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ELDER ABUSE



It is a fact of modern life that instances of elder abuse - whether financial or physical - are increasing. It is even sadder when those who carry out the abuse are either close family members or those who care and look after an elderly vulnerable person.

Financial abuse can be blatant and obvious – acting as someone’s attorney and then accessing their bank accounts for the attorney’s own personal benefit. It can be subtle – simply over charging someone for care or gardening or housekeeping duties. It can take a variety of forms of pressure and coercion and on occasions may turn into the threat of physical violence. It may even take the form that the abuser doesn’t seek benefit for themselves, but for members of the abuser’s family.

Of course, as long as elderly family members have appropriate mental capacity they should take whatever decisions they wish. The issues arise when they are unduly influenced, coerced or ‘taken advantage of’.

Families who only come into physical contact with elderly relatives occasionally can often become suspicious that the relative may be the subject of financial scamming or just a well-meaning carer, neighbour or friend who may have too much involvement with finances. Do you suspect this may be happening?

Exposing financial abuse of a vulnerable elderly person is a sensitive and potentially difficult process. It involves the need to contact medical advisors, social workers and the financial institutions that have been affected. Ultimately of course it requires careful interviewing of the vulnerable person.

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 also a member of the prestigious Association of Contentious Trust and Probate Specialists, and between them they have a wealth of experience. If you feel affected by any of the issues, then please contact us for a review of your case.

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Editor's Letter

Mother's Day is almost upon us which for for you perhaps means a long weekend with family, presents for Mum, going to visit or maybe a walk in our beautiful local countryside. If you are looking for things to do, there are numerous ideas within the pages of Grange Now.

Please try and support the advertisers in this paper when booking a Mother's Day lunch or buying a gift.

Talking of which a very Happy Mother's Day Ann (my mum) - you are simply the best.

Looking ahead I wonder when the prom renovation and lido restoration will be completed. I know everyone would be delighted to see progress - if you are in the know about this then please let us know, so we can share the news with Grange Now readers.

As always there is plenty to read in this issue, dates for your diary and perhaps new ideas for groups and societies that you might like to join.

Now is a great time to get your diary out and put in anything you fancy from this issue, for the coming month. Spring is such a hopeful and optimistic time after the cold weather - a great time to try something new maybe?

Thanks to Steve Allen for the front cover photo which he says was taken on an old Apple iPad. Steve says 'Looks great with the clock tower. Couldn't be anywhere else. But there is another clock tower like it in America. Which is earlier.'

Thanks to your Grange Now designer Liz, who has produced a great edition for your enjoyment and information. Next deadline is 14th March.

Chris

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2025 Cross Bay Walk



The most iconic charity walk? Take on the breathtaking Bay while raising funds for your local cancer charity

A local charity who provides support to adults and children affected by cancer is returning with one of its most iconic fundraisers this July.

CancerCare North Lancashire and South Cumbria have recently launched their 2025 Cross Bay Walk, an approximately eight-mile walk across the sands of Morecambe Bay, one of the area's most stunning natural wonders.

On 20th July at 1pm, walkers will leave Arnside Promenade across the Bay towards their destination in Grange-over-Sands. Hundreds of people are expected to make the famous trip which is to be led by Kings Guide to the Sands, Michael Wilson. Michael's expertise and experience of the Bay will ensure everyone can safely enjoy the fresh air, open space and scenery of one of the UK's bucket-list walking experiences.

The walk is expected to take around four hours to complete. Participants are recommended to have a reasonable level of fitness and children and dogs are welcome to join.

Last year's Cross Bay Walk raised over £23,500 for CancerCare, an event record for the charity who have centres in Lancaster, Barrow, Kendal and Morecambe.

Event lead Lisa Lambert said: "CancerCare's Cross Bay Walk continues to grow each year and we're now proud to hold one of the biggest charity walks of the summer. The event is always a favourite amongst our team and we're so excited to walk side by side with supporters as we cross the stunning Bay surrounded by dramatic coastline. Please join us for this incredible experience whilst we raise funds for people in our area who are dealing with the devastation of a cancer diagnosis or a bereavement."

Booking is now open. Ticket prices are £17.50 per walker or £65.00 for a family ticket. Bringing a dog will cost £2 per dog. Early bird tickets are priced at £15.00 and are available until 28 Feb 2025. Please use this link to book: <https://www.trybooking.com/uk/EIMA>

grange NOW

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Future Deadlines

ISSUE	DEADLINE	RELEASE
GN403	14th Mar	26th Mar
GN404	18th Apr	30th Apr



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Investment Matters

By Chris Hill CFPTM, Chartered MCS1

ISAs – How many different types are there?

An Individual Savings Account (ISA) is a tax-efficient way for UK residents to save or invest money. Each tax year, you can contribute up to a maximum limit (currently £20,000 for adults) across different types of ISA. They are accepted as being a flexible and efficient way to grow your savings as they allow you to earn interest on your savings, or returns on investments without having to pay tax on any income, dividends, or capital gains. There are different types of ISAs; each of which is designed with a different purpose:-

1. **Cash ISA:** These ISAs are similar to a traditional savings account but with tax-free interest. They are generally low-risk and suitable for shorter term savings.
2. **Stocks and Shares ISA's** allow you to invest in the stock market, bonds, or in investment funds. They offer the potential for higher returns in the longer term but they are generally higher risk than cash ISAs as the value can fall, as well as rise.
3. **Lifetime ISA:** Typically for savers aged 18-39 who are saving for their first home, or retirement. The government adds a 25% bonus to your contributions, up to £1,000 per year.
4. **Junior ISA:** A tax-free savings account for children under 18, which can be converted into an adult ISA at age 18
5. **Innovative Finance ISA:** Involves peer-to-peer lending and other innovative investments. Higher risk compared to Cash ISAs.

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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Pop in and see us on main street or call our friendly team **Tel 015395 52548**.

Heydays lunch club is 2nd Tuesday of each month, held at the pheasant inn call the office for more info. we can also provide transportation.

Are you a Faithful or a Traitor? Experience a hit TV show in real time via local charity's exclusive event

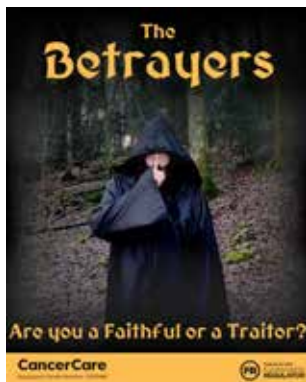
Local charity CancerCare are bringing the popular reality TV show The Traitors to

Lancaster via their new and exclusive evening The Betrayers.

Held on Friday 14th March 2025 at Ashton Memorial Hall in Lancaster from 6pm to 9pm, participants in The Betrayers will complete missions together before navigating mind games at The Round Table.

Players will begin the game from midday on the 14th with the first challenge taking place from the office with the help from colleagues, friends and business contacts.

On arrival, participants will be invited to get to know each other before embarking on a series of mentally challenging puzzles, tasks, codes and clues, with banishments taking place throughout the evening. For more information and to register your interest, please



visit cancercare.org.uk/news-and-events/the-betrayers or emailfundraising@cancercare.org.uk

For a full list of CancerCare's 2025 events, please visit our website: <https://cancercare.org.uk/news-and-events>

CancerCare North Lancashire & South Cumbria are a local and independent charity who provide free therapies and complimentary support services to adults and children who have been affected by cancer or bereavement.

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Established by Optometrist Lisa Sariwee - it was her vision to provide professional, thorough eye examinations & fashionable, affordable eye care for the community.

We have been honoured with Varilux expert status for many years now, and Lisa has become accredited for the free NHS - Emergency eye care scheme, and well as post cataract accreditation from Spa Medica and local hospitals. Private referrals for corrective eye surgery can also be provided.

In 2023 we became Oakley stockists to

add to our continuing range including Emporio Armani, BOSS, Carolina Herrera, Etnia Barcelona, Morel, Kate Spade and David Beckham range coming soon. We supply free spectacles & eye care under the NHS voucher scheme - please enquire for eligibility.

In 2023 we partnered up with The Hearing Care Partnership - with audiologist Ann Green HCPC providing audiology services and wax removal with the latest equipment from the world's top suppliers. The provision of private hearing aid packages and exceptional, personable aftercare service has proved extremely popular. Ann runs her clinics upstairs in the new audiology clinic room - and is regularly recommended by local medical professionals.

Dr Judith Anders offers private podiatry services upstairs in her clinic several times a week. Judith is extremely passionate about foot care and launched her own range of foot care products.

Lisa, Leah, Liz, Lorraine & Lisa - welcome you to celebrate with our audiologists, podiatrist & frame suppliers - will be on standby for any questions you may have about their services - so if you would like to know more or simply curious about what we can offer & would like to support local - please call by on the 2nd - a warm welcome awaits - free demonstrations, prizes, free samples, free glasses MOT and much more - the kettle will be on ! We thank you for supporting our business & proud to serve such a wonderful community!

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Grange Community Orchard



Judith & Andy with South Lakes orchard Group

On Saturday the 25th January the Grange Community Orchard was the meeting place for over 20 visitors from the South Lakeland Orchard Group to learn pruning techniques.

The Community Orchard was created in 1997 by the Town Councillor, Aiden Smith: school children planted many of the trees which had been donated by local people and businesses. Many of the existing trees were local to the area, such as Lord Derby, Duke of Devonshire and Merryweather Damson. Over the intervening years many more trees have been added by local groups, societies and the Town Council.

Each tree is labelled with the name of

the variety, its origin and whether it is a cooker or eater. All the fruit is available to the local community. At the present time it is looked after by four volunteers who do the planting, weeding and recording.

Each February the trees are pruned hard back by David Rhodes to keep them at a suitable height for picking.

The land is owned by Westmorland and Furness Council who maintain the grass, but each year we need to find money for the cost of pruning, fence posts, netting etc. As it is a town asset, maybe the Town Council would fund these costs of £300.



David Rhodes pruning apple trees



Golden Noble tree in flower

Grange Prom High tide bird watch

On World Wetland Day, 2 February, members of Grange and District Natural History Society gathered in numbers at the Kents Bank end of Grange Prom to watch the spectacle as the high spring tide forced flocks of wading birds from their feeding grounds in the Bay.

32 species of birds were seen, with 250 Widgeon ducks. It was good to see so many curlew, redshank, shelduck and pintail. We had good views of the elusive Snipe and Water Rail. Thanks to Martin Chadwick for organising this.

Lynne Farrell gave a thought-provoking presentation on the flowers of Arnside Knott. She explained that the Knott has many varied habitats, because of its limestone rock and proximity to the sea. It is very special for flowers, with many orchids and 27 species of ferns. Recording flowers through the seasons, she asked us which plants might increase or decrease in the future, given the changing climate and other pressures. Lynne emphasised how important it is to record the wildflowers that we see now in order to monitor the changes.

Lectures continue through March: find details are on the web site www.grangenats.uk. Visitors are always welcome.



The Friends of Kents Bank Station and Foreshore News



After our annual winter break, our regular monthly Work Meets at the station resume in March.

This year we have decided to hold these on the 2nd Wednesday of each month from March through till October. If you live locally and are interested in joining the group, why not drop in at the station on Wednesday March 12th from 9.30 a.m. Hopefully the weather will be more obliging this year than it was in 2024!

On a different matter entirely, Northern have let us know that British Transport Police (BTP) following a review of all their reporting channels and

to streamline the process, have withdrawn the Railway Guardian app and it will no longer be available to download from the app store or to report crime through. Texting 61016 remains the easiest way for customers to report non-urgent crime to BTP. This is a free text service to report incidents and something that is vital to keep everyone safe. If you do text BTP, please remember to include a brief description of the incident and threat presented, the current location - if moving on a train, where it's expected to stop and when - and descriptions of the people involved.

Mayor's Report

I would like to say thank you to Carol, our cleaner for over a decade, who has kept the hall sparkling over all that time. Carol retired at the end of the year and I wish her all the best in her life of leisure.

This month, Councillor Claire Logan realised that she needed more time to devote to the Cub Scouts and has understandably decided to resign from the Council. Many thanks to Claire for years of good service.

That means we now have two 'casual vacancies' on the Council. If you would like to join us, please contact the Town Clerk on 015395 32375 or myself on 015395 34118 and ask for details.

Councillors have spent many

hours this month on the recruitment process for a new member of the Vic Hall team to assist the Hall Manager, Sarah, to keep the old building ticking along and deal with the bookings. We had a surprising number of applicants with some excellent candidates, making our task harder. However, we have made our decision and our new man will be in post around the end of April.

The Councillors' Surgery at the beginning of January was disappointing, nobody came to talk to us. Does that mean that nobody in Grange has anything to discuss? The next Surgery is on 5th April in the Vic, 10.00am to noon.

Roger Handley

Grange Town Council Approves Budget for 2025 - 2026.

At the Council's meeting on Monday 13 January, Grange Town Councillors discussed and agreed the budget for 2025-26. They then voted to request the income from Westmorland and Furness Council who organise the council tax and collect the money. This money is called the precept.

The precept is converted into amounts for each different council tax band, and this is added onto residents' council tax bills, along with charges levied on behalf of Westmorland and Furness Council, the Police and Crime Commissioner for Cumbria Police, and the Cumbria Fire and Rescue Authority.

Town Councillors agreed to request a precept of £261,559.

For those living in a Band D property, the contribution to the Town Council's budget will be £109.35 for the year — an increase of 38p per month.

Households in other council tax bands will see a higher or lower contribution depending on their property's band.

Since last year, more than two hundred new households were registered to pay council tax in Grange, so this spreads the load.

The budget includes funding for key subsidised services that enhance life in Grange.

These include the Victoria Hall, three blocks of public conveniences, two allotment sites, the recreation ground on the promenade, the summer band concerts, the Christmas lights display and the services of the Lengthsman.

The Town Council remains committed to maintaining these amenities, which are crucial to both residents and visitors alike.

Councillors were aware of several financial factors while setting the budget. The increase in National Insurance contributions, following the October 2024 Government budget, had an impact. The withdrawal of the £7,850 annual Westmorland and Furness Council Tax Grant, which has previously helped supplement the council tax demand, presented a further challenge.

The Victoria Hall continues to be a vital cultural hub for the town.

The Council has made provision for staff recruitment to operate the Hall and funding to promote the Hall as a venue, including new signage, and improvements to the Hall's website and social media presence.

In addition to these core services, the Town Council continues to support community groups through grants distributed via the Bay Villa Trust, a fund separate from the council tax precept. These grants help support local initiatives and projects that benefit the community.

If you have any questions about the Town Council budget or would like more information, please contact the Town Clerk at townclerk@grangeoversandstowncouncil.gov.uk

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Flookburgh Band

It's almost 12 months since Flookburgh Band became the regional champions in their section in the North of England Brass Band contest in Durham and then went on to take 2nd place at the National Championships in Cheltenham in September, but now, the time has come to defend that title.

The band invites you to an open rehearsal on Thursday 13th March 2025 at Flookburgh Village Hall, starting at 7.30pm, where you can hear Musical Director, John Iveson, put the players through their paces on this years test piece which is called 'Arkansas' by

contemporary composer, Jacob de Haan.

'Arkansas' is a suite in three movements based on a well-known native American folk song. It appears as a ballad, variations and finally accompanies a jazzy rhythm. The composer describes it as a versatile work, lively and expressive at the same time and a joy to compose. If you enjoy listening to the band, please come along to hear the piece and experience a little of what goes on behind the scenes before their contest and concert performances! Admission is free of charge.



Grange Shed

Well, it has been interesting lately.

We were making the tabletop, pictured, out of benches from the Methodist church when we had a slight mishap with the circular saw. No major injuries but it makes my typing of this piece a little slower than usual. Special thanks to the nice people at Westmorland General Urgent Treatment Centre, it's good to know you are there for us.

It just goes to show that we can still learn things, like how not to handle tools. By the time you read this the tabletop will be firmly settled in its new

home. There was no blood on the table, by the way.

On a brighter note the new bat boxes we made will be set up at Cark Station by the Friends as will a robin box. And we seem to have a new line in refurbishing garden tools as people are getting ready for the Spring season.

It will be great if you pop down and see us on any Monday, Wednesday or Friday mornings 10.00 – 13.00. We are particularly keen to see nice friendly ladies who bring down cakes and biscuits, they are all very welcome.



WILD GARLIC PESTO

We're adding a Cumbrian twist to this seasonal wild garlic pesto recipe by featuring locally sourced Eden Yard rapeseed oil and Holbrook cheese from Holker Farm Dairy.

Eden Yard's cold-pressed extra virgin rapeseed oil, grown in the Eden Valley, offers a mild, nutty taste and is high in vitamin E and omega fatty acids. Holbrook, crafted by Nicola Robinson at Holker Farm, is a firm, sharp goat's cheese with deep herbaceous notes, adding unique depth to this pesto.

Pair it with pasta, spread it on crusty sourdough, or enjoy it alongside grilled meats and vegetables.

INGREDIENTS

- 100g wild garlic leaves
- 50g Holbrook cheese, finely grated
- 50g pine nuts
- 150ml Eden Yard rapeseed oil
- Juice of half a lemon
- Salt and freshly ground black pepper to taste

METHOD

1. Wash the wild garlic leaves thoroughly and pat them dry.
2. In a dry frying pan, lightly toast the pine nuts until golden brown, then set aside to cool.
3. Place the wild garlic leaves, toasted pine nuts, and grated Holbrook cheese into a food processor.
4. Pulse a few times to combine the ingredients.
5. With the processor running, slowly add the Eden Yard rapeseed oil until the mixture reaches your desired consistency.
6. Add the lemon juice, and season with salt and freshly ground black pepper to taste.
7. Transfer the pesto to a clean jar, cover it with a thin layer of rapeseed oil, and store it in the refrigerator for up to a week.

Recipe adapted from BBC Good Food.





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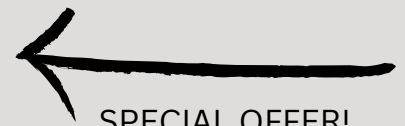
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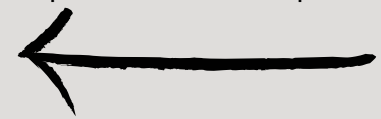
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Cartmel Peninsula Churches Together

March sees the beginning of Lent – an important time for Christians, when we think particularly about the hope that we find in the story of Jesus’ death and resurrection.

It is one of those times when all the churches in our area join together: we will meet in different churches every Friday afternoon in Lent at 1 o’clock for prayerful reflection. That will only last for 15 minutes or so, and we enjoy each other’s company, so we share a simple meal (usually soup and bread) beforehand, from 12 noon. Anyone is welcome (you don’t have to stay for the reflective time if you just want to enjoy the soup!). There is no set charge: donations are invited and any proceeds will this year be given to the Leprosy

Mission. The venues for 2025 are Grange URC (March 7), Grange Methodist Church (March 14), St Peter’s Field Broughton parish rooms (March 21), Boarbank Hall (March 28), St Paul’s Grange (April 4) and St John’s Flookburgh (April 11).

We are also holding a quiet morning as part of our Lent reflections, on the first Saturday in Lent, March 8, in the Methodist Church Hall in Grange. Rev Sue Nicol will lead us, beginning at 10:00 (come from 9:30 if you would like a hot drink to start with) and finishing at 12 noon after a communion service. The day before that people from our churches will gather at St Paul’s at 2pm for a service to mark the World Day of Prayer – more details in the St Paul’s paragraph.

Grange Methodist Church

Thanks to everyone who helped with or came to the Internet Safety event which ran alongside our coffee morning on February 12th, especially the year 5 pupils from Grange Primary School. We hope it was helpful to all involved.

We look forward to hosting several events this month. The Repair Café will be open

on Friday, March 7th from 5-7pm. On Saturday March 8th Rev Sue Nicol will be leading a Quiet Morning at the beginning of Lent for friends from all churches and none. It’s our turn to host the united Lent Lunch in the church hall at 12:00 noon on Friday, March 14th. Our fund-raising event in March for our building redevelopment project is a Table Top Sale from 10:00am till 1:00pm on Saturday, March 15th. Browsers welcome, and refreshments will be on sale – there’s talk of bacon butties... If you would like to book a table at the cost of £10, please contact Sue Nicol on 015395 31044. Any unsold goods at the end of the sale must be taken back home by the stall holder.

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Cartmel Priory

After a very busy Christmas period, followed by a quieter interlude, it’s good to be looking ahead towards Spring and early Summer, when evenings lengthen and there is more of an incentive to be out and about.

This year the Priory is hosting a series of events, beginning with our Shrove Tuesday ‘Pancakes in the Priory’ on 4th March at 6.30pm. For tickets, please contact ahpriory@gmail.com or pop in to the Priory Shop.

The evening service the following day on Ash Wednesday (Imposition of Ashes) will be in the Priory at 6.30pm.

Cartmel Choral Society have their Spring Concert on Sunday 13th April at 3.30pm with music by Mendelssohn, Haydn and Rheinberger.

‘Sensational Sondheim - A

Musical Revue’ featuring local artists, will be a two-night celebration of the words and music of Stephen Sondheim. The concert will feature 25 of his greatest hits from shows such as West Side Story, Gypsy and Into The Woods. Put the dates of 9th and 10th May at 7.30pm in your diary – tickets are already being reserved! Contact Mike Butterworth, email: mikeb3@btinternet to express your interest and/or book tickets.

The coming months will be offering a wide range of cultural diversions from the Ulverston and Lake District Music Festivals to ‘Brassed Off’ with the Marshal Players and Flookburgh Band to The Furness Bach Choir performance of Handel’s Messiah in December. Dates and further details will follow.

St Mary’s Allithwaite

March brings a promise of Spring and, with Ash Wednesday falling on March 5th, the start of the Lent season and the lead up to Easter.

The first weekend in March is an ‘Away Weekend’ for the two church families of St Mary’s Allithwaite and St John’s Flookburgh. We’re not travelling too far away, just to Holker Hall, which should enable as many as possible to participate in listening to guest speakers, joining discussions and worship, sharing food and time to socialise. We’re putting a lot of effort into running a range of successful community events (there’s

something happening most days of the week) so some spiritual refreshment time is welcome. At the end of the month, on Sunday March 30th, there’s a special Mothering Sunday service, a chance to welcome adults and children into church to recognise and give thanks, not just for mothers but for all who are carers, for all that they do to nurture and support those in their care. This informal service starts at 10am, with refreshments afterwards. Details of all our weekly activities and Sunday services are on our website, www.allithwaitechurch.org.uk. Rev Mark Houston can be contacted on 07810 655684.



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St. Pauls

For the church the Christmas/Epiphany season finishes officially with Candlemas at the beginning of February when we remember the presentation of Jesus to Simeon in the Temple.

We now enter into the 40 days of Lent, a time for us to prepare ourselves to journey towards the Cross and Easter Day. There is a variety of options on how we can observe this important season in the Church's year, and everyone is most welcome to come along and join us.

Lent begins on Ash Wednesday, 7th March, with the opportunity for the imposition of ashes at two services – 10 am and 7 pm at St Paul's. During the following 40 days morning prayer will be said in St Paul's at 9 am Mondays-Thursdays, and on Wednesdays after the 10 am Communion service we shall be reading through St Mark's Gospel, while at 7 pm in the Fell Church 'God

for beginners' will provide an opportunity to ask questions about our faith in a relaxed informal atmosphere. At the 11 am Sunday services we shall be reflecting how each of the Gospel writers introduce us to Jesus.

If you would like to host a simple Communion service at home and invite friends and neighbours to join in, please contact the Vicar (davidmwilmot@gmail.com; tel@07305777113).

On Friday, 7th March, we celebrate the World Day of Prayer. This is an international ecumenical Christian laywomen's initiative run under the motto "Informed Prayer and Prayerful Action", and is celebrated annually in over 170 countries on the first Friday in March. The theme for this year's service is 'I made you wonderful' and it has been devised by the women of the Cook Islands. St Paul's are the host; the service starts at 2 pm, and a warm welcome awaits, with refreshments afterwards.

United Reformed Church

Although it's a bit difficult to envisage as I write this, we are seeing signs of spring.

Snowdrops are showing in many gardens and even some trees are developing healthy buds. We just have to be a bit patient!!

To keep us cheerful, we are having another social event on March 2nd 2-4pm. This one is 'Pancakes, pasta & pants'. Pancakes because

it is near pancake Tuesday, pasta donations for Kendal Food Bank & new pants donations for 'Smalls for all.' Do come and support these worthy charities & enjoy some good company.

There will be our usual 'Morning Coffee' session on Tuesday 4th March, and then we begin Lent, with the first Lent Lunch on Friday March 7th at 12noon at the URC. This will be followed by the World Day of Prayer service at St Paul's parish Church at 2pm. We would love to see you at both these events.

Also during Lent there will be Monday meet-up sessions at 2pm every week, that is from March 10th to April 14th. Everybody welcome!

On Wednesday 12th March there will be a devotional session of Women's Guild led by our minister, Revd Kate Hunt, always a treat!



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St Peter's Field Broughton

St Peter's had a great response to Valentine's Sunday service held on 9 February, with many couples who were married here returning for this special service. Ash Wednesday (5 March) will be marked with a Communion service in church at 7pm.

March is book-ended by two events outside church: on 2 March from 10.30 to 1 there will be a brunch in the Parish Rooms (please advise numbers to Louise Shrapnel louiseshrapnel@gmail.com), while on 29 March there will be the first section of the Field Broughton with Lindale Boundary walk, setting off from Broughton Bank at 9.30am and ending

at High Newton around 12.30, enquiries to john@hibbertfamily.org.

With Lent begins a programme of worship set by Reverend David Wilmot including morning prayer at 9am each Monday to Thursday and the reading through Mark's Gospel at St Paul's Grange. Field Broughton Sunday services will consider Sunday by Sunday how the Gospels of Matthew, Mark, Luke and finally John introduce us to Jesus.

The last service in March will be Mothering Sunday, with distribution of flower posies to mothers and others. Thoughts will be for families and homes, please join us.

St. Charles Borromeo

We are already in February! They say time goes quickly when you are enjoying yourself, so I must be having a great time, as it doesn't seem two minutes since I was writing the January news.

So far this month we have celebrated the end of the Christmas season on February 2nd, also known as Candlemas, as it is the day when all the candles for the church year are blessed. We are now preparing for Lent, which starts on March 5th with Ash Wednesday. Our church will be hosting a series of guided study sessions on the penitential psalms. 2.00 – 3.00 pm on Mondays during Lent, (up to, but not including Holy Week), in the Father Magner room if you would like to attend. They are open to all, but as it is Lent and a time of penance in preparation for Easter we will not be providing refreshments for the body, but

hopefully sustenance for the soul. Maybe we will see some of you there. 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 log on to the website: www.allithwaiteandcartmel-pc.gov.uk

- Select 'Council Services'
- Follow the instructions which are self-explanatory.

Alternatively, for residents of Cartmel, you can contact Councillor Mark Pendlebury via email: mark.pendlebury@allithwaiteandcartmel-pc.gov.uk to report highway problems, ie: pot holes, etc.

ALLITHWAITE ORCHARD AND MEADOW

January has been a busy month in the orchard, our volunteers have planted three new varieties of plums and a mulberry, thanks again to Ben Jinks Groundworks for digging the planting areas which made life much easier for our volunteers who planted the plums. Ben also transported and distributed the mulch around the orchard site.

Winter pruning has taken place over two days with a large group of volunteers spending time and much effort trimming the trees ready for this year's blossom which hopefully will give another good crop of fruit.

Maintenance work on the permitted footpath will take place along with work on the boundary fence between the orchard and allotments.

ALLITHWAITE COMMUNITY CENTRE

Unfortunately the poor weather is still delaying the roof/solar panel project but it is hoped to start shortly. The committee in line with their commitment to save energy have also trialled a small number of LED lights in the main hall. These have been a huge success and the remainder will be replaced shortly.

ALLITHWAITE FREE MINI LIBRARY

The library continues to be well used and donations of books have been at a level which can be reasonably handled. A new supply of books for young children have been donated. Thanks go to our volunteers who manage the facility and to those who have made a donation. Our volunteers have requested that children's books be returned within a reasonable time as a shortage of children's books over recent months has left the children's section a little bare.

ELECTRIC VEHICLE INFRASTRUCTURE - PUBLIC QUESTIONNAIRE

Help shape the future of charging infrastructure in Westmorland and Furness by taking part in their short questionnaire. Your input will help them understand local needs and ensure charging solutions are accessible, reliable, and tailored to our community. It only takes a few minutes, but your feedback will make a lasting impact: <https://www.surveymonkey.com/r/wfEVI> - The survey will close on Sunday 2nd March 2025

See below for the relevant news release providing further information:

<https://www.westmorlandandfurness.gov.uk/news/2025/help-shape-future-electric-vehicle-infrastructure-westmorland-and-furness>

PROPOSED 20MPH SPEED LIMITS - PROJECT UPDATE

Following the recent South Lakeland Locality Board meeting (W&FC) held on the 29th January 2025, a decision was made on the next steps to progress the proposals for 20mph in Allithwaite. A report was presented to the Board that outlined the outcome of the initial consultation and presented a series of recommendations in relation to the progression of proposals.

The South Lakeland Locality Board approved the following proposals to progress to statutory consultation and advertisement of the proposed Traffic Regulation Order (TRO):

- Allithwaite; Ambleside; Coniston; Gleaston; Great and Little Urswick; Natland; Oxenholme; Sedgwick and Swarthmoor

More information can be found in the report (agenda item 8), available on the Council's website (Agenda for South Lakeland Locality Board on Wednesday, 29th January, 2025, 6.00 pm | Westmorland and Furness Council).

W&FC are now working to finalise the proposed TRO documents and aim to launch the statutory consultation in the coming weeks. W&FC aim to complete the statutory process in time for a decision on implementation at the Locality Board meeting in April 2025. However, the timeline is quite short and depends on several factors aligning.

Cartmel was selected as one of the identified schemes to be progressed in 2025/26. The team is currently preparing draft designs, considering the areas highlighted in our application (ACPC), and the Council's 20mph speed limit policy.

DOORSTEP CRIME AWARENESS

Doorstep crime refers to rogue traders, bogus callers and distraction burglary. During the pandemic, many rogue traders have adapted by moving online.

Are you looking to hire a tradesperson?

Many rogue traders have adapted to operate online by creating fake profiles to target consumers with their fraudulent services. Always do your research. Consider looking online for trusted trader schemes or ask your local authority for advice on what's available in your area.

What is doorstep crime?

Doorstep crime refers to rogue traders, bogus callers and distraction burglary. Whilst we do have genuine callers at our

doors, there are also those that aim to exploit people in their homes. This type of crime includes people that knock on your door offering fraudulent services, being overcharged for services, as well as false use of logos or ID that appear to be genuine.

Targeting victims

Criminals often target when they believe their victims are in a more vulnerable state, and therefore more susceptible to being taken advantage of. There are many situations in which a person could feel more vulnerable than usual, such as a bereavement, the aftermath of severe weather, or even just being in a rush.

Preventing criminals

Criminals may be deterred from approaching your property if you make it clear that they are not welcome. Consider looking into doorbell cameras for extra surveillance if you are concerned. You can create a 'no cold calling' sign to put in your window or consider checking with your local authority to see if they have any stickers available.

You can also go to the Friends Against Scams website to download and print a 'no cold calling' sign: <https://www.FriendsAgainstScams.org.uk/NCC> or using the parish council website for further information: <https://www.allithwaiteandcartmel-pc.gov.uk/news>.

PARISH COUNCIL MEETINGS – AGENDA AND MINUTES

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, News and much more. Please visit the website which has recently been updated: <https://www.allithwaiteandcartmel-pc.gov.uk>.

DOG FOULING AND NOISE

It's a shame that dog fouling in the Parish has become a regular feature in the newsletter because of the minority of owners who do not pick up and dispose of their animal's mess. Westmorland and Furness have again patrolled the area and placed new signs on lamp posts indicating the penalties for what is regarded as anti-social behaviour which is a finable offence.

The Parish Council has a 'spray to remind scheme', where an individual can contact the clerk by email: clerk@allithwaiteandcartmel-pc.gov.uk with name and address and we will use biodegradable spray on the area to remind people to pick up.

Another issue which may be of concern to some residents is noise created by dogs which are constantly barking and disturbing residents over long and regular periods of time which also may be during unsociable hours. Advice is available on the W&FC website and incidents can be reported as noise or nuisance complaints to W&FC Environmental Health Department at: <https://www.westmorlandandfurness.gov.uk/your-environment> or email at: customer.services@westmorlandandfurness.gov.uk.

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Lindale School



excited for the concert!"



Dancing has been the order of the day for our Year 3 and 4 pupils this half term. Under the expert training of Lucy from Dance Attik, our pupils learned a sound-themed dance which was then performed at UVHS as part of the Dance Platform evening. The children's performance was very professional and we are all incredibly proud of them. "We enjoyed watching all the other groups and schools doing their dances too," said EW.

At the beginning of February we began the first in a series of Forest School sessions, run by Danni from Cumbria Wildlife Trust. Every child in school took part, exploring our school grounds to find out which animals are around at this time of year. LC told us, "It's fun to learn outside and not always inside. I learn skills like identifying birds, I learn about animals that hibernate and food chains." And EM said "I really liked the story about the starlings."

February has been full of extra-curricular fun for Lindale Primary.

The Key Stage Two children have been enjoying plenty of super singing at Young Voices club, especially the Let's Dance medley. On 25th February we will be raising the roof at Co-op Live in Manchester and we just can't wait! KS said "Singing was fun as well as learning the dances and sign language. I'm so



Our FOLS enjoy organising fun events for the children as a way of raising money to support our school. This half term saw the return of Crazy Hair Day! The effort made was amazing with plenty of crazy hairstyles – from rainbow Mohicans to ice-cream sundaes and unicorn horns. The children told us they like it when we're raising money in a fun way.

Emeralds are sharing the spotlight with diamonds at auction

Dating back as early as 330 BC, emeralds have fascinated people for centuries - Cleopatra famously claimed Egypt's emerald mines as her own, and Elizabeth Taylor's famous emerald pendant sold for \$6.5 million in 2011. So it's no surprise emerald jewellery has seen a 30% rise in sales.

Rarer than diamonds, these gemstones symbolise luck, love, and prosperity. Most are mined in Colombia, but Brazil, Zambia, Afghanistan, and Russia also produce stones with subtle variations in colour and clarity.

Unlike diamonds, emeralds have natural inclusions, formed over millennia. These unique markings range from wispy feather-like streaks to tiny liquid-like droplets. But the deeper and clearer the green, the more valuable the gem. A great tip is to choose pieces featuring the "Emerald Cut", as it enhances the stone's depth of colour, symmetry, and brilliance.

Emeralds do require some care, though, as they are softer than diamonds and can easily scratch and chip. Avoid ultrasonic cleaners—many stones are oiled to fill fissures, and vibrations can cause cracks. A soft brush, warm, soapy water, and separate storage will keep them in prime condition.

Timeless in design, these gems make elegant gifts for a May birthday, an engagement, or simply as a striking statement piece. With strong auction potential, emerald jewellery is well worth sourcing. Our bi-monthly jewellery auction is perfect for finding or selling exceptional pieces.

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Grange C of E School



The Vikings have arrived at Grange!

We were lucky to welcome friends of the school who ran a Viking day experience for the Y4 and Y5 children giving them the chance to try Viking crafts and to learn more about where they came from and what they brought to our country. At home the children made Viking shields which came in handy when facing the barrage of balls thrown by enthusiastic teachers who pretended to be the enemy!

The school has been a place of music and dance over the past few weeks and this culminated in the Y6 group Dance Platform show at Ulverston Victoria High School and the Young Voices Concert at the Coop Arena in Manchester. Everyone was proud to watch the children perform at the events and were impressed by their energy and enthusiasm. All the hard work really did pay off!



The school choir visited the Cumbria Grand hotel to sing for the Grange Forum group recently too. The members of the group thanked the choir in person for their wonderful performance and gave a cheque for charity to the school. We have chosen to donate the £50 to St. Mary's hospice.

The children had the chance to experience a live theatre performance at the end of the half term when Image theatre came to work with KS2 and then performed The Jungle Book for the whole school- a great way to experience a classic story.



Next half term our school will be starting a new exciting playtime project and we hope that people in our local area may be able to help us resource this

Finally, we had a wonderful visit to the hospice in Ulverston to see the 'Cuddle bed' that the schools, churches and community locally had raised money for. It was great to hear about the difference it will make to the people who need hospice care.

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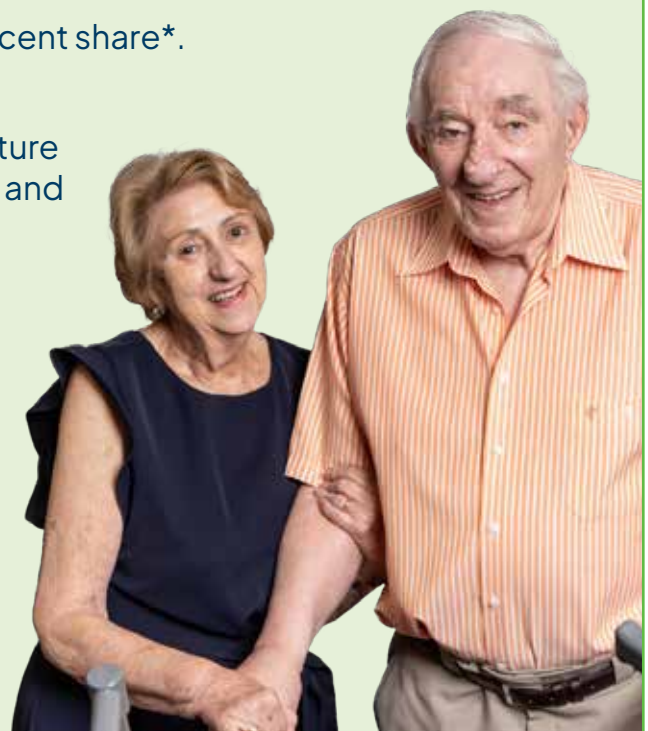
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Allithwaite School

We've had a fantastic start to 2025! The children have returned with enthusiasm and energy, and it is wonderful to see their eagerness to learn.

Snowy Owls have enjoyed the topic of People who help us. The children have written letters to the residents of the Old Vicarage and PC Simon came into school where the children learnt more about police work. The children are looking forward to the next half term, which will be all about transports and are hoping to go on a train trip.

Tawny Owls have been researchers, learning all about polar bears and their environment. They have loved their art and design topic of playful making and learned about a wide variety of sculptors and their works along the way.

Barn Owls had a fantastic trip for their Stone Age topic where they learnt how to create an axe through stone napping, as well as making beautiful artwork using natural pigments. They also enjoyed the challenge of building shelters and learning how to start fires – hands-on activities that truly brought our Stone Age topic to life.

Eagle Owls have completed their



Geography Scandinavian topic and are excited to start learning about the Vikings. In D&T, they have been learning about cam mechanisms and making their own.

We had great excitement in the penultimate week when some of our older pupils participated in their first-ever Young Voices Concert in Manchester. They joined over 7,000 children to sing a range of songs they have been practising, which was an unforgettable

experience. We have also had the pleasure of hosting Graffiti Classics, who provided an incredibly fun and energetic introduction to live music. The children were treated to a vibrant performance that captivated their attention and inspired them to explore music further. PC Niall, who is a Cyber Dependent Crime Specialist for Cumbria Police came to talk to the Junior children for online safety day and how to keep safe online and he covered several key topics.

Flookburgh School

We are extremely proud of our school and really pleased that the inspectors who visited us in late December were able to capture so many of the great things about what is important to us as a school and local community.

The outcome reflects our hard work and commitment to give our children the best we possibly can in all that we strive to offer and achieve. We value the support from our parents and wider community and many thanks should be given to everyone who contributed to achieving this brilliant outcome by sharing their views about our school demonstrating the strong support we have from our parents and families.

This month we have loved learning all about Chinese and Lunar New Year. Children from EYFS to Year 6 prepared a wonderful dragon parade, celebrating the year of the wood snake! Children made their own decorations, including a very fearsome dragon, KS2 pupils supported the march of the parade by performing with their brass instruments.



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

Cartmel Priory School

It has been another busy term at CPS.

At the start of January, 54 lucky students made the journey to Kuchl in Austria to take to the slopes for our annual ski trip. The weather conditions were perfect all week and, over five days, our students had the opportunity to ski over twelve mountain summits. This was a great achievement for our novice skiers, who had practised so well at Kendal Snowsports Club before departure.

Back home we had a visit from Tikka, the therapy dog, who is very excitedly soon to become a mum! Students were lucky enough to be able to use an ultrasound machine to actually see the puppies! Having the therapy dog in school supports our work around emotional and mental health.

Our school performance of 'Legally Blonde' took place in February and our superstar cast entertained packed

audiences with a phenomenal show. Well done to all students involved, both on stage and behind the scenes, it was a triumph!

As part of our curriculum enrichment opportunities, a group of year 10 students visited Bradford to attend 'GCSE Science Live'. The students loved listening to scientists from across the UK give inspirational talks. Year 10 & 11 students attended 'Poetry Live', to support their GCSE English Literature work.

This term, BAE have joined us for an outreach session supporting the science curriculum, talking to students in years 9 and 10 about their learning in school and how this is relevant to future careers in STEM.

Finally, in sporting news, students in years 7,8,9 and 10 have taken part in sporting fixtures for netball and football across south Cumbria.



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Can I protect my home from care fees so it goes to my children?

One of the main concerns we hear from clients is that they want to make sure their property passes to their children when they die. Many worry about protecting their assets from care fees, or making sure their children will still inherit their share of the home in the case of a second marriage.

The good news is that trusts can be created within wills which provide a level of protection from both risks. A life interest trust offers peace of mind by providing security for your spouse or partner, ensuring they can live in the family home for as long as they need to. It also protects your children's inheritance, guaranteeing that your share of the property goes to them after the death of your spouse or partner.

Things to Keep in Mind

It is important to consider who your trustees will be. As the surviving spouse or partner, you want to have input and to be able to work together with the trustees. Flexibility is also key, which is why the trust can be structured to allow the surviving spouse to move house if needed. There are legal requirements after the first of you dies, so it is essential that you take expert advice both when drafting your wills, and after the trust comes into existence.

Given the complexity of the wills, we offer fixed fees so that you are informed from the beginning. Seeking professional advice from a regulated solicitors' firm is crucial to having everything set up correctly. Contact us to arrange an appointment and secure your family's future today.

Contact us today to speak to one of our experts.

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Grange Preschool



As Winter turns to Spring and the weather warms up a little (hopefully), we will be starting to look for signs of growth and change.

We will be learning about Animals and their young; How we have changed since we were babies and what we would like to do when we grow up; plus Observing the way plants grow.

Some of our favourite stories, such as The Very Hungry Caterpillar, will be on hand to enjoy reading.

Craft activities might include making cards for Mother's Day and Easter. It will be fun to do some digging, planting and watering.

Thankyou to Bay Villa Trust for their grant to update our resources. This is very much appreciated.

Cartmel Primary



Cartmel Primary School held its inaugural Pride of Cartmel Awards on 24th January, celebrating some amazing people who make a real difference in the community.

With over 25 nominations, it was clear just how much kindness and hard work go into making Cartmel such a special place.

The awards had four categories, and the school's children had the important job of picking the winners and running the ceremony. Jill Heron was named Our Community Hero for all the ways she helps others. Lyndsey Tallon won Business in the Community for her efforts in supporting local people. Bob



Sutcliffe took home the Community Fundraiser award for his dedication to raising money for good causes. The Special Recognition Award went to Rachel Holcroft, who was nominated in all three other categories—an incredible achievement that shows just how much she does for the community.

Each winner was given a beautiful wall hanging made by the children as a thank-you for everything they do. The school welcomed all the nominators and nominees to celebrate together, creating a lovely, feel-good atmosphere.

The event was a fantastic showcase of Cartmel's community spirit, with the children leading the way and showing just how much they care about their local heroes. It was a heartwarming afternoon full of appreciation, inspiration, and plenty of reasons to be proud!

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Grange Drama



On the 12th February a lively band of 15 Grange Drama members met to examine a scene from Alan Ayckbourn's 'Absent Friends' under the direction of Carol Williamson.

Carol, who has directed for Grange in the past, led a discussion putting the scene into the context of the full play and of the social interactions it portrayed. The actors then set the 'stage' and spent some time presenting a couple



of interpretations of the characters and their story before examining the results. As usual, Ayckbourn showed an insight into the complex undercurrents of human relationships transcending the actual time period in which the play was set and the actors commented on the perennial nature of these feelings and the way they were shown. Although there are some features that date the play - the chief amongst these being the use of landline

phones instead of mobiles - it was felt by all that the essential nature of the human was still fresh and interesting. We all enjoyed ourselves very much and thank Carol for a well presented and thought provoking evening!

We are hoping to present the play we have chosen for our summer production at the March play reading. For details and any questions go to: www.grange-drama.org.uk

A Spring Sing with Bay Community Singers

Bay Community Singers invite you to join them for a 'Spring Sing' at St Paul's Church, Grange over Sands on THURSDAY 3RD APRIL at 7PM.

There will be opportunity for you to raise your voice in song and join in some lively singalongs as well as to listen to the choir perform a range of popular songs from their repertoire, including a new piece 'Loveliest of Trees' composed by Karen Kirkland (who wrote 'Across the hills to the Bay for the group's 10th Anniversary last year). All are welcome, whether you want to sing or just listen – it will be a lovely evening.

Tickets are available to purchase in advance from choir and St Paul's church members and cost £10 (under 16's free). You can also pay on the door.

This includes tea and cake in the interval and there will also be a raffle. Proceeds from the evening will be shared between Grange Pre-School and St Paul's Church Building Fund.

Rehearsals are going very well and we hope you can support this event and come to hear Grange's very own Community Choir.



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. Wednesdays 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 3rd Tuesday 10.15am - 12noon

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

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

Latin Vibes - dance fitness class - most Fridays - 11-12 noon - for details: www.lifeflowwellbeing.com

Learn Spanish - Via Cumbria Adult Learning - <https://adultlearningcumbria.org/>



BINGO AT THE VIC

Monday 3rd March 7.30pm – 9pm
Eyes down for bingo night at the Vic! Over 18s only, £1 admission (cash on the door), £5 for 5 games, cash prizes. Bar, soft drinks, tea and coffee, raffle.

From the Library

New to Grange Library is the Go Green Collection, a collection of books focused on sustainable living, eco-friendly practices and environmental awareness. This collection has proved popular in Kendal and is now being replicated in the libraries here, Ambleside and Windermere. You can borrow books from the Go Green display. A booklist, of all items in the collection, is available also so that you can reserve these books from the normal library catalogue in the normal way or by asking at the counter. We have had a shake-up of displays. Come and browse Historical – fact and fiction or Mellow in Yellow, a splash of colour on these dark and dreary days.

Forms for the 2025 Reading Challenge have been flying out. They are still available in the library and “Put a spring into your step” is our selection for March.

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 12 March 3.30-4.30pm.

Working and relaxing spaces and public computers are available for free use. You can access emails, research online and browse the internet. Computers provide free access to Ancestry, Find My Past, 1921 census and Which Magazine with your library subscription. Printing and photocopying facilities are available at a small cost. We can advise on accessing online resources and digital devices, as far as our own general knowledge allows. Mindful Colouring resources are out Saturday mornings – ask if you'd like them otherwise.

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

INDIVIDUAL EVENTS

03/03 Mon - VHSG Bingo at the Vic - Doors 7pm, Eyes down 7.30pm. £1 entry, £5 per Bingo card. Prizes - 18+

04/03 Tues - Grange Lecture Society - Art of WW1 - www.grangelecturesociety.co.uk

07/03 Fri - Friday Night Dancers - Ballroom & Latin Social Dance (not teaching): 7.30pm - all dancers welcome

09/03 Sun - Cinema at The Vic: Paddington - In Peru (12A) 6.30pm for 7pm start - www.ticketsource.co.uk/vhsg

10/03 Mon - Grange over Sands Town Council Meeting, with 'Have Your Say!' 7pm

18/03 Tues - Grange Lecture Society - The Canary Girls - 7pm - www.grangelecturesociety.co.uk

22/03 Sat - NT LIVE: The Importance of Being Earnest. Doors: 6.30pm for 7pm start - £12 - VHSG

25/03 Tue - WeBuyVintage - valuation event - free valuations 10am - 4pm www.webuyvintage.co.uk

Paddington in Peru (PG) Sunday 9th March 7pm (doors 6.30pm)

When Paddington discovers his beloved aunt has gone missing from the Home for Retired Bears, he and the Brown family head to the jungles of Peru to find her. Determined to solve the mystery, they soon stumble across a legendary treasure as they make their way through the rainforests of the Amazon.

'a hugely entertaining feel-good romp' – Radio Times

Rating: PG (mild threat).

Screened with subtitles.

Runtime: 2 hours 5 minutes (including 20 minute interval).

Bar, interval bacon buns, 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



Win for Repair Café!

At Cartmel Peninsula Repair Café, we get all manner of repairs and are able to send people home with their items in usable condition most of the time.

Sometimes the repairs are quite simple and just require a bit of skill and patience. Now and then though, we even surprise ourselves with the results we get from trickier repairs! At our last café, a lady brought in a defunct laptop. It had been bought from a large computer retailer some years ago and it developed a fault whilst still under guarantee but the store wasn't able to fix it for her. She then had two I.T. repairers look at it and neither was able to get it working. Then she brought it to our repair café where she says our tech repairers were, “focused and analytical, listening carefully and also being very pleasant to talk to” and they fixed her laptop! It just goes to show that even items you thought were destined for the scrap heap might be fixable, so bring them along to one of our cafés.

The next is on Friday, March 7th at the Methodist Hall, Grange, 5pm – 7pm. Just to remind you all, there won't be a café in April but we'll be back again in May.

What's On March

Saturday 1st March

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

Mondays 3, 10, 17, 24, 31

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

Tuesday 4th March

Mothers & Others - Illustrated talk by Neil Honeyman on 'Saucy Seaside Postcards'- 7.30 p.m. in the Father Magner room behind St Charles Catholic Church on Kents Bank Road

Tuesdays 4, 11, 18, 25

Baby group for parents, carers and their little ones at Grange Methodist Church Hall from 9:30 a.m.

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

Grange Sequence Dance Club meet at Lindale Village hall, 7.30 - 10pm. £3 for non members including tea and biscuits. All are welcome. Enquiries 07970 845573.

Wednesdays 5, 12, 19, 26

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

Fridays 7, 14, 21, 28

Lent Lunches at 12:00 noon; see Churches Together article for venues.

Thursdays 6, 13, 20, 27

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

Thursday 6th March

Cartmel Peninsula Local History Society meets at 7.30pm in Cartmel Village Hall when Andy Lowe will speak about Bank Barns, Buskins and Beeboles. See the club report for more information.

Friday 7th March

World Day of Prayer service at St. Paul's church at 2:00 p.m.

Repair Cafe - 5-7pm - Grange Methodist Church

Grange Natural History Society, Walking the King Charles III England Coast Path, by Roger Holme, 7.30pm, United Reformed Church Hall, Kent's Bank Road. Non-members welcome £3.00 per head

Saturday 8th March

Lent Quiet morning at Grange Methodist Church; see Churches Together article for details

Kents Bank Station Library: Open Day with an emphasis on rare local railway books. Sale of surplus books. The pop-up station buffet will be open as well! 11.00 to 16.00

Sunday 9th March

Lower Holker Village Hall Table Top Sale 9 am to 1 pm.

Monday 10th March

Grange Probus Club will meet at 10.30 at the Netherwood Hotel for their AGM and a talk by a guest speaker. See the club report for more information.

Tuesday 11th March

Grange Forum Art and the Working Class by Ann Marie Michelle

Wednesday 12th March

7.30pm Newton & Field Broughton WI meeting in Lindale Village Hall. A talk & demonstration - Painting on Silk by Margaret Wilmot. Visitors welcome, £4

Kents Bank Station Library at 2.00: Funiculi Funicular: a look at Cliff and Funicular Railways, with Martin Slader, of the Lynton and Lynmouth Railway. Free, but pre-booking essential 07795 008691

Saturday 15th March

Table Top sale with refreshments at Grange Methodist Church from 10:00 am to 1:00pm.

Monday 17th March

Cartmel & District Flower Club Meeting at 2.00pm at Cartmel Village Hall Demonstrator this month is Ann Morgan from Morecambe with 'Wood Aye'. We are still taking membership and Flower arranger subscriptions. For more information Contact Isobel 015395 33136.

Tuesday 18th March

Grange Forum Henry third by Colin Penny

Mothers & Others- Talk by Angela of 'Angela Pollard Therapies' from Allithwaite- 7.30 p.m. in the Father Magner room behind St Charles Catholic Church on Kents Bank Road

Friday 21st March

Grange Natural History Society, 7.30 pm, CWT Community Team; its role and developments by Marian Jones, United Reformed Church Hall, Kent's Bank Road. Non-members welcome £3.00 per head

Lower Holker Village Hall Quiz Night, doors open 7 pm for 7.30 pm start. Hot supper and raffle. Up to 4 in a team at £1.00 entry

Tuesday 25th March

Grange Forum AGM with refreshments and a short talk on Colditz and Beyond by Alan Anderson

PEAT AGM - 7-8.30pm Grange Methodist Church Please come along and hear about the work last year and our plans for 2025. All are welcome, either as a member or talk to us if you want to become more involved.

'Thriving' - 7pm for film 7.30pm Cartmel Fell Parish Hall L11 6NH Tickets £5 on the door, cash preferred. This is the story of Clare Dyson's 200 mile journey across Cumbria on her horse, Merry, in 2022. To ensure you get a seat contact team@cartmelfellvolunteers.com to go on the guest list.

Thursday 27th March

Flookburgh & District Over 60's Coach trip to Oswaldtwistle Mill. Pick up from Flookburgh Square 9.30am. Leaving at 4pm Contact: Wendy Bland 015395 58392/07814470033

Saturday 29th March

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

Thursday 3rd April

Bay Community Singers invite you to join them for a 'Spring Sing' at St Paul's Church, Grange over Sands at 7pm

Age UK South Cumbria

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

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

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

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

Please call 01539 728118 for further details.

BEE KEEPING LESSONS



Furness Beekeepers will be holding sessions for anyone interested in keeping bees at Swarthmoor Hall on the 5th & 12th of March, 7.30 until 9pm.

These will be practical and interactive sessions with no live bees.

Our training apiary will open around mid-April on Saturday mornings at 10.30am.

No need to book.

Evening sessions are free.

Find us on facebook – Furness Beekeepers.

For more information contact furnessbeekeepers@gmail.com



Grange Forum

Grange Forum

The Grange Forum 76th Anniversary Lunch was held at the Cumbria Grand hotel on February 4th with 41 members attending. After lunch entertainment was provided by the Grange Primary choir which was thoroughly enjoyed. By all and led by Miss Milburn. Talks by Chris Bibby from Bibbys of Ingleton followed on 11th and our own Chris Wright on the 18th. Svalbard by Lee Kitchingman on 25th. March sees the closing month of the season with no meeting on the 4th, Art and the Working Class on the 11th, Henry third on the 18th and the AGM, with refreshments, on 25th with a short talk on Colditz and Beyond by Alan Anderson. Details about the Forum available from the secretary on 33696.

Grange Bridge Club

This year is the centenary of the invention of the game of Contract Bridge. Bridge was played previously but Contract Bridge was developed so that a group of people could bid and play the same hands, and thereby compare which pair bid and played the hands best. The pair with the highest score won. It was revolutionary and more people began to play bridge thereafter.

Most bridge clubs are still recovering from the after effects of Covid and are busy teaching people how to play in order for them to eventually join a bridge club. Hence the bridge classes at Grange Institute on Wednesday evenings.

Grange Bridge Club entered a National Charity event in aid of UNICEF. Stuart Taylor and Phil Rowland came 13th best in the country, Sally-Anne and Mike Rothwell were 19th and John MacLachlan with Robin Rose were 20th. A good result for such a small club. We also collected £54.00 to donate to UNICEF.

If anybody is interested, they are welcome to "pop-along" and watch how we play bridge. We have free freshly made coffee and nice biscuits for all who enter the hall. We will make you very welcome and answer any questions or queries.

South Lakeland Stitchers

In February, Bev described the embroidery technique known as 'Blackwork' which originated in North Africa. This style was popular in Spain in Tudor times and it is thought it was brought to England by Catherine of Aragon when she married King Henry VIII. Tudor ladies embellished their sleeves, collars and cuffs with elaborate blackwork designs, so just like our predecessors, we set to work with the materials in the pack provided. Most were embroidering a delicate Islamic design using black thread on a white background, with stunning results. Only one member chose to use a different colour and design, a pink flower motif.

We also admired 4 completed projects from the last session, including a finished bag, a picture of shells, the aquarium with the bubble blowing fish and the Mondrian portrait of a woman's head. Two members had even managed to incorporate the strawberries from the lids of their jam jars into the designs as they were so lovely.

Christina reminded us of the annual challenge due by Christmas and there were spare books and fabric on offer for a donation for those who couldn't resist!

Grange Fell Golf Club

Following the annual general meeting (AGM) in February our new Club Captain was appointed and Daniel Asplin takes over the reigns for 2025 ably supported by his Vice-Captain Pete Weston. Lady Captain for 2025 is Marjorie Blackburn. The January Winter Stableford was won by Richard Hinchcliffe with 41 points. The early February Winter Stableford was won by Richard Smith with 42 points. Visit our website (www.grangefellgolfclub.co.uk) for details of how to join, tee bookings and club fixtures for the coming year.

Mothers & Others

Our members and some visitors enjoyed listening to our two speakers in February, and we were pleased to give our donation to Diane from Dignity in Dementia to support them in the wonderful

work they do. At our first March meeting on Tuesday 4th we will welcome back Neil Honeyman who will give an illustrated talk on 'Saucy Seaside Postcards'. I am sure that many of us of a certain age will have memories of giggling about the postcards we saw outside the gift shops in holiday resorts in our younger days, so this is an opportunity to walk down memory lane! On a calmer note, on Tuesday 18th March we will hear all about Angela Pollard Therapies based in Allithwaite, when Angela will come and tell us about the services she provides. Both meetings will be held as usual in the Father Magner room behind St Charles Catholic church on Kents Bank Road, starting at 7.30. p.m. and ending with a cup of tea or coffee and a time for a friendly chat. We always give our members and visitors a warm welcome, so please come and join us for either or both of the meetings. If you would like to know more about Mothers & Others please call Ann on 015395 33856 or Linda on 015395 33482.

Cartmel Art Society

The morning meeting on 12 February was an opportunity to complete the painting started in Graham Twyford's workshop. This was followed a fortnight later with a full day workshop led by local artist, Janice McGloine, painting a building in the quirky style symbolic of Janice's work. The morning of 12 March is a session led by fellow member, Val Hebblethwaite, demonstrating Yupo Painting. This is followed on the 26th with another full day workshop. A new demonstrator to us, Cally Lawson specialises in layered acrylic landscapes in Cumbria and works from her studio on her family farm overlooking Dalton Craggs. She is coming to us in Cartmel where she aims to help members with their mark-making techniques in creating a lovely atmospheric landscape. Please let Rita Denby know if you will be coming to the workshops, 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.

Kents Bank Station Library

Our latest innovation is a 'pop-up station buffet'! We tried it out over the first weekend of February and it proved popular. We ask visitors to help themselves to tea, coffee and biscuits. It's free but donations are welcome. Our monthly 'Mutual Improvement Class' talks continue to be well attended. February's was a film by North-West film maker Anthony Dolan. 'The French Girl, the Engine Driver and her German Lover' is set in Shap during the Second World War. March 12th is about some slightly unusual railways - funiculars. The book

collection continues to expand thanks to generous donations. As we reported last month, we are finalising our first publication - 'Northern Rail Heritage 1825-2025' and we're hoping it will be ready by April. A big thanks to Pete Skellon for the design work. We are hoping it will be the first of many, with a collection of railway ghost stories set in the North of England being the next.

Lower Holker Village Hall

AGM Monday 3rd March 2.30 pm. Table Top Sale Sunday 9th March from 9 am to 1 pm. Tables are £5.00. Friday 21st March (note the change of day!) Another fabulous Quiz Night with hot supper and fabulous raffle prizes with prizes for winning quiz team and £30.00 cash prize available. Don't forget your drinks and glasses. Doors open 7.30 pm for 7.30 start. Up to 4 in a team at £1.00 entry per quiz member. Easter Saturday 19th April 2025 Craft Fair, from 10 am to 3 pm. Tables are £12.00 and to book a table either for the Table Top or Craft Fair, contact Rhona on r.barton5353@gmail.com. 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. Sewing Machine Classes every Friday morning 10-12pm. £15.00 per session, bring your own machine. Contact Natasha on Natasha127@outlook.com or 07901751197. Please follow us on Facebook at [lowerholkervillagehall](https://www.facebook.com/lowerholkervillagehall) for all our latest news. Website is lhvh.co.uk. The Hall number is 015395 58304 with ansaphone.

Grange Lecture Society

With only two meetings left in this TEN TALKS series for 2024/25, it has been a most entertaining programme. On Tuesday the 4th of February the audience was enlightened by the sheer magnitude of all that space over our heads as Stuart Atkinson described the universe. He told us he has helped the Telly Tubbies get a grip on the stars and has written many books, a truly remarkable man. By the time you all read this article, Richard Leafe will have given us an insight into the Lake District National Park organisation.

With just March 4th, a talk on how World War One changed Art and Artists and then our March 18th talk, a real crescendo about the Canary Girls and Gretna Munitions Factory, this season of Ten Talks will be over. Make sure you come along and bring lots of friends. They will thank you for an evening out in the Victoria Hall and one they will remember for a long time. It may inspire you to take a visit to the 'Devils Custard' Museum near Annan - a five-star tourist venue.

We are still looking for more folk

to come along and get new ideas into the management committee. If you would like more details, please feel free to phone me on 07973 122017 Peter Ratcliffe (President) or email me: hiispeed@mac.com

As a gesture of good will to our community, on Tuesday 8th of April, I have organised and financed, a four-piece acoustic band from North Wales and a very successful local busker, Diana Denney to fill the Victoria Hall with song. All welcome ENTRY FREE. Pay whatever you think the show was worth to you. A percentage of the payments will go to a local Charity.

Lower Holker WI

At the February meeting, President Janet welcomed everyone, including two new members and two visitors. Hopefully, the visitors may take the plunge and become members. The visiting speaker was a family member, (fourth generation), of the Bibby clan. Originally the firm began in Bentham and some of the villages roundabout, selling green grocery, but then transitioned to the day tourist trips then tours. They earned a good reputation for desirable hotel and travel, at home and eventually, abroad. Interspersed with his anecdotes on their travel activities, he played some appropriate songs on his euphonium. All together, with a cup of tea and lovely biscuits, we agreed it was a most pleasant afternoon.

Crake Valley Croquet Club

Whenever the weather and lawns have been fit, play has continued throughout the winter enabling members to maintain some level of physical and mental wellness. 22 members attended the AGM followed by a lunch at the White Hart, Bouth. March will see lawn preparation, drainage work and general tidy up to get ready for the forthcoming season. Anyone interested in trying Croquet is welcome to a "taster" session due to be held on Wednesday 2nd April. Details and registration via our website.

Grange and District Photography Society

In March we have one presentation and the AGM. On 3rd March Seppo Hakkinen presents his approach to "Northern Air". He explores different aspects of air and light quality in the Northern hemisphere. The Annual General meeting takes place on 17th March where everybody is welcome to discuss the future for the Society. All meetings take place on Monday afternoons at 2pm in United Reformed Church Hall, Kents Bank Road. Cost is £4 including tea/coffee and biscuits. If you require more information please contact us on

seppo_hakkinen@icloud.com

Grange Probus Club

Grange Probus's meeting welcomed Lynne Farrell who talked about Interesting Plants in the Arnside Knott Are of Natural Beauty (AONB) that was designated as such in 1977. She described the geological make-up of the area and the different plants and wildlife which it supported. She also included information on how the area was being managed and the possible impact of future global warming. The club's next event on Monday, March 10th at 10.30am at the Netherwood Hotel will be a short AGM followed by a talk by a guest speaker. 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 Peninsula Local History Society

CPLHS held a crowded first meeting for 2025 with an audience of 60 to hear Mark Hatton's talk about German Miners in 16th Century Keswick. He explained how Elizabethan England had desperately needed its own source of copper due to problems importing the metal due to the ongoing war with Spain. Brass was essential for a wide range of products from bronze cannons to wool carding combs and expert miners from southern Germany and Austria were invited to come to the Lake District to mine the metal with some 100 miners arriving during the 1560s. Historic records indicate that they were popular with the local women, but that this led to some friction with the local men. The project was an interesting example of capital funding and industrialisation some 200 years before the main Industrial Revolution and it had a royal charter, although it was privately funded. CPLHS's next lecture will be on Thursday, March 6th at 7.30pm in Cartmel Village Hall when Andy Lowe will speak about Bank Barns, Buskins and Bee-boles. Visitors are welcome with a £3 entry fee. 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 Soroptimists

The celebration of our Platinum year continues with a theatre trip to see Blithe Spirit at the Dukes in Lancaster. We are swimming in the Swimathon at Kendal Leisure Centre on March 15th raising money for ShelterBox which we have been supporting since 2009. Over that time we

have donated 18 ShelterBoxes which provide a large family tent and essentials for people displaced by natural disasters or war. Women and children are most affected by disasters so it is very appropriate the Soroptimists support this cause. We would be really grateful if you would sponsor us (please see our Website below). 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 Garden Society

Our next meeting is on Friday 21st March at 2.0 pm. Do join us at the URC on Kents Bank Rd for a talk entitled 'The Wonders of the Plant Kingdom', given by member Dougie Patterson. The talk will be followed by refreshments. Visitors are always very welcome.

Grange and District u3a

The u3a Meeting in the Victoria Hall on Tuesday March 18th will be given by Bob Roberts and is entitled 'The NASA Years.' Doors open at 10.0 for a 10.15 start. We are a very friendly group and are delighted to welcome visitors to our monthly meetings. If you haven't been to a previous meeting, do come and see what we're about and enjoy what promises to be a fascinating talk, followed by refreshments and chat.

PEAT

AGM Tuesday 25th March 7-8.30pm. Please come along and hear about the work last year and our plans for 2025. All are welcome, either as a

member or talk to us if you want to become more involved. After last year's successful Craft Destash we will be holding another event on 26th April at Allithwaite village hall - see separate piece for details in Grange Now. Cartmel Fell Parish Hall L11 6NH are showing the 'Thriving' Film Thriving is the story of Clare Dyson's 200 mile journey across Cumbria on her horse, Merry, in 2022. She sets off from Cartmel Fell, travels through the beautiful landscape, meeting farmers along the way. Clare Dyson will be present also for a discussion on what she learned in the making of the film. Doors open 7pm, Film 7.30pm. Tickets £5 on the door, cash preferred. To ensure you get a seat contact team@cartmelfellvolunteers.com to go on the guest list.

To encourage wildlife in your garden Men's Shed make fantastic bird/bat/hedgehog boxes at very reasonable prices and all from recycled materials. Check out at <https://www.grange-mens-shed.co.uk/>

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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,

Please would you announce the death of my mother Doreen Wright, wife of the Rev J Brian Wright a minister at Grange Methodist Church for much of the 1990s until 2017. She died peacefully in her sleep after suffering from dementia since 2020. Aged 93 in Rotherham on January 25th. David Wright.

Dear Editor,

In response to February issues's "Funnies from Lake Windermere", I would like to add my own quotes from a summer working with the cruisers over a decade ago:

"Does this boat go to Coniston?"

"Does the boat go to Windermere train station?", "the station is up the hill", "...so does the boat go there?"

"We have been to Ambleside and Bowness, Beatrix Potter's house must be at Lakeside... they won't build it in the middle of nowhere!!" Hannah Woodhead

SITUATIONS VACANT

Cartmel Racecourse is seeking an enthusiastic and proactive individual to take on a key role throughout our 2025 race season, which includes four exciting race meets.

This is a fantastic opportunity for someone looking to take on more responsibility over our racing events. The role will involve overseeing the race days, ensuring a seamless experience for attendees, and helping to elevate the racecourse's reputation. Strong organizational, communication, and leadership skills are essential, along with a passion for delivering exceptional events. If you're ready to contribute to a dynamic, fast-paced environment, we'd love to hear from you.

Apply now to be part of the 2025 race season at Cartmel Racecourse. Contact Molly at molly@cartmel-racecourse.co.uk



JOB VACANCY FOR A PARISH CLERK/ RESPONSIBLE FINANCE OFFICER

Colton Parish Council wishes to appoint a Parish Clerk/Responsible Financial Officer. The Clerk is responsible for the day to day running of the Parish Council, and the successful applicant will have excellent communication, finance and organisational skills.

The Clerk will be home based (other than attending monthly meetings). 10 hrs per week - NJC Scale LC1 13-17 £14.60 - £15.58 per hour (£28,163 to £30,060 pro rata) depending on experience and qualifications.

Contact the current Parish Clerk for application form and job description via email clerk@coltonparishcouncil.org.uk

The closing date for applications is 31st March, 2025.

We are a friendly & active Parish Council and if you would like more information on what we do, please visit our website www.coltonparishcouncil.org.uk

Property Talk

With

Craig Turner Property Department Manager and Valuer



FRIENDLY HONEST PROPERTY ADVICE

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Those of you who read these Property Talks regularly will know how much I love my facts and figures. The trends in the property market can be followed year on year with activity levels and sales ebbing and flowing like the river levels in our area during these winter months.

Data analysts from Rightmove have confirmed that the months to list your property for sale with the highest sales success rate are February and March. In a study conducted from data between 2012 and current day it was found that 66% of property listed in February goes on to completion. February also has the quickest time to find a buyer for property on average, coming in at 51 days. This is a common trend for the beginning of the year with January matching the 51 day average and March and April recording 52 average days.

On an equally positive note the number of potential buyers contacting agents about property for sale is up 8% from this time last year and the number of sales agreed is up 15%. This falls in line with the sale successes we have been seeing throughout all of our branches.

More good news came in the form of the anticipated Bank of England interest rate cut to 4.5% with markets even predicting a further three cuts across the year. And first time buyers are further helped by the increase in low deposit mortgages available to the market. Mortgages with a 95% loan to value (meaning a buyer only has to find 5% of the purchase price for the deposit) are at a five year high meaning that the pool of property buyers is increasing as mortgage affordability is made more available.

With all these factors coming together its not difficult to see why once again we have seen a busy start to the new year – leading the way in property sales across the region in 2025. If you are looking at taking advantage of the most successful sales months of the year then why not talk to the most successful sales agent.



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Game-Changer: Grange Girls' Football Scores Big with Fibrus Grant

Dozens of young girls in Grange have the opportunity to develop their football skills, thanks to funding from the Fibrus Play It Forward Fund.

The grant is an extra boost for the already rapid growth of girls' football at Grange United Junior Football Club. The club introduced its first girls' team just five years ago, following an initiative led by the Football Association to encourage more young girls to take up the sport.

Tracy Hathorn, who sits on the football club's board and also oversees all of the girls' teams, admits they started very small.

"We managed to get nine girls on board back then," she recalls.

Since then, the club has grown faster than anyone dared imagine, and now proudly boasts more than 70 girls as part of its teams.

Tracy says: "We run competitive teams for under-15s, under-13s and under-10s girls, with a new under-eights girls team.



"We also have the Wildcats, a 'just-for-fun' team for girls aged five to 11, with the hope some of them may join the league as they get more and more into it."

However, this rapid growth – coupled with an increase in the boys' teams too, as this year Grange United has two under-eight boys' teams for the first time – comes at a cost.

"Each team needs its own equipment – footballs, cones, bibs etc," admits Tracy. "So for every new team, there is a cost. This year

was the largest equipment bill the club has ever had."

They applied to the Play It Forward Fund, which was set up by Fibrus to support the communities it works with in Cumbria and Northern Ireland, and encourage young people to put down their electronic devices and get outside and get active.

Now in its second year, the fund has now allocated more than £100,000 to grassroots sports – including almost £40,000 in Cumbria.

Grange United Junior Football Club, which has a

catchment across Grange-over-Sands, Allithwaite, Cartmel, Flookburgh, Newby Bridge, Levens and Cark, was one of the grassroots clubs to receive a grant in the latest round of funding.

Tracy says: "We are so grateful to Fibrus, because this grant has paid for a whole host of new equipment: training balls, match balls, pop-up goals and cones are just some of the things we needed to buy.

"We want to encourage anyone who wants to play football to get involved, but we would have struggled without this grant. It's made the world of difference to us."

Linda McMillan, Chief People Officer at Fibrus, said: "We are passionate about the Play It Forward Fund because we understand how vital these community clubs are, especially in rural areas like Cumbria.

"The growth of girls' football at Grange United is phenomenal, and we are delighted to support them as they continue to go from strength to strength."

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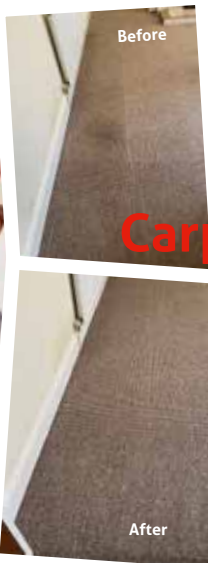
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