



Ambulance Service finds a new home - see page 5

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Most property in the country is now registered, but did you know that as much as 14% of the land in England and Wales is still currently unregistered?

Why would that worry anyone? Well firstly, selling or mortgaging is both simpler and quicker if the title is registered. Many buyers will actually insist that if your property is not already registered that you do so before they will go ahead. This can take months and delay or even scupper your sale altogether.

Fraud is another motivating factor, as registering in your name helps prevent fraudulent transactions such as someone attempting to sell the land from under you or mortgaging it without your knowledge or even to the prevent someone claiming title to some or all of your property by adverse possession (commonly known as squatter's rights).

The Land Registry also offer a monitoring service that will notify you if any activity occurs on your title, giving you the chance to check and prevent unwanted activity. In addition to which, once registered, the government guarantees your title.

We would like to invite you to take the proactive step of registering your title now. We can do the work on your behalf and the Land Registry offer a discounted rate to those who register their property voluntarily - the fee they charge is around 25% less than on compulsory registration.

Normally we charge £550 plus VAT for dealing with an application for a First Registration, but we are currently offering to do the work at the reduced rate of £495 plus VAT to encourage voluntary registration.

Land Registry fees are also payable and vary depending upon the value of your property.

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Editor's Letter

Not a month goes by it seems without an article on water quality and illegal sewage spills. This month we hear from the Cark River Group - see page 11.

If you are newly moved into the area (including Kate my sister), hopefully Grange Now gives you lots of ideas to get involved and meet new people.

Thank you to everyone who contributes to the paper, and for helping to make it a useful community resource. Please support all the advertisers who provide the funds to make it possible.

Hopefully this has arrived in time to wish you a Happy Easter.

Next deadline is Friday 19th April.

Best wishes, Chris

Calling all crafters!

If you have enjoyed crafting for some years, you have probably amassed a 'stash' of materials and equipment that would be the envy of anyone just starting out, or who's looking for bits and bobs for their latest project.

This has given local crafter, Janet Jackson, the brilliant idea to hold a Craft De-stash Fair where seasoned crafters can share their surplus materials with those who can use them.

The event will be at Allithwaite Community Centre on Saturday, April 27th from 1pm – 4pm and you can take part in the following ways:

- Reserve a table to sell or give away your surplus craft materials and kits
- Donate your unwanted craft materials and kits for reuse
- Come along and grab a bargain

For donations, the following items are all acceptable: fabrics, yarns, beads, craft tools and equipment, knitting needles, sewing notions, sewing patterns, crochet and knitting patterns, art supplies, paper craft materials, craft storage, haberdashery, jewellery kits, craft books.

No completed craft items please, just the materials or kits to make them.

Any money made from the sale of donated goods will go to St Mary's Hospice, so whether you would like to spring-clean your craft cupboard or build up your own stock, be sure not to miss the first Craft De-stash Fair in South Lakeland!

To book a table costing £5, arrange for donations to be collected or get further information, contact Janet Jackson on 07713 255238.

Lindale Village Hall

Lindale Village Hall now has WI-FI. Please contact Clare on 07876124236 to make a booking, only £11 per hour.

Flookburgh Band

Flookburgh Band became North of England 3rd section champions, winning a place in the national finals at Cheltenham in September.

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Epic Challenge Ahead for Allithwaite Walker



In April a Cumbrian man is embarking on a walk of a lifetime tackling over 1000 miles from Lands End to John O'Groats. John Barrett of Allithwaite is able to undertake the epic challenge following surgery to treat glaucoma which has saved his sight and will be raising money for eyecare charity Sightsavers UK.

John said, "I'm lucky to live in a country with an amazing National Health Service so was able to benefit from treatment for glaucoma and cataracts meaning I am still able to see but all over the poorer parts of the world thousands of people lose their sight because of treatable conditions so Sightsavers was an obvious

charity to support. They fund and support projects in Africa and across the world that deliver treatment to people who would otherwise face a life without sight."

Setting off from Lands End on 1 April John hopes to complete the route by the end of June. Following the South West Coast Path, Offa's Dyke Path and some of the Scottish long distance footpaths the route passes through some of the most stunning scenery in the country. "That being the case I will of course be walking through my own County, one of the most beautiful places in the UK, during May."

To sponsor John go to: justgiving.com/page/johnbarrett-endoendforsightsavers

CancerCare's Cross Bay Walk

CANCERCARE'S annual Cross Bay Walk takes place this year on Sunday 16th June – led by King's Guide to the Sands Michael Wilson.

This iconic walk takes around four hours to complete – and though the unique terrain of the Bay makes it impossible to guarantee the distance, it is usually about 8 miles.

Lace up your trainers or pull on your wellies – and take on this unique adventure across the shifting sands of the UK's largest tidal bay, set against the stunning backdrop of the Lake District fells. Every step of the famous route

from Arnside Promenade to Grange Promenade will raise money for people in our area affected by cancer and bereavement. CancerCare is an independent local charity offering support to people across the North Lancashire and South Cumbria area.

Tickets are £17.50 per person, and £2 for a dog. A family ticket is £65 (two adults and two children under 16). This year's event takes place on Fathers' Day, and would make a great family day out. Some walkers may also want to do it in memory of their father. For booking information, visit: <https://www.trybooking.com/uk/events/landing/53238>.

Future Deadlines

ISSUE	DEADLINE	RELEASE
GN392	19th Apr	1st May
GN393	17th May	29th May
Gn394	14th Jun	26th Jun



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Investment Matters

By Dan Birch DipPFS

The Spring Budget 2024 and the British ISA

Current Chancellor of the Exchequer Jeremy Hunt announced his spring budget on the 6th March 2024. There were far too many announcements made to cover in a short article but one that piqued my interest was the British ISA.

This is currently under consultation until June 2024 so not all of the details have been finalized but the key points are:

- A £5,000 increase in the current annual £20,000 ISA allowance specifically to be used for investing in British companies.
- Effectively increases your annual ISA allowance to £25,000 per annum.
- The £5,000 for the British ISA will need to be a Stocks and Shares/Investment ISA and will likely need to be held in a separate ISA to any existing investments you hold.

Anyone who currently maximizes their £20,000 annual ISA allowance and still has additional capital for investment will be able to utilize this additional allowance. This would allow a couple to potentially invest a combined total of £50,000 a year into the tax-efficient wrapper of an ISA.

As the British ISA will be an investment proposition focusing on one global region it will be important to review any existing investments held. While investing in British companies is an attractive idea for many people, making sure your portfolio remains diversified should also be a consideration. Once the British ISA launches later in the year this will be an opportune time to speak to your Financial Planner about the options available.

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

Grange Prom and Lido rejuvenation update



Grange's £6.8million Lido and Prom restoration project is on track to be completed this summer.

Work started in April last year. It will see the lido site open again with a temporary infill to the pool to create a new multi-use public space.

The project will hopefully protect the derelict Grade II-listed site's social and cultural heritage in a way which doesn't preclude the option of bringing the pool back into use sometime in the future by temporarily infilling the pool with material which is removable and suitable for future recycling.

Main contractors RH Irving Construction started work on site in May last year and since then the site has been cleared and demolition work carried out. Demolition works have started on the existing perimeter walls and retaining walls and timber boarding removed from the pavilion. Sea wall repairs have been carried out, as well as installation of the new drainage system and steps to the north and south buildings.

Extensive external and internal repairs and upgrading works are being carried out in all existing buildings, including

concrete repairs and rebuilding work.

The temporary pool infill will soon be completed, along with foundations and brick work to retaining walls and boundary walls, removing internal walls in the pavilion and installing steelwork.

Scheduled work in March included replacement of existing concrete terraces; continued construction of boundary walls, ramps, footpaths and retaining walls; complete installation of new water main; preparatory work for new electrical supply; and starting drainage works to the pool, as well as specialist cleaning of existing parapet walls.

Works to the existing sea wall on the promenade are complete. It was cleaned, repaired and a protective coating applied. Resurfacing of promenade has started.

The work also includes connectivity works to link the promenade to the town; public realm furniture; signage; improvements to railings; and the new playground area.

Hopefully in the coming months, Grange Now will be able to report further updates on progress.

Ambulance Service finds a new home



Matt Cooper- NWAS Area Director for Cumbria and Lancashire, Mike Johnson, Cumbria Deputy Police, Fire and Crime Commissioner and Ian Seel CFRS Area Manager

Over a year ago, NWAS (North West Ambulance Service) put out an appeal to the Grange-over-Sands community to help them stay in the town.

Thanks to Cumbria Fire and Rescue Service (CFRS), they have moved down the road into the fire station on Kents Bank Road. NWAS was based at its small station on the same road for more than 20 years and when the current owners declared an interest in reclaiming the site for their own use – the hunt was on to find an alternative in the town.

NWAS Area Director for Cumbria and Lancashire, Matt Cooper comments: “There is a definite need for an ambulance based in Grange-over-Sands so we wanted to do everything we could to ensure we could stay. Unfortunately, suitable properties just weren’t available so it is great news to now be able to confirm that we are now sharing accommodation with Cumbria Fire and Rescue Service.

“We would like to thank the local community who were so helpful in suggesting new sites, our current site’s owners R.A. and J.S. Fletcher and Sons who have looked after us for 20 years, and of course, Cumbria Fire and Rescue Service for opening up their station to us.”

There is currently one 24/7 emergency ambulance in Grange-over-Sands which is operated by a team of eight clinicians. Refurbishment at the fire station will get underway soon to create a mess room, kitchen, bathroom, locker room and office area.

A canopy will be erected outside, and there will be parking for ambulances and staff parking. Once contractors are in place, it should take about two months to complete the works, after which NWAS will move from the current shared accommodation into its own space on the site. Initially, the agreement is for 12 months with the potential to make it a permanent arrangement.

Grange Fire Station Recruiting

Grange Fire Station is currently recruiting for on-call firefighters. For more information, speak to a member of the crew or visit www.cumbriafire.gov.uk

Local chef in semi-finals

A chef from Cumbria has won through to the semi-finals of a prestigious competition to find Britain’s best young chef. MEGAN MONTIBERT works at the highly-acclaimed Michelin-starred L’Enclume restaurant in Cartmel.

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Grange Shed



Another crazy month! If only the weather could be as good to us as members of the local community are!

We have had more donations of tools and equipment. Some of these we refurbish for our own use and some we are able to move on to other people who can make good use out of them. We now have a new-old bandsaw which is much better than our old one which finally gave up the ghost and we are now fabricating new accessories to make it more versatile. We have been making bird boxes for the new season. We recently prepared some bird box kits for the Cubs which

are now built and set up. We are working on something bigger, a barn owl box for our friends at Boarbank Hall. We continue to receive an amazing range of things to repair; chairs, radios, irons and even toilet roll holders. We



even got a chair to repair from the hosts of the Repair Café, perhaps we should not say anything about one of our guys who was sitting on it! Come and see us or join us, as ever we are working any Monday, Wednesday or Friday including the upcoming bank holidays! Keep an eye on our Facebook page and website.

BEEP Doctors urge public for donations to buy fourth emergency response vehicle



Members of BEEP Doctors with their specialist response vehicles

A team of dedicated volunteer doctors which carries out life-saving work in Cumbria is asking the public to help it raise £60,000 to buy and equip a new emergency response vehicle.



Anyone who would like more information about fund-raising for the fourth car or for BEEP Doctors in general, or anyone who could display or help distribute its 30th anniversary posters, can email info@beepdoctors.co.uk or telephone 01768 809535.

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Lasting Powers of Attorney (LPAs) are legal documents by which an individual may appoint another person or persons (attorneys) to make decisions on their behalf. It is possible to appoint attorneys to make Health and Welfare decisions and/ or to make Property and Financial decisions. Drawing up an LPA while in good physical and mental health does not mean that an individual is giving up control of their financial affairs or health and welfare decisions. It is simply putting measures in place for the future in case they are needed.

It is possible to appoint one attorney or more than one, and to appoint replacement attorneys if an attorney is unable to act when the time comes. An LPA must be registered with the Office of the Public Guardian before it is valid and can be used.

A Property and Finance LPA can be used when the individual has lost mental capacity to manage his or her financial affairs but also if the individual has not lost capacity but there is a physical problem such as old age and frailty or the effects of suffering a stroke, for example. While an individual continues to have mental capacity to manage his or her own financial affairs, an attorney can only act with the individual's knowledge and approval. A Health and Welfare LPA cannot be used by the attorneys unless or until the individual has completely lost all ability to make any decisions about his or her health and welfare. It is possible for the individual to give his or her attorneys the power to make life sustaining treatment decisions.

The choice of attorney is very important. The attorneys should always be a person or people that the individual trusts implicitly such as family members or close friends. It is possible to choose a professional person to act as attorney, usually where there are no family members or close friends or there are safeguarding issues.

Although attorneys may be granted significant authority under LPAs, the Mental Capacity Act 2005 (MCA) imposes legal safeguards to protect the individual's interests. For example, it is an overriding legal requirement that the attorney always acts in the individual's best interests regardless of the best interest of anyone else. The attorney must always help an individual to make a decision rather than just making a decision without first establishing if the individual has a view or is capable of making the decision his or herself. The attorney has limited ability to use the individual's property to benefit anyone else other than for example, birthday or Christmas presents to close family members. An attorney cannot act under an LPA to change an individual's will. Unless specified in the LPA itself, attorneys are not allowed to pay themselves for what they do and are only entitled to out of pocket expenses.

For personalised advice and assistance regarding Lasting Powers of Attorney please contact our experienced Private Client team.



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Ukraine Support Group



To honour and mourn the 2 year anniversary of the Russian invasion of Ukraine, Grange Over Sands Community Foodshare's refugee community gathered in our community premises to celebrate their lost culture and land by making the traditional Ukrainian dish, Varenyky.

Our friendly group of Ukrainian refugees all arrived here in 2022 following the break out of the war. In the past two years, the Ukrainians have adjusted amazingly

well to British living and their new lives, however the amount of trauma and grief they feel for their lost homes, friends, families and cultures cannot be understated, therefore the GOSCFs Refugee Support Group chose to get together and make Varenyky, a Ukrainian dumpling served both savoury and sweet, from scratch while sharing stories from home. Grange Over Sands Community Foodshare supplied the Refugee Support Group with ingredients, transport and a warm space to get together in a safe environment.

Friends of Grange Library

At this month's Reading Friends meeting at 2.30 p.m. on Thursday April 11th we shall, very appropriately given the recent downpours, be talking about the three most treasured possessions that we would rescue from our home in the event of a flood.

Would it be an item of jewellery, a photograph album, a family heirloom, or something more practical such as a favourite recipe book or that useful household gadget? The difficult choice is all

yours, but please note pets and family members are excluded as they are expected to find their own way to escape from the rising waters!!!

Later in the month we shall be holding our popular Cake and Games afternoon on Thursday April 25th from 2.00 p.m. The afternoons provide good company and friendly competition for anyone who enjoys board games but doesn't have anyone to play them with. Everyone is welcome, so come along to the Library for an afternoon of tasty treats and entertainment!



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Cark River Group



Rhona Barton and Linda Youd members of the Cark River Group

Review of Sewage/Spill Problems

PEOPLE POWER!

Introduction

For fifteen years, individual residents of Cark reported to United Utilities and the Environment Agency the sewage spills from the Cartmel in Cark Pumping Station into the River Eea, which flows through the village. No effective action was taken and residents were told “keep reporting any spills”.

Setting up an Action Group

The residents started meeting informally to discuss how to get the sewage spills stopped.

It was discovered that United Utilities were discharging illegally into the river Eea, thereby breaking the terms of their Environmental Licence, which allows discharges under strictly controlled condition. The Environment Agency were contacted and advised of this and asked to act.

Concerns and Aims

- 1.Public Health
- 2.Protection of Wildlife and Habitat
- 3.Protection of the Beach on the Bay
- 4.Need for reliable, truthful reports from United Utilities and the Environment Agency on the working of the Pumping Station.

Action

Members attended a Parish Council meeting to ask for the support of the council, which was given.

Public Meeting

The local MP and Councillors and were invited to a public meeting in the Village Hall to discuss action to be taken regarding the sewage spills.

Over 30 people attended and several people and the MP offered to help.

One resident produced an exceptional display of photographs showing the high level of sewage and sanitary items flowing past her back door every day.

The MP was very shocked to hear the high statistics of sewage being split and reported the situation in Parliament and Cark-in-Cartmel was specifically named as a shocking example of spillage of sewage into a river.

Media Input

As a result of the MP’s report in Parliament, local radio, and TV contacted the group and arranged interviews for local news sections. The Times newspaper also cited Cark-in-Cartmel as having a high level of spillages, as did other publications.

Parish Council

The Parish Council contacted Holker Estates, who have ensured that the use of temporary toilets on Race Days conforms with sewage dispersal rules and regulations.

The Environment Agency mounted an investigation and United Utilities came up with a Plan of Action.

United Utilities provide tankers to take away spillages caused by Cartmel Races or other events which use chemical toilets. Improvement work on the Pumping Station has begun.

The Future

Spillages will be monitored and reported on an ongoing basis.

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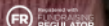
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cancercare.org.uk



Walk of the Month

With Grange Ramblers



Coffin Trail from White Moss Common to Rydal Hall and Rydal Water

DISTANCE: 6 miles **DIFFICULTY:** Moderate, with 600ft ascent

TIME (INC BREAKS): 4 Hours

Start: on the minor road which turns right off the A591 at the Grasmere end of the White Moss carparks. Map reference NY348066 (OS Explorer OL7)

1/ Follow this minor road approximately ¼ mile uphill to meet a T-junction with a right hand turn signed to the Coffin Route
 2/ Turn right at this junction and follow the lane as it changes into a track and joins the stony Coffin Route and continue to reach Rydal Mount.

3/ On reaching the lane turn right to descend to the main road (A591). This lane passes the Rydal Hall entrance and you can if you wish detour left here to visit the café, waterfalls and gardens before continuing on the walk.

4/ On reaching the main road, turn left for a short way, then cross the road opposite the Badger Bar to take the signed footpath to cross the River Rothay then the left hand path up to reach houses at Cote How.

5/ Here turn right and follow the lane onto the upper track alongside Rydal Water which passes the Rydal Quarry caves.

6/ Soon after you have passed the caves there is a left hand fork, with a short stretch of fence, onto a minor path which leads onto Loughrigg Terrace.

7/ Keep left to follow Loughrigg Terrace until you reach the entrance to Deer Bolt wood on the right.

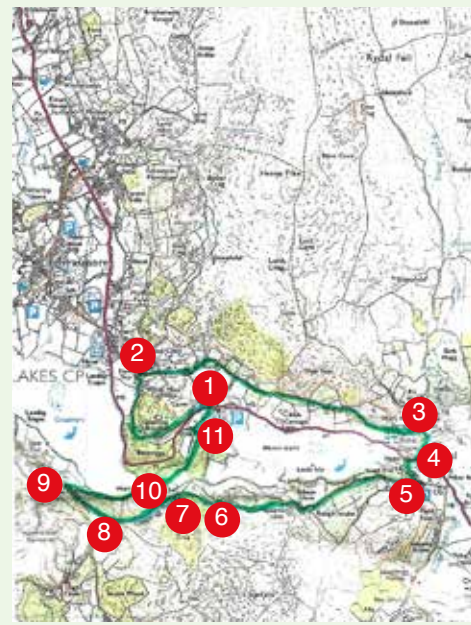
8/ Go through this gate on the right to enter the woods and descend towards Grasmere lake.

9/ As you reach a house, take the right hand turning to continue to descend onto the Grasmere lake shore.

10/ At the far end of this beach continue on the signed Riverside walk path.

11/ When this path meets a curving footbridge, cross the bridge and turn right onto the track which leads back to the White Moss carparks and the starting point.

MAP SUPPLIED FOR ILLUSTRATION PURPOSES ONLY



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

Thurs 4 Apr - Shap Summit - 8.6 miles, 1459 feet ascent. Moderate. Nann Hill, Greenholme and Breatherdale Head.

Wed 10 Apr - Details will be released nearer the day

Wed 17 Apr - Rusland Valley - 8.5 miles, 1800 feet ascent. Moderate. A mixture of field paths, tracks and lanes via Finsthwaite, High Dam, Rusland Heights, Boretree Tarn, Great Ellerside and Town End.

Thurs 25 Apr - 8 miles, 1000 feet ascent. Moderate. Settle to Lanscliffe and Stainforth via Catrigg Force, returning past Stainforth Force and the Ribble Valley.

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Grand farm sale, 4th-5th May. 10-4.

Items of furniture, house contents, range of farm/small holding, equestrian equipment. DIY tools and stuff. In fact 38 years of accumulated "don't throw that away as one day we may need it"

Payment by cash or bank transfer

Text enquires 07804900527

Grange and District Natural History Society



Ancient oak woodland below Causey Pike © Peter Woodhead

Trees and Seas

Andrew Weatherall, Senior Policy Officer for the RSPB, gave a stimulating talk on Lake District Trees, Woods and Forests to a full audience of Grange Natural History Society in the URC Hall.

Andrew has a background in commercial forestry and is passionate about the temperate 'rain forests' of the Lake District. He grabbed our interest immediately with a pub-style quiz on percentages of woodland cover: the UK has only 13%, England & the Lake District 10%, yet woods contain 80% of terrestrial biodiversity. The UK imports

80% of its timber, so we need what Andrew termed 'climate-smart' forestry.

The Lake District's oldest woods, Keskadale and Birkrigg are high up in the Newlands valley. In 2020 a wildfire did not penetrate the wood to cause damage: native woodlands may be more resistant to wildfires. He concluded that Ancient Woodlands, defined as existing since 1600, need serious protection.

On International Women's Day, Georgia de Jong Cleyndert explained her role as Head of Marine Conservation for the NW Wildlife Trusts. She showed pictures of the abundant marine life in the 'blue-carbon habitats' of the Irish Sea, from the seashore: sea gooseberries, starfish, crabs, worms, sea urchins, to deeper water: rays, catfish, brittle stars, grey seals, dolphins, harbour porpoises and basking shark. Difficulties can arise, as the Irish Sea is bordered by 6 countries, all with different conservation policies, who manage their sections accordingly. The Irish Sea faces many development pressures, not least a planned fourfold increase in offshore wind turbines. Georgia explained the complex processes considered, to minimise the negative impacts, before these are constructed. The solid wind turbine bases



Fish fry and kelp © GdJC

provide new reef habitats for marine life, and Kittiwakes had been found nesting on an electrical transmitter substation off Walney Island.

Georgia showed videos of the Marine Internship programme, including monitoring the amount of carbon stored in sea grass, and working with fishermen in a project to use creels to catch scampi, rather than by destructive bottom trawling. She concluded by emphasising the value of Citizen Science and urged people to get involved in their local coastline.

Our summer programme is on the web site www.grangenats.uk

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SCAN ME





With organic raw milk on tap at the farm shop, and this month's recipe, it's a short and easy route from our cows to your table. Paneer is a fresh cheese often called for in Indian cuisine. Fresh matters, so there isn't really any point in buying it in a pack from a supermarket.

HOMEMADE PANEER

INGREDIENTS

- 5 litres organic raw milk
- 150ml organic lemon juice

METHOD

1/ Pour the milk into a saucepan and bring to 90 degrees, stirring occasionally. Remove the pan from the heat once at temperature and add the lemon juice.

2/ As the milk cools, it will begin to coagulate into small curds, which will sink to the bottom of the pan.

3/ Line a sieve with a double layer of muslin and set over a bowl. Scoop the curds into the sieve using a spoon and leave for about 10 mins to allow the whey to drain through the cloth. Draw the muslin around the paneer and gently squeeze out any excess liquid.

4/ Transfer the cloth-wrapped cheese to a tray and pat it out into a 2cm-thick rectangle. Cover it with a heavy board or tins and leave it for 15 minutes.

5/ Remove the paneer from the muslin and immerse it in cold water for 30 minutes.

6/ Take the paneer from the water and pat it dry with a clean tea towel. Store, wrapped, in the fridge for up to a week.

*Recipe adapted from the River Cottage Handbook Cheese & Dairy (available from the farm shop bookshelves)



Welcome, Rowan!

We have welcomed on board a new Junior Silver and Jewellery Valuer and she's already looking forward to helping customers buy and sell special pieces at auction.

Rowan Hughes joins our team after moving from Glasgow where she gained industry experience at a local auction house. Rowan will work alongside Jackie Rothwell, Specialist Valuer, who many of you may have met as she has led our jewellery team for over a decade.

Rowan's professional qualifications include an MSc in Collecting and Provenance in an international context from the University of Glasgow, and a Bachelor of Arts with Honors Degree in Medieval History from Aberystwyth University, Wales.

Assistant Auction Manager, Simon Thompson says:

"Rowan has settled into the team very well and is already well-liked, she is getting to grips with the systems and processes quickly, her work ethic, attitude, and general demeanour are first class. Rowan will grow quickly in knowledge and confidence."

Highlights from the first jewellery sale in which Rowan was involved included:

- A Victorian emerald and diamond ring. Estimate £300-400, Hammer price £500.
- A Victorian turquoise and pearl bracelet. Estimate £200-300, Hammer price £600.
- A 9ct rose gold half hunter pocket watch. Estimate £400-600, Hammer price £560.

Rowan says:

"It has been great to see how well some of the pieces have done, with many achieving within or over their estimates.

"There were some lovely pieces. My personal favourite was the Victorian emerald and diamond ring, which was in very good condition considering its age and a great period piece for someone's collection.

"I'm thrilled to have joined such a welcoming and friendly team here at 1818 Auctioneers, and I look forward to meeting clients old and new in our J36 salerooms."

If you would like to arrange an appointment with Rowan or Jackie, please contact our team.

**EIGHTEEN
EIGHTEEN**
AUCTIONEERS



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Rowan Hughes
Junior Silver and Jewellery Valuer

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Crooklands, Cumbria, LA7 7FP



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.

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.westmorlandandfurness.gov.uk/planningapplications.

ALLITHWAITE-8 RUNNING RACE

Allithwaite Running Club is planning to hold a running race entitled the Allithwaite-8 again this year. The date of the race will be Saturday the 2nd of November, with a start time of 11:00. As in previous years, the race start/finish will be at Allithwaite community centre. The planned course is the same as used since 2017.

Most of the route is through the parishes of Allithwaite-&-Cartmel and Broughton East. It will pass through the parish areas of Lower Holker and Grange only briefly. We don't need any roads to be closed. Marshals from the club will be present at road junctions and where the route crosses roads.

They are limiting the number of runners to 140 this year. Car parking will be arranged on the driveway of St. Mary's church, Allithwaite and (subject to the ground being firm enough) on the upper, grassed area of Allithwaite playing fields next to the community centre / bowling club.

CARTMEL FISH SLABS AND PINNACLE

As part of the Grant Funded Restoration of the ancient Market Square Fish Slabs and Pinnacle there was a requirement to relocate the weathered and eroded pinnacle in Cartmel, for internal display. Due to the issue of long term stewardship, that has not proved possible. However, agreement has now been reached with the Primary School for the pinnacle to be displayed within a permanently paved area as part of proposals to redevelop the

playground and surrounding environs to create a more environmentally friendly play area for pupils.

RESULT OF REFERENDUM – ALLITHWAITE AND CARTMEL NEIGHBOURHOOD DEVELOPMENT PLAN

A local referendum on the Allithwaite and Cartmel Neighbourhood Development Plan was held on the 29th February 2024 to decide whether the local community were in favour of the plan being used to help decide planning applications in the area.

The result was 259 in favour (83%) and 55 against (17%). The turnout of electors was 20.63 per cent.

In accordance with Section 38A (4) of the Planning and Compulsory Purchase Act 2004 (as amended), the Westmorland and Furness Council must now "make" the plan as more than half of those voting were in favour. The decision to "make" the plan will be made at a Cabinet meeting on 30th April 2024.

When approved, the plan will become formally adopted and have equivalent weight in decision making to the Local Plan as part of the Development Plan.

The plan was drawn up by Allithwaite and Cartmel Parish Council following consultation with local residents and businesses. The policies proposed in the plan include:

- Ensuring high quality in new development;
- Conserving and enhancing the landscape character of the parish, including protection of significant views, and the Cartmel Conservation Area;
- Protecting local green space through the designation of eight local green spaces;
- Protecting and enhancing green infrastructure and biodiversity;
- Protecting dark skies to minimise light pollution.

Neighbourhood planning gives communities direct power to develop a shared vision for their neighbourhood and shape the development and growth of their local area. A neighbourhood plan ultimately forms part of the Development Plan – policies which local authorities use to determine planning applications.

More information about the Allithwaite and Cartmel Neighbourhood Development Plan can be found at <https://www.southlakeland.gov.uk/planning-and-building/local-plan/neighbourhood-plans/allithwaite-and-cartmel-neighbourhood-plan/>.

On the Grapevine

Rehearsals for Grange drama's spring production, *The Ghost Train* by Arnold Ridley, are in full swing.



Howard as Richard, Jim as Jackson, Steve as Saul, Matthew as Charles, Clare as Peggy

Director Carol Williamson has selected a cast which includes two of the society's longest serving members, Steve Pollard and Jim Robson. Steve has 20 years under his belt and Jim a whopping 39 years. Also making their debut is Matthew Ashton who says he is "absolutely loving it".

The *Ghost Train* will be performed at The Victoria hall in Grange on Wed 15th to Sat 18th May. Curtain up at 7.30pm.

Our next community play reading will be held on 10th April at 7.30pm in Grange Institute. Hilary Stubbs will be directing Adam Croft's CURTAIN UP!



So if you have been talking about coming and joining us but haven't quite got round to it here's a quote from Walt Disney to give you a push: "The way to get started is to quit talking and start doing". See you there! www.grange-drama.co.uk

Made in Allithwaite Spring Fair

The creative artists and makers living in and around Allithwaite are holding their first Fair of the year on Saturday 6th April 10.30-3.30pm at Kirkhead View, The Square, Allithwaite LA11 7QF



Artwork and crafts include.....Natural skincare and ceramics by Angela pollard, Fabulous bags and knitwear by Wendy Graham, Beautifully crafted rings and jewellery by Rob Alder, Artwork by Sonja Viotoris, Watercolours and cards by Steve Fairhurst, Fused glass designs by Fran Brown, Willow plant supports by Susan Pettman Lots of interest for everyone, with more artists possibly joining in on the day.

Delicious home made cakes and refreshments will be available in a lovely garden setting. Now all we need is fine weather!

For further information take a look at the Made in Allithwaite Facebook page or email fusedglass.fran@btinternet.com



Gosh! Are we really in our 50th year? It seems to have gone in a flash.

Since our establishment in St Johns Street in Manchester in the early 1970s, we have seen many changes and innovations in the realm of hearing care. The technology available to those with hearing loss today seems unimaginable from the large, basic amplifiers of several decades ago. These innovations have improved the lives of individuals with hearing loss immeasurably and it has been a privilege for St Johns Hearing to be a part of that. How have St Johns Hearing been successful for 50 years?

We believe the secret is our commitment to our customers and going the extra mile to offer a superior, personalised service at competitive, affordable prices. As a family run business, we have seen many changes over the past 50 years and have moved with the technology to keep our service up-to-date and retain many of our customers for the duration of their hearing loss journey.

From our premises in Grange-over-Sands, or in the comfort of your own home, St Johns Hearing offer a full range of hearing services. Consultations are free of charge at home or in house. Aftercare services are free for the duration of the life of your hearing aids. We offer Ear Wax Removal services via Microsuction or irrigation, and are able to visit those with mobility issues at home in the Furness and South Lakeland areas. We also offer servicing, calibration and repairs of your hearing instruments. Looking to the future, the staff at St Johns Hearing are committed to continuing to provide the same level of dedication to supporting the hearing health of customers old and new.

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 Main Street, Grange-over-Sands
 Tel 015395 36391
www.stjohnsac.co.uk





Bay

Home Care

We are proud to be celebrating our 10th year of business this month.



We started Bay Home Care in our local town of Grange Over Sands in 2014. We had a simple plan to build on our personal areas of expertise and provide quality care and support to people within our community.

We wanted to offer bespoke care provided by a team of well trained and consistent carers, and also offer a local alternative outside of the large organisations that cover Cumbria.

Now we are a decade into providing our service, our goals still remain the same and we are fully committed to continue developing our service and building upon our experience to enhance the quality-of-care people receive.

I would like to thank the team of carers for the hard work they do in the community and the people that continue to support our business by choosing us as their care provider.



We have recently undergone our CQC inspection and had a great result across the board, we are also pleased to be on the new Westmorland and Furness framework and continuing to work closely with the NHS.

We are going to be celebrating this April by hosting a coffee and cake afternoon for both our care team and service users at the Grange Hotel.



Info@bayhomecare.org.uk 015395 34987

4 The Boulevard, Windermere Rd, Grange over Sands, LA11 6EG

LIFE WITH SOME OOMPH!

Activities are an especially important part of our care and we have recently subscribed to a software package called 'Oomph' which is provided by Person Centred Software. This new programme provides endless inspirational activity ideas and resources to suit all interests.

Of course singing is a forever popular activity and Anne and Jean are seen here singing along to Sailing by Rod Steward, with lots of oomph! But the singing did not stop there! Steve Low performed a marvelous Valentine's Day set with love songs from many decades. Izzy also organised a 'Thank You for the Music' Abba Night which was lots of fun.



ALL THE WORLD'S A STAGE!

Jill, our Day Care Assistant turned her hand to writing a comedy play with some of our residents taken part as actors. She even created paper medals as part of the costume for one of the characters. The play's subject also opened a super discussion about personal experience of care.



HELPING NATURE



Natural bird feeders were made to help mother nature and to encourage birds to visit our garden so to take part in the RSPB Big Garden Birdwatch.



A DATE FOR YOUR DIARY

Our Strawberry Fayre has been scheduled for Saturday 20th July 2024. We will update our website and social media pages with more information nearer the time,

WE ARE RECRUITING

We are currently recruiting Care Assistants to go on our Bank Register, For more information please go to <https://www.theoldvicarage.care/care-assistant-bank>



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Ulverston International Music Festival 20th Anniversary 31 May - 9 June 2024



Anthony Hewitt, Festival Director

Tickets are on sale for Ulverston International Music Festival's more than classical 20th anniversary programme.

In 2004 the Festival started with four concerts at The Coro, Ulverston.

To celebrate our 20th anniversary there will be twenty-four concerts, in twelve locations in ten days - more music, in more locations and more than classical.

For Festival goers who enjoy a diverse programme we offer - classical, ukelele, jazz, choral concert, baroque, light opera, tango, music outdoors, food & music and children's events. Highlights include performances by pianists

Anthony Hewitt, Martin Roscoe, & Daniel Lehardt; violinist Jennifer Pike; cellist Maja Bogdanović; string quartets Arethusa Quartet and Animato Quartet; orchestras The Royal Northern Sinfonia, & The Ukulele Orchestra of Great Britain; jazz group The Dave Bristow Quintet; opera company The Charles Court Opera and choir The Ulverston Festival Chorus.

We also have some amazing new venues around the Furness and Cartmel Peninsulas - including Cartmel, Coniston, Grange-over-Sands and Levens Hall. Come and experience some wonderful live music in fantastic locations, in our beautiful part of the world. Together creating memories which will last the next 20 years!

For details on all events please visit ulverstonmusicfestival.co.uk or pick up a brochure at The Coro or in your local shop. Tickets on sale now at thecoro.co.uk/uimf For events with dining options and 'Tunes 4 Tots' go to - <https://ulverstonmusicfestival.co.uk/tickets/>

Mid-week concerts at St Paul's Church

The first of four concerts to open the twelfth season of mid-week concerts at St Paul's Church.



Grange over Sands will take place on Tuesday 9 April at 11 am. These concerts have been moved from Thursday mornings to Tuesday mornings.

Charles Edmondson, director of music at St Paul's Church, will give the first of these in the form of a recital of music for piano, entitled An Anthology of Dance Pieces. The programme comprises dances which have been written for (or in a few cases, arranged for) piano. ranging from dances from the early seventeenth century to modern day dances. They are taken from countries throughout the northern hemisphere. The programme is varied and includes works by well-known composers such as Handel, Chopin, Faure, Mancini and Bernstein as well as works by lesser-known composers

Tea/coffee and biscuit are available from 10.30 onwards. Admission to the concert is free and donations are welcome.

Classical

Jazz

Baroque

Dance

Ukulele

Orchestral

Chamber Music

Family Concerts

Talks

Choral

Poetry

Food

Nature

Gilbert & Sullivan

More than classical



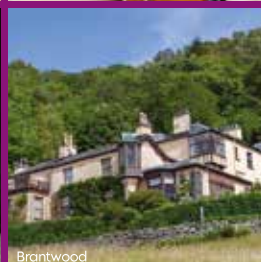
Bardssea Church



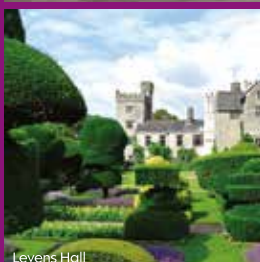
Jennifer Pike



Ukulele Orchestra of Great Britain



Brantwood



Levens Hall



Music up-close



Dave Bristow Quintet



Cartmel Priory

FRIDAY 31 MAY - SUNDAY 9 JUNE 2024

ULVERSTON INTERNATIONAL MUSIC FESTIVAL

20TH ANNIVERSARY EDITION

More than classical with over 20 events around Ulverston & South Lakes

For tickets, more info, or to download a brochure scan the QR code or visit ulverstonmusicfestival.co.uk

20 ULVERSTON INTERNATIONAL MUSIC FESTIVAL

Cartmel Peninsula Churches Together

If you read this in time, remember that on **Easter Sunday, March 31st**, there will be a **celebration sunrise service at 6:45 am in the Hampsfell Road car park, followed by hot cross buns at St Paul's.**

Thank you to all the churches who hosted Lent Lunches this year, and made donations to the work of the Leprosy Mission. There are some excellent soup makers on the Cartmel Peninsula!

Last month we promised you an Easter trail with a difference. We're sorry, but you'll have to wait till next year for that - it has not proved possible to do all the preparatory work for this year.

A date for your diaries: May will bring Pentecost, often seen as the "birthday" of the church. As in the past two years, we will be celebrating on St Charles' field on Sunday May 19th - look out for details next month.

Grange Methodist Church

Thank you to all who came to the "Journey to Jerusalem", and to all those who set it up. We were pleased to welcome children from 3 local schools. Donations in appreciation were for the Methodist Church Gaza Appeal, supporting the emergency work being carried out in Gaza by the Methodist Liaison Office's partners. Their work focuses on helping civilians in Gaza with medical, dental and mental health issues.

We look forward to hosting the next "Stillness and Song" Taizé-style worship at 6:00 p.m. on Sunday, April 7th. This is led by local musicians

and provides space for quiet reflection.

The next fundraising event for our "Open for Community" building redevelopment project is a Kitty Brown Fashion Show at 7:30 p.m. on April 19th. Tickets, including light refreshments, are available for £10 from Carol Lamb (07717 217816).

Two May events to note in your diaries now: the Repair Café will be open again from 6-8 p.m. on Friday, May 3rd. And Sue and Peter Nicol will be opening their garden again this year, on the weekend of May 11th and 12th – full details next month.

St Mary's Allithwaite

We were delighted to have a full church, with enthusiastic hymn singing, on the evening of March 5th for 'A Celebration of Ministry', the licensing service for Reverend Mark Houston as vicar of St Mary's and St John's Flookburgh.

Members of both churches welcomed Rev Mark, his family and friends from his previous churches in the Benefice of Inglewood, north of Penrith. The service was led by Bishop Rob Saner-Haigh, Archdeacon Vernon Ross and Canon John Dixon, supported by clergy from across the Cartmel Peninsula and beyond. Tea, coffee and

cake were served afterwards, for a very convivial end to a memorable evening.

Looking ahead to April, we're hoping to make our monthly Community Lunch a fundraiser on behalf of St Mary's Hospice, specifically the appeal to fund a family-sized Cuddle Bed that was set up in memory of Sue Wymer. Do come along to the lunch in church on Wednesday April 17th, with food served from 12.00 till 1.30. All donations received will go to this very worthwhile local cause. Details of other community events can be found on our website www.allithwaitechurch.org.uk

St John The Baptist, Flookburgh

Having said goodbye to our interim vicar, Revd. Jane Maycock, at the end of January, we were fortunate that Revd. George Wilson was willing to help us out by taking our services throughout February, and we are grateful to him for his calm and thoughtful presence during that time.

Then on 5th March, we welcomed our new vicar, Revd. Mark Houston, as vicar of Allithwaite and Flookburgh. Mark and his wife Ruth have now moved into the vicarage in Flookburgh, and we look forward to working with them and getting to know them in the coming months.

On 20th April, FLOOKBURGH

BAND will be playing a concert in Church at 7.00pm. Tickets will be available on the door, and from Cockles Store in Flookburgh, The Cabin in Cark, or any member of the PCC. Following the success of last year, this is an event not to be missed.

A reminder that our 'Diddi Disciples' meet every Thursday morning in term time from 10.00am until 11.30am. This is a fun session for preschool children, babies and their parents/guardians to come and share social time, stories, singing and crafts. Anyone caring for a baby or preschool child will be made very welcome.

Hope Church

We are pleased to announce that Hope Church are now meeting every Sunday in Lindale Village Hall.

Many of you will know that we used to meet in Grange Primary School. As with all churches we had to close due to COVID. We opened again in July 2021 in Lindale, but only once a fortnight. Now, as we have grown we are able to meet every Sunday at 10.30 am, with Ron

Ainscough preaching most Sundays. Anyone wishing to come along will be most welcome, as we seek to bring Praise and Worship to Jesus our Saviour, to have fellowship with each other and pray for each others' needs.

We also have mid-week meetings where we pray or have bible study.

We are a group of ordinary Christians who serve an extraordinary God. Come along and meet him.

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At The Grange Hotel.*

MEET OUR GENERAL MANAGER

MALCOLM BAXTER

I adore great food, fine wine, and crafting memorable experiences, but my true passion lies in genuine hospitality. Since joining The Grange Hotel team in September 2022, we've been dedicated to creating unforgettable moments for our guests. From classic Sunday roasts and elegant afternoon teas to lively wine evenings and summer barbecues with stunning views of Grange, we're thrilled to offer a unique experience. Join us and let our fantastic team create special memories for you. Looking forward to welcoming you to our hotel!



SCAN FOR
MEMBERSHIP
DETAILS

LEISURE & BEAUTY

OUR LEISURE FACILITIES

Enjoy our leisure facilities! Dive into our pool, unwind in the jacuzzi, or relax in the sauna and steam room. Become a member for as little as £39 per month.

OUR SPA OFFERS

Make full use of our spa and treat yourself to a day of relaxation at the Grange hotel.

Spa Package Includes:

- £59pp
- 1 x 25-minute treatment
- £15 food allocation for lunch / afternoon tea
- 2 hours use of the spa facilities
- Save 10% on all additional treatments booked on the day
- Valid Sunday – Thursday



SPECIAL OFFERS

WEDNESDAY STEAK NIGHTS

Treat yourself to a succulent steak and delicious drink to relax before the end of the week approaches. Take a seat in our cosy bar area whilst you enjoy delicious food and great company.

SUNDAY STAY OVER

Immerse yourself in an ambiance of elegance as you savour a sumptuous array of flavours with our traditional 3 Course Sunday Lunch, curated especially to tantalise your taste buds. With a blend of delicious dishes, warm hospitality, and a cosy setting, our Sunday Stay Over promises a perfect escape to conclude your week on a high note.

SCAN FOR
MORE OFFERS



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Spring Newsletter

Welcome to our Spring update!

It's lovely to see the signs of Spring and some better weather returning! We're hoping to be able to get out and about lots with our lovely clients over the coming weeks.

Our **LUNCH CLUBS** are back up and running again and dates for the next couple of months can be found below. Do come along and join us at the next one - a good time is had by all! If you struggle with mobility, we have an adapted vehicle for wheelchairs, so get in touch to arrange access to this.

CONGRATULATIONS are in order for two of our senior team! Hayley has completed her Level 5 Diploma in Leadership and Management for Adult Care and Emma has completed her Level 4 Diploma in Adult Care. A brilliant accomplishment!

WHY DO CLIENTS RECOMMEND US? We've had some lovely reviews from clients within the local community, who value our quality yet affordable care service! Uniquely, we offer care visits from just 30 minutes, which gives our clients greater flexibility to meet their individual care needs and budgets. You can find our client reviews on our website, heydayscare.co.uk



Hayley & Emma: celebrating their amazing achievements

**Lunch Clubs
Upcoming dates...**

Tues 9th April
Tues 14th May

Every 2nd Tuesday of the month at The Pheasant Inn, Allithwaite. £11 for 2 courses and a tea or coffee.

Call our Office to enquire or book your place.



Dementia training



More carers from our Grange and Barrow offices have attended a state-of-the-art Dementia training experience this month. The 'Virtual Dementia Tour' gave our carers a scientifically proven way to experience and understand what having dementia might be like. They also gained valuable knowledge and practical tips on how to better support individuals living with dementia.

WE HAVE HOME CARE AVAILABILITY IN THE SOUTH LAKES!!!

We currently have availability for home care packages around the Grange, Cark, Newby Bridge, Levens & Witherslack areas. We offer flexible packages that are tailored to your personal needs, whether it be an extra pair of hands to help with cleaning and shopping, or more regular calls up to four times a day. We also offer specialist dementia and palliative care, as well as live-in care and respite care.

By staying at home, you can remain in your familiar surroundings, close to friends or family and your local community, without any stressful changes.

Find out more about our great value packages, call us on 015395 52548

SUNFLOWER COMPETITION



We hold regular events, socials and fun competitions here at Heydays. This April we're running a Sunflower Competition with prizes for who can grow the tallest. Every client and carer will get a pot, compost and subflower seeds (kindly donated by Brooke Supplies). We can't wait to see how you all get on and we hope you enjoy having a little piece of sunshine to admire!

United Reformed Church

I hope you are enjoying all the spring flowers that are blooming now. They really give me a lift.

On Thursday, 15th February we were very pleased to welcome representatives of St Mary's Hospice and Alzheimer's Research UK to tell us something of their work and for us to present them with the donations from the Community Carol Service in December. We intend to repeat this very successful event this year.

We had an excellent visit from our Northwest Synod Moderator, Revd Clare Downing on Sunday, March 10th, when we were joined by members of Kendal and

Windermere URC churches for morning service and lunch. It was lovely to have all those visitors.

I hope you are able to attend our usual Easter Coffee Morning on April 1st for coffee, stalls and company. Because we have this event on Monday 1st April there will not be a Morning Coffee session on Tuesday 2nd April. Normal event in May!

On Friday 12th April at 6.30pm, we will be glad to see folks for a social evening of Games of Yesteryear, for instance Beetle, quiz etc. There is a small charge of £3 at the door (children free). All Welcome.

Easter Greetings to you all.

St. Paul's, Grange

As I write this on a rainy day in mid March it is difficult to believe it is Spring, though last week we did have some lovely sunny Spring days!

Let's hope we will soon have more! At the beginning of March we saw the licensing of the Reverend Mark Houston at St Mary's Allithwaite.

On Wednesday 6th March twenty five of us enjoyed a Cuppa and Cake in the social area of St Paul's. Mothering Sunday, 10th March was celebrated with a special service in church led by the Reverend Penny Driver. At the end of the lovely service everyone was presented with a floral posy. Thank You to Helen for the delicious simnel cake that we enjoyed with our coffee.

On Friday 15th March at 1 pm Paris and Matthew will be married in St Paul's. We wish them lots of happiness

on their wedding day and in the years to come. There will be a school Easter service at 9am on Thursday 28th March. All are welcome.

Holy Week services are as follows

Wednesday 27th March, 7pm, Compline, St Paul's church. Maundy Thursday, 28th March, 6.30pm United Service, St Paul's. Good Friday, 29th March, 2-3pm, Hour at the Cross, St Paul's. Easter Sunday, 31st March, 6.40am, sunrise service in Hampsfell car park, followed by Hot Cross Buns in St Paul's. 11am Holy communion in St Paul's.

Our new vicar, the Reverend David Wilmot will be licensed at St Paul's on Tuesday 30th April at 7pm. Lastly our Spring Fair will take place on Saturday 20th April from 10am. Do come and join us for refreshments and browse all of the usual stalls.

St. Charles Borromeo

March has been a busy month.

We have had "teaching" sessions for all three churches taking place at Milnthorpe on the meaning of Easter and especially the Triduum, or the three days from Good Friday to Easter Sunday and also sessions for our new Eucharistic ministers. These last sessions will be on-going for a while. Amongst the younger members of our parish here at St. Charles we have one little girl who is preparing for her first Holy Communion and three teenagers who are preparing for their confirmations. It is lovely to see them. On a more formal note, we have also had the funeral of a lady who had lived on the parish for a while and the baptism of a small child. There is also a man who is preparing to enter fully into the Catholic church whom we have known for a while and we are delighted to welcome him. There has been one of the Lent lunches held in our Father Magner room and the cleaning team have been busy clearing out some unwanted items from the kitchen. Hopefully it will

now be easier to find what we need. Otherwise, church life goes on as usual, with some kind of service every morning in the church, usually at 10.00 am, unless Father Philip has a later engagement elsewhere, in which case it may change to 9.30 am and disrupt our routines. Happy Easter to you.

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Property Talk

With

Craig Turner
Property Department Manager
and Valuer



FRIENDLY HONEST PROPERTY ADVICE

Steady growth but realistic buyers

We are a quarter of the way into the year and the market has thankfully been steadily growing. Halifax mortgages have reported the fourth consecutive month of gradual property price growth but this comes with a warning that these trends may not necessarily continue.

Year on year price increases have dropped from 1.2% in January to 0.4% in February and annual growth is set at 1.7% compared to 2.3% last month. The fact is that prices are still growing, if only slightly, and the market is productive.

There was a small slow down in market activity after the dreaded 'R word' was used in the media but, with reports showing we are no sooner in recession than we are out of it thanks to some committed New Year Sales spending, we are seeing another wave of property sales.

The Easter holidays will be upon us when this goes to press and the traditional consensus is that this is when the property market comes out of hibernation. The holding of the interest base rate since last September and the availability of mortgage products continue to have a positive effect and the expectation of rate reductions across the year will continue to support sales levels.

With all this said there are purchasers out there who are studying the market and are well aware of the realistic value of property. With mortgages still more expensive than in recent memory they need to be careful and considered when deciding where to place their hard earned money.

As always, if you want expert advice on the local property market come and see one of our knowledgeable valuers or negotiators who can guide you through buying or selling a property.


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Mayor's Report

What a quiet month. I've not had a single Mayoral function since my last report.

The Council have received several complaints and queries of late about green bins and the delays in getting them emptied. Westmorland and Furness Council tell us that this is due to staff shortages and absence because of illness. Presumably the situation will improve as the year warms up and winter chills are left behind.

We have also had comments regarding the workers' vehicles on the prom. One of the problems with the refurbishment work is that the access to the prom is so limited. Only small vehicles, such as the vans which have been commented on, are able to negotiate the

underpass at the station. All larger traffic must cross the railway line at the Berners level crossing. The use of this crossing is charged for by Network Rail at eye-watering rates and if all traffic were to make use of the crossing the project would never have taken place.

Resurfacing of the prom will be near the end of the project and any damage caused by traffic will be put right then.

I am quite surprised how little I have to report this month. I seem to have been quite busy but that has been with things at the Vic which are probably too mundane to mention. They still need doing, however. I hope to have more interesting things to report next month.

Happy Easter
Roger Handley

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LAUFEN



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Lindale CE Primary School



Since returning to school after half term it has been a rather eventful few weeks.

Lindale CE School were visited by Ofsted inspectors on 20th and 21st February. The children, staff, parents and governors did a wonderful job of sharing their positive views of our school. By the time you are reading this, our report will have been published and available to read on our school website.



de partie from L'Enclume. The standard of baking was outstanding! After judging, one of our Y6 pupils took on the role of auctioneer and did a marvellous job of extracting money from our audience.

KS2 have been orienteering every Friday afternoon, in all weathers! They have completed various challenges around the school grounds and will have their final session out at Cartmel Woods.

To celebrate Science week with the theme of Time, we had a whole morning of Science with children working in mixed age groups across the school. A carousel of activities was organised by the teachers and included designing paper aeroplanes with the longest flight times, investigating pendulums and testing reaction times by catching a ruler. KS2 also had the opportunity to have a lesson at Cartmel Priory School in the Science lab where they learned to use Bunsen burners.

Finally, we have to tell you how ridiculously excited we are that when we return to school after Easter, our EYFS classroom will have been totally transformed. Look out for details of our open day on our social media pages.



On 21st February children from Years 1 to 6 took part in the Key Steps Gymnastics competition. Both our Y1 and 2 team and the Y3 and 4 team qualified in the Cluster competition. Both teams then came 2nd in the District small schools competition. We are really proud of our gymnasts and the hard work they put in to prepare.

World Book Day took place on the 7th March and we were thrilled with the effort children and staff made to dress up as a book character. During the day we held a fashion parade, children took part in buddy reading and also completed other book related activities. The FOLS also organised a World Book Day bake off competition which was judged by a chef

Allithwaite Primary School



In celebration of World Book Day, the children participated in dressing up as their favourite literary characters.

It was a delight to see the vibrant array of costumes! The day also included a book exchange where old books were swapped for new ones. It was wonderful to hear the children engage in lively discussions about different genres and authors.



Our Maths Day was a great success, filled with numerous challenges and tasks aimed at enhancing our pupils' mathematical skills. What made the day even more special was the collaboration between the older children and their buddies and how they supported their younger peers was truly heart warming.

Our gymnastics team took part in the local cluster competition with great enthusiasm and dedication. It was wonderful to witness the hard work and dedication displayed by all the schools involved.

Our young garden enthusiasts, the Snowy Owls, have been busy transforming part of the garden area into a tipi den and have also embarked on the adventure of planting sweet peas to grow around it. Their teamwork and perseverance have been commendable, and it is heartening to witness the enthusiasm they bring to their gardening project. Meanwhile, the Eagle Owls have been exploring our local area, Morecambe Bay, as part of their investigation into UK coastlines. By actively engaging with the rich coastal heritage, they have not only expanded their geographical knowledge but also developed a deeper appreciation for the environment around them.



In sports, our three gymnastics team all qualified for second round and our KS2 teams came second into the next round. Adam from Cumbria Cricket has been delivering cricket lessons to the whole school and they have been a great success. We wish everyone a happy Easter.

Leven Valley School



The school's recent adventure was so extraordinary, you'd be forgiven for thinking it was written by Tolkien.

The fearless travellers ventured through labyrinthian caves, explored ancient furnaces and battled against the wind and snow up one of Yorkshire's Three Peaks. Packing that much into three days would leave most parents exhausted, but naturally the children put us all to shame. So this month, we thought it fitting that we hear directly from one of them.

Elizabeth (Year 4): "Residential was a lot of fun. On day one we had a kit check and climbed Malham Cove where we



had lunch next to the river and for tea we had chicken and carbonara sauce. On day two we got dressed in our caving suits that made us look like Teletubbies! We explored an old lime kiln and had lunch, after we went caving in Thistle and two other caves, we had pasta and salad for tea. On day three we went up Pen-y-Ghent, the 3rd biggest mountain in Yorkshire. It was amazing!!! My favourite part was when we had free time to relax in the bunk barn and being bog minions."



Grange Primary School

Great success for our Key Steps 1 gymnastics team winning the local cluster and then the S. Lakes event recently which means they are progressing to the county final.

We are so proud of them and all of our Key Steps Gym Teams who represented the school. Science week in March was marked with a whole school event during which classes worked in mixed age group teams to solve problems and investigate different aspects related to the theme of 'Time'. Visitors were welcomed to share their knowledge and how they apply science, technology and maths to their roles in the work place. World Book Day, also in March was equally exciting with children and staff dressing as non-fiction books/characters- Albert Einstein, a dictionary, Egyptians, footballers and even the Highway Code being just a few examples. A competition to create a book cover/character from egg boxes was won by one of our youngest children with a super model of 'Owl Babies'. The story of Made by the Moon by Emily Hennessey was the inspiration for our activities. This story is all about the local area of Morecambe Bay and an imaginative way to engage the children in the Morecambe Bay



Curriculum. It is a creation myth explaining how Morecambe Bay came to be and is ideal to be enjoyed as a stand-alone story or as a stimulus for enquiry and further learning.

In geography this half term Y6 found out more about water courses learning about local rivers such as the Winster and how waterfalls are formed. They created their own models of waterfalls using plasticine-a challenge but it certainly helped them remember about erosion and how a gorge is created! St Paul's church ran a popular spring craft event with volunteers welcoming the children and helping them create decorated biscuits, cards and sheep puppets etc. as well as sharing a time of reflection and celebrating new life and the lead up to Easter. A JAM (Jesus and Me) club has also been running for Y5 and



Y6 with Andrea Mason, the local church youth worker. We thank our many helpers and visitors this term for making the school such a vibrant place to be.

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Cartmel Priory School



Busy, busy, busy at Cartmel Priory School as ever! We took part in the Young Citizens Mock Trial competition, held at Carlisle Magistrates Court.

Sixteen Year 9 students took part in the event. A huge well done to Jasmine D, who was voted stand out member by the lead magistrate and was presented with her award by the High Sheriff. Well done to all the students who participated in this fantastic opportunity.

We celebrated National Careers Week during the week of 4th – 8th March by hosting our annual Mock Interviews for Year 10 students. Students were asked to submit their CV and write a letter of application for a vacancy within a career of interest for the future. Students were interviewed by local business and friends of

CPS, who took time out of their busy schedules to help. Many thanks to: Archway Vets, BAE, H & F Legal (K Walsh), Kendal College, Lancaster 7 Morecambe College, Sensible IT, Curtain Call, J Carroll, S Wren, L Clarke & R Beestone. On the day students arrived looking very smart and professional. The students were an absolute credit to our school and feedback from the interviewers was extremely positive. We are proud to announce that Freya S won the Kendal Rotary Club Photography competition, with a photograph of a Manchester city scene. Hannah J and Elijah F were highly commended.

BAE are providing an after-school club for our KS3 students. They are taking part in 2 projects over 6 weeks. Students are working through

the specification, planning, design, manufacturing and testing of a Rocket and a Draw Bridge. Year 9 students had the opportunity to judge the Primary District Key Steps Festival for 15 local primary schools. This competition was the qualifying competition for the county finals to be held in Penrith. Our students had to complete a gymnastics judging course in preparation for this leadership responsibility.

Cartmel Primary School



How lucky we have been to have an abundance of trips, visitors and exciting activities this month, allowing all children in school to experience something new and develop their learning and enjoyment further.

Class 3 have been to Vindolanda to support their learning of the Romans and the whole school had great fun at Tower Wood, on Windermere, testing their perseverance, teamwork and building on skills from last year. The sun even came out for part of the day! Our gymnasts competed at the cluster event and performed superbly with our older 4 going through to come second at the District competition!

We have had the pleasure of Bob Sutcliffe in school for two days as he worked with each class to create some spring Nordic/Scandinavian inspired art, stained glass windows and some canvas paintings in class 3. World Book Day and Science Week was a success too.

The children participated in a whole host of activities and experiments and managed to join zooms for each of the

occasions. These included a draw along, stories read by famous authors such as Michael Rosen and a live farm zoom for World Science Day.

We would like to give this opportunity to thank all the parents and members of the community that came to help us with our ground force evening on Friday 8th March. It was amazing to see so many people supporting us and we really do appreciate your kindness, and effort on the day! The school grounds have been transformed ready for spring and the children are already out enjoying them and planting their vegetables and flowers. Thank you.

This year we celebrated Easter with a service in the beautiful Priory and Easter bingo in the school hall, that was kindly run and organised by the Friends of Cartmel Primary School (FoCPS). We wish everyone a happy and restful Easter holidays with many Easter treats!

We are now on Instagram! Please give us a follow on 'cartmelprimary' if you would like to keep up with what the children are doing and be informed of any news/upcoming events.

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Flookburgh school



What a super busy time we have all had at Flookburgh School over the last couple of months – we’re definitely looking forward to the Easter holidays to re-charge our batteries for the Summer term!

Our Reception children have been working really hard on developing their writing skills this term and, so to showcase their flair for writing, our Reception children entered a Young Writers competition, all based around the theme of, ‘Me and My Family’ and, unsurprisingly to us, their work has been selected for publication! We are all so proud of our children, and their teachers, for their love of English.

Our Y3/4 children had a wonderfully themed ‘Greek Day’ where they wore their togas to school; tasted some amazingly exotic Greek dishes and fully immersed themselves in the life of the Ancient Greeks for the day to really bring their learning to life – the wonderful smells coming from their cooking was fabulous!

But the learning and fun didn’t stop there! Children from Years 1 to 4 enjoyed a super day of outdoor education at Towerwood on the banks of Windermere.

Raft building, canoeing and tree climbing were just a few of the activities they challenged themselves with. But, they all agreed, one of the best things about the day was just being together, spending time with friends, splashing their teacher (has to be done!) and enjoying all the things which our amazing local outdoors offer! We can’t wait for the next adventures we have planned for the coming months!

We’re all really excited too about welcoming our first 2-year olds into school after Easter! More on this next month though so, for now, Happy Easter everyone from all at Flookburgh School. 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

Acorn Montessori



This term has centred on celebrations.

The children were thoroughly immersed in the culture and traditions of Chinese New Year, making Chinese fans, red envelopes, dragons and preparing a wonderful traditional stir-fry lunch.

Valentine’s Day, Mother’s Day and Easter have sparked much creativity in the classroom incorporating various art techniques that promote language and



broaden the children’s vocabulary. A special visit has been planned to The Old Vicarage Nursing Home for the children to sing songs to the residents and show them their Easter creations.

British Science Week was a fabulous time to explore gravity and buoyancy using makeshift boats. This promoted conversations for predicting outcomes and experimentation.

A big thank you to Robbie and Scotty from Sportivos for visiting each week to run sessions to develop the children’s development through ball skill games. Their engagement with the children has been exemplary.



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What's On at The Vic

REGULAR EVENTS

James Reeder Dance Classes - 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 - Improvers: Tues 7pm from 16th April
Post Beginners: Thurs 7pm from 18th April.
Contact: caroline_hakkinen@mac.com

Creative Photography - Alternate Thurs 7pm from
11th April. Contact: seppo_hakkinen@icloud.com

CADAS (Cumbria Addictions Advice and Solutions)
Peer Support Group - Thurs drop-in 10am to 11am.
Contact: richardc@cadas.co.uk

Room 2 at The Vic - Open Wednesday and
Thursday 10am-3pm. Tel 015395 92149

NEW! Buddhist Meditation Class. Wednesdays
11am-12noon from 10th April. For info visit: www.
manjushri.org

INDIVIDUAL EVENTS

02/04 TUES! - VHSG Bingo -
Doors 7pm, Eyes down 7.30pm.
£1 entry, £5 per Bingo card. Cash
Prizes

05/04 Fri - Concert Club – !New
Season! – Polaris Duo. Visit www.
grangeoversandsconcertclub.org.
uk

07/04 Sun - T-Rex (The Music
of Marc Bolan & Mickey Finn)
Live. Doors 7pm for 7.30pm start.
Tickets Grange Emporium

12/04 Fri - Friday Night Dancers
- Ballroom & Latin Social: 7.30pm
Contact: fnd.south.lakes@gmail.
com

14/04 Sun - Cinema at The Vic:
Past Lives. Doors: 6.30pm for 7pm
start - VHSG

15/04 Mon - Grange over Sands
Town Council Meeting, with 'Have
Your Say!' 7pm

16/04 Tue - U3A Monthly Meeting

10am main hall

20/04 Sat - Tim Farron MP Advice
Surgery - 10am-12noon, make an
appointment at: tim@timfarron.
co.uk

20/04 Sat - VHSG Presents: HEY
BEATLES! - LIVE - acclaimed
tribute act. www.ticketsource.co.uk/
vhsg

21/04 Sun - VHSG - St. George's
Day Cream Tea Dance. Dance to
live band music. www.ticketsource.
co.uk/vhsg

27/04 Sat - Lino Cut Workshop -
10am-1pm. Still to be confirmed
– please contact Vic Hall 015395
32375

03/05 Fri - Concert Club - Brass
Tracks Quintet. Visit www.
grangeoversandsconcertclub.org.
uk

**See www.
grangeoversandstowncouncil.
gov.uk/whats-on - for more
details of all our events.**

Cinema at the Vic

Past Lives (12A)
Sunday 14th
April 7pm (doors
6.30pm)

Romantic drama
following two
childhood friends
over the course of
24 years while they
contemplate the nature
of their relationship as
they grow apart, living
different lives. Nora and
Hae Sung, two deeply
connected childhood
friends, are wrested
apart after Nora's family
emigrates from South
Korea to America.
Decades later, they are
reunited for one fateful
week as they confront
destiny, love and the
choices that make a life.



'A transcendent debut'
– Empire Magazine. A
beautiful, transporting
film' – The Guardian.
Rating: 12A
Runtime: 2 hours 10
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/
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Apple Pay and Google
Pay accepted on the
door. Adults: £6.50
Children £4.50

Grange over Sands & District Concert Club

I am delighted that our 51st
Season commences on Friday
April 5th at 7.30 pm in the
Victoria Hall.

We are starting the season with
The Polaris Duo, an instrumental
pairing of saxophone and harp,
quite unusual, but one which
makes a beautiful mellifluous
sound. Peter Ruddock (Ribfest)
said of them "what a joy it was to
hear this unusual pairing". Their
programme will include music by
Debussy, Gershwin, Tchaikovsky
and Bach, composers that we
know write the most wonderful
melodies alongside some more
recent works that will engage and
extend our musical appreciation.

There are copies of the Concert
Brochure in the library, the
Victoria Hall and Cartmel Priory,



please take one and have a look
at the concerts for the rest of
season. The following 5 concerts
range from a Brass Quintet, Solo
Piano, Piano Clarinet and 'Cello
Trio, the Deschannel Gordon
Jazz Trio to the final concert on
Friday 4th October the Meliora
Collective Chamber Orchestra,
a small orchestra of 5 strings + 5
wind players.

We look forward to seeing you at
the Polaris Duo concert on Friday
April 5th at 7.30 pm and once
again enjoying a Friday night of
high quality music.



Hey Beatles – Saturday 20th April 7pm (doors 6.30pm)

Nationally-acclaimed tribute act "Hey Beatles" make their debut visit to the Victoria Hall, playing a hit-packed set of some of the greatest pop hits of all time! Evoking the spirit of the swinging 60s from 'Love me Do' to 'Hey Jude', from the Cavern to the Rooftop, this not to be missed concert will transport you back in time to the height of Beatlemania. Dressing up and singing is encouraged!

Including all-new for 2024 video and visual elements, this unmissable show will take you on a journey through the music of John, Paul George and Ringo via period correct costumes, instruments and plenty of chances to sing along.

Tickets £15 Tickets in advance from www.ticketsource.co.uk/vhsg
Cash/cards on the door.



What's On

Tuesdays 2, 9, 16, 23, 30

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

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.

Wednesdays 3, 10, 17, 24

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

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.

Thursday 4th April

Cartmel Peninsula Local History Society will meet in Cartmel Village Hall for Diana Matthews' talk on Lake Shore Villas of Windermere. Entry for visitors is £3.

Saturday 6th April

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

Mondays 8, 15, 22, 29

Grange Lighthouse. 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

Monday 8th April

Grange Probus Club members will meet at 10.30 for 11am at the Netherwood Hotel for a lecture.

Tuesday 9th April

Mothers and Others- Dinner 'At Home'-7.00 p.m. for 7.30. (by reservation with Mothers & Others)

Wednesday April 10th

Kents Bank Station Library. 'Brief Encounter with Brief Encounter'. Tony Parker tells the story of Carnforth station's history and how it was saved from near-demolition. Starts at 2.00pm. Admission free, donations welcome. Pre-

booking essential on 07795 008691 or info@stationlibrary.org.uk

Saturday April 13th

Kents Bank Station Library: Open Day 11.00 to 4.00 pm. Browse the growing collection, borrow a book or pick up a bargain from our railway book sale. Entrance via steps next to Beach Hut Gallery. Donations of transport-related books are welcome. Ring 07795 008691 for details.

Saturday 13th April

Coffee morning 10am - 12noon in the Methodist Church Hall, Kent's Bank Road, Grange LA11 7EY. It is being held by Newton and Field Broughton WI to raise money in support of BEEP Doctors.

Tuesday 16th April

Forum walk led by Andy Lowe at Askam near Penrith

Wednesday 17th April

FLOOKBURGH & DISTRICT OVER 60'S Coach trip to North Allerton Market First pick up Flookburgh Square 9.30am. Leaving at 4pm Contact: Wendy Bland 015395 58392

Friday 19th April

Kitty Brown Fashion Show at 7:30 p.m. at Grange Methodist Church.

Sunday 21st April

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 April

Mothers & Others-'Old Mardale' - an illustrated talk by Neil Honeyman- 7.30 p.m. in the Father Magner room behind St Charles Catholic church on Kents Bank Road.

Saturday April 27th

Allithwaite Community Centre on Saturday, from 1pm – 4pm first Craft De-stash Fair in South Lakeland! To book a table costing £5, arrange for donations to be collected or get further information, contact Janet Jackson on 07713 255238

Saturday April 27th

Grange WI will be holding

their annual Coffee Morning at the Methodist Hall on Saturday April 27th from 10am to 12noon. Admission £2.50 includes refreshments.

Cake sales and Bric a brac stall. All welcome.

Saturday April 27th

Motor Neurone Disease Association Are holding a Spring Fair/Coffee Morning at the United Reformed Church Hall Grange from 10.00 to 2.00 Featuring Bric a brac/ cakes/pictures/home made preserves and tea/coffee & biscuits. All welcome, supporting local people.

AGE UK

Gentle Exercise Class at Grange United Reformed Church every Tuesday

2.00pm – 3.00pm. This class is currently full, there is now a waiting list. Please call 01539 728118 if you wish to join it. Hoping to start a second class.

New: Grange Lunch Club at the Thornleigh Hotel will take place on the third Wednesday of every month. Please call 01539 728118 to book a place.

Allithwaite Lunch Club at the Pheasant Inn takes place on the second Tuesday of every month.

Cark Lunch Club also at the Pheasant Inn takes place on the fourth Friday of every month.

From the Library

Digital Drop In: Brian's here 2nd Wednesday every month for assistance with one-off problems and trouble-shooting on devices. Next session - Wednesday 10 April, 10 – 11 am. Sessions may be busy, depending on numbers and issues arising.

For those wanting Android smartphone training, we're hosting two courses. Smartphone for Beginners, 3 weeks Friday 10th – Friday 24 May and Smartphone for Improvers, 3 weeks Friday 28 June – Friday 12 July. Phone 01539713257 or email Kendaladultlearning@westmorlandandfurness.gov.uk. Limited places, booking essential.

Westmorland & Furness Transport Team Drop in:

Thursday 11 April 11am-2pm: to canvas residents and obtain feedback regarding current bus services. Please turn up for your voice to be heard.

John Burke: is back with original artwork Tuesday 2nd – Friday 26th April. Browse amongst acrylics, AI art and fine line artwork. We have gaps in the diary, so speak to us if you fancy putting on something yourself.

Friendship Café: for crafting and nattering – all and varied crafts considered. Come along alternate Tuesdays 2-4pm. April dates - Tuesday 2nd and Tuesday 16th.

Grange Library "Booket List"2024: April's "A Slim Selection".

Storytime: (school term time). Come along for stories, rhymes and fun on Thursdays 10.15-10.45. We're looking at the timing of this session – please speak to staff if you have feedback.

There are spaces in some reading groups. Ask for details. Mindful Colouring resources are out Saturday mornings – ask if you would like them otherwise. Computers are available for free use, also printing and photocopying facilities at a small cost. You can access emails, research online and browse the internet. We're here for advice on accessing online resources to the extent of our own knowledge.

Drop Ins

Digital Drop in: Wed 10 April 10-11am

Transport team: Thurs 11 April 11-2pm

Opening: Mon–Fri: 10am–5pm, Sat: 10am–1pm. Tel: 01539 713154

GRANGE CANCER SUPPORT GROUP

Our aim is to support anyone who is affected by cancer. This includes patients, carers and people who are bereaved. It can be good to talk to someone who has had similar experiences. We are quite a small group at present so it is a good time to come and see what we are about. It is a friendly and understanding group and everyone is made very welcome. We have activities such as poetry afternoon (reading a favourite classical or humorous poem, or indeed, making up one of their own!) Once a month, we have a raffle table and everyone is a winner! In March, Norma, one of our members and a talented artist, gave a demonstration of "teabag art", which was intricate and exquisite. Norma also talked about the origins and history of tea-growing and tea drinking, which was fascinating and informative. If you would like to know more about us, then ring Norma on 07546 058224, for a chat. We meet on Fridays, 2pm to 4pm in the Fr Magner meeting room behind St. Charles Church, Kents Bank Road, Grange LA11 7EY.

GRANGE FELL GOLF CLUB

The new Club Captain for 2024 - John Ryder - would like to welcome all members and visitors to another exciting year at Grange Fell Golf Club. We have a full programme of competitions ahead and some wonderful social events planned. Anyone interested in trying their hand at golf could take up our Taster Membership (3 months for £95). Golf lessons are available from our local professional Ernie Foster. Visit our website (www.grangefellgolfclub.co.uk) for details of how to join, tee bookings and club fixtures for the year.

CARTMEL ART SOCIETY

In March we were treated to a demonstration session painting seedheads with Ann Fitch; the following session being cancelled due to Easter holidays. April 10th features Julia Baker, demonstrating bird painting in watercolour. This is followed on the 24th by the Spring party and AGM, from 11am until 3pm. New members will get all the info they need about the Society and can help us to decide together what we want for the Society over the next year. After the AGM there will be a Jacobs Join -

bring a plate of food to share - either savoury or sweet. The Competition this year is 'An old ruin', and is judged by everyone there, and is anonymous. A silver plaque will be awarded to the winner. Later Kev Bell will entertain us with a few folk songs. It's sure to be a fun meeting! Please contact Rita Denby, either by email on ritadenby45@gmail.com or call her on 07587 705842, to let her know if you will be coming to the meetings. 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 FORUM

The season concluded with the AGM and a buffet lunch, provided by Grange Bakery on 26 th March, which included a talk by St John's Hospice. The Forum walk is on Tuesday 16 th April, at Askam near Lowther, Penrith, led by Andy Lowe, details from Alan Anderson on 33696. The summer outing by coach to Beningborough Hall and the Himalayan Gardens near Ripon, is on Thursday 4 th July. Details from Alan Anderson on 33696. The theatre visit to Blackpool to see an Officer and a Gentleman in October still has some vacancies. The new Forum season starts on Tuesday 8 th October and the documentation will be sent out in September. Any further information about the Forum please contact 33696 or 33057.

CARTMEL AND DISTRICT FLOWER CLUB

Our next meeting is on Monday 15th April at Cartmel Village Hall 2.00pm. The demonstrator this month is Vanessa Wellock from Ilkley titled 'Stepping into Summer'. A warm welcome to all new and old members as well as visitors, so please bring a friend and enjoy an afternoon of floral arrangements and refreshments. For more information contact Isobel 015395 33136.

CIVIC SOCIETY

As you may already know, Civic Society volunteers look after all the public gardens in Grange, excluding the Prom. We are always looking for new volunteers, so if you can spare a few hours to help in one of the gardens, please let me know. Wilkinson Wood is a piece of mixed woodland, the remaining small part of an ancient woodland which

covered much of what is now Fell Drive and Fernleigh Road. It is a hidden gem, and we are fortunate to have spaces like that within Grange. New volunteers for Wilkinson Wood would be very welcome. No experience is necessary to volunteer for gardening with the Civic Society so please don't be shy in coming forward! Please email Sarah Shepherd on membsecgoscivicsoc@gmail.com if you can offer some time and willing hands! By the time this edition is published, Nick Thorne will have delivered his 'Greetings from Grange' talk at the Victoria Hall. Thanks to all those who helped with the event, and special thanks to Sarah Wiseman, VH Manager.

GRANGE LECTURE SOCIETY

A very big thank you to all of you in the community who joined as members of the Lecture Society and those who came as visitors to support each of our talks.

After initial concerns of a post covid membership drop, we promoted our series of TEN TALKS with a free meeting in August. Approaching fifty new people joined to become members and much interest was shown. Now in our 116th year we are having another free promotional evening at the Victoria Hall on Tuesday the 20th of August, 2024. We will have an interesting speaker and informal tables laid out in a 'cabaret' style while free drinks will be on offer to encourage conversation. Our aim with TEN TALKS is to be an organisation offering a wide field of subjects for as wide as possible an audience to enjoy. We want you to be entertained, intellectually stimulated and well informed. Inevitably some speakers will be of more interest to different people but you never know what surprises await you. This last season Richard Kay's talk on the History of the Musicals was a great highlight singing from a range of musicals. Likewise, Paula Cornwall was a car driver from the 1920s, driving down the length of the UK and on across Europe. Like last year, our new season will begin with the Cumbrian Film Archive introducing their century of vintage films to us, with as much as possible of local stuff! Please look at our website for updates: <https://www.grangelecturesociety.co.uk/> Please urge your friends to come and join us in August and sign up for the next winter season. The price of membership remains the same at £46. Please

email us if you know a good speaker that you think would fit with our aims: members@grangelecturesociety.org

Happy summertime to you all, and a big thank you to our committee of trustees who have put so much of their own time into making Grange Lecture Society a great success.

MOTHERS & OTHERS

We would like to invite ladies of any age to join us at our fortnightly meetings. If you are on your own, please come, you will be warmly welcomed by our friendly members, and would soon relax in the informal atmosphere and variety of our meetings. So far in March we have enjoyed two very different meetings, a fascinating talk by Hazel Smith about her 2 novels, and a visit from Jane Strawbridge & David Waugh from First Responders. We were so interested in David's demonstration about how to respond to a medical incident that he has agreed to come again to give us more details, and we have able to give Jane our donation to this worthwhile charity. More First Responders are always welcomed, and if anyone is interested in becoming one they should use the following e.mail address: CFR.Recruitment@nwas.nhs.uk.

We are looking forward to a return to 'At Home' for an evening meal on April 9th, we thoroughly enjoyed our meal there last year, and then on April 23rd Neil Honeyman will give an illustrated talk on a fascinating subject, Old Mardale, the village beneath the waters of the Hawsewater reservoir. This meeting will take place in the Father Magner Room behind St Charles Catholic church on Kents Bank Road, beginning at 7.30 p.m., and followed by tea or coffee and biscuits.

If you would like to know more about Mothers & Others please call Ann on 01539533856 or Mavis on 01539533850.

CRAKE VALLEY CROQUET CLUB

The lawns are now ready for the 2024 season which sees the prestigious representative fixture between England and Scotland come to Crake Valley (at the end of August). Before then, the first competitive fixtures commence in April with the Club entering teams in the North West Handicap Association, Golf Handicap and Level Play Golf leagues. Social

play for members continues 3 times a week and 4 free taster sessions are to be held in mid April. Full details on <http://www.crakevalleycroquet.org.uk>

GRANGE GARDEN SOCIETY

30 members and visitors attended the March meeting and heard a very informative and entertaining talk by Alan Gerrard, who with his wife and their friend Alison, looks after The East Bed Herbaceous border at Holehird Garden.

We journeyed via Aberdeen, Milton Keynes, Vienna, Bangkok and 'Horrible Clay with flint in Rushton, Northamptonshire, ' before arriving at Holehird and learnt about many aspects of gardening with Herbaceous / Perennial plants. Alan told us that H.E. Bates, who lived in Rushton said "The true Gardener is never satisfied." We had thoroughly enjoyable and satisfying afternoon!

Our next meeting, on Friday April 19th IN THE EVENING, is a return visit by Elaine Taylor from Bolton who will talk about The Rose. Refreshments will be available from 7.0 pm and the talk will start at 7.30 at the URC Hall, Kent's Bank Rd.

GRANGE SOROPTIMISTS

Members enjoyed a fascinating talk by Dr Theo Weston MBE who inspired us with the work of BEEP doctors, an organisation providing highly skilled medical assistance in Cumbria, providing vital pre hospital care for severely injured people. A team of 4 members swam in the Kendal Swimathon raising funds for ShelterBox. We continue to support Barrow Women's Centre helping in their Clothes room and supporting vulnerable women. Members took part in the Big Plastic Count 11-17 March, which highlighted despite our best intentions we do produce more waste plastic than we thought.

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

SOUTH LAKELAND STITCHERS

In contrast to our workshop in February, which involved working with natural and coloured silk fibres, leaves and petals, the use of glues and irons, there was a sense of calm and mindfulness in our March workshop. Lynn, a member, introduced the subject and idea of doodling, which, using the copyright term, is Zentangling. We have all doodled with pen

on paper, perhaps in a meeting or to fill an idle minute. She brought samples of her own doodles which she had then transferred into stitching.

These provided us with ideas as a starting point for our own 'doodling'. As we allowed the pens and pencils to wander over paper, the atmosphere in the room was very calm and moved from almost silence to chatter and conversations. A member said it was very rare to be able to justify sitting down with pen and paper and allowing the pen to move and create interesting designs. We prepared our fabric and threads and began to 'draw' and stitch with our needles. As usual, the range of ideas and stitching was varied and creative and will be completed in the coming weeks. Thank you Lynn. Visit our blog to see the results- southlakelandstitchers.blogspot.com

PEAT

Peninsula Environmental Action Together (PEAT) is a local community group of people concerned about the rapidly changing climate and the loss of habitats and wild spaces. We run projects and events to help our beautiful area thrive and be more sustainable, often in partnership with other organizations and individuals. For example, in March we helped to organize the Solar Made Easy event at the Victoria Hall with Cumbria Action for Sustainability and this month we are supporting the Craft De-stash Fair at Allithwaite Community Centre on April 27th, 1pm-4pm. We've joined forces with the Brewery Arts Centre in Kendal on Thursday, April 18th to show a film about regenerative farming called 'Six Inches of Soil'. We also jointly run the Peninsula Repair Café with the Methodist Church and the Men's Shed - the next café is on Friday, May 3rd. We do all this because we believe that we are stronger together and can achieve far more that way. If you too are concerned about the environment and the world we're leaving to future generations, come and join us! To find out about events and meetings coming up, have a look on our website - <https://peatouthlakes.blogspot.com/p/meetings-talks.html> or email us at peatmessages@gmail.com

LOWER HOLKER VILLAGE HALL

Grange Now April 2024. March 200 Club winners are : 1st £40 65 Janis Wilson, 2nd £25 200 Phil Barton, 3rd £15 89 Mike

Hemming, 4th £10 187 Rhona Barton. Thursday 4th April Quiz, doors open 7.00 pm for 7.30 start. Up to 4 in a team at £1.00 per team member. Hot supper £3.00. Cash prize £30.00. Tai Chi, Yoga, Dancing, Aerial Hoops. 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 Open. Sewing Machine Classes every Friday morning 10-12pm. £15.00 per session, bring your own machine. Contact Natasha on Natashal27@outlook.com or 07901751197. Please follow us on Facebook at lowerholkervillagehall for all our latest news. Website is lhvh.co.uk. The Hall number is 015395 58304.

GRANGE PROBUS CLUB

Prior to Grange Probus's AGM it seemed very likely that the club would have to discontinue its programme of monthly lectures due the lack of any volunteer to act as Lecture Secretary. After considerable discussion of options, a volunteer stepped forward and the unanimous vote was for the club to continue as at present. A programme of talks for the year is well underway and will be announced as it is developed. The next meeting will be for a talk on Monday, April 8th at 10am at the Netherwood Hotel with an admittance charge of £7 for visitors. Grange Probus welcomes retired people as new members and meets on the second Monday of each month for a talk, other than June and December for luncheons and March for its AGM. Further information is available from the Secretary, Dr Neil Martin at neilandval1@gmail.com or 07985 375511.

CARTMEL PENINSULA LOCAL HISTORY SOCIETY

CPLHS's March meeting welcomed Professor Ian Hodgkinson who talked about The Ague: The History of Malaria in Cumbria and the North. As a Professor Emeritus in the School of Biological and Environmental Sciences of Liverpool John Moore's University, Ian had developed an interest in the area around his home in Levens which had been swampland before being drained around 1800 as a result of the Enclosures Act. He explained how there were many historical references to the prevalence of the Ague, a sweating and shivering condition resulting from a form of malaria, in Cumbria and

the north of England. The marshy conditions had been a perfect habitat for mosquitos which carried and spread the disease and which had caused significant health problems for local residents. Ian described a number of dubious cures which had been employed but noted that the arrival of quinine was the first effective remedy. The draining of most of these bogs to improve agriculture during the Napoleonic Wars had eliminated the problem but he wondered whether environmental "re-wilding" proposals might result in similar problems in the future. The club's next meeting will be on Thursday, April 4th when Diana Matthews will talk about Lake Shore Villas of Windermere. Entry is free for members and £3 for visitors. Bookings will also be taken at the meeting for CPLHS's summer outings. Further information on CPLHS, membership and activities can be found at <https://cplhs.wordpress.com/> or from Stuart Harling on 015395 36296.

CARTMEL VILLAGE SOCIETY

CVS held its well-attended Annual Lecture in the Priory with guest speaker Francis Downing, a renowned art conservator, who talked about his recent work on the Priory's Royal Coat of Arms. Ewen Cameron gave a brief introduction on how the CVS had decided to restore the Priory's King Charles II 1681 CoA to celebrate the coronation of King Charles III. Francis started by giving a fascinating and detailed explanation of the challenges faced in restoring artwork, and the skilful techniques used to conserve them. He described the work that had been required on the Priory's CoA and concluded by looking at historical Funeral Hatchments, where the coats of arms of important people who had died used to be hung for a period of mourning on their residences before being displayed permanently in their local church. He covered Cartmel Priory's five such examples for the Lowther and Cavendish families dating from the 18th and 19th centuries. The free event concluded with light refreshments and the opportunity to examine the restored CoA. This lecture had been delayed from last December to fit in with Francis' availability and the CVS is currently considering a suitable subject and speaker for the next lecture in December 2024.



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Dear Editor



Alice, Emma and James

GNAAS Charity Ball

There are honestly so many people to thank that helped make the GNAAS Charity Ball happen on the 3rd of February! Thank you to Socially Awkward for starting the night off and getting everyone going Followed by Scott Shearing on the decs you really did keep the dance floor busy!

Thank you Jenny Wood Photography for capturing every minute from people looking their best on arrival, then being upon chairs to then being on the floor by the end of the night.

Thank you to the sponsors

- Turnbull Agri (Jack Turnbull)
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- Mark Walmsley Construction
- UK Slate

Thank you to the Raffle Prize donors (over 60 donors in total). I really appreciate the generosity from you all.

A MASSIVE THANKS goes to all the 150 plus people that came to the event. You all looked incredible!

An AMAZING TOTAL OF £4230.33 was raised which will all be going to the Great North Air Ambulance Service.

I honestly can't thank everyone enough! It means a lot to have the support like we did behind us when hosting events like the raffle and ball for a charity so close to our hearts!!

#GNAASCHARITYBALL2024

Emma Walmsley

Dear Editor,

The dictionary definition of Euthanasia is 'Bringing about of gentle and easy death in case of incurable and painful disease'.

We already have the right to choose the 'Do not resuscitate' on our medical records; the right to leave our bodies to Universities for medical research and teaching (the Human Tissue Act), so why not a form allowing the choice of euthanasia, without being branded a criminal? There could be a form signed in front of a witness, i.e. Doctor, Solicitor, Police or any such professional personage, with or without family members present, as one chooses. Not only would this help the NHS situation in releasing hospital beds, waiting time for doctor appointments, dentist appointments etc. it could also release some housing for the next generation. Being in the middle of my eighth decade, I would like to know that I had the right to choose.

Judith Shapland

Dear Editor,

Having been advised that there was no Service Centre nor After Sales Service available I was tempted to commit my obsolete combined trouser press/Iron unit to the recycling unit. However, common sense came into play and my treasured appliance was placed in the hands of the Grange Shed. I am delighted to advise that thanks to their knowledge and technical skills, I now have a trouser press and iron unit in good working order. A big thank you is in order to the happy group of Gentlemen who are in the Grange Shed. James Bertlin Grange-over-Sands.

Dear Editor,

This week we had the news that local Lib Dem councillor Pete Endsor has resigned as a Westmorland and Furness councillor for the Grange and Cartmel ward due to family ill health.

Pete has dedicated years of service to Grange as a councillor on the new unitary council, the district council, the town council and also as the town's mayor. Behind the scenes, and without fanfare, he has helped hundreds of local people, including many who were in desperate need. Both Pete and also his wife Linda have served the town with humility, diligence and compassion. I'm very sorry that Pete has stepped down but I completely understand that family comes first. He has earned his reputation as a fantastic local representative for Grange and I'm very proud to call him a friend.

Tim Farron MP

Dear Editor,

I was heartily pleased today when I walked to the corner of Spring Bank Lane and Eggerslack Woods to find that the wrecked bench had been beautifully restored. I did see the man working on it and asked who he worked for, when he laughed and said he was retired. He was repairing the bench off his own back and I'd like to thank him for that because it is a much used and needed bench. The bench was in memory of a Manchester rambler that had died there in April 1946 and the chap had kindly reattached the citation back on to the bench.

Kind regards

Brian Middleton

My council tax seems very high this year, but my income has stayed the same. Everything else seems more expensive - how can I cope?



Contact the council if you are having problems paying your council tax. Council tax is a priority bill because you can be taken to court if you get into arrears, so it's important to tell the council if you can't keep up payments. Contact South Lakes Citizens Advice for more help.

Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or any other problems. South Lakes Citizens Advice, your local charity, is here for you.

How to access:

- Call 015394 46464 - this is being staffed from 9:30 – 2pm**
- Adviseline: 0808 2787 984**
- email advice via our submission page on our website**
- www.southlakescab.org.uk**
- Help to Claim (Universal Support): 0800 144 8 444**

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Next deadline is 19th April, subject to space. Five items max. Single items max £200, in writing to our offices or e-mail info@grangenow.co.uk, include your name and address

Mahogany blanket chest with bun feet. 55cm H, 47cm D, 96cm L. (Could use as toy box). £250no. Wheelchair/commode, with drop arms. Unused. £250no. Toilet frame with bowl & cover. Still in wrapper. £200no. Over-bed table. Unused. £150no. 10 flower arranging pot bowls. £1 each. Tel: 015395 33185

Small chest freezer (lift up lid) in working order £10. Beko Washing Machine in working order £20. Premier XPK drum kit light smokey brown/caramel in colour. About 25 years old but bagged and in useable condition with hardware and some cymbals. Well worth a look and free to a good home... All Collection Only! Based in Cark. Tel: 58032

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The next Grange Now deadline is 19th April

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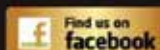
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