



Great Cumbrian Litter Pick Page 7



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Writing a Will is something many of us know we should do, yet it's often postponed. After all, there always seem to be more exciting or urgent ways to spend our money. With so many low-cost or DIY options available, it can be tempting to think that having a professionally drafted Will is an unnecessary expense.

Perhaps you've considered a "make-your-own" Will kit from a shop or online provider. Maybe a well-meaning family member has offered to help, using examples found on the internet, or a trusted professional such as an accountant, financial advisor, or long-standing family solicitor has offered to draft it for you. At first glance, these options may appear practical, cost-effective, and perfectly adequate.

However, the reality is that Wills are specialist legal documents and are far easier to get wrong than many people realise. While most of us would never consider using a non-specialist for complex or high-risk services - asking a mechanic to perform surgery or a vet to install a kitchen—people frequently underestimate the complexity of Will drafting. One missed clause, an unclear sentence, or an incorrectly executed amendment can fundamentally change how an estate is distributed, or even render a Will invalid altogether.

The consequences of a poorly drafted Will often only become apparent after death, when it is too late to fix. We regularly see estates burdened with unnecessary delays, increased legal costs, and, most sadly, family disputes caused by ambiguity or errors in a Will. What may have seemed like a small saving at the time can end up costing hundreds or even thousands of pounds in additional legal fees - money that could otherwise have been passed on to loved ones.

There is also the crucial issue of protection. Many non-legal Will writers are not regulated or insured to provide this service. If mistakes are made, your executors and beneficiaries may have no financial recourse. In contrast, when a suitably experienced legal professional drafts your Will, they are insured to protect your estate. This means that even in the unlikely event of an error, your intended beneficiaries should still receive what you intended them to have.

At Gedye & Sons, professionally drafted Wills start from £350 plus VAT. This modest investment offers peace of mind that your wishes are clearly documented, legally valid, and supported by detailed professional records of your intentions. It can mean the difference between a smooth administration of your estate and months (or even years) of stress, confusion, and conflict for those you leave behind.

Ultimately, the question is not whether you can afford a professionally drafted Will, but whether you can afford the consequences of *not* having one.

Protect your assets, your wishes, and your family's future by putting your Will in trusted hands. Call us today and make your appointment to speak to one of our experienced professionals.

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Editor's letter,

'Bring me sunshine, in your smile...' What a joy it is to see the better weather and longer days. Perfect for filling up your diary with all the events taking place - see pages 26 and 27 for a full listing. Open gardens day (p.24), music festivals (p. 14, 16 and 17), bowling open day (p.10) and many more. Whatever your interest, there is sure to be something that catches your eye in this bumper issue.

Well done to all the litter pickers (front cover and p.7) - and thank you.

Next deadline is Friday 15th May.

Chris

Golden News For Kents Bank Station



Gold news.....Rick Goodson (in the middle) and Andrew Stokes (second from right). They were presented with the award by representatives of East Midland Railways who hosted the event.

At the 21st National Community Rail Awards in Derby in March the Friends of Kents Bank Station & Foreshore were announced as the **OVERALL WINNERS OF THE GOLD AWARD in the 'It's Your Station' category.**

This is a huge achievement for our group and is thanks to the incredible hard work and dedication shown by all our volunteers.

The judges said: "Since forming in 2015 the Friends of Kents Bank Station & Foreshore have transformed their station into a welcoming, heritage-rich space. They've revived its

Victorian character through restored information boards, replica Furness Railway's squirrel benches, and creative engagement like the book exchange and 'Poetry on the Platform'. Their clear, consistent communication has built strong connections with residents, visitors and passengers.

The group's wildlife-friendly gardens and popular annual Community Fete have turned the once neglected station into a thriving community hub. This blend of heritage preservation, environmental care and outstanding local engagement is exactly why they stood out as a Gold-winning group".

grange NOW

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RNLI



This year is a bit of a momentous year for the Grange Branch of the RNLI as it is the 100th year of fundraising activities in Grange-over-Sands with our actual anniversary on 17th December 2026 when the branch was formally inaugurated.

The Ladies Guild was set up in parallel. The branch and guild have gone through a few trials and tribulations in the interim, with the Ladies Guild in particular having to cease operations circa 1934/5 and not reforming until 1940. The Branch itself had a hiccup about the same time when the then Secretary died and no one was immediately available to take over but it was relatively quickly resolved. The Branch itself continued in

operation until 1974 following which the Ladies Guild continued in its own right up to 1997 when it was reformulated into a Branch under which auspices it has been operating ever since.

The Branch started its 2026 campaign in earnest in April with a coffee morning in Swarthmoor. It's next event is the annual Mayday event which, this year, is on Sunday 24th May on the Promenade. Everybody and anybody and their dogs are invited to take a stroll along the promenade whether part of it or the whole of it and make a donation to the MayDay Mile appeal. The event starts at 11am and closes at 4pm so please come along sometime between those times and show your support.

However, if you can't make the event and are interested in supporting the RNLI either with money or by volunteering time to help fundraising please contact the Branch Secretary, Phil Lundberg at pickle_028@tiscali.co.uk, or go the the RNLI website, <https://rnli.org/support-us>."

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Future Deadlines

ISSUE	DEADLINE	RELEASE
GN417	15th May	27th May
GN418	19th Jun	1st Jul



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Investment Matters

By Will Wilson APFS

The future of the Lifetime ISA... What comes next?

The UK government has issued long-awaited clarification on the future of Lifetime ISAs (LISAs). The key announcement is that Lifetime ISAs will be replaced in April 2028 by a new, simpler first-time buyer-only ISA. This new product is intended to focus solely on helping people buy their first home, rather than serving the current dual role of first-home savings and retirement savings. Anyone who already has a Lifetime ISA will be able to continue contributing indefinitely up to age 50, whether they are saving for a first home or for later life. In addition, eligible savers can still open new Lifetime ISAs up until the new product launches, meaning there is no need to rush or change savings plans immediately.

For the moment, nothing changes. For those that are eligible, the maximum contribution remains at £4,000 per tax year which the government will top up with a 25% bonus. The bigger decisions will come after the 2026 consultation, once we know the rules, incentives and trade-offs of any replacement product. Until then, Lifetime ISAs remain a powerful tool for first-time buyers looking to get on the housing ladder and long-term savers alike. It is important to remember that any withdrawals made for any purpose other than a first-time property purchase or after age 60 will be subject to a flat 25% penalty. The government has indicated this penalty may be removed in the new first-time buyer ISA, addressing one of the most criticised features of the current system. For now, savers can keep benefiting from the 25% bonus and await further details as reforms progress.

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.

Cubs



It has been a fun and eventful few months for our two cub packs, with plenty of games, days out, cooking, star gazing, and a fantastic music night where everyone played a variety of instruments and sang.

We also celebrated Burns Night, during which the cubs tried Haggis, heard poems, made their own bagpipes and enjoyed the sounds of a professional piper.

With the continuing fund-raising progressing for their summer camp and trip to London, the Cubs also held a bacon buttie morning, where they offered freshly cooked breakfasts alongside

an array of cakes. Thirteen Cubs undertook a six-mile sponsored walk. With all the effort on that day we successfully raised over £1,500 and we thank all the local people who kindly supported us. Look out for future mouthwatering breakfasts.

At the end of term, we had a special celebration to enroll our new Cubs and present achievement badges, each Cub received at least ten hard worked for, but enjoyable, awards.

If your child would like to join us please call John on 07968 276799

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Arnside to Grange Bike and Foot Path

16 miles of travel, if the road is quite busy,

On a bike or on foot, it will make you all dizzy.

How wonderful, how marvellous, how iconic it would be,

To have a quiet 'cross the estuary' route, with a mileage of 3.

How difficult is it really to copy the walking/bike solution found in other parts of Cumbria such as the example in the photograph which is at Ravenglass? An almost identical bridge in style and length which is served by a side path next to the railway line.

To travel by bike from Grange to Arnside involves over 16 miles going inland to the bridge at Levens to then come out to the coast again to resume the Morecambe Bay cycleway. How many more people would enjoy cycling and walking across the estuary between Arnside and Grange if that 16 mile journey could be reduced to under 3 miles?

The argument being put forward is that a dedicated walking and cycling route across the 600 metre long estuary bridge is very achievable, low cost and would be a fantastic addition to the area for both tourists and residents. In fact if care was taken to provide access for all - prams, wheelchairs, bikes, and safe walking, the crossing could be truly iconic and a real visitor attraction.

The estuary is a fascinating place for birds, trains, tidal flow, fresh air and of course is a great place to enjoy an



ice cream or cup of tea at one end or the other after an enjoyable crossing.

What a great opportunity to copy the example at Ravenglass and provide carbon friendly access for all across the estuary from Grange to Arnside. How about it?

Morecambe Bay Prawner

Spray, a Morecambe Bay Prawner - a historic type of fishing boat local to Morecambe Bay - built in Arnside in 1896 and which fished out of Morecambe and Barrow recently took to sea on Morecambe Bay under sail for the first time under the stewardship of the Morecambe Prawner Trust. **Photo credit - Mark Jolleys**



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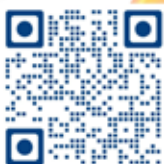
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Clare Fleming has recently joined the Private Client team at Arnold Greenwood Solicitors in Grange-over-Sands, following the retirement of Shirley Evans

Originally from the South East of England, Clare worked for a number of respected regional firms before relocating to the North West in 2020.

She brings with her more than 20 years of experience in private client law and advises on Wills, Lasting Powers of Attorney, Inheritance Tax Planning, and the administration of estates and trusts. Clare is currently ranked Tier 1 in the Chambers High Net Worth Guide and is recognised as a recommended solicitor in The Legal 500 (two of the UK's leading legal directories) reflecting her reputation as a highly respected practitioner in this field.

Established in Kendal in 1871, Arnold Greenwood has been trusted by generations for clear, dependable legal advice. Since the merger with Shirley Evans' practice in 2023, the firm has continued to strengthen its presence in Grange-over-Sands, providing expert legal support to the local community.

For advice on Wills, Inheritance Tax Planning, Lasting Powers of Attorney, estates or trusts, contact Clare at the Grange-over-Sands office on 01539 535208.

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Great Cumbrian Litter Pick



PEAT organised a litter pick on Saturday 28th March, starting at 9am (before car parks fill up).

It was part of The Great Cumbrian Litter Pick organised by Friends of the Lake District. This time they asked us to gather information as they are trying to establish baseline figures as to whether or not littering is getting worse. Here is my report to them:

We had 28 people take part in total, not all at the same time. That's our best turnout ever and hugely encouraging with lots of new faces. We collected 30+ bags of litter plus car parts, bollards and signs etc. I asked people to report other items they couldn't collect also.

Distances covered is a tricky one - one

lady did 6000 steps, various others reported half a mile to a mile, or between 3.5 and 5kms.

We estimate litter collected being roughly 50% plastic, 40% cans and bottles, 10% paper. Common items were crisp and sweet packets, drinks containers and food containers (still some polystyrene type and lots of McDonalds, although we don't have a branch nearby). Lots of cigarette butts and still some vapes but markedly fewer than previous litter picks. Random items as above and site specific - loads of cable ties where Fibrus have been installing/litter around building sites (the new Spar development was particularly highlighted) by Atkinsons entrance where delivery drivers park up overnight. Car parks are also hotspots (people deciding to empty a month's worth of rubbish at a time).

Lots of bits of cars, especially wing mirrors which says a lot about our narrow roads and larger cars parking in small parking spaces. Lots of debris left over from building works public and private including cones, signs and materials. Could this be classified as fly-tipping and prosecuted? An encouraging number of people want to pick more often, it just requires organising.



As a follow on to this I've made enquiries and construction materials left over after works CAN be classified as fly-tipping and reported to the council.

Also, after letting Westmorland and Furness waste and environmental department know of our efforts we have been gifted 10 new litter pickers and a quantity of bags courtesy of FCC, one of their waste contractors! Grange Town Council have kindly agreed that these can be stored at the Victoria Hall and booked out by anyone wishing to help keep our town tidy (please check Hall opening times)

Hopefully this enables small groups/ individuals to go out at a time and to a location that suits them. PEAT will continue to organise scheduled litter picks.

Allithwaite & Cartmel Parish Council

April 2026 NEWSLETTER

Could You Help Shape Our Community?

The Parish Council is currently working on a wide range of important projects—each one aimed at improving village life now and for the future. As our list of responsibilities grows, so does the need for more people to get involved. Becoming a councillor is a rewarding way to support your community, help make decisions that matter, and share the workload with a friendly and committed team.

Here are some key projects which you could help with:

Using Funds from the Sale of the Parish Cottage

Following the cottage sale, we would like to identify suitable capital projects that could benefit from this one-off opportunity for investment. To qualify projects must relate to acquiring, creating, or significantly enhancing a fixed asset (property, plant, equipment) with a useful life of more than 1 year. Includes major improvements, not routine repairs. Please contact our clerk with your ideas of any suitable projects.

Speed Indicator Deployment

We're expanding the use of Speed Indicator Devices to promote safer driving through the parish and respond to residents' concerns about traffic. Two indicator devices will be installed in Allithwaite and two in Cartmel.

The Parish belongs to a Community Speed Watch scheme, where trained volunteers can use speed indicator guns to identify speeding instances. We need volunteers to help us deploy the speed indicator guns. All necessary training will be given so please contact our clerk if this is something you are interested in helping us with.

Call for Sites Working Group

Do you have planning experience or are you interested in the potential development sites included in the Call for Sites consultation by Westmorland & Furness? We need your knowledge and experience to influence which sites are approved in our area. Please contact our clerk if this is something you are interested in helping us with.

Community Governance Review – Proposed Boundary Change

Westmorland & Furness Council has issued draft recommendations as part of the ongoing Community Governance Review. The proposal is to adjust the boundary between Allithwaite & Cartmel Parish and Lower Holker Parish so that it follows the railway line. This would mean the Haven Holiday Park and Humphrey Head area move into Lower Holker. A map has been sent to affected households.

We support this change. Many planning applications relating to the Haven site have a greater impact on residents in Lower Holker than on those in our parish. It is therefore more appropriate for Lower Holker Parish Council to consider and respond to these matters.

Residents are encouraged to take part in the consultation and share their views. Further information is available on the Westmorland & Furness Council website.

Parish Council Vacancies

Allithwaite and Cartmel Parish Council still have several vacancies 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-optation should write to the clerk at: clerk@allithwaiteandcartmel-pc.gov.uk.

Why Not Join Us?

Provided you meet the qualification requirements, anyone can stand as a councillor. However, you don't need to be a councillor to make a difference—your skills and expertise can help as a member of the public. We currently have working groups focused on: Cartmel Cemetery Expansion, Call for Sites, and the Speed Indicators. If you'd like to help with any of these initiatives or learn more about becoming a councillor, please get in touch.

More information...

Our Mission & Aspirations Statements and further information about the services we provide are on our website. Our email contact is clerk@allithwaiteandcartmel-pc.gov.uk and our website is www.allithwaiteandcartmel-pc.gov.uk



BLUE BADGE PARKING CHANGES

WM&F Council are proposing to have a single consistent approach to Blue Badges across all its carparks. It is proposed that Blue Badge holders will be entitled to park free for the first 3 hours with additional time to be paid for.

WHAT'S ON OUR AGENDA?

The Parish Council publishes its agenda one week before each meeting. Reading our agenda allows you to identify topics that interest you, contact the council in advance, or prepare to speak during the meeting if you have input.

Our agendas are displayed on our notice boards and posted online. You can reach the clerk at clerk@allithwaiteandcartmel-pc.gov.uk for questions or to take part.

GARDEN WASTE SERVICE CHANGES

Westmorland & Furness Council's garden waste collections run from March to November and now require an annual subscription of £60. Only bins displaying a valid subscription sticker will be emptied. You can subscribe online at Westmorland & Furness Council's website.

Please visit the News section on Allithwaite and Cartmel Parish Council website for more information.

Meet Councillor Pendlebury

During my time on the Parish Council, I have aimed to be an active and reliable member of the community, taking on a range of practical responsibilities. I have monitored potholes in Cartmel, ensuring issues are reported promptly and followed up so that residents remain informed about progress. I've also helped people understand how to adjust their street-lighting settings, offering clear guidance whenever questions arise.



Leading the Allithwaite Allotment Working Group has been an important part of my role, and I've worked to support allotment holders, coordinate improvements, and keep communication open and constructive. Alongside these duties, I have played a proactive part across other council activities, contributing wherever needed and helping to keep parish matters moving smoothly.

Serving the community in this way has been rewarding, and I encourage anyone with an interest in local issues to consider joining the Parish Council in the future.

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Friends of Grange Library News

At our last Reading Friends get together we remembered our Best and Worst Holidays, but at our next meeting on Thursday May 14th we shall be turning our attention to 'Food I Hate!'.

Be it a particularly unappetising School dinner, or a vegetable your mother made you eat because it was good for you, we will all have food which we really don't like, so why not come along

and share your foodie pet hates? We meet at 2.00 p.m. when tasty refreshments are provided! Later in the month, on Thursday May 28th we shall be holding our regular Cake and Games afternoon from 2.00 p.m. We have plenty of old favourites like Draughts, Dominoes and Scrabble alongside more recent inventions such as Rummikubs, Bananagrams and Articulate, so do come along for an afternoon of friendly rivalry and CAKE!

Eden Project Morecambe appoints contractor

Eden Project Morecambe, has taken a major leap forward with the appointment of VINCI Building as main contractor for the next stage of design development and construction.

The announcement adds significant momentum to what is set to be a transformative

year for the highly anticipated new Eden Project in the North West. Opening in 2028, Eden Project Morecambe will celebrate the beauty, ecology and heritage of Morecambe Bay through two striking, shell-inspired superstructures housing immersive "Realms" exploring humanity's relationship with the natural world.

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Allithwaite Bowling

Allithwaite Crown Green Bowling Club Welcomes New Season with Open Invitation to the Community.

The Allithwaite Crown Green Bowling Club is delighted to announce that it is now fully open for the new season, welcoming both returning members and newcomers to enjoy one of Britain's most rewarding summer outdoor sports.

Set in a friendly environment, the club is inviting anyone curious about Crown Green Bowling to come along and give it a try.

An Open Afternoon will be held on Saturday 9th May from 2.00pm to 5.00pm, offering a relaxed opportunity to learn the basics, meet members, experience the game first-hand and have some fun.

If you can't attend on the day, the club also offers free taster sessions at a mutually convenient time—making it easy for you to get involved regardless of your schedule.

Crown Green Bowling

is suitable for all ages and abilities, provides gentle physical exercise, improves balance, coordination, and overall wellbeing, it encourages social interaction. Helps reduce isolation and fosters a strong sense of community.

Whether you are looking to stay active, meet new people, or simply try something different, Allithwaite Crown Green Bowling Club extends a warm welcome.

For more information, visit www.allithwaitebowlingclub.co.uk or call Julia on 07468 069555.



Repair Café updates



The Cartmel Peninsula Repair Café is back with three summer sessions starting on Friday May 1st, followed by June 5th and July 3rd, 5 – 7pm at Grange Methodist Hall.

Our talented repairers will be able to use their skills to get your textiles, leather, wood, metal and electrical items back into working order. Please note that two of our repairers who sort out problems with computers and phones and will be

away in May but will be back at our June café. We are a successful and friendly group and are always glad to welcome new repairers and volunteers so please come along and let us know if you have skills to offer. We would be particularly pleased to hear from anyone who can do jewellery repairs as we often have requests for this. As always, the repairs are accompanied by hot drinks and home-made cakes and we hope to see you soon!

Grange Shed



Spring is finally here and it looks like we might get a good summer. Time to sort out the garden then!

At the moment we are doing a lot of garden benches and planters. The season for bird boxes has passed, although we will be making more for next season and Christmas presents. Now get your planting and garden furniture sorted. We have just done a batch of three planters, they go directly onto the soil so I suppose they are really raised beds we can easily put a bottom on them.

As for furniture we have been asked to help the Grange Soroptimists with the repair of

their bench at Cox's Corner and for the repairs to the Flower Club bench at Cartmel Village Hall.

Our repair skills are also improving with the restoration of an intricately carved Edwardian chair. Also a vintage clock, bit of a cheat there as we had to put a new modern movement in it as we could not make the replacement parts needed, it will work now for another fifty years.

Please remember the Repair Café is back on Friday 1 May but look forward to seeing people on Monday, Wednesday and Friday mornings 10.00 until 13.00.

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24 hours notice required for bookings.

Fish Friday Special

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Delicious fresh fillet of fish coated in our Chef's crispy beer batter, deep fried with chips, peas, tartare sauce & lemon wedge. All served with a pot of tea, bread & butter.



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Every Saturday - Only £25.95pp

Dine on a delicious 3-course meal in our Hazelwood Restaurant. Then after dinner, relax in the Jacobean Bar Lounge and enjoy the live entertainment with one of our regular singing acts.



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South Lakeland Phoenixes



South Lakeland Phoenixes
Peer Support Community Mental Health

Across the UK, more people are realising that mental health thrives in community, not in isolation.

Peer support groups are increasingly important in helping individuals manage challenges such as anxiety, depression, and loneliness. Local initiatives, such as the Grange-based South Lakeland Phoenixes, demonstrate the power of shared understanding.

Peer support groups bring together people who have experienced mental health difficulties. Instead of formal therapy, these groups provide a safe, warm environment where members can speak openly, listen to others, and realise they are not alone. This feeling of connection can be incredibly comforting, especially for those who might feel

misunderstood or isolated in everyday life.

Another great benefit is the chance to share practical coping strategies. Members often exchange small, meaningful tips that have helped them through tough times, from mindfulness techniques to healthy routines. Hearing real stories makes these strategies feel more relatable and doable.

Importantly, peer groups also build confidence and a sense of purpose. Many members go on to support others, turning their recovery journey into a source of strength for the whole community.

If you're dealing with mental health or wellbeing issues, joining a friendly local group can be a wonderful first step. Sometimes, just being heard by people who truly understand can make all the difference.

For more details, including information about our weekly group, visit our website at www.southlakelandphoenixes.com, email us at info@southlakelandphoenixes.com, or check the 'What's On' page in Grange Now.

We're excited to share that members of our group will be joining the Mental Health and Wellbeing Day event, hosted by Grange-over-Sands Soroptimists, on Saturday, 16th May, at the Victoria Hall in Grange. We hope to see you there, too!

Lindale deliverer needed one time only

Could anybody deliver Grange Now to Lindale at the beginning of July. Our Lindale deliverer is on holiday and so if you would be willing to deliver 330 papers to Lindale on or around 1st July, please get in touch - chris@grangenow.co.uk

CUMBERLAND BRIDECAKE

Cumberland bridecake, from Traditional Cumbrian Cooking with Mrs Simkins, is linked to an old Cumberland wedding custom, in which it was broken over the bride's head after the ceremony before being shared out among guests.

These days, with its dried fruit, brown sugar and spice, it feels like a delicious reminder of the county's rich food heritage, best enjoyed with a good cuppa.

INGREDIENTS

- 400g mixed dried fruit and peel
 - 110g butter, diced
 - 50g dark brown sugar
 - 5 tsp mixed spice
 - 1 tsp ground ginger
 - Grating of nutmeg
 - 2 tbsp dark rum or orange juice
- plus
- 320g plain flour
 - 160g cold salted butter, diced
 - 50g golden caster sugar
 - 5 tbsp cold water

METHOD

- Preheat fan oven to 180°C (200°C non-fan, gas mark 6 or equivalent).
- Line a large baking tray with greaseproof paper.
- Combine the filling ingredients, apart from the rum or juice, and cook over a medium heat until the sugar has melted. Stir thoroughly. Increase the heat slightly and cook for 1 minute until the liquid has slightly reduced.
- Leave to cool. Stir in the rum or juice.
- Rub the flour and butter together until a fine crumb forms. Stir in the sugar, then add the water gradually.
- A food processor makes light work of this: after adding water, pulse until large clumps form, then remove the mixture from the machine and gently form it into a ball by hand.
- Divide into two. Shape each into a large rectangle on a lightly floured board.
- Transfer the first rectangle to the baking tray and spread with the fruit mixture.
- Lay the second on top. Tuck in the edges.
- Score the cake lightly into diamonds or rectangles.
- Brush with water, sprinkle with caster sugar and bake for 25 – 30 minutes (until golden).



Charity dog show returns to Kendal for third year



Woof and Wag 2025

Local cancer charity CancerCare's Woof & Wag dog show is returning to Kendal this summer.

Woof & Wag will be held at Abbot Hall Park in Kendal on Saturday 22nd August from 12noon, with the feature dog show kicking off at 1.30pm.

Now in its third year, Woof & Wag promises to be another fun-filled family day, with a host of activities including games, displays and stalls.



The dog show schedule will include 12 classes, with judging culminating in a Best in Show championship. Categories include: Prettiest Female, Most Handsome Male, Best Youngster, Best Golden Oldie (over 10 years), Best Rescue, Dog the Judge Would Most Like to Take Home, Most Terrific Trick, Waggiest Tail, Dog Most Like Their Owner, Best Biscuit Catcher, Smiliest Face, and Best Bad Hair Day.

Award-winning doggy day care centre Taylor Made Dog Centre, based just outside Kendal, is sponsoring Woof & Wag for the second year in a row. The team at Taylor Made ensures each dog is given



the highest level of care and attention.

CancerCare, a local charity who supports adults and children affected by cancer and bereavement, has one of its four centres on Blackhall Road in Kendal.

Woof & Wag is free to attend, with a £2.50 entry fee per dog, per show class. To book your place in the dog show, please visit: <https://www.trybooking.com/uk/GHEV>

The café and facilities at the adjacent Abbot Hall Art Gallery will be available to use on the day.

CancerCare's South Lakes Community Fundraiser, Lisa Oliver-Hannis, said: "We are so honoured to be bringing CancerCare's Woof & Wag back to the Kendal community for the third year in a row. With stalls, games and a dog show judged by some local legends, there is something for all the family, especially the four-legged members. It's fantastic to be running such a fun and animal-focused event in aid of CancerCare, and we're so excited to welcome fellow dog lovers for another unforgettable day."

For more information on CancerCare's fundraising, please email fundraising@cancercares.org.uk

Grange Fell Golf Club

MEMBERSHIP RATES

From 1st March 2026

Full Membership		£480
• Young Adults	Under 30	£315
• Junior Fees	Under 18	£100
• Over 80's		£315
• Country Membership *		£315
<i>(* Must live in excess of 25 miles from the club)</i>		
• Associate Membership *		£315
<i>(* Must be a full member at another club)</i>		
• Taster Membership		£120 for 3
<i>(Taster membership only available once)</i>		

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Why more families are being caught by inheritance tax



progressionsolicitors.com

Inheritance tax (IHT) is affecting more families than ever. With the nil rate band remaining frozen at £325,000 since 2009 and property values rising dramatically, what was once a tax aimed at the wealthiest estates now regularly captures households whose main asset is a family home.

The structure of the rules also means inheritance tax does not affect everyone equally. The current regime strongly favours married couples and civil partners with children, allowing unused allowances to pass between spouses and offering additional relief where a home is left to direct descendants. In contrast, unmarried couples do not benefit from spouse exemption, automatic transfer of allowances, regardless of how long they may have been in a relationship. With or without children, there is no legally recognition for long-term partners from a tax perspective.

As family structures have changed, the law has not kept pace. Increasingly, unmarried partners are facing unexpected inheritance tax bills at a time of bereavement which can result in forcing difficult decisions about selling a home simply to pay the tax.

If you are unsure about your position and have not made any arrangements for your estate on death, making an appointment with our private client team to draw up a will should be your first step. You may not be able to avoid IHT but knowledge is power and understanding your position will often bring peace of mind.



015395 38288

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Lake District Music Summer Festival 2026



Wihan Quartet. Credit Petra Hajska

Highlights include:

- **Focus on music and musicians from the Czech Republic including performances by the Wihan Quartet and Trio Bohémo**

- **Lake District Music's 2026 Emerging Artists, Nadejda and Resol String Quartets, perform and take part in masterclasses**

- **Performances by pianist Isata Kanneh-Mason, Aquarelle Guitar Quartet, singer Ruby Hughes amongst others**

- **Family events with Opera North, Concerteenies and Musical Curiosities**

Excitement is in the air as Lake District Music announce the programme for the 2026 Summer Festival. Featuring a captivating blend of music, and world class performers and emerging artists, the Summer Festival takes place from 31 July to 9 August 2026.

The glorious sounds of Rachel Podger's Brecon Baroque open this year's Festival (31 July, The Coro, Ulveston) and events are brought to a magnificent conclusion with operatic delights, including Mascagni's

Cavalleria Rusticana performed by a stellar cast and the Northern Chamber Orchestra in our Festival Finale (9 August, Kendal Leisure Centre).

A central focus of the programme is music and musicians from the Czech Republic. Trio Bohémo have swiftly emerged as a force on the international chamber music scene, performing with captivating freshness and energy.

They perform an all-Czech programme of Piano Trio's by Dvorak, Reicha and Smetana (1 Aug, Ambleside Parish Church). The Wihan Quartet is one of the leading string quartets to emerge from the great Czech school of performance in recent years. They bring to life music from three composers (Janacek, Smetana and Dvorak) each from a different generation, from their Czech homeland (2 Aug, Kendal Town Hall).

Lake District Music's summer festival takes place from Friday 31 July until Sunday 9 August in stunning venues across Cumbria. Tickets on public sale from Monday 4 May (priority booking for Lake District Music members opens Monday 20 April). Full details can be found at ldsm.org.uk

For over 150 years, Arnold Greenwood Solicitors has supported families across Cumbria

Established in 1871, with offices in Kendal and Grange, the firm provides expert legal advice with empathy, discretion, and professionalism.

Disputes involving children and contact arrangements can be deeply distressing. The Family Team offers calm, practical guidance, always focused on protecting the child's best interests and helping families move forward.

The team advises on:

- child contact arrangements
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- holidays and special occasions
- court applications where agreement cannot be reached
- concerns about a child's welfare

Every case is handled individually, with clear advice and a focus on reaching sensible agreements wherever possible. When needed, the team provides strong representation through the courts.

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Bookshop celebrates 20 years trading in Grange



Grange retailers Daisyroots Books are celebrating twenty years of trading in the town.

The family-owned second-hand bookshop was set up in Grange in 2006, in a tiny premises on Albert Mews. Since then, with the valued support of many local people and visitors, Daisyroots has grown into a thriving establishment. Ever expanding, Daisyroots

has moved several times to successively larger premises. Since 2023 it has been on the High Street at Morecambe Bank. Described by customers as, "A bit of a Tardis", the shop is ranged over three floors with seven rooms and over 50,000 books.

Owners Chris and Elaine Ware are backed by a small team of dedicated staff - Izzy Thorne, Alison Shaw, and Jackie McLaughlin.

20th Birthday

Join us as we celebrate 20 years trading in Grange with a

'BUY THREE GET ONE FREE OFFER'

*from our extensive range of second-hand books.

We also have in stock new books, cards, postcards, prints, vinyl, CDs, and a range of carefully selected gifts.

Come and explore our seven rooms over three floors.



Open Monday – Saturday 10am - 4pm

Main Street, Grange over Sands
www.daisyrootsbookshop.com

*Offer applies to the lowest priced item and for one week only 2nd – 8th May 2026

Flookburgh Band



On the 14th March an ensemble from the Band led by Adrian Turner competed at the South Cumbrian Music Festival in the Entertainment class.

The theme of the programme performed was based on 'Dance around Europe' including the Can-Can and the dance

from the Film 'Zorba the Greek'. With a little bit of choreography plus some visuals the group of twelve were placed 1st.

The adjudicator Danny Brooks described it as, 'A superb performance'. Well done to our youths, 3 first places for Mikey and one first for Charlie in the solo classes. The following weekend saw the Band compete at the North of England Regional Championships with '20,000 Leagues Under The Sea. Our conductor was Stephen Craig from Poulton-le-Fylde who did a great job preparing us for the contest. The standard in the 2nd Section was high and the Band won 3rd Prize just missing out on qualification to the Finals. Our Bass section won 'Best Basses'.

Dates for your diary:

25th May: Cartmel races, 31st May Clare house 2pm, 21st June Barrow park 2pm, 5th July Clare house 2pm, 8th August Last night of the proms (Victoria hall), 6th September Holker Hall 2pm

Grange Drama

We hope you enjoyed our production of 'Pack of Lies' as much as we did performing it.

If it has inspired you to get involved with Grange Drama we would be delighted to hear from you. You can contact chairman Pete Crocker on 07860844429. The play reading of 'The Private Ear' and 'The Public Eye' by Peter Schaffer was well received and we invite you to the next one at The Institute at 7.30pm on May 20th. Ellie Towers will lead a reading of the ever popular 'An Inspector Calls' by J B Priestley. You are very welcome to come along and read or just listen.

Our next play reading is scheduled for Wednesday 1st July. Details next month. Any questions? Contact us at: www.grange-drama.org.uk



Soroptimists event raises over £500



On Thursday 16th of April 68 fabulous ladies put on their ra-ra skirts, fishnet gloves and dancing shoes to celebrate all things 80's.

At the Red Rose, Ulverston, handbags were placed in the middle of the dance floor and were immediately surrounded by dancers bopping away to the 80's tunes performed by Grange band Badman Soul.

The event was hosted by Grange Soroptimists and was to raise funds and awareness of The Eve Appeal. The Eve Appeal is a small charity focused on preventing or improving the early diagnosis of the five gynaecological cancers.

Choral Society



Following their successful 'Nautical themed' Spring Concert at Cartmel Priory, the last with their beloved Musical Director, Adrian Self at the 'helm', Cartmel Choral Society bade Adrian a fond farewell.

Adrian had been with the Society for over 36 years and so it was with a sad heart they said goodbye. They wished him well in all his future activities, which will probably involve his lifetime passion around trains, both the full size and model ones. After the concert Adrian was presented with two prized model trains as part of his leaving gifts from past and present members of the Society. Alongside Adrian is his wife Pam, being one of the longest serving choir members, and also retiring. Another sad loss for the Cartmel Choral Society.

Made in Allithwaite

Spring Fair

Locally made Art & Crafts

Homemade cakes & refreshments

Saturday 9th May

10.30am - 3.30pm

Maychells Cottage
Back Orchard Rd Allithwaite LA11 7GQ

BAY COMMUNITY SINGERS

SONGS AND SCONES AT CLARE HOUSE

SUNDAY 17TH MAY 2PM.
WEATHER PERMITTING

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St Mary's Hospice

Broadway to the Bay



Broadway to the Bay. Rehearsing “Going Back to Jail” from Bonnie & Clyde. From the left: Reece Carter, Ellie Fonth, Lisa Smith & Trudi Carter.

A concert of songs from a range of popular musicals, plus a couple of comedy sketches, performed by members of Grange Musical Theatre Society (GMTS).

This is your last chance to get your tickets for our concert on Saturday 9th May at 7.30pm or Sunday 10th May at 2pm.

Seated at tables, Saturday's concert is a Cheese & Wine evening & Sunday's concert is an Afternoon Tea, but tickets must be bought in advance to allow for

the catering. Booking for tickets to include food, closes on Thursday 7th May. Balcony seating will be available for anyone not wanting food.

The Bar will be open throughout the concert to purchase drinks. Tea & coffee will be available during the interval. Book online: www.ticketsource.co.uk/gmts or scan the qr code on the posters. Any problems/questions, contact: Sally Haines email: sallyhaines4@gmail.com or phone: 07990645581

Ulverston International Music Festival

This year's Ulverston International Music Festival brings outstanding artists to the South Lakes peninsulas, with concerts at Cartmel Priory and Levens Hall offering audiences the rare chance to enjoy international performances on their doorstep.

The 2026 Festival opens with acclaimed violinist Jennifer Pike accompanied by pianist Martin Roscoe. True to its motto, “more than classical”, the Festival presents a richly imaginative blend of classical, jazz, folk, flamenco, film, and cross-genre performance. Cartmel Priory's timeless beauty provides a superb setting for an evening of choral music from the Jervaulx Singers, while at Levens Hall, pianist Steven Osborne—one of today's foremost interpreters of Schubert—gives a compelling all-Schubert recital in a beautifully

intimate space.

Back in Ulverston, further highlights include a live score to the 1922 silent film *Nosferatu* at the Roxy, the vibrant Daniel Martinez Flamenco Company bring a thrilling song & dance spectacular inspired by Spain, whilst jazz singer-pianist Joe Stilgoe with his Trio promise a magical evening full of style and fun.

The Festival's adventurous spirit continues with the Organ Trail, Tone Trail, and much-loved ‘Sound Bites’ events, uniting music, heritage, and fine dining, including music and food at the award winning Base in Ulverston.

The Season concludes in grandeur at the Coro, where Anthony Hewitt and the Royal Northern Sinfonia bring the 2026 Festival to a memorable close.

ulverstonmusicfestival.co.uk



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ulverstonmusicfestival.co.uk



Bay Community Singers

Our latest concert on the 26th March raised a grand total of £2,100. Of which £1,500 is going to Prostate Cancer and £600 to Fighting To Be Heard, a charity close to a member of Bay Community Singers helping women with secondary Breast Cancer.

We would like to thank the local community who supported the evening alongside Burnside Brass who we shared the event with, we thoroughly enjoyed performing alongside the band. As we begin the Summer term of singing we would like to take this opportunity to advertise

our next event, Songs and Scones! This will take place on Sunday 17th May at 2pm at Clare House, weather permitting. This is an event all is welcome to free of charge with a retiring collection in aid of St Mary's Hospice. We look forward to seeing you there!



SCHOOL REPORT

Grange C of E Primary School

A Term of Pride, Achievement and Fond Farewells



Year 6 Hoodies



Year 5 6 Boys



Year 3 4 Boys

The end of last term was packed with memorable moments and wonderful achievements for our pupils.

Our Key Stage 2 children took part in the local cluster school Football Festival and

made us incredibly proud, not only with their results but with their outstanding sportsmanship throughout the day. We were delighted to see our Year 3/4 boys and Year 5/6 boys crowned winners, while the Year 3/4 girls finished as very close runners-up and the Year 5/6 girls put in a fantastic performance to secure a well-earned fourth place.



Key Stage 1 Gymnasts

Sporting success continued as our Key Stage 1 Gymnasts represented the school at the County Event. Competing against some very strong opposition, the children performed with confidence and determination, finishing an impressive third overall – a remarkable achievement for such a young team.

The end of term also brought a sad farewell as we said goodbye to our much-loved Nursery Teacher, Mrs Hill. After more than two decades as part of our school family, her warmth, dedication and expertise have left a lasting impact on countless children and families. She will be deeply missed by us all, and we thank her sincerely for everything she has given to our community.

As the summer term begins and lighter mornings arrive, there is a renewed energy around school. Our Year 6 pupils are working incredibly hard in preparation for their upcoming SATs and were thrilled



Mrs Hill

to receive their Leavers' Hoodies. A huge thank you goes to our FROGS PTA for subsidising the cost – the children absolutely love them.



Lake District Music Trilogy Ensemble

We were also excited and blessed to welcome Lake District Music and the brilliant Trilogy Ensemble, who delivered an inspiring chamber music workshop for our Year 1 and 2 pupils, providing a fantastic start to the new term.

Across all these moments, our pupils have truly lived out our motto to Achieve, Believe and Care – values we are incredibly proud to nurture every day.

Lindale C of E Primary School



At the end of term, we held a beautiful Easter Service led by Arch Deacon Vernon.

Parents were invited, we sang songs and some of our children read a poem. Following the service, our Friends of Lindale group had kindly organised an egg hunt outside. Finally, the whole school came into the hall in mixed-age groups and created some Easter crafts. It was wonderful to have some parents stay with us for the morning; seeing everyone working together created such a warm and genuine sense of community.

Our KS2 children enjoyed their two-night residential to the Robinwood Activity Centre in Alston. The focus for this residential was resilience. They had a jam-packed few days taking part in adventurous activities such as archery, climbing, canoeing, caving, the crate challenge, escape rooms and a range of team challenges. We always join up with our friends at Selside School for our

residential and love seeing our pupils interact and develop new friendships.

We have begun an exciting new art project with Kendal Windows on Art (a group of professional creatives who come together to support bespoke community projects) which will continue for about a year. Watch this space!

We were so proud of our year 1 & 2 and year 3 & 4 gymnastics teams who represented our school superbly at the county final Key Steps gymnastics competition. Their determination, resilience and perseverance has been inspiring.

Key Stage 2 have been learning about how energy is created and have been thinking about renewable energy sources. They went for a walk around our local area and surveyed the number of solar panels in the village. Back at school, they thought about where the best location would be around school and the benefits and drawbacks of this.

Law Talk

With

Aimee Taylor

Solicitor



FRIENDLY HONEST LEGAL ADVICE

Hi, I'm Aimee Taylor, your friendly new local property solicitor!

I am excited to be writing my first article for Grange Now – hopefully the first of many! I joined Poole Townsend in November 2025, having worked for a small local firm for the previous 3 years. As someone who has grown up and lived in the local area all my life, it is a pleasure to assist clients in this much-loved community, with all aspects of property law.

I have experience with residential sales and purchases as well as leasehold matters. I am here to make the process as smooth and stress free as possible, whether you are a first time buyer or a seasoned property investor.

The Grange property market is unique, with its beautiful mix of Victorian character and modern developments often requiring a bespoke legal approach. I understand that local transactions are about more than just contracts; they're about moving within a community I know and love. Whether we're navigating the complexities of older Lakeland titles or managing a fast-paced, modern sale, my goal is to provide the steady, local expertise you need to keep your move on track.

I will be using this column to keep you updated with recent and interesting developments in property law, as well as offering practical advice relating to property sales and purchases.

Outside of work, you will often find me out running in the stunning local area in which we live – I am currently training to take part in The Lap, a gruelling 47 mile ultra marathon around Lake Windermere! I also enjoy crossfit, walking my two flat coated retriever dogs and spending time with my husband and two children.

Please feel free to drop me an email to arrange an appointment or just pop in to our beautiful Grange-over-Sands office for a chat. I'm here to help with all your property needs and I look forward to hearing from you!



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Cartmel CE Primary



We are celebrating at Cartmel CE Primary!

We were thrilled to receive a glowing SIAMS Inspection report as part of monitoring of our church school status. The inspector commented on our 'environment of love and compassion' and how our 'teachers seamlessly weave spirituality through creativity in the curriculum.'

Our children were delighted to return after the Easter break to discover exciting improvements to their playground. As part of our ongoing 'Cartmel Primary Goes Wild' project, we have removed the old playground wall, opening access to our small woodland area and bringing nature right into the heart of the school for all the children to enjoy. We've also added a ramp to improve access to the playground from the pavement.

These improvements create a new space bringing wonderful opportunities for more outdoor learning, imaginative play, and a deeper connection with

the natural environment. The woodland area will be enjoyed by all our children for exploring, discovering wildlife, and developing their creativity.

This project would not have been possible without the support of our local community and funders. We would like to extend a heartfelt thank you to everyone who has contributed resources and encouragement to help bring this vision to life.

We are also incredibly grateful to Grange Lions, who have generously provided tools for our new growing area which was completed in the summer. The children have got started, with onions and garlic on the way as part of their very first crop.

Thanks also go to Ben Jinks Contracting Ltd. for completing the work over the Easter break, ensuring everything was ready for the children's return.

Together, we are creating a greener, richer environment for our pupils to learn, grow, and thrive.

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Allithwaite School

We have had a busy and exciting few weeks, with pupils across the school enjoying a wide range of activities and opportunities to learn together.

One of the highlights so far has been our outdoor learning sessions where children have embraced the opportunity to take their learning outside and connect with nature. Activities have included relaxing yoga sessions, creative outdoor story writing and a firm favourite for many – the fire pit! These sessions have allowed pupils to work together in their house teams and enjoy learning outside. The School Council have already met to share their ideas for the next outdoor learning session where both pupils and staff are looking forward to what they plan next.

Another memorable event from last term was our Young Voices trip to Manchester. Our school choir represented the school brilliantly, showing great enthusiasm and confidence. The children worked hard during weekly rehearsals to learn their songs and prepare for the performance. Their dedication paid off on the night as they sang in front of a huge audience, making the whole school community very proud.



We ended our Spring term with a music assembly, where pupils showcased their musical talents to parents which included glockenspiels, cornets, boom whackers, recorders, guitars, fifes and flutes, as well as our amazing choir. It was a wonderful celebration of musical talent.

The Spring Term also included several exciting educational visits. Year 1 and 2 pupils enjoyed a train journey to learn about the Victorian seaside, travelling

to Arnside to explore the local area. Nursery and Reception children have taken part in village walks, learning about nature and geographical features. Our older pupils visited a National Trust Farm near Windermere and our Year 3 and 4 pupils travelled to Vindolanda to learn more about the Romans.

We cannot wait to see you for the summer term!

Cartmel Priory School

We ended last half term on a musical note with our Interhouse Day, where students were able to showcase their talents, both on an individual level and as a group effort, with each house performing a song of their choice to the whole school.

It was wonderful to watch the amazing, diverse talents, teamwork and enthusiasm from all students, which made for a very entertaining end to half term. A lucky group of students recently travelled to Old Trafford to watch Manchester United play Bayern Munich in the UEFA Women's Champion League quarter finals. Although Manchester United lost 3-2, the students did manage to get a selfie with Georgia Stanway; a perfect end to an amazing evening, highlighting the fantastic progression of women's sports and providing inspiration to the next generation of female footballers. We recently had the fantastic opportunity to take part in the Brewery Arts School Dance Platform. Participating students have shown great commitment in rehearsals in recent months and their hard work was reflected in their performance. The students enjoyed performing alongside other local schools, demonstrating how dance can bring

people together. We will be heading to London this half term, to visit the Houses of Parliament, catch a show and enjoy the sights and sounds of the city. Good luck to all our GCSE students who will shortly begin their exams.





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Rediscovered History in Cartmel

After standing anonymous and largely forgotten for nearly 240 years, a headstone in the ancient graveyard at Cartmel Priory, with important literary connections, is being made more accessible to the general public.

The story of William Taylor is one of inspirational teaching, as important today as it was all those years ago.

Born on a farm between Flookburgh and Allithwaite, William Taylor was a bright lad who moved up to the school in Hawkshead, at the time one of the finest schools in the north of England. From there he gained a place at Cambridge University where he excelled

and won academic prizes.

Although a mathematician by training, Taylor's main love was poetry and when he returned back north at the age of 27 to take up his first teaching post at Hawkshead Grammar School he brought with him his extensive collection of poetry books.

Among his pupils he found an 11-year-old, also named William, with a nascent interest in poetry who quickly devoured the whole of Taylor's poetry collection. It was Taylor who encouraged the young William Wordsworth to start writing poetry and guided him as his style began to develop. In Wordsworth's own words: "The first verses I wrote were a task imposed by my master; the subject: The Summer Vacation" Most of us have been asked at some stage to write about what we did

on our summer holiday and it is comforting to know that the great William Wordsworth started in exactly the same way!

William Taylor became immortalised in Wordsworth's epic poem The Prelude as the "Honoured Teacher of my Youth". In 28 extraordinary lines, Wordsworth expresses his respect and gratitude for the man who recognised his potential, nurtured his interest and channelled his ambition.

Taylor died tragically young, when Wordsworth was one of the senior boys. Wordsworth described his tearful visit to the graveside some eight years later in that moving extract from Book X of The Prelude, which will now be displayed beside the headstone, where an illustrated storyboard will explain the context to all our

visitors.

We invite you to come and stand on that very same spot where William Wordsworth stood and wept at the memory of this remarkable man.

Access to the graveside is to be unveiled at 10.15am on Friday 12th June, coinciding with Day One of the inaugural Lake District Book Festival and the 240th anniversary of William Taylor's death. Professor Stephen Gill, Emeritus Professor of Oxford University and Fellow of Lincoln College and Wordsworth's esteemed biographer will 'cut the ribbon' and follow this with a talk 'William Wordsworth and Cartmel' to be given in the Priory at 10.30am.

The invitation to attend is open to all and there is no charge for admission.

News from URC

I can report that all our Holy Week and Easter services were really satisfying and moving.

The service at the Methodist Church on Maundy Thursday really focussed our thoughts on the Last Supper, with Revd Haley and on Good Friday we concentrated on the Crucifixion, led by Revd Kate.

Easter Sunday was really joyful, again with Revd Kate.

Easter Monday saw our traditional Coffee Morning which was a very cheerful and successful occasion. Thank you to all who helped and supported this.

Our only Meet-up session in May is on the 11th, with the next on June the 1st. Please make a note of these dates as it would be a shame to miss the first one in June. Everyone is welcome for tea & chat at these sessions.

St. Paul's

April has been a time of contrasts in St Paul's Church. The joy of Easter and the resurrection and sadness at the death of our organist Charles Edmondson.

Charles had been the organist at our church for thirteen years and in that time he gave many wonderful concerts to raise money for the church and in particular for the organ restoration.

Charles was an amazing

character and a very talented musician. He shared those talents with so many people and organisations. He will be missed by all these communities and especially by all of us at St Paul's.

On 23rd May at 10am we will be having our Spring Fair in St Paul's. Please call in and support us, have a coffee and maybe buy something from one of our stalls. You will be very welcome.

Hope Church

On Monday 18th May we are having a Men's breakfast. Arrive around 10am at Sizergh Barn where we have a good chat and catch up (as well as eat breakfast.)

If you've never been before or have nothing to do with any church you are very welcome whatever age or background. You can either text or ring David on 07539499412 and I'm sure we can find you a 'lift' if needed.

On Tuesday 19th May there

is a Bible study led by Peter called 'The Magnificent Seven.' This will start at 2.15pm. We usually meet in Peter and Helen's home and begin with tea or coffee and a very nice choice of biscuits. Contact Peter on 07426823940 to direct you there.

We continue to meet every Sunday for worship, prayer and a talk at 10.30am in Lindale Village Hall for just over an hour. If anyone needs a lift or directions Lucy will be pleased to help by phone on 07384221497.

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Grange Methodist Church

May brings the return of the now traditional Garden Open Days. Sue and Peter Nicol invite everyone to their garden at Hollin Head Wood, Canny Hill, Newby Bridge LA12 8NT.

It's open from 10:30am to 4pm on Saturday, May 9th and from 1pm to 4pm on Sunday, May 10th. Teas and Coffees will be available, and there will be a cake stall. No admission charge; all donations will be welcomed for our building development project – there will be a card reader available. We have made some changes already to our building. There is now some double glazing in both the church and the hall, as befits an Eco-Church. We invite everyone to "Windows 26" from 1-2pm on Saturday, May 16th, when Tim Farron MP will be present for a short service

to dedicate the windows. There will be an opportunity to inspect the windows, to say thank you to our funders and to share light refreshments. Please join us. Record numbers attended the April "Friendly Food" lunch. Remember this is an invitation to anyone to join us for a hot lunch and social conversation on the second Tuesday of the month. Next such gathering in the church hall is at 12:00 noon on May 12th, when the menu is set to be chicken casserole followed by raspberry and white chocolate cheesecake. No need to book, and no set charge, though donations for church funds will be welcome. On the following day the hatch takings from the Coffee Morning will be given to Christian Aid, and there will also be a plant stall. Christian Aid Week runs from May 10th to May 16th.

St. Charles Borromeo

I shall begin with an apology for missing last month's edition.

I can only say that I have been "proper poorly" with a long-lasting chest infection. Hopefully that has gone now, so back to the grind!!! We have had three deaths in the parish lately, and one funeral still to come this month. I know this one will be well attended as the gentleman in question was a very popular member of the congregation. The other two were held elsewhere, as both people had been in nursing homes and the families held the funerals nearer to their own homes. On

a brighter note, there will be one of our regular breakfast bap meals on Sunday 19th April as Spring gets under way (we hope!!). We are also looking forward to our next "Moving Forward Together Day" on 7th June, when we shall have the opportunity to put questions and suggestions to the bishop. We are planning a time of prayer for discernment during April/May in preparation for this. A time of adjustment and change is coming, and we want all six of our linked parishes to be fully prepared. Keep us in your prayers please. God Bless all who read this.

Cartmel Methodist Church

Our monthly coffee mornings continue with a gathering from 10:30 to 12 noon on Tuesday, May 12th when we will be welcoming visitors and regulars alike with tea, coffee and home-made shortbread.

Remember that the chapel is open every day between 10am and 4pm, or you may like to sit in the peaceful garden now the weather is warmer. Do have a look at the visitors' book and see where our most recent visitors have come from; people from all around the country, and further afield, have found peace here and are delighted to find the church open.



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St. John's Flookburgh

Church has its annual meeting towards the end of May. It will take place at 11.30 on Sunday May 31 in the Parish Room.

Please come along and find out about how St Johns seeks to support our community.

Rev Mark will be in church for a short service of Morning Prayer at 9.30 on Tuesday 12th & 19th. There will also be a mid week service of Holy Communion at 11am on Wednesday 13th.

On June 7th we have The Sweet Sorrows coming to church to give a concert as part of their UK tour. If you like acoustic, folk, americana, Irish styled tunes and harmonies please come along at 7pm £5 on the door.

If anyone would wish to contact the vicar you are most welcome to use Email: allithwaite.flookburghvicar@gmail.com Phone: 07810655684. I'd love to hear from you. Rev Mark

St Mary's Allithwaite

Just to let you know that in the coming weeks there is going to be some work taking place on the church tower.

This will have some obvious restrictions as there will be work parties on site. Please check that your regular events in church are still happening over the coming weeks.

Rev Mark is still planning on being in church for a short Morning Prayer at 9am on the 11th & 18th as well as a mid week service of Holy Communion at 11am on the 20th. But

please do check on these if you were thinking about coming.

Look out for our Fun Day which is planned for June 13th. Just like recent years it will be a wonderful opportunity for folk to come together ...and ...as the day suggests have some fun!

If anyone would wish to contact the vicar you are most welcome to use Email: allithwaite.flookburghvicar@gmail.com Phone: 07810655684. I'd love to hear from you. Rev Mark

Cartmel Peninsula Churches Together

May brings two more Christian Festivals. We will mark Ascension Day on Thursday, May 14th with a walk up Hampsfell. Meet at the lay-by near Grange Fell Golf Club at 2:00pm.

Then on Pentecost Sunday, May 24th, we will gather in the field at St Charles' from 12 noon. Bring your own picnic to enjoy in the company of others; hot drinks will be available. There will be some games organised if there are enough willing participants! Before either

of those events, we meet at St John's church at 7:00pm on Tuesday, May 12th for our AGM, where we will plan the summer and autumn events, including this year's Praise on the Prom.

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THE OLD VICARAGE TIMES NEWSLETTER



The Old Vicarage
Allithwaite

WELCOME TO OUR
WINTER/SPRING NEWSLETTER

During the late months of winter and early spring, we have enjoyed many celebrations including St Patrick's Day and Robbie Burns Night to Valentine's Day, Mother's Day, and Easter; that is quite a few celebrations! Oh, of course we also had four birthday celebrations which meant there was lots of birthday cake to enjoy throughout these celebratory months. We are looking forward to even more unique events over the forthcoming months.

Winter/Spring 2026



JANUARY

January is generally a quiet month after the glorious Christmas celebrations, but thanks to Robbie Burns, we soon have another reason to celebrate with some jovial activities! So, making and enjoying Cranachan whilst reciting some fabulous poetry in honour of the Scottish bard was great fun.

Sylvia, who incidentally is always ready to accompany any visiting musician with her tambourine, celebrated her 87th birthday.

Along with the celebrations we enjoyed some 'magic painting,' smoothie making and games.

FEBRUARY

This month we celebrated the birthdays of Jane and Joyce with lots of delicious birthday cakes made by Emma's Cakes. We are incredibly lucky too, that Emma also is a Senior Care Assistant, so our residents are always guaranteed a scrumptious and beautifully decorated birthday cake!

To celebrate Valentine's Day, the combination of a love inspired music performance by Steve Low, and a special menu were most enjoyable.

We also had a change of music genre when Rebekka Poffley, a solo violinist, visited and played an enchanting classic set.



MARCH

For St Patrick's Day, some of our residents donned some fun eye masks as they sang along to many ditties from a wonderful collection of classic Irish music.

Our residents had their palms crossed with silver with a memory box activity provided by The Royal Mint Museum. This was a fabulous activity and the majority of our residents were very much inspired and recalled using pre-decimal coins when younger.

If you are interested in reading more about this activity, please go to our blog page www.theoldvicarage.care/blog.

To view the full version of our newsletter, please go to www.theoldvicarage.care

Grange and District Natural History Society – ‘The Sparling Catcher’

For our last indoor talk of spring, Dr Kevin Briggs enthralled us with his detailed research into the ‘Sparling Catcher’, an ancient name for the **Goosander**, a fish-eating bird. ‘Sparling’ is a young herring. About the size of a mallard, the female has a brown head, hence ‘Dun Diver’, another name.



Female Goosander - Seppo Hakkinen

The male is larger and looks black & white. Known as ‘sawbills’, A Historical Atlas of Birds showed that they bred only in northern Scotland in the 1890s. In the River Spey they ate salmon and trout, gaining the ire of ghillies who headhunted them. By 1970 they were in Cumberland with 3000 breeding birds. Now there are 20,000 in Britain- a massive increase.

They fish by ‘snorkelling’. With their head under water, they spy the fish, then dive



Male Goosander - John Adams

down to turn over stones where small fish are hiding. Goosanders catch whatever fish are in the river- bullhead, minnows, eels, even frogs’ legs. They nest in hollow trees, formerly in elm and ash. Over many years Kevin has mapped the number of pairs of Goosanders on the River Lune. Numbers have currently fallen from 24 to 15 pairs due to river pollution and disturbance by wild swimmers, paddleboarders & kayakers. Kevin has built many nest boxes, which the goosanders and other birds use. Females can lay over 20 eggs which they sit for 30 days. Other females may add eggs. The males fly to northern Finland in summer. See our summer programme on the web site www.grangenats.uk.

Sylvia Woodhead

Return of ospreys to Foulshaw Moss Nature Reserve

Long-standing breeding pair are reunited on their nest in South Lakes

Ospreys have returned to Foulshaw Moss, Cumbria Wildlife Trust’s wetland nature reserve near Witherslack. Once again, there’s been a lot of drama surrounding their arrival. On Saturday 28 March, White YW (male), one half of the long-standing breeding pair, returned but there was no sign of his mate Blue 35.

Keen osprey-watchers were on tenterhooks waiting for over a week for the return of the female, Blue 35, wondering whether she’d come back this year. At 18 years old, it’s possible the pair are approaching the end of their breeding life, and each long migration can be treacherous. However, she arrived back in spectacular style on Monday 6 April, seeing off a younger female interloper (Blue 717) who had temporarily taken up home on the nest.

There’s a second osprey nest at Foulshaw Moss Nature Reserve, where Blue 717 now seems to be settling, possibly with Blue 474, a five-year-old male who has also been spotted on the osprey cam.



Return of ospreys to Foulshaw Moss Nature Reserve - White YW delivers first meal to a hungry Blue 35

Photo credit - Cumbria Wildlife Trust

Open Gardens Day



The Grange in Bloom Group are organising an Open Gardens Day and it will take place this year on Sunday June 28th from 10am to 5pm.

So far 8 Gardens have agreed to open and I am hopeful that a further 2 may also open. They are all situated in a small area of Grange, 5 on Highfield Road, 2 on Grange Fell Road and 1 on Cragg Drive. They feature some large gardens, all with stunning views as well as interesting gardens, and 4 small gardens full of ideas, quirky features and loads of plants.

Refreshments will be available at one or more of the gardens and there will be a plant sale. Some of the gardens are quite steep but there will be plenty of areas to take a rest and admire the view. If you live on Highfield Road, Cragg Drive or Grange Fell Road and would like to join us in opening your garden do get in touch.

Tickets will be available from the start of June from Grange Garden Centre.

I hope you will all support us. The event is organised by The Grange in Bloom Group and provides us with funds to improve and manage gardens around Grange, especially at the station and the planters around the town.

We are a small group of gardeners, max 6, and would always welcome more help. We garden at the station every Tuesday afternoon 2-4pm weather permitting. Do come and join us. For further info contact Jan Tomlinson 01539536919 or just pop along to the station.

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The Ballad of Wallis Island (12A)
Sunday 10th May 7pm (doors 6.30pm)

Comedy drama following Charles (Tim Key), an eccentric lottery winner who lives alone on a remote island and dreams of getting his favourite musicians, McGwyer Mortimer (Tom Basden & Carey Mulligan) back together.

His fantasy turns into reality when the bandmates and former lovers accept his invitation to play a private show at his home on Wallis Island. Old tensions resurface as Charles tries desperately to salvage his dream gig.

'You'll leave wanting your own island, your own gig and your own lock of Carey Mulligan's hair' - The Guardian
 Screened with subtitles.

Rating: 12A (moderate bad language).

Runtime: 2 hours (including 20 minute interval).

Bar, interval bacon buns, ice cream, tea and coffee.

**Advance tickets from www.ticketsource.co.uk/vhsg
 Cash, credit/debit cards, Apple Pay and Google Pay accepted on the door.**

Adults: £6.50 Children £4.50

BINGO AT THE VIC

Monday 4th May 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.



What's On at The Vic - May

See www.victoriahall.info/whats-on for more details of all our events. Follow us on Facebook! Search for 'The Victoria Hall Grange' Subscribe to our NEW 'What's On @ the Vic' Newsletter! Fill in the form on our website homepage.

REGULAR EVENTS

James Reeder Dance Classes - Weds from 6.30pm.
 Contact: james@reedersdance.co.uk

Various U3A groups - Contact U3A: 015395 35358. Monthly meeting 3rd Tuesday 10.15am - 12noon

Manjushri Buddhist Meditation Class – Wednesdays - 11am-12noon in Chamber. £5. www.manjushri.org

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

Growing Singing Drop-in Sessions - light-hearted singing sessions - Thursdays 1.00-2.30pm - £8

Yoga & Meditation for all - Mondays 6.30pm & Thursdays 7pm, with Shelley Osman - www.shelleyosman.com

INDIVIDUAL EVENTS

02/05 Sat - NT Live: 'All My Sons' (screening) (12a) 7pm, doors 6.30pm - www.ticketsource.co.uk/vhsg

04/05 Mon - VHSB Bingo at the Vic - Doors 7pm, Eyes down 7.30pm. £1 entry, £5 per Bingo card. Prizes - 18+

08/05 Fri - Tim Farron Advice Surgery – 4-6pm. Appointment only.

08/05 Fri - Friday Night Dancers - Ballroom & Latin Social Dance (not teaching): 7.30pm - all dancers welcome!

09/05 Sat - Broadway to the Bay – Musical Theatre/Comedy! - 7.30pm - ticketsource.co.uk/gmts

10/05 Sun - Broadway to the Bay – Musical Theatre/Comedy! - 2.30pm - ticketsource.co.uk/gmts

10/05 Sun - Cinema at The Vic: 'The Ballad of Wallis Island' (12a) - 7pm, doors 6.30pm - www.ticketsource.co.uk/vhsg

11/05 Mon - Grange over Sands Town Council Meeting, with 'Have Your Say!' 7pm

16/05 Sat - Soroptimist International-Mental Health and Well-Being Awareness Day – Free entry- 10-4pm

17/05 Sun - PEAT Green Screen: 'National Emergency Briefing' - 7pm, doors 6.30pm - www.ticketsource.co.uk/peat

23/05 Sat - Town Councillor Surgeries – 10am-noon

24/05 Sat - Music in the Park – Park Road Gardens (wet weather venue Victoria Hall) – 2pm –Free entry

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National Theatre Live
 at the Vic!

All My Sons (screening)
Saturday 2nd May 7pm
(doors 6.30pm)

The Victoria Hall Support Group's next NT Live screening at the Victoria Hall will be **All My Sons** by Arthur Miller, directed by Ivo Van Hove.

Bryan Cranston (Breaking Bad) and Marianne Jean-Baptiste (Hard Truths) feature in a five-star, triumphantly acclaimed new production of Arthur Miller's classic play, from visionary director Ivo Van Hove (A View from the Bridge).

One family, the heart of the American dream. When wartime delivers profits for Joe, it comes at a price when his partner is charged with criminal manufacturing deals, and his eldest son goes missing in action. Will peacetime bring peace of mind, or will he be confronted by the consequence of his actions?

Filmed live from the West End, Paapa Essiedu (I May Destroy You), Tom Glynn-Carney (House of the Dragon), and Hayley Squires (I, Daniel Blake) also feature in this disturbingly prescient play.

Bar, tea, coffee, ice cream.

Rating: 12A. Run time: 2 hours 50 minutes (including 15 minute interval).

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

What's On

Friday 1st May

Repair café in Grange Methodist Hall from 5-7pm

Saturday 2nd May

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

Tuesdays 5, 12, 19 and 26

Baby group in Grange Methodist Church Hall from 9:30am. All parents and carers are welcome to come with their little ones.

Tuesdays 5, 12, 19, 26

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

Wednesdays 6, 13, 20 and 27

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

Thursdays 7, 14, 21, 28

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

Saturday 9th May

Garden Open Day for Grange Methodist Church at Hollin Head Wood, Canny Hill LA12 8NT from 10:30 to 4:00

Saturday 9th May

10.30-3.30pm Made in Allithwaite Spring Fair at Maychells Cottage, Back orchard road, Allithwaite, LA11 7QG Locally made Arts and crafts including...original artwork, bespoke jewellery, natural skincare, ceramics, leather bound books and journals, Fairisle knitted designs and bags, fused glass designs and possibly more!. Plus homemade cakes and refreshments

Sunday 10th May

Table Top sale 9.00 am to 1.00pm, tables £5.00 Lower Holker Village Hall in Cark-in-Cartmel LA11 7NU

Sunday 10th May

Ottovoce Ladies' Choir: Sounds Of Summer Concerts. Arnside Methodist Church 3PM. Sunday 7th June - Also St Mary's Church, Allithwaite 3pm. Tickets £10 (Kids go free) including Afternoon Tea. All Proceeds To CancerCare. Tickets available on the door or from Davenport's Fashions In Grange (Monday - Saturday 10am To 5pm: Cash Only)

Sunday 10th May

Day 2 of Garden Open Day at Hollin Head Wood from 1:00 to 4:00pm

Monday 11th May

Grange Probus Club will meet at 10.30 for 11am at the Netherwood Hotel for C Walkman's talk on "Suffragettes and Suffragists". See the club report for more information.

Mondays, 11 and 18

South Lakeland Phoenixes. Drop-In/ Good Mood Café for people aged 18+. Are you struggling with your mental health and wellbeing? Join us in our welcoming, inclusive, confidential, safe space between 1:00 and 3:30 p.m. for a chat and a brew. Venue: Thornleigh Hotel, 26 The Esplanade, Grange-over-Sands. www.southlakelandphoenixes.com

Monday 11th May

6.30-7.30pm Newton In Cartmel Village Hall AGM - ALL welcome (With light refreshments after)

Tuesday 12th May

Mothers & Others- a talk by a representative from 'St Mary's Hospice at Home'-in the Father Magner Room behind St Charles' catholic church-7.30 p.m.

Tuesday 12th May

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

Tuesday 12th May

"Friendly Food" lunch and conversation in Grange Methodist Church Hall at 12:00pm

Wednesday 13th May

7.30pm Newton & Field Broughton WI meets in Lindale village hall LA11 6LE. Speaker - Heidi Bowron, 'The Work of St Mary's Hospice, Ulverston' Visitors welcome £4 includes raffle & refreshments.

Wednesday 13th May

14.00. Kents Bank Station Library Mutual Improvement Class: The Story of the Vickers Armstrong Class 47 diesel engine project. All welcome; free admission but please book as space is limited. Details www.stationlibrary.org.uk

Thursday 14th May

Churches Together Ascension Day Walk

Thursday 14th May

Cartmel Peninsula Local History Society meet at 7.30pm in Cartmel Village Hall for John Campbell's talk about Bowness - Old or Ancient?

Friday 15th May

7.30pm - Tickets £15 Dan Walsh Internationally renowned banjo player - virtuoso playing and authentic stories."One of the banjo's true innovators" Irish & Scottish folk, American bluegrass, jazz, funk, blues, Eastern European folk and Indian classical and folk. All Proceeds To Parkinson's Uk. Bar and Hot Pork Rolls available - To book email: wendyandmike26@btinternet.com

Saturday 16th May

"Windows 26" event at Grange Methodist Church 1:00 to 2:00pm

Saturday 16th May

From Here to Absurdity. Doors open 7 pm for 7.30 pm start, Tickets £10.00. Bring your own drinks/nibbles, and especially those glasses! Lower Holker Village Hall in Cark-in-Cartmel LA11 7NU

Saturday May 23rd

Garden society. 10-12 we will be holding a coffee morning, plant sale and cake stall at the URC Hall.

Saturday 23rd May

10.30-12noon Newton & Field Broughton WI Coffee morning in aid of St Mary's Hospice. Grange Methodist Hall LA11 7EY Coffee & Biscuits £2.50. No entry fee. Delicious Cake & produce stall, books, plants, tombola.

Sunday 24 May

Churches Together Pentecost Picnic in St Charles' field

Tuesday 26th May

Mothers & Others-Members only- AGM, followed by Pie & Peas supper -7.30 p.m.

Thursday 28th May

Flookburgh & District Over 60's Coach trip to Liverpool Leaving Flookburgh Square at 9.30am Contact: Wendy Bland 07814470033

Age UK South Cumbria

Accessible Yoga – Grange United Reformed Church every Mon 11am – 12pm

Gentle Exercise Class - Grange United Reformed Church every Tuesday 2pm – 3pm & Thursday 2.30pm – 3.30pm. Currently full, please call for availability.

Lunch Clubs:

Grange - Thornleigh Hotel - 3rd Wednesday of the month.

Allithwaite - Pheasant Inn - 2nd Tuesday of the month.

Cark - also at the Pheasant Inn - 4th Friday of the month.

Please call 01539 728118 to book lunches, or for further details.

How are you?
Join us as we explore
Mental Health and Wellbeing
in today's overwhelming world



INSPIRING SPEAKERS INCLUDE: -
Andy Airey, 3 Dads Walking
Sinead McCann, Growing Well

Saturday 16 May, 10am-4pm
Victoria Hall, Grange over Sands, LA11 6DP

FREE DROP IN EVENT FOR ALL
Tea, coffee & biscuits available all day

For speaker programme and information stands
<https://sigbi.org/grange-over-sands/>



Grange Lions



Recently, we presented a large wooden box to Cartmel Goes Wild, an exciting project at Cartmel Primary School, which allows teachers and children to create new wildlife habitats, growing areas and outdoor learning spaces. The garden box is being used as storage for the child-size forks, trowels, gardening gloves, watering cans, brushes, plant plugs, twine etc. donated to the project by the Lions. We can't wait to see what the children create in their new space! We are very grateful to Men in Sheds who built the box for us. It looks fabulous in its new home.

Due to insufficient ticket sales, we have sadly had to cancel our Race Night. The current economic climate is affecting us all and unfortunately, we aren't the only one needing to make these tough decisions. We are concerned for the organisations we raise money for as they are dependent on charity funding. Let's hope things become brighter very soon!

If you would like to be involved with Lions or come along one evening to see what Lions is about, please contact Rachel Fell on 0782 198 3300, rachelchilton3@gmail.com

Grange Forum

The season concluded on March 31st with the AGM. This was followed by a short talk by Emma Teggart on current travel regulations after which members enjoyed a buffet lunch. The Forum theatre outing to the Winter Gardens Blackpool on Wednesday June 10th to see Barnum leaving Berners Close at 10am. All tickets have been sold but anyone wishing to go on the waiting list please contact 33696. The 26/27 season begins on Tuesday October 13th with a talk by Rob David on Remembering Slavery. The new season programme will be sent out in early September.

Cartmel Art Society

Thank you to everyone who attended our AGM and Spring Party last month. It was a great success and it was lovely to see some of our new members participating.

Our new programme for 2026/27 begins on the 13th of May with a morning meeting led by fellow member Jane Pape. The theme for this session is "Horsing around with Horses". Jane will be demonstrating in watercolour, but please feel free to work in whichever medium you prefer.

On the 27th a full day workshop features Francis Winder demonstrating "Exploring Watercolour with Atmosphere". We last saw Francis in June 2025 when we worked on two different painting subjects in acrylic. Further information about this session will be released closer to the date of the workshop. Please remember to bring your lunch as well as drinks for the day. Please confirm with Rita Denby if you will be coming to either meeting. You can contact Rita by email on: ritadenby45@gmail.com or call her on: 07587 705842.

Grange Bridge Club

Four members of Grange BC entered the national NICKO competition. They have had a series of matches, culminating in a match against a team from Derbyshire, who they beat by 1 point to reach the national finals. We wish Sally-Ann and Mike Rothwell, Robin Rose and John MacLaughlan the best of luck. Grange Bridge Club ran a Simple Systems evening in March to encourage the pupils from the bridge class that has been running for nearly two years now, to come and experience club bridge using simple systems so that everybody who played was using the same systems. Wine and food was provided free of charge and I think most people enjoyed the experience. We have decided that the next new, two year course for learning the game of bridge will commence on the 23rd September. 7.00pm at Grange Institute. Contact Stuart Taylor on stutay52@gmail.com. For further details.

Mothers & Others

As we go into May it's hard to believe that another season is almost over as we reach our final 2 meetings at Mothers & Others. The first is on Tuesday May 12th when we a representative from 'St Mary's Hospice at Home' will talk to us and we will be able to make our final donation to charity for this season. The meeting, in the Father Magner Room behind St Charles' Catholic Church, will begin at 7.30 p.m. and will be followed by refreshments and a time for a friendly chat. Visitors will be welcome to this meeting. Our final meeting will be on Tuesday 26th May, again at 7.30 p.m., will be for members only as it is our AGM, and will then be followed by a delicious Pie & Peas supper supplied by 'At Home'. If you would like to know more about our meetings please call Ann on 015395 33856 or Linda on 015395 33482

South Lakes Stitches

In April, we were treated to a session of Raised Embroidery or Stumpwork led by Tanya. Wow'd by her display of beautiful butterflies and leaves and enticed by her range of books, we listened to Tanya's presentation outlining the process of making our own 3D butterflies. For the experienced and ambitious, there was a 4-winged option and for the newbies

and less ambitious, a 3-winged version. We were each handed a pack of detailed instructions complete with felt and wire to make the raised bodies and wings of our butterflies and following the instructions we embarked on our projects. There were 3-layers of felt for the bodies, covered with satin stitch, outlines of the under-wings also completed with satin stitch and then the final challenge, covering and stitching the wire wings to achieve the 3D effect. And the results? At the end of the session, did our butterflies flutter and fly from their chrysalises or did they crash and burn? As usual the outcome was a colourful display of the talent in the group and a big thank you to Tanya for a wonderful session.

Kents Bank Station Library

We've had several book donations recently for our railway library; fortunately we've been able to extend our book space thanks to Northern Rail's 'Year in Industry' students who helped us erect two new shelves for our 'overseas' section. We will be holding a joint Community Rail Fete with Friends of Kents Bank Station and Foreshore and Beach Hut Gallery on Sunday June 7th. More details next month. We've been fortunate in recruiting several new volunteers for the library, meaning that we will have a welcoming face for visitors every day we open.

We have extended our children's section, which includes a small model railway which children of all ages can drive! Our plans for a model railway based on a typical Furness industrial narrow-gauge railway are taking shape and we hope to have it ready for display later this year. The library and bookshop are open every Friday, Saturday and Sunday 11.00 to 16.00, offering a huge range of railway books to browse, borrow or buy. Use of the library is free and we offer complimentary teas and coffee in our pop-up station buffet. More information: 07795 008691 email us on info@stationlibrary.org.uk or visit www.stationlibrary.org.uk

Cartmel and District Flower Club

Our next meeting is an evening workshop on Monday 18th May Cartmel Village Hall 7.00pm. Tom from the Grange Plant Centre will demonstrate Planters and Baskets and you can have a go yourself. All members and visitors are welcome so please come and bring a friend and enjoy friendship through flowers. For any more information contact Isobel 015395 33136.

PEAT

PEAT (Peninsula Environmental Action Together) invites you to a community screening of the People's Emergency Briefing on Sunday 17 May at 7pm at Victoria Hall, Grange.

This eye-opening film brings together leading UK scientists and experts, presenting the latest evidence on climate change, nature loss, and how issues such as food security, extreme weather and health affect us all. We are one of hundreds of screenings across the country, and part of a much wider national conversation.

This public event offers an opportunity

for people to come together, to hear clear information, and think about what it may mean for our community, and what we might do together. The aim is to help people consider how these wider issues connect to everyday life here on the Cartmel Peninsula, and to promote a national screening of the briefing. The event is open to anyone, whatever your starting point. The format is simple: film screening followed by a facilitated conversation about what this might mean for us, here and now. Everyone is warmly invited to attend and take part. Tickets available: <https://www.ticketsource.com/peat/t-gllmagg>

Grange Soroptimists



Our final total raised for ShelterBox at the Swimathon was £1,180. Many thanks to everyone who sponsored us.

We knitted hats for newborn babies and these were gratefully received by staff at the South Lakes Birthing Unit and Lancaster Neonatal Unit. Many thanks to people who donated wool directly or at the library. Our Totally 80's night at the Red Rose Club at Ulverston lived up to its name "Girls Just Wanna Have Fun" raising at least £500 for the Eve appeal (gynaecological cancer charity). The duo Badman Soul kept the dance floor full all evening. Thanks to the band, Boudoir Pink, Wild Fanny's & Ulverston Olde Sweet Shoppe for their generous donations.

We are busy organising the Mental Health Awareness Day on May 16th in the Victoria Hall. Look out for our posters or look at information on our Website by either scanning the QR code on the posters or see below. It is a Drop In event so if you can't make it for the whole day please look at the programme timings and come along. 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 Lecture Society

March 17th was our final talk of the TEN TALKS season. Andrew Green gave us a fascinating study of the History of Walking. It was preceded by our AGM where Treasurer Steve Skelton reported on our secure finances. Membership fees will remain at £46 and £10 per lecture for guests for the 2026/27 season. Many thanks to the good numbers who enjoyed the COUNTRY ROADS 2 concert facilitated by President Peter Ratcliffe at

Victoria Hall on the 11th of April. Peter is promoting his next show on Saturday the 13th of June entitled LOST IN TIME with the Strictly Swing Big Band and singer Simone McGregor. Another magnificent evening of entertainment is to be brought to Victoria Hall.

The new TEN TALKS programme begins on Tuesday August 18th with our FREE promotional evening. The talk will be given by Richard Hinchcliffe entitled The Life and Times of the Beach Boys. There will be snacks and drinks. Do come along and enjoy. Without a dedicated Membership Secretary our small committee cannot manually allocate individual seats in the forthcoming year. However, if anyone wishes to volunteer to help us with membership, we may be able to retain our existing system.

The Garden Society

The Garden Society had their monthly meeting on Fri April 17th at the URC hall. We have now changed to evening meetings during the summer starting at 7pm with refreshments available from 6.30. We had 9 visitors and a couple of new members which is very encouraging. The talk was given by Emma Cowan about her garden at Hylands House, Kendal. Emma only moved there in 2020 at the start of Covid and she and her family have transformed the 2.5 acres garden in the past 5 years. It is truly amazing what they have achieved. The garden is managed organically with the environment and wildlife a priority. They have designed and created a circular wildlife pond filled by a rill, planted thousands of native trees, built dead hedges to give shelter to birds and small animals and left areas of grass unmown to allow wildflowers and insects to flourish. There are also herbaceous borders, a tropical border, hedges woven from willow and organic vegetable patches. It was an inspiring talk. The garden will be open in the NGS yellow garden scheme on Sat June 6th and Sat Sept 12th.

In May we will be having a garden visit in place of an evening meeting. We will be visiting a garden in Silverdale, Greywalls, a garden designed by Thomas Mawson, a famous landscape architect during the last century.

Lower Holker Village Hall

April 200 Club winners, 1st-£40-14-Alison Klijn, 2nd-£25-81-Mike Proffit, 3rd-£15-67-Suzanne Allsworth, 4th-£10-133-Mark Burrwerworth Sunday 15th March Table Top Sale from 9.00 am to 1.00 pm, tables £5.00. Saturday 21st March, UVHS Swing Band, tickets £8.00 (under 16's free) 7.30 pm start. Saturday 4th April (Easter Saturday), Craft Fair from 10.00 am to 3.00 pm, tables £12.00. Sunday 12th April Table Top Sale, tables £5.00 For all of the above, tables from Rhona on r.barton5353@gmail.com. Tai Chi, Yoga, Dancing, and Aerial Hoops, U3A Badminton, U3A Ukulele, and Pickleball 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. To book phone 015395 58304 (During school holidays this may change). Table Tennis

Club details- Peter on lowerbirkby@gmail.com. Sewing Machine Classes every Friday morning 10-12, £15.00 per session, bring your own machine. Contact Natasha on Natashal27@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 07718 473144 015395 58304 (Caretaker, Secretary's (Rhona) mobile is 07484 784854.

Grange Probus Club.

The Club welcomed Judith Hughes and her talk on "My Time in Africa". She explained how in 1977 she and her husband had moved to work in Zambia expecting to be there for 2 years but remaining for 10. She had worked as a teacher at a local school and her husband at a copper mine. Judith vividly described life in the small country town which was on the equator but enjoyed a reasonable climate due to its high altitude near to Mount Kilimanjaro. She accompanied her talk with a large selection of artefacts and souvenirs from her time there. The Club's next event will be a talk by C Walkman on "Suffragettes and Suffragists" at the Netherwood Hotel on Monday, May 11th at 10.30 for 11am. 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'S crowded meeting welcomed Dr Nick Rayburn who talked about the Cumbrian Gunpowder Industry and its link to the Atlantic Slave Trade. He had initially become aware during his upbringing in New Zealand of the influence of early arms trading on various parts of the British Empire. Having become a historian academic, he had established how gunpowder production in the South Lakes area had become an important feature during the 18th century. Muskets and their ammunition (including gunpowder) had become a valuable trading commodity in West Africa where certain local tribes were complicit in the capture of other tribes' people to sell into slavery. When Liverpool became established as a major slave trading centre, south Cumbria was able to provide the gunpowder and a number of mills were developed in the area, including Low Wood near Haverthwaite. Water power and charcoal were readily available and the other ingredients (sulphur and saltpetre) were easily imported. The UK's banning of the slave trade in 1807 eliminated this connection but alternative uses by the Royal Navy and army, and for civil engineering, sustained the black powder industry until the 1920s. CPLHS's next meeting will be on Thursday, May 14th May at 7.30pm in the village hall when John Campbell will talk about Bowness – Old or Ancient? Further information on CPLHS, membership and activities can be found at [Cartmel Peninsula Local History Society I Bringing Local History to the Community \(wordpress.com\)](http://CartmelPeninsulaLocalHistorySocietyI Bringing Local History to the Community (wordpress.com)) or from Stuart Harling on 015395 36296.

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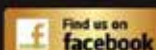
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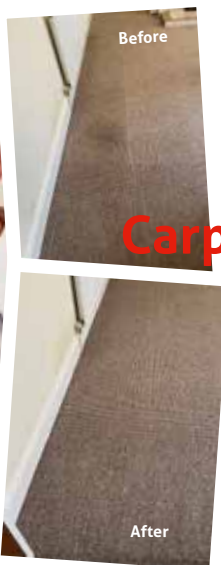
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