groups up for an Award

Stop Press

The adoption groups at both Kents Bank and Cark & Cartmel stations are delighted to announce that they've been shortlisted for major awards in the Community Rail competition organised on a national basis to celebrate the work being done across the UK by groups who have adopted their stations.

It's a recognition of the hard work put in by the volunteers at both stations over the past 12 months.

At Kents Bank the team joined in with the national Community Rail Week by holding a station garden party at which the Sands Band kept everyone entertained and the involvement of so many members of the local community was really appreciated. With the support of Network Rail and other local support the station now has two benches in a style designed by the Furness Railway for their stations in the 19th century.

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