



Grange Soroptimists out in force - see page 6

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CAN I CONTEST A WILL?

There is, unfortunately, a clear link between the effects of Christmas and a surge in couples instituting divorce proceedings in January. However, the effects of the extended Christmas holiday can also highlight fractures within a family over inheritances – actual or expected.

Extended periods of time with the family can reveal serious tensions between the wealthier grandparent generation and younger family members possibly suffering from career and financial instability. The pressure to maintain a facade of family harmony often coupled with alcohol consumption can lead to arguments and a demand to 'get my inheritance'. This can be especially true for the first Christmas family get together after the death of a significant family member who may have been the glue keeping the various family elements together.

Do you think you may have been unfairly treated by someone's will? What if you want to contest the will - what does that mean?

There are two possible routes. One is the 'legal technicality' route - where the will may not have been properly signed or where it has been signed under duress or coercion. This is a complex area to make a challenge, and expert legal advice is crucial.

The second route is that the will itself is valid, but you feel the provisions for you are not fair and reasonable. In this case a claim under the terms of the Inheritance (Provision for Family and Dependents) Act 1975 is the route to follow. Again, this is a complex area where the categories of claimant are restricted and where key steps must be taken within certain time limits. Of course, you may be on the receiving end of a challenge to the will or its provisions and in that case, it is essential to get clear legal advice before acting.

Justin Roberts, a director in the firm, is an experienced litigator who specialises in dealing with such complex and emotive matters for a wide range of clients. Like fellow director Richard Roberts he is a member of the prestigious Association of Contentious Trust and Probate Specialists, and between them they have a wealth of experience in inheritance disputes.

If you need advice, please contact us for further details.

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Editor's Letter

In this issue you will find a few health related articles to start the new year. Many of us start the New Year with plans for a healthy new lifestyle. After a Christmas filled with food and fun, the inner voice calls us to behave and redress the balance.

Making plans for a healthier lifestyle is multi faceted. We have many exercise options - from cycling to swimming, walking or even gentle activities at home. Less obvious aspects of good health include eating well, fresh air and creating a bit of 'me' time. Perhaps a relaxing massage once a month or a brisk walk down Grange promenade. You might consider yoga classes, the local dance school or even joining a gym. Right on our doorstep we have the mountains, lakes and seashore which present many opportunities for fun activities in the outdoors. If you really feel the urge to burn those calories just get on a bike and cycle up Bigland Hill. It doesn't have to be so severe though. How about asking a friend to join you or just plug in your favourite music to spur you on? Try some healthier choices next time you're in the supermarket, breathe deeply every morning, put a smile on your face and you're on your way.

This New year why not volunteer?

If you've got a bit of spare time and would like to do something really worthwhile with it then several of our local groups such as the prom gardening team (see letters page) and charity shops are looking for those most valuable members of staff - volunteers. Why not make 2025 the year you give it a go?

One thing is certain: providing you are medically able and don't overdo it, a healthy lifestyle has many benefits.

The pressures of home and family life can make it feel like there's little time to exercise. But aside from weight loss, there is a lot to gain from exercise and it can make a huge difference to staying healthy: So if the will power starts to wane, remember:

- Exercise means a healthier heart because it reduces several cardiovascular risks, including high blood pressure and heart disease.
- Being physically active can bolster good mental health and help you manage stress, anxiety and even depression.
- Regular exercise can help you achieve and maintain an ideal weight and reduce the risk of diabetes.

Good luck with the healthy new you and we wish you a happy and healthy New Year.

Chris

Toilet upgrade

The recently refurbished Village Hall at Newton in Cartmel has further improved the facilities it offers to the community.

Recent sell-out music and theatre performances and well-supported community events at the Hall have highlighted the need to upgrade the dated toilet area and change the existing one toilet into two. As part of the project, it was decided to seize the opportunity to make the Hall more user-friendly for elderly and disabled members

of our community.

Both floor and ceiling were raised in the toilets area to make the floor level all the way through the Hall and a ramp to the rear entrance ensures there are now no barriers for people with reduced mobility. The work was carried out by local joiner Jed Stone and a team of enthusiastic volunteers. So, now, the exciting 2025 programme of events at the Hall will be available to the whole community! Check ncvh.org.uk for details.

Friends at Christmas

Friends at Christmas would like to wish you a Happy New Year!

At the time of writing this article it is just over a week until our Christmas Day get-together. We have just had our final meeting before the event which gives us chance to welcome any new volunteers and to assign us our roles.

At this meeting Liz Benson, a mainstay of the group, mentioned she had bumped into the couple who first started the event 16 years ago – Reg and Barbara Brown. They chatted with Liz about how the idea was conceived. The two of them originally volunteered to help at an event run by the Salvation Army in Kendal for those who would otherwise be alone on Christmas Day. This event, for reasons unknown, had to be cancelled. Reg and Barbara were so invested in the idea of companionship on Christmas Day for anyone who would be on their own, that they decided to put on an event in Grange over Sands. So, this is how Friends at Christmas was born.

It was a much simpler format in the beginning with companionship, hot soup and a cold buffet available. Its' need and popularity meant it has developed over the years to now offering companionship, a traditional Christmas dinner, live music and entertainment.

All the volunteers are looking forward to greeting our guests and ensuring they enjoy the Christmas Party from beginning to end.

At this point it is so important to recognise and thank all the local people and businesses in and around Grange for their generous donations which ensure our event goes ahead each year.

This year they are:

John and Helen Croxford who prepared and cooked the lunch

The Minister and Elders of the United Reformed Church for the use of the Hall

Our long-standing volunteer drivers

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We hope we have got everyone on the list but remember we are all human and mistakes are sometimes made. If your name isn't included please let Steph (tel 36426) know and she will make sure you get a mention in the February edition of Grange Now when we will share with you how the Christmas Party went.

Future Deadlines

| ISSUE | DEADLINE | RELEASE |
|-------|----------|----------|
| GN401 | 17th Jan | 29th Jan |
| GN402 | 14th Feb | 26th Feb |

Making 2025 your happiest year yet

By Cheryl Muir



Happiness has become a popular topic in recent times. If you're looking to boost your mood, here are three practical tips to ensure the 'happy' in happy new year doesn't fade with the last strike of Big Ben.

Notice the small moments
We often feel like happiness is something to be attained, only to find chasing the next job or holiday leaves us with only a temporary uptick in our mood. Whether it's watching the sunrise from the prom or taking a moment to notice the peaks of the fells on a clear day, finding the smaller, day-to-day moments can help us feel happier. The benefits to feeling good increase when you're surrounded by nature. Taking a trip – solo, with family or the dog – to the park, the woods or up the fell are sure to give you a boost.

Do things simply because you want to
We all know, deep down, what gives us childlike joy and giddiness. Sometimes we stop ourselves doing something that makes us feel happy because we're afraid of what others will think, or we fear it's too much or too odd (maybe we've even heard these words from

others). Perhaps the reality of day-to-day life makes our desire seem like an indulgence we can't afford – literally or figuratively. Please take this as your permission slip to do the thing. Start the unique hobby. Go to the event you can't stop thinking about. Buy the unconventional outfit that makes you feel amazing. Do it simply because you want to.

Deal with the dark(er) stuff
Life is full of ups and downs. We all experience loss, disappointment and things that feel deeply unfair. Though it may sound counter-intuitive, to become truly happy we have to face the things that have left us feeling sad. This is often a process we need support with, whether it's from a trusted friend or a counsellor who helps us to understand what we feel and how to move forward.

I hope that you can implement one of these tips today and see a boost in your mood. When we make a habit of doing this daily, we can see benefits that last the whole year.

Find Cheryl at www.lakedistricttherapy.co.uk or on Instagram @lakedistricttherapy



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Investment Matters

By Dan Birch APFS

It is getting towards that time of year once more when we should review our 'end of tax year checklist', the tax breaks on offer to each of us are often left unused and therefore lost.

There are many tax allowances available, a few of the main ones to consider are as follows:

| | |
|---|---------|
| Personal allowance: | £12,570 |
| ISA allowance: | £20,000 |
| Capital Gains Tax allowance: for an individual and £1,500 for trusts. | £3,000 |
| Personal Savings Allowance: for basic rate taxpayers and £500 for higher rate taxpayers. | £1,000 |
| Dividend allowance: | £500 |
| Pension Annual Allowance: | £60,000 |

This is not an exhaustive list and there may be other allowances relevant for you. An investment should never be made simply based on the tax savings they provide. These allowances have changed significantly over the years and knowing the best way to utilise them to suit your own unique needs can be complex. For example, if you do not use all of your personal allowance it may be possible to transfer some of this to your spouse or civil partner using the marriage allowance. This can provide a maximum tax saving in that year of £252.

Professional financial advice is recommended to fully understand your own personal circumstances and ensure you are making the most of the allowances available to you.

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.

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Local GP to run Fuerteventura for St Mary's Hospice



John Culling is a local GP and a doctor at St Mary's Hospice, Ulverston and would like to support the amazing team at St Mary's Hospice and the incredible service they provide.

He is solo running the GR131, which is a 180km trail route from the north to the south of Fuerteventura over the space of a week. This runs through some volcanic, semi-desert landscape and some isolated, rough and windy terrains.

John is a keen runner and has set himself this challenge (for me it's a big one!) in his fiftieth year to try to support the cause and raise some money for a service that has helped so many of his patients, friends and family. He has worked for the hospice for many years now and really believes in the service.

John says,

'I am very proud to work here and it's been such a pleasure to work alongside such dedicated colleagues tirelessly providing excellent care for anyone in Furness and South Lakes who has life-limiting illness and requires our help.'

The overall running costs of the Hospice are currently £5.5m per year and they receive just over £1m from government funding. Their services are always free for patients and families but eight out of every ten patients has their care funded by voluntary income and without

people making donations and giving charitable gifts, the hospice wouldn't be here.

John has been a local GP for 24 years and has also worked for St Mary's Hospice for a decade. In response to the question 'Have you been to the Canary Islands before?', John says,

'Many times - recently (this April just gone) I ran the length of Lanzarote from top to bottom (about 100km) - It's a route called the GR131 that runs through all seven of the Canary Islands from north-east to south-west - traditionally walked over weeks - but I don't have weeks so I'm running each one as a challenge. I didn't seek to raise any £££s for my Lanzarote run as I just wanted to ensure I could complete it first!'

John has put £2000 as target on his Just-giving page but it's doing well so the more the better. Please donate at his Just giving page - or go to Just Giving website and search for John Vulling Fuerteventura.

https://www.justgiving.com/page/john-culling-1730636003935?utm_medium=fundraising&utm_content=page%2Fjohn-culling-1730636003935&utm_source=copyLink&utm_campaign=pdf-share

'I am training really hard and am really hoping that anyone who can gets behind this local charity that provides us all with such an invaluable service for our community.

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Mayor's Report

Two official engagements this month, both in the same week.

Firstly, I attended the lighting of the Christmas Tree in the Ornamental Gardens. Fortunately, there was no repetition of last year's snow. Flookburgh Band and the Singers did us proud. Santa arrived as promised and gave out presents to all the excited children.

Secondly, there was the opening of the Christmas Tree Festival at St Pauls. We were entertained by the school choir, who performed brilliantly and then by the Bay Singers, who were up to their usual high standard. I will take

my chance to view the trees on display in a quieter spell before Christmas.

The Victoria Hall Christmas Fair was well attended this year and made a few hundred pounds to help keep the Hall afloat; a few less needed from the Council Tax precept.

There will be a Councillor's Surgery, with representatives from GTC and WFC, at the Victoria Hall on Saturday 11th January from 10am to 12.00. Any queries or comments about Council matters will be most welcome.

May I take this opportunity to wish all our residents a Happy New Year.

Roger Handley

The Friends of Kents Bank Station and Foreshore

The Friends of Kents Bank Station and Foreshore would like to wish everyone a Happy New Year and hopefully a drier one than 2024!

The wet summer we had last year fortunately didn't dampen the enthusiasm of Kents Bank gardeners whose hard work resulted in us being awarded a highly prized Cumbria In Bloom Its Your Neighbourhood Level 5 Outstanding award.

Well Done and Thank You to everyone in the local community who regularly come together and spare time, be it minutes or hours, into keeping our station and foreshore so attractive. Luckily the wet weather also didn't deter the hardy gardeners of the Foreshore which now boasts a new Alpine Rockery. If you visit the Station do be sure to go over the Level Crossing and have a look.

Soroptimists say NO to Violence against Women



Grange Soroptimists were out in force on Nov 25th raising awareness about Violence against Women as part of the United Nations Orange the World campaign which runs every year from Nov 25th – Dec 10th.

Buildings all over the world were lit in orange for the 16 Days of Activism and Cartmel Priory, The Hoard in Ulverston and Barrow Town Hall clock were all lit up. At Cartmel Priory Soroptimists tied ribbons on the gates, with each one representing a donation to Women's Aid, a charity working to prevent

Domestic Violence and support victims. There was a fantastic response from the public, local businesses, organisations and schools. Pupils from Cartmel Priory school joined us to tie ribbons on the gates producing an eye catching display, raising awareness and a staggering £1,500 for Women's Aid. A big thank you to Cartmel Priory and everyone who supported us. We still have a display in Cartmel Priory and our Christmas Tree at St Paul's carries on with the orange theme.

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Bulb planting at the Ornamental Gardens



Brian Lewis and Judith Shapland planting 1,500 Tete a Tete daffodil bulbs in the walls surrounding the Ornamental Gardens in Grange which was carried out in conjunction with Westmorland and Furness Council.

These bulbs should multiply each year, are low growing and the spaces left in between will be planted with a low growing, spreading small white daisy (Erigeron) which lasts until the first frosts. Both are sustainable.

Grange Shed



Happy New Year everyone.

The old year has been very busy for all of us. We have carried out many and various repairs including lots of clocks, vacuum cleaners and carpet washers, delicate ceramic and glass repairs and rare things like a spinning wheel and a butter churn plus lots of garden furniture.

We have just had our AGM and Christmas party and have lots of enthusiasm to move things forward for the future. We will be carrying out our projects and especially trying to get our website more functional. We are also planning a tool loan scheme

for people to do their own diy and we will provide training on what to do!

With the new year we will be heading for spring and the nesting season. That will mean building up a collection of birdboxes and nesting boxes for squirrels and hedgehogs, I don't think we will be building cat boxes this year.

We will continue to operate on Monday, Wednesday or Friday mornings 10.00 – 13.00 and love to see people who call in for a chat or to bring in a repair or donation. All the best to everyone for the New Year.

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JOHN GALLIANO

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Saving Windermere Talk

The environmental group, PEAT, held a public meeting on Tuesday 26th November at Lower Holker village Hall with a talk by Matt Staniek, who is the lead for the Save Windemere Lake Campaign. The talk was very well attended.

1. Matt's account of the progress of the campaign over the last 4 years mirrors many of the problems facing our local campaign group on the River Eea.

2. Issues of pollution considered by the Windemere campaign were.

- (i) United Utilities *spillages*
- (ii) Agriculture
- (iii) Septic tanks
- (iv) Environment Agency

3. United Utilities' practices and refusal to give data/information on processes proved to be most difficult and the most responsible for the pollution of Lake Windemere!

Samples have been taken from ABOVE the UU treatment works in numerous locations.

Samples taken at times likely to give a good result!

Average levels are used when it is the higher levels which cause the MOST pollution.

The above items lead to delays/lack of information to act upon for the campaign

4. Role of the Environment Agency

Damaging cuts over the last five years have left the EA work force unable to do their jobs properly. This has been further exacerbated by the fact that many leading officials in the EA go on to work in senior positions in UU and it's difficult not to see this as collusive and a conflict of interest.

5. Agriculture

Around Lake Windemere agriculture is not a problem. The farming is mainly arable and farming practices are changing and doesn't lead to pollution of the Lake.

6. Septic tanks

These are a problem and there may be many more over larger areas than is realised. The solution is to join these tanks to the main sewage system, and there is a fund of around £50 million available for this. However, many owners have not taken this up!

Question – do enough septic tank owners know that this fund is available?

Lake Annecy is a comparable biological lake to Lake Windemere with a similar population: 130,000 in the summer/70,000 in the winter. The powers that are responsible for Lake Annecy have put a pipe system all around the lake which leads to a large treatment works and the treated water then goes into a river. The standard of treatment is exceptionally high.

United Utilities have said that they have looked at doing the above on Lake Windemere, but they have given Astronomical costs as to the reason why this can't be done. They refused to give Matt a breakdown of the costs

In conclusion, whilst Matt thinks that there is a need to end privatisation as a systemic reform nationally, he doesn't think it is necessary to deliver for Windemere. What would give Windemere the greatest protection would be for United Utilities to stop illegally dumping sewage into the Lake and for them to be held accountable for their actions.

Birth services set to be restored at Kendal maternity ward



South Lakes MP Tim Farron has warmly welcomed today's news that birth services at Helme Chase Maternity Unit in Kendal will be reinstated, following a local community campaign.

Birth services have been suspended at Westmorland General Hospital since May due to significant staffing issues. However, University Hospitals of Morecambe

Bay NHS Foundation Trust have announced that birth services will be reinstated in February. In September, Tim presented a petition to Parliament, signed by more than 2,200 people.

Tim said: "I am absolutely delighted that we've won our campaign to save Helme Chase Maternity Unit! I'm incredibly grateful to the Trust for their hard work in filling the midwife vacancies.

Don't give up on your New Year's Resolutions

New year, new you. Making a new year's resolution for yourself is a great way to start the new year positively and productively, whether you aim to improve your health, learn a new skill or spend more time with the family.

There are many reasons why we make these resolutions to ourselves and they are great ways to change something about ourselves. Although as February turns to March, it's easy to run out of steam and let our resolutions get the best of us but it's important to stay motivated.

Although the 1st of January is in no way different to the 31st of December, the start of the New Year can become a catalyst for change and help us

to make the start towards achieving our goals. Using positive language and making the changes gradual will help to manage your efforts throughout the year. Also, including other people will provide you with support and focus in the moments that you feel like a quitter.

If you're trying to be more active, why not sign up to a local running race or triathlon? Writing down a date in a calendar is a great way to quantify what you want to achieve in the weeks coming up. There are plenty of small events throughout the year in the Grange, Cartmel and Flookburgh area and in the wider Lake District that are well run, friendly and are very manageable for someone looking to improve their fitness.



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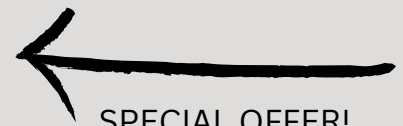
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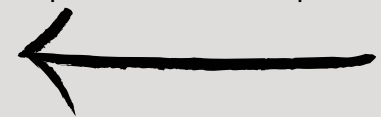
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Hundreds aim to walk 40 miles in 2025 event to raise £500k for charity



Hundreds of people will take on a 40-mile walk challenge on one day through the English Lake District in 2025 to try to raise more than £500k for charity.

The Keswick to Barrow Walk smashed all records by raising £503,000 for 210 charities in 2024 – and has set its sights on going one step further in 2025.

In total 2,866 walkers took part in the Keswick to Barrow Walk (K2B) and Coniston to Barrow Walk (C2B) on May 11, 2024 – the 57th year since the annual K2B first started.



K2B organisers recently announced the incredible sum raised from its 2024 event – and immediately set their sights on breaking the record in 2025.

They are appealing for more walkers – individuals, businesses and organisations – from more parts of the UK and beyond to take part in the 2025 event on May 10. Registration opens on January 2 for teams of between four and 12 walkers and is open to anyone who wants to take on the walking challenge.

Roy Barnes, a member of the Keswick to Barrow Walk committee, said: “We want to appeal to walkers from all over the country and beyond to take part in what is an amazing event.

“It’s a challenge to walk 40 miles in one day, but the camaraderie among everyone who takes part, and all the supporters, makes it a truly memorable experience.

“The feeling of reaching the finish line is an experience and an achievement which will stay with you for the rest of your life. Knowing you have raised money for brilliant charities along the way and really helped improve people’s lives is the icing on the cake.

“We have some walkers who love it so much they have taken part more than 20 times. They get the bug! If you haven’t taken part yet, make sure you make a resolution that 2025 is the year that you



do. You won’t regret it.”

Roy added that the amazing amount of money raised by the 2024 event was a fabulous surprise to everyone involved.

He said: “For several years we have been just under the £400,000 threshold for the amount raised by K2B and C2B walkers. We thought we would hit £400,000 in 2020 but unfortunately Covid had other ideas.

“Since then we’ve just missed that £400,000 goal until this year. This year, not only did we hit this milestone, we exceeded it by over £100,000 by raising an incredible £503,000. This money makes a real difference to more than 200 amazing charities and good causes who support people across our communities.

“Now we want to top that in 2025!”

Visit <https://keswick2barrow.co.uk/> for further details and follow Keswick to Barrow Walk on LinkedIn, Facebook, X and Instagram for updates.

Photos:

Participants taking part in the annual Keswick to Barrow Walk. The 2025 event takes place on May 10, 2025. Registration opens on January 2. It has just been announced that the 2024 walk raised a record £503k for 210 charities and good causes.



Katie’s Windermere Studio

Local potter Katie Plumb has enjoyed a busy festive season hosting lessons and exhibiting at Christmas markets.

With a unique style of creating lakeland mountain landscapes using glaze techniques, she produces, mugs, jugs, bowls and decorative pieces. Visitors regularly come to Katie’s studio in Windermere to spend time learning how to ‘spin the wheel’ and hand build, often for the first time. After completing an MA in ceramics at University of Central Lancashire, Katie has taught everyone from children at local schools to members of Gatesbiel retirement home and every age in between.

Katie is looking forward to 2025 with more sculpting, time on the wheel, teaching students and experimenting with new glaze. Her new year’s wish...a bigger kiln!

Find out more on instagram at [katie_plumb_ceramics](https://www.instagram.com/katie_plumb_ceramics) or email katieplumb123@gmail.com

Charity Santa Dash raises over £6,000 for local people affected by cancer and bereavement



Families and friends kicked off the 2024 festive season with local charity CancerCare at their highly anticipated Santa Dash which raised over £6,000 (including Gift Aid).

Participants were not to be deterred by the threat of Storm Bert, with over 100 dashers taking to the streets to complete a one-mile fun run in their most festive fancy dress ahead of Lancaster BID's Christmas lights switch-on.

CancerCare, a local charity who provide complementary therapies and counselling for people in North Lancashire and South Cumbria affected by cancer and bereavement, have been holding their Santa Dash for some 15 years.

Participants were encouraged to raise sponsorship ahead of their dash, with the family who raised the most being invited on stage to switch on the Christmas lights alongside Santa and the Beyond Radio team. Long-term CancerCare supporter Kerry and her daughters Harper and Isabela and their grandmother Vicky were this year's winners after raising £726 between them.

"This was the best day of my life," said Harper when she stepped off stage.

Several of the dashers have been attending the annual Santa Dash every year since its inception.

Graham Pye held his own fundraiser

this year. Graham and his family were supported by CancerCare after Graham's wife was diagnosed with mouth cancer in November 2022.

"Nobody expects to get this dreadful disease, certainly not in your household," Graham said. "Myself and my nine-year-old daughter entered the Santa Dash to show our support to the families who are going through the same tough times."

In total, CancerCare's dashers raised over £2,500 via their JustGiving pages.

Local drumming group Samba Espirito, who support this event each year, provided a party atmosphere, bringing samba rhythms to boost the enthusiasm of the Santa Dash runners.

Lancaster museum was transformed into a magical grotto with children meeting Santa, playing with the elves, writing their Christmas letters and choosing a gift from Santa's workshop.

CancerCare's Event Lead Fundraiser Lisa Lambert said: "We had the most special day and thankfully Storm Bert held off so we enjoyed a dry dash! We can't thank our dashers enough for coming along with so much enthusiasm and for supporting us. It was great fun watching the sea of Santas, elves and reindeers getting race ready.

"This is one of the largest totals we've ever raised for a Lancaster Santa Dash and these funds will provide vital support to people in our local communities who are dealing with the devastating effects of a cancer diagnosis or the loss of someone they love." Thanks must go to supporters in the local business community including event sponsors FGH Security. Thanks to The Cumberland and Sheryl Coultas Anderson of Hidden Village Gym, and to Bob and Berts Lancaster for donating water to our dashers. A huge thank you to Lancaster BID, too, for inviting us along."

A New Year's Wish



In this issue (number 400) my new year's wish for 2025 is the reopening of the lido and a full restoration of the prom. Over the many years of Grange Now we have many times reported on the toing and froing of the lido; maybe 2025 will be the year that the lido doors open once more.

Stop Smoking For A Healthier 2025

Cumbria Stop Smoking Service is urging smokers who are considering quitting in 2025 to take advantage of the free specialist support for a healthier, wealthier and more active lifestyle.

We offer you a non-judgmental confidential clinic appointment at Grange Medical Centre and other venues throughout Cumbria, or you can choose telephone support with no need to travel to a clinic for help to quit.

If you have been thinking about quitting, now is the time to do it for you

It is never too late to quit at any age and try again

Smokers in Cumbria will be directed to pharmacies across Cumbria who are offering 1-2-1 support and nicotine replacement therapy.

Find out more - <https://www.cumberland.gov.uk/health-and-social-care/health-and-wellbeing/get-support-better-health>

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Grange and District Natural History winter programme



Fugelfjord, Svalbard, photo Stephen Mott

In November Professor Richard Bardgett illustrated some of his painstaking research into soils around the world.

His interest in soil dates from a summer job he undertook at Merlewood, when it was a major research centre. As the soils around Grange formed c.10,000 years ago, it is effectively a non-renewable resource. He explained why life in the soil is so important, as it helps produce most of our food. Nearly 60% of all species on Earth are in soil. Whereas some past societies cherished the soil, a 2015 report found that many of the world's soils are in poor condition. We need to look after the soil as a living organism. In our gardens,

Richard urged us not to leave bare soil, but to cover and nourish with compost and to grow a variety of plants to encourage a high biodiversity and productivity of insect pollinators.

Stephen Mott gave an illustrated account of his studies in the Arctic Islands of Svalbard, 79°-81°N. Stephen showed spectacular photos of Svalbard's wildlife: Kittiwakes, Glaucous Gull, Black Guillemot, Bearded Seal, Barnacle Geese, Skua, Snow Bunting, Walrus, and many of the tiny Arctic flowers, growing close to the ground, like the pale-yellow Arctic Poppy. Much of the land is polar desert, with no trees. Permafrost, or permanently frozen ground occurs at depth. As the climate warms, this melts and the ground slumps. Summer melt also causes glaciers to shed icebergs into tidal fjords. These mix with the sea water, stimulating growth of plankton and other microorganisms, which brings in many birds, bears, and seals. With climate breakdown, there is less multi-year ice; the Arctic Ocean could soon be ice-free and the wildlife there will need to adapt or disappear.

Lectures continue to March. Full details are on the web site www.grangenats.uk. Visitors are always welcome.

Grange Musical Theatre Society

Grange Musical Theatre Society (GMTS) would like to thank all of you who turned out on a very wild and wet weekend to support the young people in our pantomime production: Hansel and Gretel.

We had just under 600 people through the doors over the 3 performances. Feedback has been very positive so thank you all, such a lot of work goes on behind the scenes from a team of volunteers. Without them it would not be possible to put on a show, so "thank you", to you too. The young people get such a lot out of it and I'm sure they all enjoyed the experience. Well done, all of you. It was FAB!!

As for SPAMALOT, rehearsals are now well under way. Show dates are: Wednesday 26th through to Saturday 29th March. Performances are 7.30pm nightly, plus a matinee at 2pm on the Saturday.

Tickets are £15 for Adults and £10 for 16 & under and students, available to book online at: www.ticketsource.co.uk/gmts. Tickets will also be available at the door for each performance.

From OXO cubes to collectable cards

Andy Bowden is the Specialist Valuer for Stamps, Cigarette Cards, and Postcards at 1818 Auctioneers. In this article, Andy explores the history of trade cards.

"Card collecting dates back to the late Victorian era, when cigarette manufacturers included pictorial cards to protect packets. These cards formed sets, encouraging repeat purchases and brand loyalty. However, trade cards predate cigarette cards, originating in the late 17th century.

"German scientist Justus Liebig, founder of LEMCO (later OXO), inadvertently popularized trade cards. Starting in 1872, LEMCO issued over 1,800 card series over 120 years. By the 1920s and 1930s, firms like Fry's, Cadbury, and Typhoo followed suit, mimicking cigarette cards by adding collectable picture cards to their products.

"In the 1950s, trade cards surged in popularity as paper rationing ended and cigarette cards were banned during World War II. Food manufacturers, including Brooke Bond Tea, Kellogg's, and Bassetts, embraced trade cards. Meanwhile, in the U.S., brands like Cracker Jack and American Caramel Company issued cards aimed at children, broadening the collecting market.

"Trade cards have covered countless topics, from sports to art, and new cards attract new generations of collectors. In 2022, a 1952 Topps Mickey Mantle baseball card fetched \$12.6 million, while a Pokémon Illustrator Pikachu card sold for \$5.75 million.

"The Pokémon franchise highlights a shift in trading card evolution, with the 1990s introducing game-based card collecting. Today, trading cards continue to reflect the times, fueling public imagination. What's next for trade cards remains an exciting prospect."

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59 of the 60 A & BC Beatles trade cards issues in 1964 recently sold for £80 at 1818 Auctioneers

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Grange Drama



A festive troupe from Grange Drama performed a variety of seasonal pieces at Grange library on Monday Dec 9.

This included two plays by Maureen Preece; 'A Ghost for Christmas' and 'The Christmas School Reunion' and three Christmas readings. All were presented 'in the round' and with the addition of some favourite carols it made a perfect start to the festive period for the audience and for ourselves. There is no gift like a part in a play for actors and the audience appeared to have enjoyed the proceedings, which also included festive refreshments and a mystery raffle.

Our first play reading of 2025 is 'The Misanthrope' by Moliere. It will be led by Hilary Stubbs on Thursday 16th January 2025, 7.30pm at the Grange Institute.

Wishing you all a very 'Happy New Year'.

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

URC

December 1st was Advent Sunday, the first day the church starts looking forward to Christmas, with Advent candles being lit, one-by-one each week, and a Christmassy flavour permeating activities.

On December 4th the Women's Guild had an Advent devotional led by Revd Margaret Munford. She thinks this is the twentieth time she has led us on this occasion! This was followed by afternoon tea. The Monday meet-up have also had an Advent theme to

their meetings and have met every Monday during Advent instead of fortnightly. Meetings will resume in January. Our coffee Morning on December 7th was very successful with a gratifying number of people braving the elements. On December 7th our midweek service took the form of a Christingle Service led by Revd Kate Hunt. It was much appreciated. I think the most important thing for me to say now is to have a Blessed New Year. Margaret Popper

St. Charles Borromeo

Greetings to all Grange Now readers. By the time you read this Christmas will have come and gone.

I hope it was a happy and holy time for you all. We started the month with the annual Churches Together carol concert at Boarbank Hall, followed by refreshments kindly provided by the sisters. A good sing and an appropriate opening to the Advent season and we raised over £200 for Derian House. During this month we have been getting used to or new arrangements, with both Father Simon and Father Hugh taking services at Grange for us. Our ladies who attend the monthly ladies lunch were treated to a festive meal at Thornleigh on the first Wednesday, and it was a real treat. Lovely food and good company. The members of our SVP conference delivered cards and gifts to the more vulnerable members of the church congregation and helped to spread the Christmas cheer. I hope Santa visited you over the holidays and that the New Year brings you whatever you have been wishing for. God bless.

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ALLITHWAITE AND CARTMEL PARISH COUNCIL

PARISH COUNCIL – VACANCIES

Allithwaite and Cartmel Parish Council still have one vacancy and in accordance with Section 87 of the Local Government Act 1972 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.

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.

HIGHWAYS - HIAMS

Reporting Highways matters has now changed from the previous website. In order to report a highways or public rights of way problem you now need to do the following:

Log on to the website: www.allithwaiteandcartmel-pc.gov.uk

Select 'Council Services'

Select 'Report a Highways Problem'

Select the service you require from the 3 options:

1. Report a problem
2. Make an enquiry or request
3. Make an enquiry about Public Rights of Way

Follow the instructions which are self-explanatory.

DECORATIVE ITEMS/ADVERTISEMENTS IN THE HIGHWAY

Concerns have been raised with Westmorland and Furness Council regarding businesses across Cartmel

improperly placing A-Boards on the highways and footways. While prioritising the safety of the public on the highway, W&FC actively involve affected stakeholders, including local businesses, Parish Councils and community groups, in discussions of how businesses and services should be promoted appropriately.

Following a thorough assessment of Cartmel by W&FC, it has been observed that certain sections of highway lack adequate footway widths to accommodate A-Boards, and decorative planters. W&FC have written to all businesses in Cartmel requesting they follow the criteria for displaying 'A' Boards.

Should the specified criteria not be met, it is imperative that the free-standing sign or decorative item is promptly removed. Westmorland and Furness Council reserve the right to take necessary action for removal where necessary, therefore the proactive efforts of businesses in Cartmel would be appreciated.

THE LATEST SCAMS

Winter Fuel Payment scams

Police have issued a warning about scam messages offering extra cost of living support ahead of the colder months after a series of reports of people receiving messages claiming to offer help with winter fuel payments.

The government and local authorities have been encouraging people who may be eligible for pension credit to apply as this would mean they would still receive the Winter Fuel Payment. However, the council or government would not ask people to click on links to make a claim for anything. And those who are eligible for winter fuel payments will be paid automatically.

Reporting scam emails

If you receive a scam email, you should send it to report@phishing.gov.uk and delete it. If you do grant someone access to your device, turn it off immediately and disconnect from your wi-fi. When you switch the device back on, remove any newly downloaded software by searching through your recent downloads.

If you've lost any money or if scammers have gained access to your bank details, contact your bank straight away and report the scam to Action Fraud.

What to do if you've fallen victim:

- Let your bank know as soon as possible and monitor your bank statements regularly for any unusual activity.
- If you suspect your identity may have been stolen you can check your credit file quickly and easily online. Use a reputable service provider and follow up on any unexpected or suspicious results.
- If you have been a victim of fraud or cyber-crime, report it to Action Fraud at actionfraud.police.uk, or by calling 0300 123 2040.

How to shop online safely...

Software updates

Make sure you've installed the latest software and app updates. Criminals use weaknesses in software to attack your devices and steal information, such as your payment details.

Email accounts

Use a strong, separate password for your email account. Criminals can use your email to access other online accounts, such as those you use for online shopping.

Phishing

Don't click on a link in an unexpected email or text. The volume of online shopping related phishing emails increases significantly during the holiday period. Remember, if a deal seems too good to be true, it probably is.

Payment methods

Don't pay for goods or services by bank transfer unless you know and trust the person. Payments via bank transfer offer you no protection if you become a victim of fraud.

PARISH COUNCIL MEETINGS – AGENDA AND MINUTES

Allithwaite and Cartmel PC hold meetings on the 2nd Thursday of every month, alternating between Cartmel Village Hall and Allithwaite Community Centre.

The Agenda for meetings is displayed on the village noticeboards one week before the meeting and on the parish website. Residents who wish to attend the meetings and wish to discuss an agenda item need to contact the parish clerk: clerk@allithwaiteandcartmel-pc.gov.uk. The parish website also has the minutes from previous meetings plus details of Councillors and News. Please visit the website which has recently been updated: <https://www.allithwaiteandcartmel-pc.gov.uk>.

ELECTRICITY SUPPLY – CARTMEL - UPDATE

Cartmel business and residents have been suffering increasing power cuts and power dips over the last few years. After numerous complaints to Electricity North West (ENW) Allithwaite & Cartmel Parish Council approached ENW with the complaints.

ENW have now confirmed a new substation will be installed in 2025 which will solve the current problems.

Cartmel Peninsula Churches Together

Thanks to Boarbank for so warmly welcoming us once again for our Advent Carol Service at the beginning of December.

As ever, it was a special beginning to our Christmas preparations.

We look forward to getting together once again during the Week of Prayer for Christian Unity which runs from January 18th – 25th. We will gather each weekday for a short time of prayer with tea or coffee

and conversation, meeting at a different church in the area each day. On Monday 20th we will meet at St Charles, Grange; on Tuesday 21st at St John's, Flookburgh; then on Wednesday at St Paul's, Grange, all at 10:00 am. The final two gatherings will be half an hour later at 10:30 – at the United Reformed Church in Grange on Thursday, and at Grange Methodist Church on Friday. All welcome!

St. Paul's

St Paul's church is looking wonderful as we celebrate the 11th Annual Christmas Tree Festival.

The theme this year is 'Light in the Darkness' and a lot of imagination has gone into the 33 trees on display. The church was full as local MP Tim Farron opened the festival and acknowledged that the festival's opening marks the start of the Christmas season for many of us. St Paul's Christmas tree is decorated

all in white representing the purity and perfection of Christ. Each decoration is a Christian symbol and has been hand made by members of the congregation. It looks magnificent in its simplicity. As we move into 2025 we pray for peace throughout the world. Our thoughts and prayers are especially with the local Ukrainian families as they spend another Christmas separated from their loved ones.

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St Peter's Field Broughton

St Peter's has had a great run-up to Christmas: visits to Lindale School and by the children to church; Christingle services held at school and in church; of course, a stunning Nine Lessons service, always a favourite; not to forget al fresco carol singing at Lindale, Field Broughton and High Newton, all warmed by mulled cider and strong



voices with donations being shared between Derian House and St Mary's Hospices. Wishing all Grange Now readers a Happy New Year from all at St Peter's.

Grange Methodist Church

Our community coffee morning will be open every Wednesday in January from 10:30 – 12 noon, including New Year's Day.

Our popular produce stall will be a week later than usual, on the 8th. We look forward to hosting the Repair café on Friday, January 3rd, when we're trialling an earlier time slot of 5-7pm. Our Baby Group starts again after the Christmas break on Tuesday, January 7th from 9:30. We welcome all mums, dads and other carers to come with their babies for a time of relaxation, conversation and play. Last term it was good to welcome a mum-to-be, who'd come to meet us before

the subsequent safe arrival of her daughter. No set change, donations welcome.

Saturday, January 11th brings our church family party from 4-7pm, with games and a bring and share meal – all ages welcome. The following Saturday, 18th January brings the next of our fundraising events, our Souper Games Afternoon. Home-made soup for lunch at 1pm followed by a fun afternoon playing 'retro games' and finishing at 4pm. Tickets £5 will be on sale at church. We look forward to hosting the final one of the Week of Prayer for Christian Unity gatherings, on Friday, January 24th – devotional time from 10:30am, followed by refreshments, in our church hall.

Grange C of E School

Our choir has been very busy performing at the Christmas Tree festival at St Paul's Church and also bringing joy to other groups including the Barrow and District Vision group and the residents of Cartmel Grange residential home.

The children enjoyed singing and we would like to thank everyone for their lovely comments about the children's voices. Y5 shared the meaning behind Christingle with the whole school just before Christmas-making their own Christingles and lighting them in a special collective worship for the whole school. Families have been helping to raise funds for the children's society by filling the candle shaped boxes with change. The children also learnt how the charity supports children using the money raised. As a school our mission statement is based on Hebrews 10:24-25 -working together to encourage acts of love and good deeds, and the children have been living this out by raising money for a variety of charities this term including cancer charities and wildlife groups-such as the Walney seal reserve. We are always impressed by how such young children can make such a difference to others.

We are looking forward to welcoming our new children in nursery in January and getting to know them and their families. We would like to thank those that helped us over the past year-it makes such a difference.

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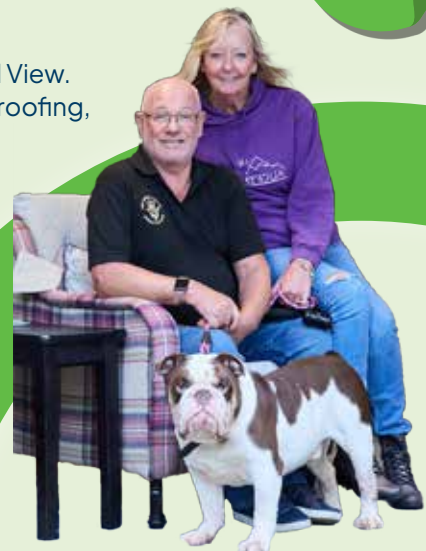


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Cartmel CE Primary



Class 3 children enjoyed the inspirational talks and films at Kendal Mountain Film Festival this year.

They came back buzzing with excitement over the determination, vision and focus of the speakers. What an amazing opportunity for our young people.

Holker Hall welcomed our younger children for an interactive workshop on trees in the delightful grounds, followed by a treasure hunt inside the festively decorated hall, finishing up with hot chocolate! These sessions are so engaging for the children, in the most beautiful of spaces, right on our very doorstep. We are grateful to the Cavendish family and all the staff at the Hall for making us feel so welcome at this busy time of year!

Children have had the opportunity to visit Father Christmas in Cartmel Priory Church. The Christmas Craft Club had been busy making lots of wonderful decorations, which our active PTFA sold on the

night to raise funds for extra curricular opportunities for our children. It was a special event; a joint effort with Cartmel Priory School, who also had a stall on the evening. The club also created decorations for our tree at Kendal Parish Church Annual Charities Christmas Tree Festival this year, so we've sparkled all the way!

Speaking of sparkle...our Nativity was a truly magical evening, held again this year in the spiritual Priory Church in Cartmel. The ethereal lighting and glittering costumes complimented the children's accomplished performances as they brought the Christmas story to life in a modern-day context, all staged 'in the round' at the back of the church. They handled four entrances and exits, microphones, dances and songs like professionals and played to a full house on the night!

We would like to wish all the community a very Merry Christmas and a Happy New Year!

Lindale School



Here we are with our final report for 2024! What a lot of amazing things our little school has achieved.

We would like to thank our families, friends and the community for continuing to support us and wish everyone a very happy Christmas and a peaceful New Year. Since our last report our children have been incredibly busy with lots of extra-curricular activities. On the 2nd December the whole school took part in a Reindeer Run to raise funds for the charity, Jigsaw. The children collected sponsor money, raising over £1000, which is a truly admirable amount. In school, the FOLS organised a Thanksgiving Day, where the children dressed in red, white and blue, learned the story of Thanksgiving and decorated a 2D bauble, showing what they are thankful for. We also supported Christmas Jumper Day this year, raising £32 for Save the Children. All of our KS2 children visited St Peter's Church in Field Broughton in early December to help them with their RE work. The Year 3 and 4 children were focusing on Jesus as the light of the

world, asking how Christians reflect this in the way they live. The Y5/6 class were tasked with finding out about events and services during Advent and Christmas. It was a treat to spend time at the church with our Reverend David Wilmot.

Our school production of Alice the Musical went down an absolute treat! The children all worked very hard learning lines, songs, dances and preparing their props and costumes. Mrs Watson (our awesome director) and all our staff expertly guided and supported them through rehearsals culminating in two superb, well-attended performances. Mr Bacon ran the sound desk, very kindly on loan from Cartmel Priory School. All the children came together to make their Christingles with the support of Bidy Hibbert from St Peter's church, with the older children supporting their younger friends and learning about the symbolic meaning of the orange, the ribbon, the sticks, the fruits and the candle. Our Christingle service took place the following day with prayers, readings, carols and music.

Flookburgh C of E Primary School

What an amazing and, very busy, Autumn term our pupils have had; the children are definitely in need of a well-earned rest when the Christmas holidays finally arrive!

Our Christmas productions have gone down a storm with our parents and families; 'The Bethlehem Bake-Off' was a huge hit. The children from Years 1 to 6 did themselves proud and give fabulous performances to really kick-start the festive celebrations. We are all very proud of them.

Our Early Years children from age 3-5, excelled with their Nativity performance of, 'Whoops-A-Daisy-Angel' to a packed St John the Baptist Church; there wasn't a dry-eye in the house! There are definitely some budding actors and



actresses who gave their all to entertain family and friends – the Shepherds were a particular hit especially when their vigorous dancing resulted in wellies flying off feet! We are all so proud of each child and the courage they showed to perform in front of so many people – you are all superstars!

We are still looking forward to our 'Stories Around the Christmas Tree' event; enjoying Christmas stories curled up in our PJs with our favourite teddies! With our Christingle Service still to come, Christmas Carols to be sung and chats to be had at Bridge House Residential Care Home, Christmas parties with party-lunch, we've certainly got a busy end to the term!

Wishing a Merry and Peaceful Christmas to all of our wonderful children, families and wider community from all at Flookburgh CE Primary 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

Grange Preschool

We finished the last term by making calendars and cards, as well as having a party. We enjoyed decorating our tree and dressing up as Santa too.



Now our thoughts are turning to Winter, including the weather and what to wear to keep warm. Who remembers the song 'Here we go round the mulberry bush on a cold and frosty morning'? We love singing action rhymes and playing percussion instruments together.

Following our recent article in Grange Now, Grange Preschool would like to thank everyone who has come to our aid over the last couple of months. We are really grateful to Charity and Co. for all they do in the local community and for coming to our rescue with their generous donation. We would also like to thank Lingwood Park for what they so kindly gave to help us out.

It was a great pleasure to read all the happy memories shared on our Just giving page and thank you for all the contributions too. A big shout out goes to Tracy at the Keg and Kitchen for hosting a Quiz night and raffle for us. The Christmas Fair at Victoria Hall was also a great success. Thank you to everyone who supported these events. We also joined Grange and District Lions with Santa and we would like to thank them for their continued support.

Further fundraising events are planned to cover ongoing expenses and the Just giving page is still open for anyone who would like to contribute, so that we can continue to offer play and learn sessions for local young families, thank you.

Cartmel Priory



The term continues to be varied and busy at CPS!

Cross country season is well underway and a big congratulations to the year 7 students who recently took part in the South Lakes Cross Country Tournament.

A special mention to Violet B, who qualified for reserves. We also hosted the district cross country championships back in November with four of our students going through to the next stage.

We also had sporting success with our SSU students who attended the pentathlon event at Soul Bowl in Morecambe and came first. Well done to all!

In charity news, we had a host of student volunteers who helped out at the 'Christmas at the Priory' event this year and we are extremely proud of all the students who supported it.

25th November was 'International Day for Elimination of Violence Against Women and Girls' and marked the beginning of the global civil-society-led 16 days of activism

against gender based violence. CPS supported the movement by wearing orange ribbons we had a small number of students visit the Priory and tie orange ribbons to the gates in the support of the movement.

Back in school, our year 10 GCSE class have been busy working on pizza cutters, utilising a mixture of materials and manufacturing techniques, they look fabulous! In art, our talented students have created some very moving pieces of poetry art interlinked with stunning images of poppies.

Earlier this month, one of our year 11 students, Cat B, set up a mobile rockpool. Students were able to hold crabs, periwinkles, starfish and other fascinating creatures native to the UK. Cat volunteers with Cumbria Wildlife Trust as a Marine Champion and was recently awarded National Young Marine Conservationist Of The Year.

Cartmel Priory School wish you all a very happy 2025.



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Allithwaite School

The Snowy Owls and Tawny Owls have been very busy practising their Christmas Nativity performance, Honky Tonky Donkey!

The enthusiasm and creativity displayed by the children are simply delightful, and we are all looking forward to seeing their hard work come to life on stage. Both classes have also enjoyed a trip to the theatre to watch a Christmas Panto.

The Barn Owls have been thoroughly enjoying their topic on the Rainforest. They have immersed themselves in various facts and fascinating information related to this vibrant ecosystem. Currently, they are channelling their knowledge into creating a non-chronological report about Rainforests as part of their English lessons and we cannot wait to see the amazing reports they produce!

Meanwhile, the Eagle Owls have been working collaboratively in teams to create products for the Christmas Fair. Demonstrating outstanding resourcefulness, they sourced and repurposed



materials from a local scrap store—doing their bit for the environment by preventing waste that would otherwise have ended up in landfill. Their teamwork and innovative designs truly shone through, and we are pleased to report that their efforts resulted in a successful sale and profit at the fair!

As we look forward to the New Year, both the Barn Owls and Eagle Owls are buzzing with excitement to find out what their summer production will be—Madagascar! Plans are already forming, and it promises to be an incredibly entertaining experience.

As we draw closer to the festive season, we would like to wish everyone a Merry Christmas and a Happy New Year filled with joy and laughter.

Montessori



November started with a BANG!

A puppet display introduction to the famous gunpowder plot followed by some beautiful fireworks displays using a paint spinner and lots of glitter, surrounded a central bonfire picture created collectively by all the children. It certainly made our display wall sparkle!

Later in the month, we continued to explore colour as we looked at shades

of grey discussing how to change the hue for lighter and darker shades. Outside, the bedding pots were emptied and topped up with fresh compost and bulbs ready for Spring. We can't wait to see them bloom. The cold snap provided an excellent opportunity to look at ice and discuss how it forms and made up for the disappointment that the snow never reached us. With Christmas approaching, there is still time yet.



Common misconceptions surrounding Child Arrangements and the Children Act: -

Children have no rights

Children have legal rights that are protected by national and international laws, such as the right to education, healthcare, protection from abuse, and the right to express their views in matters that affect them. Sometimes when an application is made to the court for a Child Arrangements Order the court may direct for a report considering the ascertainable wishes and feelings a child. It will then be a matter for the court to balance the child's wishes and feelings against other factors to ensure an Order is made that is in the best interests of the child.

Child maintenance is only for Mothers

There's a misconception that child maintenance is primarily for mothers. However, both parents are responsible for financially supporting their children and child maintenance aims to ensure that children receive adequate financial support from both parents, regardless of their gender. Therefore, it is the parent with primary care of the children who is entitled to claim maintenance, not just the mother.

I am on the child's birth certificate so I have legal rights?

This is the case for every child born after 1st December 2003. If you are named on a child's birth certificate, you have secured the legal status of Parental Responsibility. This consists of all rights, duties, powers and responsibilities which by law, a parent of a child has in relation to the child and the child's property.

I have Parental Responsibility so can make any decision for my child that I want?

There is little statutory guidance about when a person who shares Parental Responsibility is able to act independently or when they must act in consultation with the others who share Parental Responsibility. However, when more than one person holds Parental Responsibility for a child, there are only some decisions that can be made independently. Other decisions require agreement from all other people who hold Parental Responsibility. Alternatively, it may be necessary to notify the other person with Parental Responsibility rather than obtain their consent.

The court favour the mother in Children Act Proceedings?

The court favours the child, and only the child. The paramount consideration of the court is what is best for the child or children subject to the application. Whilst the court will listen to each parent about what arrangements they would like to implement and what each parent thinks is best for the child, the court will only make decisions that the court thinks is best. Accordingly, if it is best for a child/children to live with their Mother and have contact with their Father, that is what the court will order. However, likewise, if it is best for a child to live with their Father and have contact with their Mother, then this is what the court will order.

Please call us on 0333 305 7777 today to speak to one of our experts.



Lisa

Michelle

Contact us today to speak to one of our experts.

0333 305 7777

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What's On at The Vic

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

REGULAR EVENTS

Creative Photography - Alternate Thurs 7pm. Contact: seppo_hakkinen@icloud.com

Manjushri Buddhist Meditation Class. From 15th Jan Wed 11am-12noon in Chamber. £5 www.manjushri.org

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

Various U3A groups - Contact U3A: 015395 35358 . Monthly meeting 17th Sept.

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

Parliamo Italiano - Tues & Thurs - new, beginners & improvers - details: caroline_hakkinen@mac.com

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

Friends of Grange Library

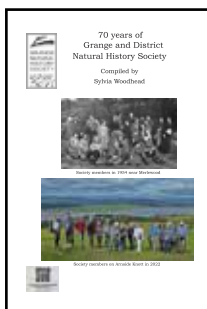
The Friends of Grange Library wish everyone a very Happy New Year!

Looking back to last year however, we would like to say a big Thank You to Grange Drama for entertaining us with a Festive Miscellany of plays and readings. The evening was a great success and much enjoyed by all! This year the Friends are continuing to host our monthly events in the Library. On the second Thursday of the month, we hold our Reading Friends meeting when we invite people to join us for a relaxing afternoon chatting and sharing their thoughts and experiences on a variety of topics, ranging from Games We Used To Play to Guests We Would Invite To Dinner! On Thursday January 9th at 2.30p.m. we shall be meeting to talk about Light Bulb Moments. This could include something as mundane as finally learning how to make the perfect Short Pastry to successfully learning how to Parallel Park. Later in the month, on the fourth Thursday, we hold the very popular Cake and Games afternoon. If you enjoy playing cards or board games but are without an opponent, why not drop into the Library on Thursday January 23rd from 2.00 p.m. and join us for an afternoon of friendly competition and a slice of cake?

Book signing

Sylvia Woodhead will be signing copies of the book celebrating 70 years of Grange and District Natural History Society at Daisyroots book shop, Main Street, Grange-over-Sands on Saturday 18 January 2025, from 10.00am.

The book has been printed by Stramontgate Press in Kendal, who printed the Society's two previous books. It is A4 in size, on high quality paper, lavishly illustrated and is retailing at £10.00 Ensure your copy now.



Poppy Update

The amount raised from Grange and District in 2024 amounted to £6464 including all street collections, collecting tins and wreaths. Thanks to everyone from the Brian, the local area organiser.



INDIVIDUAL EVENTS

08/01 Wed – Lifeflow Fitness – intro class – then classes every Friday. 11-12 noon

10/01 Fri - Friday Night Dancers - Ballroom & Latin Social: start 7.30pm

11/01 Sat – Councillor Surgeries – come and meet your town/district councillors

12/01 Sun - Cinema at The Vic: The Outlook (15) 6.30pm for 7pm start - www.ticketsource.co.uk/vhsg

13/01 Mon - Grange over Sands Town Council Meeting, with 'Have Your Say!' 7pm

16/01 Tues – Spanish for beginners - Kendal Adult Ed Courses – 10-12noon

18/01 Fri – The Globe Theatre Live: Othello – A Cinema at the Vic event - www.ticketsource.co.uk/vhsg

21/01 Tues - Grange Lecture Society – Gardening in Changing Times. 7pm - www.grangelecturesociety.co.uk

Shakespeare's Globe: Othello (cinema broadcast) (12A)
Saturday 18th January 7pm
(doors 6.30pm)



Filmed live at the Sam Wanamaker Playhouse, Ola Ince's contemporary-dress production is set within a hostile modern police force. Othello is reborn as a 21st-century detective chief inspector with Iago is his sergeant, spurred into a hateful campaign against the "governor" because of Cassio's promotion over his own.

'Sparklingly clear, thrillingly pacy' – The Telegraph

'Inspired... compelling... exciting' - Guardian

Rating: 12A (moderate violence, domestic abuse, discrimination, threat, strong language).

Runtime: 3 hours (including 20 minute interval).

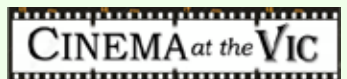
Bar, ice cream, interval coffee and tea.

Advance tickets from www.ticketsource.co.uk/vhsg

Credit/debit cards, Apple Pay and Google Pay accepted on the door.

Adults: £12 Children £10

The Outrun (15) Sunday 12th January 7pm (doors 6.30pm)



After a decade away in London, 29-year-old Rona (Saoirse Ronan) returns home to the Orkney Islands. Sober but lonely, she tries to suppress her memory of the events which set her on this journey of recovery. Slowly the beauty and lore of the land enters her inner world and – one day at a time – Rona finds hope and strength in herself among the heavy gales and the bracingly cold sea.

'Saoirse Ronan is mesmerising' – The Guardian

Rating: 15 (strong language, sexual threat, injury detail, sex, addiction references)

Runtime: 2 hours 20 minutes (including 20 minute interval).

Bar, interval ice cream, tea and coffee.

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

What's On January

Thursdays 2, 9, 16, 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.

Saturday 4th

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

Mondays 6, 13, 20, 27

South Lakeland Phoenixes. Drop-In for over 18s - Community Foodstore, 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

Tuesdays 7,14, 21,28

Baby group for parents, carers and their little ones at Grange Methodist Church Hall from 9:30 a.m. 29: Community Coffee morning in Grange Methodist Church Hall from 10:30 to 12 noon.

Tuesday 7th

Mothers & Others-Lace Making with Jenny Parker-7.30 p.m. in the Father Magner room behind St Charles' Catholic church, starting at 7.30.p.m.

Tuesdays 7, 14, 21, 28

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

Wednesday 8th

Kents Bank Station Library, 2.00pm Station Library (Kentsford Road) , monthly talk (our 'Mutual Improvement Class'). Philip Tuer will talk on 'The Cumbrian Railways Association: celebrating the railway history of Cumbria'. Free admission but please book in advance. Rg 07795 008691 or email info@stationlibrary.org.uk

Friday 10th

Grange Natural History Society, Bats of Central America, David Marshall, Cumbria Bat Group, 7.30 pm, United Reformed Church

Hall, Kent's Bank Road. Non-members welcome £3.00 per head

Saturday 11th

Kents Bank Station Library. Display of books and posters about the Stockton and Darlington Railway and the 200th anniversary of railways. 11.00 to 4.00, free admission. www.stationlibrary.org.uk

Monday 13th

Grange Probus Club will meet at 10.30 at the Netherwood Hotel for a talk by M and L Garforth about Travel Around Iceland at their Christmas Luncheon. See the club report for more information.

Tuesday 21st

Mothers & Others-Members Annual New Year Dinner-Cumbria Grand Hotel-7.00 for 7.30 p.m.

Friday 24th

Grange Natural History Society, 7.30 pm, AGM, followed by Chair's talk, Climate Change in an Icelandic National Park, United Reformed Church Hall, Kent's Bank Road. Non-members welcome £3.00 per head

Friday 24th

NEWTON in CARTMEL VILLAGE HALL 7pm. GOOD HABITS - Joyous, energy-packed indie-folk duo. Cello, vocals, accordion, synths and percussion. Glastonbury and WOMAD performers." Musicianship at its 21st Century best!" Tom Robinson, BBC 6 Music. £15 inc HOT SUPPER. CASH BAR. Booking: wendyandmike26@btinternet.com

Age UK South Lakeland

Gentle Exercise Class at Grange United Reformed Church every Thursday 2.30pm – 3.30pm. Not on 2nd Jan

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.

From the Library

We have loved having Rocco the Rock Snake keeping us company since the summer.

If you kindly decorated and made a stone to construct his body, would you help us out by relocating him and hiding the stones along the prom and around Grange? Check out Facebook Pebbleart Grange-over-Sands (G-O-S)

Happy New Year to all borrowers! We wish you all a peaceful and contented 2025 and look forward to seeing you in the New Year.

Daytime reading groups, one meeting every 3rd Wednesday and one meeting every 4th Wednesday of the month from 2-4pm in the library, are looking for new members. Ask in the library, if you are interested, and we can put you in touch.

No digital drop in this month.

HAWC: (Health & Wellbeing Team) 2nd Wednesday each month. Pop in for help or advice. Next session Wednesday 8 January 3.30-4.30pm

Friendship Café: for crafting and nattering, all and varied crafts considered, 1st & 3rd Tuesdays each month. Next month's sessions Tuesday 7 & 21 January.

Grange Library Challenge 2025: Collect your 2025 Challenge form for next year's monthly categories. We'll kick off with "January Blues" after Christmas. Please make sure you have handed in your form by the deadline of Friday 10 January if you completed last year's challenge. We've had a few entries.

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

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Lower Holker WI

As we expected, our December WI had a topical theme and we welcomed two new members. We were disappointed when our speaker had to cancel, but our member, Val, came up trumps. She is a talented card maker, and brought a selection of items for card making. These included card, sparkles, greetings, a glue gun and an embossing machine beside other necessities. She soon had us all busy producing a variety of cards. It was a great opportunity to move around as we borrowed tools etc. There was lots of chat, and of course, mince pies and chocolates.

We came away after having a happy time together, feeling we knew each other better than before and proud of our crafted cards.

We look forward to meeting again in the New Year when our subscriptions will be due.

Grange Bridge Club

Grange bridge club members Sally-Ann and Mike Rothwell, Robin Rose and John MacLachlan played in Kendal bridge Clubs Ellis Cup competition, which is for teams of four players and has been played for, since 1989. After several knock-out evenings, The finals night was held in November involving the top four teams playing against each other to find a winner. Fortunately they won. Grange bridge club members were also involved in the teams which came second and third.

Every second Tuesday in the month, Grange bridge club hold a teams of four evening. This month Gillian Whyte, James Carlisle, Sam Norman and Alan Anderson came out top, just beating the above mentioned Kendal Champs into second place.

As members accumulate master points for good results. The English Bridge Union award the member with a "Landmark promotion". These are given to members who pass a certain level of accumulated master points. This month Robin Rose passed the 60,000 master point level and is now ranked as a "Life Master".

If anybody feels that they would like to come and play or watch. Please contact chriswilkinson19@btinternet.com. We play at the United Reform Church hall on Tuesday evenings 6.45pm for 7.00pm.

Grange Lions

It's been another busy few months for members of Grange

Over Sands and District Lions Club. We held our first Big Curry night which was attended by 70 guests who enjoyed a wide range of authentic Asian food. Including a donation from Windermere and Ambleside Lions and generous donations from local business we were able to present Derian House with a donation of £2800 so Thankyou to all who came along and supported our event. Look out for the Big Curry Night 2025 !!

We held our Annual Christmas Coffee Morning at Flookburgh Village Hall many thanks to everyone who braved the weather to help raise £185 fun was had by all. We will be visiting various locations around Grange and district with Santa and his sleigh

Our dedicated hard working group of members are looking forward to celebrating the festive season with our Christmas Party which is always a fun social event where we can celebrate all our hard work during 2024 and plan for the new year

It's been another fantastic year where our small group of dedicated members have helped so many good causes A big Thank you to all who help and support us Grange Lions - Ordinary people doing extraordinary things.

"In support of national handwriting day on 23rd January 2025, Grange Lions have invited our 7 local primary schools to participate in Handwriting Competition. Gedye & Sons Solicitors are kindly sponsoring our competition. A special presentation event is being planned for our winners at Holker Hall on 17th May 2025. Lucy Cavendish our appointed judge will have the honour of presenting the winners with their prizes"

Cartmel and District Flower Club

Our January Lunch will take place on the 20th at Cartmel Village Hall. We are having outside catering and If you want to join us please make sure your name is on the list. For more information please contact Isobel on 015395 33136.

PEAT

HOME ENERGY POP-UP ADVICE SESSION - Wednesday 15th January 10-12 (revised date) Methodist Church Grange, To create warmer, healthier and cheaper-to-heat homes this winter. Independent, expert home energy advisers from Cumbria Action for Sustainability (CAFS) will be

on hand to help with guidance on energy savings, draught-proofing, insulation, boilers, heat pumps, solar panels and more. Including support for finding and applying for government grants; retrofitting your home, a chance to book a FREE Thermal Imaging survey of your home by trained volunteers from Peninsula Environmental Action Together. Thermal Imaging can identify cold spots in your home, such as draughts around windows and doors, water ingress, damp, and cold bridges, identifying quick fixes and areas that require professional advice and support.

Lyndon Howson - Tuesday 28th January 7-9pm Methodist Church Grange

Local to Grange he has a strong track record of standing up for nature. Winner of Conservationist of the Year Fauna at People of Nature Awards 2024. Amongst other things he has served as a local Grange councillor and is now on the Chester Zoo Youth Board

Grange Fell Golf Club

Grange Fell Golf Club would just like to thank all of its members, everyone that played the golf course in 2024 and all those that supported the club by using the facilities and helping to run the many functions throughout the year. We'd just like to wish a Happy New Year to everyone and we look forward to seeing you all again in 2025

Grange Soroptimists

At our December meeting we wrote letters for the Amnesty International Write for Rights campaign. A marvellous Creative Christmas event by Joan Bentley raised £425 towards our Christmas hampers for families attending Barrow Women's Centre, which we packed ready for distribution. We had a fun Christmas party at the Netherwood Hotel.

Grange Soroptimists had a very successful Orange the World campaign - see our separate article A big thank you to Cartmel Priory and everyone who supported our events.

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

Grange WI

"A big thank you to all those who visited our stall at the Victoria Hall Xmas Fair on 30 November or bought raffle tickets in advance of the day. We raised £700 for the charity

set up by local artist Bob Sutcliffe - The Creative Health Trust UK. The charity provides grants to hospices for creative activities.

For those who tried to guess the number of chocolates in a box of Quality Street - the answer was 74. Grange WI members wish you all a happy, healthy and prosperous New Year."

Lower Holker Village Hall

Grange Now January 2025. December 200 Club winners are : 1st £40-173 Rosie Johnson, 2nd £25 -177 Martin Akrigg, 3rd £15- 120 Marian and Wilf Hadwin, 3rd, 4th £10 -131 John Thompson, plus 5 x bonus £10 Christmas winners! 90 Thomas Whinfield, 11 Carole Austin, 47 Pam Mellor, 104 Marie Lowery, 79 Anne Akrigg. Tai Chi, Yoga, and Dancing, and Aerial Hoops are available. Thursday is Badminton/Table Tennis day. Badminton 9.00am to 2.00pm. Table tennis from 9.00am to 4.00 pm. Cost is £2.00 per player for the booking . Table Tennis Club now running. Contact Peter on lowerbirkby@gmail.com. Bowling Green closed. Sewing Machine Classes every Friday morning 10-12pm. £15.00 per session, bring your own machine. Contact Natasha on Natasha127@outlook.com or 07901751197. Christmas Bingo raised £990.00 on the night, then a kind gentleman gave £10.00 to give us a total of £1000.00 Please follow us on Facebook at [lowerholkervillagehall](https://www.facebook.com/lowerholkervillagehall) for all our latest news. Website is lhv.co.uk. The Hall number is 015395 58304 with ansaphone.

Grange Lecture Society

After our talk on the 10th of December, we are half way through our TEN TALKS program. We enjoyed STeLA Tandem: A record-breaking tandem bicycle ride around the World! Steve and Laura Massey Pugh - recounted their Guinness Book of Records epic 180,000 Mile Tandem Bike ride around the world. This was an exciting and culturally fascinating odyssey on two wheels much enjoyed by all.

Our sixth Talk on 21st of January will focus on Gardening in a Changing World by Paul Cook, Head Gardener at Royal Horticultural Association's Harlow Carr gardens. Like all our talks much pleasure can be discovered with specialists who have extensive knowledge of a particular subject. Harlow Carr at Harrogate is covered with its research into flora adapting to our changing climate. Please come along and enjoy.

4th of February Stuart Atkinson will give his talk entitled A Tourists Guide to the Universe. A Happy New Year to all our members and supporters.

Grange Probus Club

Grange Probus's Christmas Luncheon at the Netherwood Hotel was attended by 37 members and guests. The Club had a successful year in 2024, being able to continue due to renewed commitment by serving officers and recruiting new members. The next event will be on Monday, January 13th at 10.30am at the Netherwood Hotel when M and L Garforth will talk about Travel Around Iceland. 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 Village Society

CVS's Annual Lecture had a last-minute change of plans when the scheduled speaker, racing journalist and commentator John Sexton, had to withdraw due to injury. Fortunately, Moira Bell and Ewen Cameron had been helping him to prepare for the event and Ewen was able to step-in at 4 hours' notice to present his script on "A Race Through Time – a History of Cartmel Racecourse". The lecture covered the history of Cartmel racecourse from its development in the 19th century, the Gay Future scandal, and some of its famous horses, trainers and jockeys who have competed there. The event was also attended by local racehorse trainers Dudley and Jimmy Moffat with local champion jockey Charlotte Jones, who brought examples of racing clothing and tack. The free event concluded with light refreshments at the end of the talk. The Society's AGM was held the following day in Cartmel Square café and included reports on 2024 and plans for the future. The chair of CVS was passed from Mike Gibbons to Ian Holcroft. Mike and another outgoing trustee, Tiffany Hunt, were thanked for their valuable work in CVS over the previous 16 years.

Cartmel Peninsula Local History Society

CPLHS will launch its 2025 programme of activities on Thursday, February 6th at 7.30pm in Cartmel Village Hall when Mark Hutton will speak about German Miners in 16th Century Keswick. 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

2025 kicks off with Alan Anderson's presentation "Tibet across the roof of the world" on 20th January 2025. Our second meeting takes place on 3rd February when Sue Jeeves presents "Western Coastline". Her presentation covers Southern Ireland, Pembrokeshire, Scottish Islands, and not least Morecambe.

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

Cartmel Art Society

The Christmas Party, held on December 11th, was our final meeting of the year. The theme of the Christmas Picture Competition was "Let it Snow"; a plaque being awarded to this year's worthy winner, Ann Fitch. Together we created Christmas tree decorations, had a 'Secret Santa' and a 'Jacob's Join'; and members were able to get together and celebrate Christmas, displaying their completed decorations on a 'twiggy tree'.

The New Year begins with a morning meeting on January 8th led by fellow member, Ann Fitch, demonstrating techniques in drawing and painting trees. Please bring your preferred medium for this session.

A full day workshop with returning popular artist, Graham Twyford, is to be held on the 22nd. This will be a demonstration in oil or acrylic. The subject matter is yet to be confirmed, but please bring along all the necessary equipment that you will need for this session, as well as your lunch and drinks.

Please let Rita Denby know if you will be coming to any of the January meetings, either by email on ritadenby45@gmail.com or call her on 07587 705842.

We welcome all budding artists from beginners to more advanced artists. Please get in touch via our Facebook page or our website: cartmelartsociety.co.uk if you have any questions.

Mothers & Others

Our pre-Christmas meetings were thoroughly enjoyed by

our members, with church, a delicious Christmas lunch at Woodlands Hotel, and finally a traditional Christmas evening with entertainment from Silverlights Band, presents, mince pies, mulled wine and festive cheer for all. We are now looking forward to our 2 meetings in January 2025. On Tuesday January 7th we will welcome Jenny Parker to talk about and demonstrate the fascinating skill of Lace Making, as usual in the Father Magner Room behind St Charles' Catholic church, starting at 7.30.p.m. Our second meeting in January will be our annual New Year Dinner for members which will take place on Tuesday January 21st at the Cumbria Grand Hotel.

We would like to invite ladies of any age to come and join us at our meetings, so please come along, a warm welcome awaits you, followed by an interesting evening which ends with time for a cup of tea or coffee and a friendly chat. For further information please call Ann on 015395 33856 or Linda on 015395 33482.

Kents Bank Station Library

The library was busy in the run-up to Christmas with several donations and lots of interest in the collection. Our bookstall at the Bolton Community Rail 'Winter Fair' was a success with lots of sales; we're keen to provide bookstalls at other

events around the region. On December 10th the library was visited by 30 students from the University of Bolton's art/design department. The students are helping us with ideas for a library logo, publicity posters and other ideas. We are pressing ahead with publication of a booklet to mark the 200th anniversary of railways, in 2025. 'Northern Rail Heritage 1825-2025' will be a popular introduction to the history of the North's railways.

It should be published in March. We are hoping to organise a regular poetry session in the library - not specifically 'railway' but showcasing work by local poets. Expressions of interest are very welcome. Our collection of railway poetry continues to grow and our monthly talk in December highlighted the work of railway poets, past and present. Together with our partners in the Beach Hut Gallery, we will be open every Friday, Saturday and Sunday from 11.00 to 4.00, from January 3rd - following the Christmas/New Year Break. We still need more volunteers to help staff the library and help with other jobs. Contact us on 07795 008691 if you're interested. www.stationlibrary.org.uk



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Property Talk

With

Craig Turner
Property Department Manager
and Valuer



FRIENDLY HONEST PROPERTY ADVICE

Here we are again at the end of another year, and as seems to have become tradition, I find myself taking time to look back over the last 12 months of the property market and the wider world.

Last December, I was contemplating the settling of interest rates and the improvements of the market after what had been a year of consolidation. There were even suggestions of a yearning for change. Well, we certainly saw that towards the back end of this year. Hastily called General Elections and October Budgets from the new Government, brought potential hurdles to the market which seem to have been taken in stride. The effects of an altogether bigger election, over 'The Pond', await to be seen.

As expected, the interest rate levels were cut mid-year in a helping hand to all those looking to borrow, including those looking for mortgage finance. The rate of inflation dropped below target and the cost of living came down (although it may not feel like it for some).

During this time, the property market has been busier than the previous year, and we have seen continued activity which has been unabated by any of the potential banana skins the year tried to throw in its path.

The main stumbling block in a sale process has become time. Average timescales for a property to proceed from agreed sale, to exchange and completion, currently sits at 16 weeks. This can lead to anxious buyers and sellers and heightens the need for effective communication and sales progression.

The beginning of this New Year promises to be a busy one. The interest in property tends to start mid-January, and we have the impending reintroduction of Stamp Duty Land Tax at the lower starting point of £125,000 come the beginning of April. There will be a big push for any property already under offer, to be exchanged by then.

Once again, the signs for the property market look positive, and after the impressive year we have had across the company with regard to the sheer number of sales over target, we are expecting this success to continue. Hopefully, your year is as positive as the property market has been over the previous 12 months.

As always, we wish you a healthy and Happy New Year from all at Poole Townsend.



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

Dear Editor,

Dearden Close Residents Association would like to say a huge Thank You to all of the local Grange shops that kindly donated prizes to our Christmas raffle. We have raised over £100 pounds that will help the residents where needed. This will hopefully make a real difference on the estate. Happy New Year to you all from everybody at Dearden Close.
Eliot Raines - Chair

Dear Editor

I would like to thank the person who was sweeping up the fallen leaves from the pavement of the B5277 road from Lindale to Grange, near the golf course. This is much appreciated. When walking along the road the piles of accumulated leaves tend to push the walker towards the road. Even if vehicles are travelling at 40mph, they seem very fast to someone on the narrow pavement.

It would be good to have a safe off-road path from Lindale to Grange, to encourage more people to walk. But, in the meantime, clearing the fallen leaves is good work. Thank you to the person involved.

Sylvia Woodhead

Dear Editor

The letter from Mr Derek Goldsmith regarding the prom. In the last issue.

Thank you for your letter regarding the prom currently quite a hot topic on everyone's lips in Grange, hope this response will help. We all agree about the quality of work or lack of quality being carried out on the prom and lido. The prom and lido are currently being snagged and the contractors being held to account for the issues. We regularly update officers and they update councillors regarding the issues.

Cllr Jenny Boak



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Dear Editor,

The Grange Promenade Gardeners would like to congratulate Grange Now on reaching its 400th edition... In particular well done to editor Chris and anyone who helps with the production of such a valuable part of life in Grange over Sands. The Promenade Gardeners also work very hard to help keep the prom looking good and ,like Grange Now, are a valuable resource to enable Grange to be a better place to live. We continue to expand our numbers but are always on the lookout for more volunteers (whatever your ability).We work on the gardens every Wednesday between 930 and 11 very often on Mondays also , so if you'd like to join us either have a chat on the prom or contact me on the following email and I can put you in touch with our lead John Entwistle. Here's hoping for another 30 odd years of both Grange Now and volunteer gardening.....daverimmer098@gmail.com

Dear Editor,

I would like to thank all those who supported the 2024 Victoria Hall Christmas Fair, either as a customer to the twenty three stalls or as a stall holder. This year we welcomed more charities and fundraising groups than ever as well as a great mix of craftspeople. I think all who were there in whatever capacity would agree that it was a very successful event with a great atmosphere.

I would particularly like to thank the Grange businesses who generously donated prizes for the raffle. We made £230 for 'extras' at the Hall which is very much appreciated.

A huge thank you goes to Ann Walmsley and the team at the Victoria Hall who supplied amazing refreshments and kept the whole event running smoothly.

And of course an even bigger vote of thanks should go to you, the public who came along, opened your wallets and purses, and supported us all. Thank you for coming – it really would not have been the same without you. Councillor Tricia Thomas



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MARMALADE BISCUITS

These biscuits blend the comfort of home baking with the zing of marmalade. When you use the finest Cumbrian ingredients, they're extra special. Dalemain Jane's marmalade has a story worth savouring along with the taste. It's part of the collection of Dalemain marmalades from the home of the Dalemain World Marmalade Awards.

INGREDIENTS

(makes ten biscuits)

- 100g Winter Tarn cold butter, cubed
- 200g Eden Yard plain flour
- 100g caster sugar
- 1 small Myers Farm egg, lightly beaten
- 3 tbsp Dalemain Jane's (thick cut) marmalade

METHOD

1. Rub the butter and sugar into the flour until it looks like rough breadcrumbs. Slowly add the egg to bring the dough together. Wrap it in baking parchment and place it in the fridge for two hours or overnight.
2. Preheat your oven to 180°C and line two large flat baking trays with parchment.
3. Roll the dough to about 5mm thick and cut out 20 circles. Place 10 of them onto one of the baking trays. Cut stars out of the centre of the other ten and place them on the other tray.
4. Bake for about 10 minutes until golden. Once cool enough to handle, place on a wire rack to cool completely.
5. Spoon some marmalade onto the full circles and place the other biscuits on top.
6. Recipe adapted from the original by Michelle Darmody in The Irish Examiner



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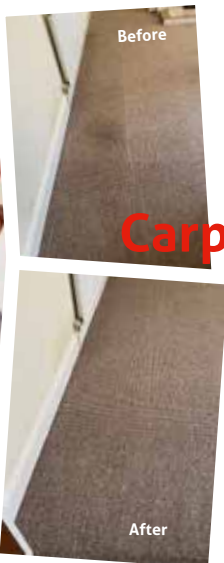
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