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ISSUE 396 SEPTEMBER 2024
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Receiving an inheritance can be very welcome for many people, particularly if they are in financial need. However not everyone feels as if they want or need an inheritance and some may wish to instead benefit others.

Many people do not realise there is a way that those beneficiaries can redirect their entitlement to other people of their choosing. This can be achieved using a deed of variation.

A deed of variation is a document whereby the beneficiary nominates someone else to take their share, either absolutely or in part. It doesn't alter the will itself but does change the way in which that part of the estate is administered.

When might a deed of variation be beneficial?

A deed of variation can be a very attractive option in certain situations, including:

- to reduce the amount of Inheritance Tax or Capital Gains Tax that is payable by an estate;
- as part of a strategy for tax-efficient gifting; or
- to ensure that assets pass to someone not provided for in the will or (where no valid will exists) under the rules of intestacy.

Once the deed has been validly executed the redirection of the inheritance can take place. Some clients question whether such a change should be allowed as it may not meet the deceased's wishes. In many cases the beneficiary is only seeking to change their entitlement to benefit a subsequent generation and, as such, can be seen as a more tax efficient way of gifting. In other circumstances, the beneficiary is looking to redress an unfairness which may not have been anticipated at the time the will was drawn up.

For more information on this or any other aspects of estate planning and administration, get in touch with one of our Private Client team.

LEGAL PEACE OF MIND SINCE 1903

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Editor's letter,

Schools are on holiday as we go to press, but by the time you read this everyone will be gearing up for the new school year. Good luck everyone.

There are still lots of summer events and activities to get involved with so make sure you check out the whats on listings on pages 22 and 23.

Looking ahead to autumn you might join a choir (page 16), join the cast of Grange Musical Theatre Society (4th September) or join a new club or society such as the lecture society (page 10).

I hope there are more summer days still to come.

Next deadline 20th September.

Chris

p.s Happy Birthday to everyone who has a birthday in September especially my daughter Lucy and my sister Kate who is 60, don't tell anyone!

Repair Cafe

Autumn sees the return of the next three Repair Cafes, held as usual in the Methodist Church Hall on the first Friday of the month - September 6th, October 4th and November 1st.

Bring along your summer clothes and outdoor items in need of repair before you pack them away - you'll be pleased you did when you get them out again next year!

October sees us thinking about the weather ahead

- learn how to repair and care for your woollen items and make sure your home is 'hygge' (with everything working) before the festive season.

Speaking of which, in November we are holding a special pre-Christmas event - come along to share and swap, upcycle and make Christmas decorations and wrapping before you consider buying new.

Cake, company and a warm welcome guaranteed.

Mayor's report

The highlight of my month was the Classic Car event on the playing fields on Sunday 11th.

Brilliant sunshine all day, which makes an enormous difference to any outside event. An excellent turnout of both cars and spectators. Congratulations to those who keep the old cars in such fine condition. The show's other attraction was the Milnthorpe Steel Band, I hope to book them to perform at the Vic in November. Look out for the posters. The common theme of approaches to GTC of late has been the state of the prom surface after the renovations. All your concerns have been

passed on to Westmoreland and Furness, who report back to say that the matter has been taken up with the contractors and steps will be taken to rectify the problems.

The Victoria Hall Support Group is taking part in the annual English Heritage Open Day on Saturday 7th September, 10am till 4pm, when the Victoria Hall will be open for residents and visitors, offering a guided tour, including the backstage area, where there will be an explanation of the equipment and its uses. There will be no charge for entry and refreshments will be on sale.

Roger Handley

Future Deadlines

ISSUE	DEADLINE	RELEASE
GN397	20th Sep	2nd Oct
GN398	18th Oct	30th Oct
GN399	15th Nov	27th Nov
GN400	13th Dec	30th Dec



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Investment Matters

By Ian Hartley CFPTM, Chartered MCSI

The financial markets over the past few years have proved to be volatile, and investor confidence had certainly been knocked a little. The main cause for this was due to globally high inflation coupled with fast rising interest rates, the latter has now slowed and we have recently seen the first rate cut in the UK since 2020.

In such market conditions clients may consider selling their investments and placing the monies in cash trying to predict the bottom of the market before they re-invest.

This strategy of trying to time the markets is exceptionally complicated, risky and can lead to missing out on the best days in the financial markets which in turn can have a negative impact on your longer-term returns.

It is often a better option to remain invested over the long term and accept that there will be ups and downs along the way.

Obtaining financial advice can be crucial to ensure the investments that you hold are diversified, fundamentally sound, can provide good long term returns and are in line with both your risk profile and capacity for loss.

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 NOW

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THE OLD VICARAGE TIMES NEWSLETTER



The Old Vicarage
Allithwaite

September 2024

OUR STRAWBERRY FAYRE

This year, we were incredibly lucky to enjoy lots of sunshine at our Strawberry Fayre. With live music, laughter, games, crafts stalls, raffles, cream teas, Pimms and good company, we managed to raise £360 for Parkinson's UK and £310 for Grange & District Lions Club.



DONKEYS & CO

Jo from Life Between the Ears brought along Thunder, Buttercup (donkeys), Sugar, Danny (Shetland ponies) and Quackers and Quirky (ducks). Not forgetting her Chocolate Labrador pal.

We had lots of raffle prizes to win, with the main prize being our Lake District Goodies Hamper. A big thanks to all those who donated prizes. More prize winners can be seen on our website Activities page photo album.

RAFFLE PRIZES



FUN & GAMES

A big thanks to Sarah & Trevor who were in charge of the Hook-a-Duck, Coconut Shine and Tombola Stalls. Izzy also created a Strawberry Scavenge Hunt with lots of prizes won!



A GREAT DAY HAD BY ALL

We enjoyed music performed by the local band, The Underdogs. The craft stalls exhibited by Danielle, Gillian, Sarah, Carla, and their helpers, were fabulously creative. Bea and Abbie from Grange Bakery also helped raise funds with a raffle for a strawberry cake. A BIG thanks to the Grange & District Lions Club for their help. If you would like to see more photographs of our Strawberry Fayre, please go to www.theoldvicarage.care/activities

Embrace Healthy Ageing: What Does It Mean to You?

As we journey through life, our approach to ageing becomes crucial.

Is it about reaching a certain age, or maintaining vitality, staying active, and fostering purpose? These questions resonate deeply as we consider our long-term health and independence.

Consider the choices you're making today. Are they aligned with your vision of a vibrant future? Prioritising physical activity, a balanced diet, and mental well-being can profoundly impact your healthspan - the years you live in good health.

Imagine continuing to pursue passions, set new goals, and embrace each day with enthusiasm. This is the essence of ageing well, and it's within reach.

Join our Healthy Ageing

Workshop, "Bones of a Healthy Future," to learn from experts and gain insights into nurturing longevity and vitality. Discover strategies for maintaining bone health, improving balance, and cultivating a positive mindset towards ageing.

Don't let age define your limitations; redefine your potential. Join us on Thursday 3rd October, 1.30-3.30pm at Victoria Hall, Grange Over Sands.

Book at <https://www.trybooking.com/uk/DSLN>

Ageing is a privilege – let's make the most of it together.

Angela White MBChB
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(Alternative dish for non curry eaters)

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All proceeds to support the incredible work of:



Grange Shed



We managed to get out of the Shed a couple of times in the month. We were at FixFest trying to encourage people to repair or repurpose stuff rather than throw it away.



We also had a great day in the sunshine at Classics Over Sands. We managed to sell a few things and some of us put out classic cars and vans to use transporting our stuff to the site and back again.

As for ongoing projects they all went on hold while we started rebuilding a windmill. Nice and easy we thought but oh no! That simple task needed every plank individually fitting, took over our whole workbench and needed two powered mitre saws, good job we had just bought the second.

We will be back with our Repair Café work in September, on Friday 6th September at the usual time at the Methodist Hall. It is surprising what can be repaired but there is a lot of inconsistency in the availability of spare parts, there is no logic to the parts you can get cheaply and those you cannot get at all.

We are always available for people to call round when we are open, as ever that is any Monday, Wednesday or Friday 10.00 – 13.00.

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Where can I recycle?

Grange Soroptimists and PEAT have been compiling a list of where to recycle items that cannot be placed in the regular Council waste and recycling kerbside collections. Given below is a list of where items can be collected, in the hope that it may encourage us to reduce, re-use and recycle products that would otherwise go to landfill.



Asthma inhalers	Cohen's Chemists, Ulverston
Batteries	Spar, Grange library, House Waste Recycling Centre HWRC (Guides Lot), M&S, Ald-box also available at the Repair Cafe
Beauty products, eg plastic tubes/bottles/compacts/palettes, mascaras, eyeliners	Sainsbury's
Blister packs	Highgate Vets, Kendal, Superdrug Pharmacies
Chemicals	HWRC
Clothes	Charity shops, Salvation Army (RC church carpark), HWRC
Electrical items	HWRC, Curry's
Medication	Grange Pharmacies
Rags (textiles unsuitable for resale)	Bay Search & Rescue (in bags marked clearly 'rags')
Shoes (not slippers)	Any Clarks store for their ShoeBiz project
Soft plastics	Grange Co-op, Aldi
Spectacles	Grange library, St Paul's Church, Lakeland Optical
Stamps	Grange library, St Paul's Church, Flookburgh Church
Tetrapacks (pasticized cardboard cartons for milk & other drinks)	Recycling Centre in Carnforth, Levens village – box by bus stop
Textiles - curtains, towels, duvets, etc,	Bay Search and Rescue, Dunelm Mill
Tools	Tools for Self-Reliance (tfsr.org)
Toothpaste tubes	Boots
Wool	Grange library

St John's Flookburgh are collecting phones, tablets, jewellery, stamps and videos – leave in church, and the Arnside Sustainability Group have a base for hard-to-recycle items such as pens at the Arnside Chip Shop. Grange Household Waste Recycling Centre at Guides Lot is open Thursday-Saturday, 8am-4pm, and full details of items that can be taken are given on the web site – search for guides lot Any items can be sold or given away on Facebook (Grange Buy and Sell), Cartmel Community page, or the Freecycle Network (freecycle.org) We aim to try and keep this list updated, so details of any other outlets will be welcomed <https://sigbi.org/grange-over-sands/contact-us/>

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WATCH THIS SPACE
New leisure facilities loading

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SCAN TO VIEW OUR
Festive Brochure

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Grange Lecture Society

By the time you read this, we approach autumn having launched our 2024-25 Lecture Society Season with a promotional night in August.

If you were unable to attend that, there is a further Free event on Tuesday 24th September when you will be able to sign up for membership. Co-organised with PEAT, Jack Ellerby will talk on SAVING OUR NIGHT SKIES. With our beautiful wide sky over Morecambe

Bay, it could not be more relevant. Please see our website for the full programme for the TEN TALKS, you can still join right through September - £46 for your reserved seat. Why not give membership to friends for their birthday or Christmas present - they will appreciate your kindness right through winter time and give them glowing memories. Don't let a talk title put you off, you just never know what interesting surprises are waiting for you.

As President I attended almost all of the meetings last year some of which I may have given a miss, but oh, what interesting informative meetings they were!

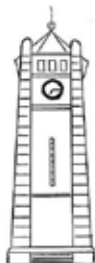
Our Society would love some more committee members especially somebody who can help to publicise the Society, please come and see me at any of the meetings.

Peter Ratcliffe- President

The Ten Talks for 2024-25

- 24 September:** Jack Ellerby – Saving our Night Skies
- 15 October:** Cumbrian Film Archive
- 29 October:** Neil Hanson – The Tan Hill Inn
- 12 November:** The Life and Work of Stanley Jeeves
- 26 November:** Hugh Ellwood – Birth of the Celtic Tiger
- 10 December:** Laura Massey-Pugh and Steven Massey – A record-breaking tandem bicycle ride around the World
- 21 January:** Paul Cook – Gardening in a changing climate
- 4 February:** Stuart Atkinson – A Tourist's Guide to the Universe
- 18 February:** Richard Leafe – Leading the Lakes
- 4 March:** Ann Marie Michel – The Art of War: How WW1 Changed Art and Artists
- 18 March:** Sandra Gold-Wood – The Canary Girls Story and the Gretna Munition Factory

Full Programme at www.grangelecturesociety.co.uk



Grange Lecture Society

Founded 1908

(Registered Charity No 702671)

There's still time to Enrol

You can do this by completing this enrolment form and: **Bring it to our Bonus talk on 24th September and buy your ticket in person, or return it to:**

Trevor Cook, c/o Messrs Gedye & Sons, Chancery House, Kents Bank Road, Grange-over-Sands LA11 7HD, Or drop it at Daisyroots Books, Main Street by 7th Sept

Where possible please pay by bank transfer to: Sort Code: 20 45 28 Account: 63398110 – using your name as a reference.

Or enclose a cheque payable to Grange Lecture Society with your application.

Enrolment form

Name: _____

Address: _____

Telephone No: _____

Email: _____

Number of season tickets at £46 (Tickets issued after 24th September)

Grange Methodist Church Building Project Update



As you may know, we were hoping to begin work this month on our building alterations.

Unfortunately the tenders we received in July were rather higher than we had hoped, so we're not able to begin just yet. This is partly because some pilot holes have revealed that the ground the church is built on is poor, and more extensive work will be needed for the foundations.

Over the summer we have been working with our architect and quantity surveyor to look at ways the project cost might be

reduced, and / or the work phased. We are still hoping to go ahead with the key elements of the project, but we don't expect to begin until sometime in 2025. So if you had been thinking of booking the building for any events or meetings before the end of the year, please do get in touch in the usual ways. If you know of any sources of funding we might not have already applied to, or if you feel you would like to make a donation to the project, either visit www.justgiving.com/grangemethodistchurch email grangemethodists@gmail.com or phone 015395 33164.

Latest generation of osprey chicks tagged at South Lakeland nature reserve

Two six-week-old osprey chicks were tagged with ID rings recently at Foulshaw Moss Nature Reserve near Witherslack.

A total of 29 osprey chicks have now been tagged at this site, since the parent ospreys starting breeding here. Blue 35 and White YW have successfully bred at this wetland nature reserve every year since 2014, which is managed by Cumbria Wildlife Trust.

The chicks were weighed by a licenced and experienced bird ringer and each given a coloured ID leg ring. This helps conservationists track the birds' movements and understand their life history. Thanks to the rings, previous chicks from Foulshaw Moss have been identified in The Gambia, where they spend the winter.

As the osprey is a Schedule 1 protected species, only those with a licence from the British

Trust for Ornithology (BTO) are permitted to approach and handle the birds. At this age, the chicks can't fly yet, so they're easier to handle and not in danger of injuring themselves during the process. The ringing is kept as short and stress free as possible, with the minimum of handling and time away from normal routine for the birds.

Foulshaw Moss Nature Reserve is open daily, free of charge. It's located off the A590 near Witherslack. You can watch the ospreys live on Cumbria Wildlife Trust's osprey web cam <https://www.cumbriawildlifetrust.org.uk/wildlife/cams/osprey-cam>

If you can, please donate to help with the costs to keep this broadcasting for you.

Use #FoulshawOspreys to join the osprey conversation on social.

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Witherslack Group's annual exhibition promises a touch of magic

Twelve of the region's best artists and makers plus three special guests will be exhibiting and selling their work in the Witherslack Artists and Makers Group exhibition this year. The 2024 exhibition opens in the Barwick Hall (also known as the Old School Room) at Witherslack on Saturday 21st September and will run to Sunday 6th October.



Hans Ullrich – ceramicist – sailing ship panel with puffins

“Over the years, we seem to have found the right balance of combining new work from our core membership with guest artists and makers who bring something a bit different each year,” says Jane Bradley, one of the organising team and an award-winning Witherslack-based basket maker. “We’ve built a good reputation for high quality art and craft and attract visitors from across south Lakeland and beyond. The Barwick Hall is a lovely, light-filled space and visitors enjoy the opportunity to talk to the artists, designers and makers. That personal contact is part of what makes it special and it’s great for all of us too.”



Laura Rosenzweig aka Laura's Loom - a weaver based in Kirkby Lonsdale



Rebecca Callis – a ceramicist working with porcelain

for many years,” says Rebecca, “so it feels like a real honour to be working with such a talented group of people.”

The 2024 exhibition will also showcase the creative skills of three guests: weaver, Laura Rosenzweig of Laura's Loom at Kirkby Lonsdale, Edward Carefoot, a Halecat-based furniture maker, and Lancaster-based artist and printmaker, Jenny McCabe.

The exhibition is open for two weeks, starting on Saturday 21st September and running until Sunday 6th October, open every day from 10am to 5pm. The Barwick Hall is alongside St Paul's Church, up the hill from the Town End of Witherslack and signposted from the A590.

Further information about the Witherslack Artists and Makers Group exhibition and all the participating artists and makers is on the website at www.witherslackartistsandmakers.com.



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'Perfect Christmas Present as a Voucher'

There is one new group member this year, porcelain ceramicist, Rebecca Callis, who has a studio in central Kendal at The Factory. “I’ve admired this collective exhibition



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Grange Over Sands & District Concert Club



Deschanel Gordon C BBC Young Musician 2020

Our next concert on Friday September 6th will be the penultimate one of the Season.

We are thrilled that it will be performed by the Deschanel Gordon Jazz Piano Trio. It promises to be an exciting and inspiring evening with jazz classics such as "Stardust" - Hoagy Carmichael, "Taking a chance on Love" - Vernon Duke and Deschanel's own compositions.

The Musicians are Deschanel Gordon – Piano, Will Sach-

Bass, and Will Cleasby - Drums. In 2020 Deschanel was awarded the title of "BBC Young Jazz Musician". You may recall that in 2021 we hosted our first jazz concert, which was a great success, by the Xhosa Cole Jazz Trio. Xhosa had also been a winner of the BBC Young Jazz Musician. Deschanel and Xhosa have performed together.

Deschanel first received classical piano lessons, inspired by a video of Oscar Peterson and then switched to Jazz Piano. He graduated with honours from the Trinity Laban Conservatoire of Music and Dance. He has performed amongst other places in the Barbican Centre, Ronnie Scott's Jazz Club and the Winter Jazz Fest in New York.

The concert starts at 7.30 pm at the Victoria Hall. It is open to everyone. Do come.



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One in three people in the UK will develop Dementia. Dementia is one of the biggest health challenges of our time. Families affected are often left feeling exhausted and overwhelmed and don't know where to turn for help.

We are hosting another Dementia Awareness Day with Heron Hill Care Home at Beetham Nurseries where you can experience the Virtual Dementia Tour and learn from experts about what help is available in our community.

The HARRI Bus will also be attending with **FREE** health checks, including blood pressure checks and promoting physical and mental health services.



Home Instead. Dementia Awareness Day

Beetham Nurseries, Milnthorpe
 Wednesday 18th September 9.30am - 5pm



The **Virtual Dementia Tour** gives a person with a healthy brain the experience of what Dementia might be like.

It has enabled loved ones to give better support as they gain a better understanding of Dementia.

Local support groups will be joining us and we have free information packs with lots of useful resources. Beetham Nurseries is also a very nice spot for refreshments! Our Home Instead Choir will also be singing with children from Beetham and Milnthorpe Primary School.

We were really busy last year, so we would advise booking ahead on the Dementia Bus, so we can guarantee a slot for you.



Read more about the Dementia Awareness Day in our blog by scanning the code



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Grange Drama

We are very grateful to longstanding Grange Drama member Margaret McDonagh who has spent many hours trawling through our archives.

Can you believe she has unearthed snippets of information which link us to productions as far back as 1935?

We are so proud to say we are still going strong and can reveal that our next production, almost 90 years later, will be 'One Man Two Guvnors' by Richard Bean. It will take place at the Victoria Hall on Thursday Oct 31st to Saturday Nov 2nd at 7.30pm and also, by popular request, a matinee on Sunday Nov 3rd at 2pm.

The play is based on 'The Servant of Two Masters' by Carlo Goldini. It is a hilarious,

fast paced farce that follows the mixed fortunes of the chaotic but loveable Francis who accidentally finds himself working for two guvnors. Now all he has to do, is keep his double employment a secret, earn a few quid, win the heart of Dolly and – most importantly of all – find some lunch.

Director Ginny Moss has finalised a very talented cast and rehearsals are already in full swing.

Our recent Beckett play reading, led by Bob Somerset, was very well attended. Two short plays from the 'Ends and Odds' collection were read and a lively discussion followed. This will be the last play reading until after the production.

Any questions? Contact us on: www.grange-drama.org.uk

Flookburgh Band



After a busy summer season of concerts the bands focus is now firmly on the "Nation Brass Band Championships of great Britain". This will take place at Cheltenham racecourse on Saturday 14th September.

As part of our contest preparation we are holding an open rehearsal at Lower Holker Village Hall in Cark

This will be on Thursday 5th September from 7.30PM-9.30PM. The test piece we are working on is a classic favourite of brass bands composed by Peter Yorke in 1960, entitled The Shipbuilders Suite. In four movements it describes the Construction, the Launch,

Commissioning (signalled at the beginning by the Horns sounding the factory hooter), and finally Maiden Voyage! Two local teenagers will be joining our Cornet section at this years Final.

This is FREE for anyone who would like to come and hear the band with M.D. J. Iveson in a Rehearsal situation. Bring your own refreshments and pull up a chair.

Dates for your diary:

Open rehearsal 5th September
13th September National finals , Cheltenham
The Royal Oak, Saturday 21st September 4-5pm
Christmas concert 21st December

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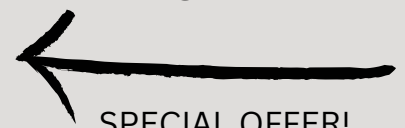
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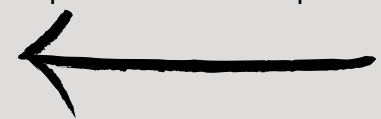
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Cartmel Choral Society

‘Come and Sing’....free taster session Cartmel Choral Society, Monday 16th September 7:15pm, in Cartmel Village Hall.



Do you enjoy singing?... Ever thought about joining a choir?...Want to test out your vocal chords?...Come and find out more about Cartmel Choral Society at a free taster session to be held on Monday 16th September 7:15pm in Cartmel Village Hall.

registration from 6:45pm. Fees for the whole term £40.

The programme for our next concert includes works by Gustav Holst and Inglis Gundry, along with some traditional carols. The date for your diary is Sunday 8th December 3:30pm Cartmel Priory.

Our new chairperson Sue Batchelor, and the rest of the choir, look forward to seeing you at your taster session, if not maybe you will come along and enjoy the next concert.

The choir offers a warm welcome to all, no auditions to join, and the ability to read music not a necessity. Can't make the 16th?, you are most welcome to drop in to any of the choir Monday rehearsals.

Full details of the Society can be found on our website at www.cartmelchoral.co.uk

Autumn term rehearsals start for the choir on Monday 9th September at 7:15pm, with

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Great News!

Flookburgh C of E Primary & Nursery School is now welcoming 2-year olds to join us in our bespoke Nursery!



Full and Part Time hours now available. If you would like to join our wonderful school and take advantage of the expanded 15 hours of government funding, please get in touch, we would love to hear from you!

Work full time and need full time childcare hours? No problem, just come and speak to us for details and to arrange a visit.

'Open Days' will be held throughout the Summer term for parents and families to come and visit, meet the staff and see the wonderful opportunities we offer.

Our next Open-Day is Fri 13th Sep between 8.45am and 11.45am

Further dates for Open Days will also be posted on our school website and Facebook page

For more information about funding, please go to <https://www.childcarechoices.gov.uk/>

Flookburgh C of E Primary and Nursery School, Winder Lane, Flookburgh, Grange-Over-Sands, LA11 7LE

Tel: 015395 58434

Email: admin@flookburgh.cumbria.sch.uk **Website:** www.flookburgh.cumbria.sch.uk **Facebook:** <https://www.facebook.com/flookburghprimary>

Apple Pressing Day

Cartmel Apple Pressing Day will be held on Sunday, September 29th between 10am and 4pm at Cartmel Village Hall. Please sort and wash your fruit beforehand and ensure that you have enough clean containers to take away the juice – plastic milk bottles are good (1Kg of apples produces between 500 and 700ml) - and a container to take away your pulp. We request donations which will be paid to St Mary's Hospice in Ulverston.

Allithwaite CE School



Reflecting on the past twelve wonderful months, the children have achieved so many accomplishments, and we are very proud of each and every one of them.

We have had a very sporty year, with cycling provisions, Sports Day, Waterwise sessions at Fell Foot, a whole school visit to Tower Wood, orienteering around Cartmel, and taking part in the Cartmel Cluster competitions - demonstrating resilience and perseverance. We have also had whole-school outdoor sessions where the children worked in their house teams across the school in a range of fun activities.

We have had lots of opportunities to learn about the farming world around us, where the children have visited Heaves Farm and the younger children visited a local farm that tends to sheep. Inside school, the children are caring for several fish and had chicks from incubation to two weeks old. Every week, Beverley, our reading helper, volunteers at school to listen to the

children read with her dog, Bella.

The children have had fantastic enriched trips to Hadrian's Wall, a theatre trip to Blackpool Winter Gardens, local walking trips including to the Orchard and to Dalton Zoo. The Key Stage Two children put on a performance of the decade with their show-stopping Shrek Performance at Victoria Hall in Grange. The younger children put on a charming performance of 'Bethlehem Bake Off' at Christmas in St. Mary's Church.

We have also created a wonderful library area due to the amazing donation of £10,000 and are looking forward to our very own Colour Run in September to raise more money to purchase reading for pleasure comics and magazines.

We cannot wait for the September term to start, welcoming our new children across the school and creating more wonderful memories with fantastic experiences and nurturing each and every child.

Lindale school

Nearly all the pupils of Lindale CE Primary School entered the handwriting competition at Cartmel Show this year.

This was a great effort from our pupils from Reception through to Year 6. We are really pleased that 4 first prize, 2 second prize, 3 third prize and 3 fourth prize winners were Lindale pupils.

Meanwhile back at school, teachers have been busy getting school ready and preparing lots of exciting learning activities. And the building has had a little makeover too, with some new windows and doors to help us with our energy efficiency! We look forward to welcoming all our pupils back at school on Wednesday 4th September.



Cartmel Methodist Church



National Methodist Youth Brass Band at Cartmel

As we hoped, our August coffee morning was visited by a minibus load of members of the National Methodist Youth Brass Band, who played a couple of tunes for us and shared in our drinks and cakes before dashing off to continue their “Chapel Crawl”, visiting as many South Cumbrian Methodist Chapels as they could fit into one day (25 by the time they’d finished, from the top of Garsdale in the East to Millom and Walney Island in the West).

We enjoyed their visit. The September coffee and chat will be on Tuesday, September 10th, back at its usual time of 10:30. If afternoon outings are more your cup of tea (so to speak), then you could visit us on the Friday that week: you may remember that last month we were promising a musical afternoon with refreshments. This will happen on September 13th, from 2:30 pm until 4pm, with music kindly provided by Common Ground. There will be no fixed charge, but we hope people will want to donate to the Chapel funds.

St. John The Baptist, Flookburgh

Our series of concerts so far has been a huge success, and are proving to be really popular.

So far we have had performances by Flookburgh Band, South Cumbria Musical Theatre Choir and The Bryce Street Strummers Ukelele Band. We are now looking forward to the Bay Community Singers on Sunday 20th October at 2.30pm, and K Shoes Male Voice Choir on 9th November at 7.00pm.

Next year our church will be 125 years old. In order to ensure that the church continues to exist in the village for further generations to come, we are holding a public meeting in Flookburgh Village Hall on September 17th at 7.00pm, to discuss the financial needs of the church. There are some major works which need to be addressed, and the church would like the community to help make the decisions about how to progress. If you are interested in the future of Flookburgh Church, please do come along and lend your support.

Grange United reformed Church

Although summer is a bit intermittent, we have had some lovely days. We just have to enjoy them when they appear.

Unfortunately, my article for last month didn’t get printed, so I can, belatedly, report that, on June 30th, our congregation joined other Cumbria URC members at a service at Carver church in Windermere. The preacher was Revd John Bradbury, who is now General secretary of our General Assembly. As he grew up among us here in Grange, it was lovely to reconnect with him and also with members from around the county. We had a most uplifting service and enjoyed a chat over tea & cake afterwards.

I am glad to report that the Monday Meet-up group have completed the jigsaw they started at the beginning of Lent. We’re going to try a smaller one next time. Do join us for company on 2nd & 16th September from 2 – 3.30pm.

The last walk of the season is planned for September 5th at Millerground. Meet at 1.30pm as usual.

On the 15th September, we are holding our Harvest Festival Service led by Revd Kate Hunt. This is a joint service with our Methodist friends and we look forward to their company for a Jacob’s Join finger buffet after the service.

On 29th September we plan to join an ecumenical service at St Paul’s Parish Church celebrating Christian Youth work in our community.

Remember, you are welcome at any of our services.

Grange Methodist Church

Members of the National Methodist Youth Brass Band duly paid us a flying visit on Tuesday, August 13th as part of their “Chapel Crawl”. It was good to welcome them to our “Cuppa and Chat”.

In September we look forward to opening the Repair Café in our hall from 6-8pm on Friday, September 6th. On Saturday, September 7th, after the Men’s Breakfast, we are holding a Quiet morning from 10:00am for prayer and reflection in church around our development project plans; coffee will be available in the hall. Then Toast Church starts again after the summer break at 9:00am on Sunday, September 8th. All ages welcome to share cereal and toast, activities, crafts and songs as we learn more about our faith through Bible stories.

There are two Sunday mornings in September when we won’t be worshipping in our own building. On the 15th, we will celebrate Harvest with our friends at the United Reformed Church at 10:30am, followed by refreshments, then the chance to stay on for fellowship over a Jacob’s Join lunch. Both churches are Fair Trade churches, and as this service falls in Fair Trade Fortnight (9th to 22nd September this year) this will be part of our focus. On the 29th, we will be at St Paul’s to share in the united celebration of Youth Ministry service at 11:00am.

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St. Charles Borromeo

Greetings to all Grange Now readers. I'm afraid I must start this month with a bit of bad news.

Father Alf Parker is in hospital after a stroke, and unfortunately he had another one whilst he was in there. I know many people will wish him well, and I ask for your prayers for him.

Hopefully, by the time you actually read this he may be home again, let's keep him in mind. Otherwise, this is a quiet month in the church, as many of the regular groups are taking a break for the summer holidays.

The Sunday school children are not in their classes, and children's corner in church is somewhat depleted due to family holidays.

The ladies who lunch on the first Wednesday, however, are as stalwart in their attendance as always, we are not affected by holidays, mostly being retired. As the T-shirt says. "the trouble with being retired is that you never have a day off" Maybe I will have more for you next month, but in the meantime, I wish all of you the best of health and happiness.

St Peter's Field Broughton



Last term saw children from Lindale School visiting the church to be shown round by Reverend Terry Wilcock.

They saw the three fonts, the wonderful 130 year old organ, the altar and the altar frontal made by their own school colleagues previously. They learned about the features of churches and how services are performed. They also got a chance to see the ringing of the bell, and how many of the children could fit in the pulpit together!

This week there was a huge attendance in church to pay respects to a longstanding member of the community, Malcolm Slater, who sadly passed away recently. Our prayers go out for his family, many of whom attended the service in support of Malcolm's wife Judith.

Videos of church services can always be found at St Peter's website www.spfb.org.uk

St Paul's

At Grange Primary School leavers service in July Year 6 pupils recalled their happy memories of their time at Grange school before moving on to their secondary schools.

Also in July the Reverend Annette led a Pet Service at Grange school, where school families and parishioners gave thanks for all pets and animals. Refreshments were enjoyed after the service. A large audience gathered in church on August 11th for a concert entitled "A Pastoral Tapestry in Words and Music". It was a splendid event with a lovely mixture of familiar and unusual prose and music. Thank You to Audrey, Charles, flautist David and the wonderful Sine Nomine Singers (A group of singers without a name)

This month we have said "goodbye" to Margaret and Doug as they move from Grange to be nearer to family. They have been very active members of church and they will be missed very much. We wish them lots of happiness in their new home.

Looking forward to September, our next Cuppa and Cake afternoon will be on Wednesday 4th September at 2.30pm.



The Local Group of Co-Workers for Mother Teresa is appealing for goods for the Food Banks at Ulverston, Barrow and Millom

OUR NEXT COLLECTION

Sunday, 29th September 2024

Father Magner Room, St Charles RC Church
1 - 3 pm

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Thank you to all who donate to the Foodbank. We understand times are tough and shopping has become very expensive. Thank you for supporting people who need to use this service.

The Foodbank welcomes non-perishable, staple goods with long dates. It is unable to accept fresh or refrigerated goods, home-made items or items that have been removed from their original packaging. "

Gift Aid envelopes are available for anyone wanting to make a monetary donation

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As summer has largely withheld ripening sunshine, many of us growers are left with an abundance of resolutely un-red tomatoes.

This month's chutney recipe from BBC Good Food is an excellent way to preserve the season's less-than-perfect harvest, ensuring that nothing from our gardens goes to waste.

It's the perfect pairing for cheeses and cold meats and adds a tangy touch to your favourite dishes.

GREEN TOMATO CHUTNEY

INGREDIENTS

- 2½ kg green tomatoes
- 500g onion
- 1 rounded tbsp salt
- 500g sultanas
- 500g cooking apples
- 500g light muscovado sugar
- 1.14l jar spiced pickling vinegar

METHOD

1/ Slice the tomatoes (you can skin them if you want, but it's not necessary) and finely chop the onions. Layer both in a large bowl with the salt. Leave overnight.

2/ The next day, chop the sultanas using a large, sharp knife. Peel, core and chop the apples. Put the sugar and vinegar into a large pan and bring to the boil, stirring

to dissolve the sugar. Add the sultanas and apples and simmer for 10 minutes. Strain the tomatoes and onions in a colander (but don't rinse), then tip into the pan and return to the boil.

3/ Simmer for about 1 hour, stirring occasionally until the mixture is thick and pulpy. Transfer to warmed jars and cover with lids.



Our cup runneth over

In the textile department here at 1818 Auctioneers, we see all sorts of wonderful garments, from gowns to undergarments, including bras, which have a fascinating history. One that reflects changing attitudes towards women's bodies, fashion, and societal norms.

The concept of breast support dates to ancient civilisations, where women used fabric strips or bands to bind themselves for modesty or support during work and physical activities.

Corsets were the primary undergarment for women in the late 19th century. They provided shaping for the torso and breast support. However, they were often uncomfortable and restrictive. In the early 20th century, women's fashion evolved towards a more natural silhouette. In 1914, a significant turning point occurred when Mary Phelps Jacob, an American socialite, introduced one of the first modern bras. Her innovative design, patented as the "Backless Brassiere", was a game-changer. It provided support without the constraints of a corset, revolutionising how women dressed and felt.

The 1920s saw the rise of the "flapper" style, emphasising a youthful, boyish figure. This led to bandeau bras, which flattened the bust.

Throughout the 20th century, advancements in materials and technology led to the development of a wide range of bra styles, each catering to different body shapes and fashion trends. The 1940s introduced the bullet bra, a style popularized by Hollywood starlets like Marilyn Monroe. The 1960s brought the push-up bra that enhanced the bust. And the 1970s saw the rise of the sports bra, catering to women's growing interest in fitness and athletics.

Today, women's bras come in many styles, from practical to luxurious, reflecting women's diverse needs and preferences. While the basic function remains the same (to provide support and comfort), the history of women's bras showcases fashion, culture, and innovation.

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A Celebration Boat Trip



On board on the canal

Grange and District Natural History Society was founded in its current form in March 1954.

As part of the 70th anniversary celebrations, Ann Roberts, our Secretary and Treasurer, organised a special luncheon cruise on the Lancaster Canal, together with coach transport. Around a week before the planned cruise we heard that the canal had been breached by a hole left by a fallen tree: the canal

had emptied of water and boats could no longer reach Lancaster. Ann reorganised the cruise and coach to start from Barton Grange Marina. We were able to travel only short distances between places where the long boat could turn, but it was nevertheless a wonderful event, well supported, with a nice luncheon and relaxed company. We had a good chat and noted canal side plants, including spectacular yellow water lilies. Mallard ducklings enchanted us and a heron 'stood to attention' as we passed by. The Society had heard a talk on the Lancaster Canal in 1988. We were only 36 years late in organising this 'follow up' visit. There may be more celebration events in the pipeline. New members are always welcome. Keep an eye on our web site www.grangenats.uk.

Sylvia Woodhead



At Barton Grange Marina



A relaxing cruise on the Lancaster Canal

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FLAT 23 Beautiful Lake Views and our gardens and countryside below.
Contact Peter Ratcliffe. Trustee on 07973 122017 or the office number. See the website too.

What's On at The Vic

REGULAR EVENTS

James Reeder Dance Classes - Weds from 7pm. Contact: james@reedersdance.co.uk

Various U3A groups - Contact U3A: 015395 35358. No main meeting in August. Monthly meeting 17th Sept.

Wild Soul Yoga - Contact: hello@mywildsoul.co.uk - various classes and sessions available

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

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

WFC Recycling Blue Boxes and Bags Collection Point: Wed & Thu 10am-3pm. Just inside Side Door

New - Manjushri Buddhist Meditation Class. From 4th Sept - Wednesdays 11am-12noon in Chamber. £5. www.manjushri.org

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

INDIVIDUAL EVENTS

02/09 Mon - VHSG Bingo - Doors 7pm, Eyes down 7.30pm. £1 entry, £5 per Bingo card. Cash Prizes - 18+

06/09 Fri - Concert Club - Deschanel Gordon Jazz Trio. 7.30pm - www.grangeoversandsconcertclub.org.uk

07/09 Sat - Heritage Open day at the Vic - come and learn about the secret history of our much-loved hall 10am-4pm. Displays - backstage tours - share your memories - refreshments.

08/09 Sun - VHSG - Cinema at The Vic: A Room With A View (12A). 6.30pm for 7pm start - www.ticketsource.co.uk/vhsg

20/09 Fri - Friday Night Dancers - Ballroom & Latin Social: start 7.30pm

21/09 Sat - VHSG - NT Live - Prima Facie - with Jodie Comer - 6.30pm for 7pm start - www.ticketsource.co.uk/vhsg

24/09 Tues - Grange Lecture Society & PEAT - Dark Skies Lecture - www.grangelecturesociety.co.uk for details

26/09 Thu - Creative Photography - All welcome - Alternate Thursdays 7pm. Contact: seppo_hakkinen@icloud.com

26/09 Thu - Reiki Room - Crystal Bowl & Chakra Healing - by The Reiki Room Info: www.thereikiroommowcop.co.uk

NB: There is no Town Council Meeting this month.

National Theatre Live At the Vic

Prima Facie (15) Saturday 21st September 7pm (doors 6.30pm)

The Victoria Hall Support Group is delighted to announce that our next NT Live screening at the Vic will be Prima Facie - the most-watched NT Live

production of all time!

Tessa (Jodie Comer) is a young, brilliant barrister. She has worked her way up from working class origins to be at the top of her game; defending; cross examining and winning. An unexpected event forces her to confront the lines where the patriarchal power of the law, burden of proof and morals diverge. Prima Facie takes us to the heart of where emotion and experience collide with the rules of the game. 'West End

debut's don't come more astonishing than this solo tour de force by Jodie Comer' - Telegraph. National Theatre Live brings the best of British theatre to local venues - unmissable theatre filmed live from Britain's most exciting stages.

Bar, tea, coffee, snacks, ice cream. Tickets £12 adults £10 children available from www.ticketsource.co.uk/vhsg Cash, credit/debit cards, Apple Pay and Google Pay accepted on the door.



A Room With A View (PG) Sunday 8th September 7pm (doors 6.30pm)

Classic British drama based on the novel by E.M. Forster. In 1907 Lucy Honeychurch (Helena Bonham-Carter), a young Englishwoman, is touring Italy with her older cousin (Maggie Smith). At a hotel in Florence, Lucy meets the charming and free-spirited George Emerson (Julian Sands). Although intrigued by George, once she's back in England Lucy ponders settling down with the wealthy, staid Cecil Vyse (Daniel Day-Lewis). When George reappears in her life, Lucy must decide between him and Cecil.

Rating: PG Runtime: 2 hours 15 minutes (including 20 minute interval). Bar, snacks, ice cream, interval food, tea and cake. Advance tickets from www.ticketsource.co.uk/vhsg Credit/debit cards, Apple Pay and Google Pay accepted on the door. Adults: £6.50 Children £4.50

Victoria Hall Saturday 7th September 10am to 4pm

FREE ENTRY! Come and see the Vic in a whole new light!

The Vic will be open on Saturday 7th September for the annual Heritage Open Days festival.

- Tours (including access to areas not usually open to the public)
- Technical demonstrations
- Displays
- Refreshments



The interior of the building retains many original features including door handles, finger plates, an iron staircase and beautiful stained glass skylights in the Main Hall. Both the Hall and old Council Chamber have fine original plasterwork friezes and the balcony is also ornamented with work of a similar calibre.

Backstage facilities and a kitchen are later additions.

Friends of Grange Library September Events

A huge thank you to everyone who came along to our very enjoyable Colourful Quiz last month. Congratulations to the winning team, The Four Musketeers, and commiserations to those who wiped out in the final round! We raised a fantastic £200 plus which we intend to put to good use in the near future. The success of the evening was in most part thanks to Mary who once again compiled a thought-provoking set of questions ~ those taking part will, I am sure, now remember that White Lines on roads first appeared in!!

Our next Reading Friends meeting is on **Thursday September 12th at 2.30 p.m.** and the topic for discussion is 'Which 3 Fictional Characters Would You Invite To Dinner'. Mr Darcy? Tom Sawyer or Huckleberry Finn? Atticus Finch? Hercule Poirot or Miss Marple? The list is endless, but the choice is all yours!

Finally this month's **Cake and Games** afternoon will be on **Thursday September 26th from 2.00 p.m.** If you enjoy playing games but don't have anyone to play them with then come along. We have old favourites such as Dominoes and Snakes and Ladders as well as newer games such as Rummikubs, Articulate, Uno and Sequence. And there is always the Cake to enjoy while playing!

What's On - September

Mondays 2, 9, 16, 23, 30

South Lakeland Phoenixes (formerly Grange Lighthouse). Drop-In for over 18s - Community Foodshare, Main Street, Grange over Sands. Are you struggling with your mental health and wellbeing? Join us in our welcoming, inclusive, safe space, for a chat and a brew between 1:30 and 4:00 pm. www.southlakelandphoenixes.com

Tuesday 3rd

Mothers & Others-7.30 p.m. 'Holiday quiz with home-baked cakes' in the Father Magner room behind St Charles Catholic church on Kents Bank Road.

Tuesdays 3, 10, 17, 24

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.

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

Wednesdays 4, 11, 18, 25

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

Wednesday 4th

GMTS: SPAMALOT First reading through of the script for the March 2025 production of musical SPAMALOT Methodist Church School Room 7.30pm. All welcome

Thursdays 5, 12, 19, 26

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 5th

Cartmel Peninsula Local History Society's next meeting will be on Thursday, September 5th at 7.30pm in the Cartmel village hall when Melinder Elder will talk about "Furness's Links to the Slave Trade". See the club report for more information.

Saturday 7th

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

Monday 9th

Grange Probus Club will meet at 10.30 for 11am at the Netherwood Hotel for a presentation by R Halhead on "Windermere Water". See the club report for more information.

Tuesday 10th

Coffee and Chat at Cartmel Methodist Church from 10:30 to 12:00 noon

Wednesday 11th

Our monthly 'Mutual Improvement Class' will feature a talk by Tim Owen of the Furness Railway Trust. Starts 2.00pm, pre-booking essential on 07795 008691 or info@stationlibrary.org.uk

Friday 13th

Musical afternoon with refreshments at Cartmel Methodist Church from 2:30 to 4:00

Saturday 14th

Kents Bank Station Library: Display of books and memorabilia on narrow-gauge railways in Britain and Ireland: 11.00 to 4.00. Narrow-gauge cake also available. More information on 07795 008691 or www.stationlibrary.org.uk

Saturday 14th

Newton-in-Cartmel Village Hall. Coffee morning. 10am-12 pm. A chance to meet and chat over a brew with friends, neighbours and visitors.

All welcome. Free. Contact admin@ncvh.org.uk.

Sunday 15th

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 17th

Mothers & Others-7.30 p.m. 'Patterdale'-an illustrated talk by Colin Milner in the Father Magner room behind St Charles Catholic church on Kents Bank Road

Thursday 19th

Flookburgh & district over 60's coach trip to Ormskirk Market. Pick up from Flookburgh Square 9.30am. Leaving at 4pm Contact: Wendy Bland 015395 58392

September 24

7-9pm Victoria Hall - Dark Skies Lecture by Jack Ellerby Project Officer of Friends of the Lake District.

Age UK South Lakeland

Gentle Exercise Class at Grange United Reformed Church every Thursday 2.30pm – 3.30pm.

Grange Lunch Club at the Thornleigh Hotel on the 3rd Wednesday of every month.

Allithwaite Lunch Club at the Pheasant Inn on the 2nd Tuesday of every month.

Cark Lunch Club also at the Pheasant Inn on the 4th Friday of every month.

Please call 01539 728118 for further details.

Don't forget to let us know at Grange Now if you have any events you would like to include in next months edition.

From the Library

Summer Reading Challenge 2024 Marvellous Makers was a great success with over sixty sign-ups. Craft sessions were well attended and Rocco the Snake, owls and under the sea creatures were laboured over and created. We hope to put on more of these sessions so watch this space. Library events are posted in the porch so keep a look out for those.

Grange WI are exhibiting from Monday 9 - Friday 27 September. It's a n opportunity to browse amongst their efforts. We still have a slot from 28 October– 18 Nov, for anyone interested in putting something up.

Digital Drop In: NO SESSION IN SEPTEMBER - 2nd Wednesday each month for assistance with one-off problems and troubleshooting on devices. Next session - Wednesday 9 October 10 – 11 am. Sessions may be busy, depending on numbers and issues arising.

HAWC: (Health & Wellbeing Team) 2nd Wednesday each month. Pop in for help or advice. Next session Wednesday 11 September 3.30-4.30pm

Friendship Café: for crafting and nattering, all and varied crafts considered, 1st & 3rd Tuesdays each month. Next month's sessions 3 & 17 September.

Estuary Jazz Band, see posters in the library.

Grange Library "Booket List"2024 A selection with a beautiful cover". Approaching the finish line – keep going!

Storytime: is back Thursday 10.15-10.45am. A warm welcome to you and your toddlers for stories, songs and rhymes.

There are reading group spaces - ask for details. Mindful Colouring resources are out Saturday mornings – ask if you'd like them otherwise. Working and relaxing spaces and computers 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 as far as we are able.

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

Lower Holker WI

On the last day of July, a group of ladies from Lower Holker WI, celebrated with a delicious fish and chip lunch at the Newby Bridge Hotel on the A590. It was a very hot day, the company was delightful, the food was good and the service was as we desired. It was great to know we did not have to make a hot meal that day. One WI husband braved the all female company and joined us. We were glad to welcome back our visits organiser who had been ill, and were pleased to hear the next visit will be to Cartmel Coffee for coffee or tea and cakes on the 26th of August 10 for 10.30am. Sadly, as you read this, it will be too late to join us, but it is never too late to come along to our monthly meeting, which is always the first Wednesday of the month.

In September, we are welcoming Mr Ken Taylor, who will be speaking to us about 'The Land of Fire and Ice'. We look forward to hearing him - join us if you can on the 4th of September at 1.30 pm in Flookburgh Village Hall. We would love to welcome you.

Grange Forum

The new season starts on Tuesday 8th October with a talk by Josephine Gosling entitled "On the Sculpture Trail". The venue is the URC Hall in Kents Bank Road with a start time of 10.15 am. Refreshments are available from 09.45 am

The new season's member documentation will be sent out during the first week of September but anyone else who would like details about the Forum, please contact the Secretary, Alan Anderson, on Grange 33696 or the Treasurer, Ken Taylor, on Grange 33057

Ann Anderson has 6 places available for the visit to Blackpool Winter Gardens on Thursday 3rd October to see the new musical "An Officer and a Gentleman" - please contact her on Grange 33696

Mothers & Others

Mothers & Others are pleased to be starting another season and would like to invite past and present members and any 'Mothers' or 'Others' who would like to join us in our meetings. We meet fortnightly on Tuesdays, in the Father Magner room behind St Charles' church on Kents Bank Road, starting at 7.30 p.m. We have planned an interesting

and varied programme, hoping that everyone will enjoy all that is on offer. Our first meeting, on Tuesday 3rd September, will be a 'Holiday Quiz with home-baked cakes', a fun quiz to 'break the ice' followed by delicious home made treats made by the committee. Then on Tuesday 17th September, popular local speaker Colin Milner will give an illustrated talk about 'Patterdale', a small village on Ullswater in the Lake District, where for several years he was headteacher of the village school.

Becoming a member of Mothers & Others costs £15, with a £3 fee for each meeting; the cost for visitors is £5 per meeting. Do come along and experience the friendly atmosphere in our meetings. For further information about the group or about any of the specific meetings please call Ann on 015395 33856 or Linda on 015395 33482.

PEAT

September 24 7-9pm Victoria Hall - Dark Skies Lecture by Jack Ellerby Project Officer of Friends of the Lake District. He will talk about the value of Dark Skies and the impacts of light pollution on wildlife, environment and people, good and bad lighting, find out how we can all help tackle light pollution. All are welcome, in conjunction with Lecture Society. Coming soon 26/11 Matt Staniek - Save Windermere Campaign. This campaign has gained widespread support demanding better protection for Windermere and a clean up of the continuous pollution going into the world famous lake. We are hoping to run a Retrofit event in the autumn - date to be confirmed. Top tips to retrofit your home helping you create a warm, healthy, low-energy home.

PEAT ran a very successful talk by Joseph Earl from Morecambe Bay Partnership 'Protecting Our Salt Marsh' How they protect our coast and coastal communities providing nature-based solutions, sustainable and natural alternatives to traditional hard engineered defence structures. Who knew that knitted barnacles could help in the development of salt marsh!

Finally watch out for a really useful and practical list of places to recycle put together in conjunction with Grange Soroptimists.

Grange Garden Society

Our programme of meetings recommences on Friday September 20th at 7.0 pm, with a talk by Alan Oatway entitled 'Exploring in Oregon.'

Alan's talks are always fascinating, informative and very well illustrated. Do join us at the URC for refreshments from 6.30 before the talk.

Crake Valley Croquet Club

The weather continues to be the winner with play in waterproofs the norm at Crake this month. All league teams continue to be in contention and final placings to be decided by mid-September.

Free taster sessions, for those new to the game, are being held on Saturday 7th & Sunday 8th September - further information and sign up via info@crakevalleycroquet.org.uk

Kents Bank Station Library and Beach Hut Gallery

The Beach Hut Gallery has a new 'featured artist' - Halecat-based Ben McLeod. We held a well attended viewing of his work on August 14th and Ben spoke about the local inspiration behind his landscape paintings, ranging from the Kent Estuary to Iona. His paintings are available for viewing and for sale, until the end of October.

The gallery (and railway library) is open every Friday, Saturday and Sunday as well as August Bank Holiday Monday, 11.00 to 4.00. At the event we launched 'Friends of The Beach Hut Gallery' to help raise funds and support for the gallery. The library continues to generate lots of interest with a packed talk on August 14th by retired rail manager Chris Kimberley, reflecting on 'Fifty Years of Railway Life'.

On the same day we hosted a visit by the Yorkshire-based Penistone Line community rail partnership. We continue to get donations of railway books and ephemera and welcome more! We're also keen to get more volunteers to help staff the gallery and library. For more information visit www.stationlibrary.org.uk and www.beachhutgallery.com or ring 07795 008691.

Grange Soroptimists

We had no official meeting in August but members enjoyed some social events including a trip to Brampton to get some pre loved clothes and also a visit to Holehird gardens in glorious sunshine

followed by lunch at Ings Farm Shop. Members assisted Barrow Women's Centre with a collection at Cartmel races collecting £833. Thank you to everyone who braved the appalling weather and supported our coffee morning on July 27th which raised £230 for our projects and charities. To celebrate the platinum anniversary of the founding of our club, we are putting up a display in the library from 7th - 26th October showing what we have achieved over the past 70 years. The exhibition will be opened on the 7th from 6-8 pm for invited guests. As part of the celebration we are supporting the charity Smalls for All for two months (September/October), and a 'knicker tree' will be on display for donations of new knickers for women and girls. A tree will also be travelling round the local schools.

Anyone interested in joining the club or getting further information on our work please contact Mary Ann on 015395 32265 or see our website www.sigbi.org/grange-over-sands/

Grange Lions Club

Grange Lions Club invite you to join them at their Big Curry Night Friday 27th September 6.30pm to 9pm at the United Reform Church Hall, Grange. The evening is in aid of Derian House, a children's hospice. For just £25.00 including your 1st drink, (£10 per child under 16) you can enjoy a wide range of delicious homemade Asian foods (lots of vegetarian dishes and non curry eaters can be catered for too). It's a self help buffet supporting this great charity. Bar available and chocolate tombola too! (Any donations of chocolates gladly received) It will be a fantastic evening!

Tickets from Helen Khan 07970 414909 helen@thepastures.co.uk

Cartmel Peninsula Local History Society

CPLHS's next meeting will be on Thursday, September 5th at 7.30pm in the village hall when Melinder Elder will talk about Furness's Links to the Slave Trade.

Entry is free for members and £3 for visitors. Further information on CPLHS, membership and activities can be found at Cartmel Peninsula Local History Society | Bringing Local History to the Community (wordpress.com) or from Stuart Harling on 015395 36296.

Grange and District Photography Society

YouTube content creator Ashley Barnard a.k.a. Wildlife Photographer UK opens the season on 7th October with "A year in the wild behind the camera". In a second meeting on 21st October Chris Wright presents "Paley and Austin Lancaster Architecture". The meetings take place on Monday afternoons at 2pm in United Reformed Church Hall, Kents Bank Road. Cost is £4 including tea/coffee and biscuits. If you require more information please contact us on seppo_hakkinen@icloud.com

Grange Fell Golf Club

The James Crowe Medal finished with the Captain, John Ryder, scoring a superb 66 nett to add to his 71 in June to win the trophy. Mike Garnett won the Golden Jubilee with a gross 76. Another fine round from Graham Wilson (67) meant that he pipped Darryl Lomas (also 67) to the Veterans Trophy. August started with the TB Hustler over two rounds. Anyone was in with a shout after the first round with four players scoring 75 gross (Mike Taylor, David Moore, Ben Clarke, Dave Wilkinson). However, with a gross 75 in the second round, Kevin Pearson came from the pack to claim the trophy and become Club Champion for the first time. Well done Kevin!

Ladies competitions continued with Edna Martland round 2, which Margaret Shepherd won with a fantastic 42 points. Kirstine Curwen scored an equally fantastic 24 points in 9-hole qualifier 5. The Molly Davy scratch trophy was played over 36 holes in July, again won by Margaret Shepherd with a gross 174. The net winner (Julia Allsebrooke trophy) was Kirstine Curwen (129 net). Our youngest player Flo Sweeney scored an excellent 23 points to be runner-up in the Captain's Day mixed 9 hole competition.

Lower Holker Village Hall

Grange Now September 2024. August 200 Club winners are : 1st £40-182 Ken Davies, 2nd £25-127 Indie the Dog, 3rd £15-100 Len Dargue, 4th £10-198 Christine Robinson. Tai Chi, Yoga, and Dancing, and Aerial Hoops are available. Thursday is Badminton/Table Tennis day. Badminton 9.00am to 2.00pm and from 3.30 pm to 4.00 pm. Table tennis from 9.00am to 4.00 pm. 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. Craft Fair Saturday 26th October 2024. Tables £12.00, contact Rhona as below. We are hoping to start a Table Tennis Club, contact r.barton5353@gmail.com for details, and look on FB. Please follow us on Facebook at [lowerholkervillagehall](https://www.facebook.com/lowerholkervillagehall) for all our latest news. Website is lhvh.co.uk. The Hall number is 015395 58304.

Grange Probus Club

Grange Probus Club's members and guests welcomed the return of Maurice Steel with his presentation on "Go Wild in Cumbria". A retired fell farmer, Maurice is also an excellent photographer and has produced a series of fascinating recorded presentations of his pictures accompanied by an entertaining narration by his daughter and others to musical soundtracks. This show took a tour of the Lakes and featured archaeological features such as a stone circle and Pictish cross, historical characters and events, and views of the fabulous local countryside and wildlife. The Club's next event will be on Monday, September 9th at 10.30 for 11am in the Netherwood Hotel when R Halhead will talk about Windermere Water. 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, Ewen Cameron at e.cameron1@btinternet.com or 07929 833528.

Cartmel and District Flower Club

Our next meeting is on Monday 18th September at Cartmel Village Hall. The demonstrator this month is Debbie Davies from Formby with "Colours of Life". Everyone is welcome so bring a friend and enjoy an afternoon of floral arrangements and refreshments. For more information contact Isobel 015395 33136.

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Surge in divorce petitions

The Divorce, Dissolution and Separation Act 2020 was passed in June 2020 and came into force on 6 April 2022 and has resulted in a decade high number of petitions being issued.

The option of a no-fault divorce aims reduce conflict, allowing couples to focus on important issues like children, property and finances.

Neither party now has to assign blame for the breakdown of the marriage. The Ministry of Justice has confirmed that there was a 22% increase in petitions being issued, compared with the same period of time the previous year.

Some of this increase will have been due to some couples, holding on, until the new law came into force, and it is anticipated that this will gradually slow down. Due to the present uncertainty in relation to the cost of living crisis, for some couples, quite simply, they cannot afford to divorce and separate their joint finances.

Whilst couples can petition jointly, only 2 in every 10 applications were joint. It is taking longer however, for the paperwork to be dealt with. From start to finish, there was an increase of almost 2 months in the time it took. The ministry's report has put this down to resource issues. This may improve over time.

If you are thinking of starting divorce proceedings or need advice in relation to this issue, do not hesitate to contact a member of our experienced family team here at Progression.



Lisa



Michele

Contact us today to arrange an appointment.

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Property Talk

With

Craig Turner
Property Department Manager
and Valuer



FRIENDLY HONEST PROPERTY ADVICE

Major events with minimal impact

This year has been so difficult to predict in terms of market activity. There have been so many events that would traditionally have had an effect on the market that don't seem to have done so this year. We've had major sporting events including the Olympics, European Championship football and Wimbledon, a General Election and the yearly occurrence of the summer holidays.

Any one of these events has in the past slowed the property market to a small degree by diverting the public's attention. This year, however, sales levels have continued regardless. On top of this, the steady increase in property prices has also been maintained.

Annual house price growth has averaged at a level of 2.7% across the country according to official data. The Land Registry House Price Index puts average house prices at £288,000. This annual price inflation is at a 14 month high but with it must come caution. Both agents and owners need to avoid the trap of over inflating asking prices ahead of the curve and therefore risking a lack of interest in available property.

Interest rates may have dropped, but inflation has risen recently, and prospective purchasers are still financially aware. Mortgage deals are out there, but affordability is still at the forefront of both providers' and borrowers' minds. If something is seen as not being value for money, it may just miss the boat when it comes to finding a ready and able purchaser.

A wide-ranging knowledge of the local market and experience of its conditions are a must to enable us to help people navigate their way through a property sale or purchase. Speaking to one of our sales team or arranging a property appraisal with one of our property valuers will allow us to answer any of your questions and help you find the right approach to selling your home.

The next few months are expected to continue with the impressive level of property sales we have been experiencing. And with no major events on the horizon it should be plain sailing towards the end of the year.


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South Lakes Housing

South Lakes Housing are delighted to share that following planning approval in July this year, we are now preparing to carry out the demolition works to Yewbarrow Lodge to enable the new build development of 18 affordable homes.

Demolition is due to start in September 2024, and whilst this work is being carried out, safety measures will be put in place to protect residents and passers-by. This will include the closure of the footpaths directly to the north, south and west of the existing Lodge to allow a safe working area around the building. We are sorry about the inconvenience this will cause residents, please know that we will aim to keep the footpaths closed for as little time as possible.

Following demolition, we will provide further updates in Grange Now with timings for the new build phase. For this phase of the redevelopment, we are working closely with Homes England to secure grant funding.

South Lakes Housing Development Team

Development@southlakeshousing.co.uk

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for an informal chat.**



Dear Editor,

I attended the recent Westmorland and Furness local plan meeting which was held in the Victoria Hall on Thursday the 25th July, and in the course of conversations with the officers present learnt that any future grants that our District Counsellors give out from their £1000 budget each year, can only be obtained in denominations of £500 and £1000.

This I feel deprives small groups of

Dear Editor,

In April 2019 as chair of Grange Community First Responders I approached South Lakeland District Council with an idea that has the potential to save lives. The proposal was received positively but events like the Covid 19 pandemic, changes to a unitary authority and then the refurbishment of the promenade and pool meant a major delay in its implementation.

Essentially it is a simple solution that following a 999 call will help the emergency services and those making the call to identify effectively the location of the casualty along the mile long promenade. Over the years Grange First Responders and ambulance crews have wasted valuable time in finding the patient. Speed of response is essential if a patient has life

Dear Editor,

Can I ask your readers to support the Grange Soroptimists' Knicker Tree? They are supporting Smalls for All, a charity that collects and distributes underwear to people in the UK and Africa that need our help. Please donate brand new women's and children's pants at the Treatment Rooms from the 2nd to the 14th September, Em J's Hair Studio 16th -28th September and

Dear Editor,

I would like to thank the "friends of the library" for the work that they do. In particular the reading friends and games afternoons. These are held once a month and

Dear Editor,

The Brow Edge Foundation is a charity which helps students in the parish of Haverthwaite & Backbarrow who are attending courses at university, courses at college in pursuit of a trade, or apprenticeships. A successful applicant will receive a small grant to assist with the costs of studying at home or away.

Applications for grant support 2024

The Governors of the Brow Edge Foundation invite applications from individuals who live in the Parish of Haverthwaite & Backbarrow, and who are eligible for grant support within

people wanting to do a local project, such as asking for £300 to prune the community orchard or buy plants for the ornamental, Park Rd. or veteran's garden. These are small, very local projects which benefit the town and visitors, and the money spent goes back into the local economy. The reason I was given for a change in the distribution of this funding was the admin costs.

Judith Shapland.

threatening heart and breathing issues and serious injury.

By dividing the promenade into four sections determined by the access points ; each section will have a small block of a specific colour on the railings. When the work is complete we will notify the North West Ambulance Service which colour relates to each section so that when in response to a 999 call a member of the emergency control team asks for an exact location, first responders and ambulance crews will be able to access the promenade via the appropriate access point.

The work on the promenade is ongoing and weather permitting it should be completed in time for me to be able to provide more information in the next month's edition.

Jane Strawbridge, Chair Grange Community First Responders.

at Grange Library 7th to 26th October. Our Knicker Tree will be at the venues during these dates awaiting your donations.

Imagine not being able to go to school or work because you have no pants to wear? New Ladies pants 8-14 full, midi, mini or high leg. New Children's pants age 3 - 15. Many thanks, Mary Ann Harris On behalf of Grange Soroptimists.

dates/times are usually in Grange Now. Tea and biscuits are usually served, too. For anybody of a certain age, these are "aide memoirs" and we all need those!! Thankyou.

Derek Goldsmith

the following categories: Following a full-time course at a higher education institution such as a university, an institute of higher education or college of further education. Following a course at a college of further education which forms part of a recognised apprenticeship or traineeship.

Application forms can be found on the Local Community page of the Leven Valley CE Primary School website or can be requested from the Clerk to the Governors [jane-disley@hotmail.co.uk].

Application forms must be returned to the Clerk by 21st October 2024.



Dear Editor,

The Grange Spar team with the support of wonderful customers and community raised £103.00 in aid of Kendal Mountain Rescue. The winner was Emma who is seen being presented with the hamper by Spar team member Debbie We hope you will pop in store and help us support The Cartmel Scouts by buying your £1 ticket. Thank you Ray Branch manager & Debra Charity organiser

Dear Editor,

On Monday 22nd July a wonderful stranger pulled my grandson from the sticky mud near the promenade, leaving a wellie behind and getting covered in mud herself. A dog walker, I was so delighted she was there as I struggled to keep up with my over-enthusiastic grandson. Thank you to my muddy rescuer! Yours Penny Kay

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Ricoh "35" camera. £20.00
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Dormeo "Octasmart" mattress topper for single bed. (Bought in error for over £160!) £20. Yamaha "Clavinova" electronic keyboard and stand. Over 6 octaves. Many features inc. 16 "voices"; rhythm modes and accompaniments. £50. Tel: 07746485616

50 Fire Bricks 230x190x50 (9"x7.5"x2") 50p each. Telephone 015395 36182

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The next Grange Now deadline is 20th September

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

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

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