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HOW LONG DOES IT TAKE TO BUY A HOME?



Buying a home is an exciting milestone - but it's only natural to want to know how long it will take. One of the most common questions we're asked is: when can I get the keys? While every purchase is different, understanding the typical timeline can help you plan with confidence and avoid unnecessary stress.

The Typical Home-Buying Timeline

In the UK, buying a home usually takes 8 to 12 weeks from offer accepted to completion. Some straightforward purchases can complete in as little as 6 weeks, while more complex transactions may take 16 weeks or more. The good news? With the right advice and a proactive approach, delays can often be minimised.

What Can Affect the Speed of Your Purchase?

The Property Chain - one of the biggest factors is whether a property is part of a chain.

- No onward chain purchases tend to move much faster.
- Long chains can slow things down, as every linked sale must progress together.
- Leasehold properties can also take longer due to additional paperwork from freeholders or managing agents.

Mortgage Approval

Securing your mortgage is a key step. Most applications take 3–6 weeks, including the lender's valuation. Being well-prepared financially can make this stage much smoother.

Legal & Conveyancing Work

Your solicitor will carry out searches, review contracts and manage the exchange and completion process. Delays can occur if paperwork is incomplete or enquiries are slow - but an experienced solicitor makes all the difference.

Surveys & Inspections

Surveys protect you and your investment. Booking them early is crucial, as busy periods can mean longer wait times. If issues arise, price negotiations or repair discussions may extend the process.

External Factors

High market demand, bank holidays or unresolved planning issues can all impact timescales - but keeping momentum helps reduce disruption.

How to Buy Faster (and Smarter)

- Get mortgage-ready before making an offer
- Choose experienced professionals
- Book surveys as early as possible
- Stay proactive and responsive throughout

While most buyers complete within 8–12 weeks, the right preparation and expert support can make all the difference. With clear guidance at every step, buying your next home can be faster, smoother and far more enjoyable.

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RNLI



As part of the celebrations of Grange Branch of the RNLI entering its 100th year of fundraising activities, branch members held a celebration lunch at The Pheasant in Allithwaite. Unfortunately not all of those who would have liked to attend could make it including several past members of the Branch. The Branch was very pleased to welcome Pete Emmett, RNLI's Head of Engagement to the event who passed on the thanks of the RNLI for all the Branch's efforts over the years and noted that reaching the 100th year of operation is a milestone to be proud of. Everyone attending enjoyed the event and The Pheasant did us proud.

The annual MayDay on the Prom event, held on Sunday

24th May, coincided with the start of the heat wave and the Promenade was busy with visitors. We were very pleased that, through their generosity, we raised £525 for the RNLI MayDay Appeal which supports the funding of crew kit. Thank you to all who supported us on the day.

If anybody is interested in supporting the RNLI either with money or by volunteering time to help fundraising please contact the Branch Secretary, Phil Lundberg at 66cchgos108@gmail.com, or go the the RNLI website, <https://rnli.org/support-us> or respond to our specific notice at <https://volunteer.rnli.org/opportunities/111464-volunteer-fundraiser-grange-over-sands-2026-03-30>.

A new bench at Grange-over-Sands Station



If you have travelled by train recently, you may have noticed that a lovely, new 'squirrel' bench has appeared on the Lancaster-bound platform.

Installed by the Friends of Grange-over-Sands Station to commemorate Railway 200, this was made possible

by grants awarded by Northern Rail, Community Rail, Grange-over-Sands Civic Society and the Bay Villa Trust.

We hope you enjoy sitting on it. Tricia Thomas, Friends of Grange-over-Sands Station

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A Special Day



A special free Drop in Day was held on the 16th May in the Victoria Hall, organised by Grange Soroptimists to raise awareness of Mental Health and Wellbeing.

A wide range of topics, relevant to all ages, with guest speakers, stalls and information stands provided a very interesting and thought provoking day. Refreshments were provided including home-made cakes by Soroptimists.



Tim Farron, Kath and Sheila

Introduced by local MP Tim Farron, Tim stressed the importance of community. "We are now more comfortable talking about mental health and to recognise signs of emotional struggle. It is important to step in early. Education, support and a strong community are an important part in building a more resilient society," he told his audience in a wide ranging speech.

The first guest speaker was Cumbrian resident Andy Airey of 3 Dads Walking. Andy spoke of how three bereaved fathers came together to raise awareness of suicide following the tragic loss of their daughters. They set off initially on a 300 mile 8 day walk from Cumbria to Norfolk with Wales on the way, where each Dad lived. This feat attracted the attention of BBC Breakfast boosting their fund-raising to £60,000. Subsequent long-distance walks, has raised a massive £1.5m towards preventing suicide in young people. A

big aim is to make suicide prevention a compulsory part of all secondary school curriculums and supporting POPYRUS providing help for vulnerable young persons.



Sue, Andy and Heather

Other speakers were from Growing Well; Every Life Matters; Borderline Challenge, plus Lynsey Lawson from St Mary's Hospice and Bereavement nurse Danielle Sadler. Soroptimist Sue Fleetwood in her closing remarks said that the event had deepened understanding of the emotional impact of mental health challenges and highlighted the number of organisations, volunteers and support groups working across the community. Mental health should be valued equally with physical health. Sue thanks the speakers, stall holders, sponsors and volunteers who made the day possible.

A small card was given out when people were leaving. It read:

You must let go of what's gone Be grateful for what remains Look forward to what is coming

Stalls included Speak Their Name, Pregnancy Sickness, S. Lakeland Phoenixes, Twinkle for Heather, Talking Therapies, Qwell and Kooth and Furness Building Society.

Thanks to Sponsors: Gedyes Solicitors; Grange Now; Independent Investment Associates; Poole Townsend; Progression Solicitors; The White Hart, Bouth and Furness Building Society.

Future Deadlines

ISSUE	DEADLINE	RELEASE
GN419	17th Jul	29th Jul
GN420	14th Aug	26th Aug



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By Chris Hill CFPTM, Chartered MCSI

What the Retirement Living Standards Mean for Your Future Planning

Understanding how much you'll need in retirement is one of the biggest challenges in financial planning. The Retirement Living Standards offer a clear and practical benchmark by showing what different levels of retirement: Minimum, Moderate and Comfortable, actually look like in everyday life. They translate pension and income figures into real-world examples: holidays, meals out, home maintenance, transport, and the little extras that make retirement enjoyable.

Recent updates to the standards reflect rising living costs, meaning many people may need to save more than they previously expected. For example, the cost of a "Moderate" lifestyle has increased due to higher food, energy and leisure prices. This shift highlights the importance of regularly reviewing your retirement plan, especially if your pension contributions haven't changed in many years.

The standards are not a target as everyone's lifestyle and priorities differ. However they provide a useful framework for checking whether you are on track. They also help couples and individuals have clearer conversations about what they may want their retirement to look like. Building a sustainable retirement income takes time, consistency and good planning but using the Retirement Living Standards as a guide can help you make informed decisions today and feel more confident about your future. Details on the Retirement Living Standards can be found at www.retirementlivingstandards.org.uk

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.

Brow Edge Foundation Student Grants

The Brow Edge Foundation is a charity which helps students in the parish of Haverthwaite & Backbarrow who are attending courses at university, courses at college in pursuit of a trade, or apprenticeships.

A successful applicant will receive a small grant to assist with the costs of studying at home or away.

Applications for grant support

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

a/ Following a full-time

course at a higher education institution such as a university, an institute of higher education or college of further education.

b/ Following a course at a college of further education which forms part of a recognised apprenticeship or traineeship.

Application forms can be obtained from the following sources:

- Leven Valley CE Primary School website [Local Community page]
- from the Clerk to the Governors [jane-disley@hotmail.co.uk]

Application forms must be returned to the Clerk by 31st October

Grange Shed



Last month I expressed a regret that we did not get a picture of Bluebird. But a Grange Now reader felt sorry for us and sent one. Thanks Ken, he got a great snap of the bird at 100 miles an hour.

Knowing how people follow Grange Now can I make a plea for the lady who brought is a 1949 doll's cot to repair. It is done and looking as good as new but the telephone number she gave us does not work and we cannot contact her. If she reads this please come round to collect it.

Anyone passing by the

Shed may be thinking we have a broken window, we don't! We have been trying to restore some cast iron bench ends and in the recent good weather we have been doing that outside and need to protect the glass. They are very ornate and have the initials "S P" engraved into them, would anyone know if those initials have a particular meaning or refer to a manufacturer?

The next Repair Café will be on Friday 3rd July. From the last one we got a little ballet dancer and a crystal chandelier to repair, can't wait d=for what comes next. Remember we are at the Shed on Monday, Wednesday and Friday mornings 10.00 until 13.00.

Artemis Explorers News



Photo credit James 'Jumpy' Kirby

After Squirrels, Beavers, Cubs and Scouts, the next stage for young people involved with the Scouting Association is Explorers. Artemis Explorers are the natural progression from the 1st Grange and Cartmel Sections, and we now have 13 members aged between 14 and 17.



In May, Artemis supported the Lap, an ultra-running event held twice each year. Known fondly as 'The Beautiful Ultra', the event challenges participants to tackle the high ground around Windermere. In May it is in the clockwise (and some say the tougher!) direction. The Explorers were tasked with handing out Alpkit T-shirts to 1200+ entrants as they passed through the registration tent. There was so much excitement in the tent, as runners and walkers came through to have their kit checked, drop their half-way bags, receive their numbers and have their trackers attached. The Explorers really felt the buzz in the tent, which will put them in good stead for their own ultra event in July... read on!

We were ably-assisted by Tim Farron, MP for Westmorland and Lonsdale, and a committed and accomplished long distance runner himself!

Beyond this, Tim is a massive advocate for outdoor learning and regularly speaks in support of outdoor education in the House. Whilst he didn't get the opportunity of being in the Scouting Association, he spent a childhood thriving in the outdoors and chatted with the Explorers about his escapades. Tim awarded three Explorers their Stage Five First Aid badges, the highest badge level in Scouting. Well done everyone!

First Aid skills will be important (although we hope not essential...) in July as three teams from Artemis are competing in Operation Dagnet. In this 'Evade and Capture'-type exercise, teams of 4 Explorers or Network Scouts set off from a secret drop-off point in the dark on Friday 3rd July and navigate their way to Dagnet Base Camp by Sunday morning. They compete against 60 other teams from around Cumbria and their navigation, bushcraft and resilience will be put to the test. They will be walking up to 40 miles in open country and need to survive two nights in the outdoors. And not get caught.

And they are doing this for fun? Wish them luck!



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Community Rail Week



The first week in June is national Community Rail week and the Friends of Cark Station chose the Thursday of the week to launch a series of seven boards depicting the history of the station, its staff and buildings.

The Friends are indebted to the Cumbrian Railways Association who provided most of the images from their extensive collection. The boards were funded by contributions from Lower Holker Parish Council, Grange Lions, the Furness Railway Trust The Friends themselves and three private individuals.

The boards have been designed to give brief information and include a view of the station and sidings around 1930, Stationmaster Joe Brown and his staff in the early 1920s, the long demolished station building on the Lancaster platform,

and express train passing the station in 1956 and Joseph Moyle proudly displaying his brand new LMS uniform he'd have received in 1923, along with his Letter of Appointment from 1910.

The Furness Railway Trust provided an image of their locomotive number 20 which date from 1863 and is the oldest working steam locomotive in the country. It can be seen regularly working trains at its base at the Ribble Steam Railway in Preston.

Finally, the most remarkable photo is of stationmaster Jackson Armstrong receiving his Best Kept Station award in 1948. The image, apart from showing a typical background form around the nationalisation of the railways at the beginning of that year, has an amazing family story behind it.

Please come and see them.
David Stubbins

Compassionate Cafe

Every Thursday
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This is a gentle, welcoming space for anyone experiencing loss.

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Everyone is welcome here

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Repair Cafe

June's Repair Cafe was busy and lively, in spite of it being a fine evening and all our menders were fully occupied, including our new basket repairer.

July's café will be our last until September, so dig out all those items needing some TLC and come along on Friday July 3rd, 5 – 7pm at the Methodist Hall, Grange. The work to redevelop the church and hall may be starting in the late summer or autumn, so watch this space



for news of where and when we will be holding our cafés while the building is out of action. Meanwhile we look forward to seeing your items on July 3rd.

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Mayor's Report

I must start with an apology, last month I told you, with some confidence, that I understood that the grass-cutting issue was dealt with.

I was obviously wrong. I do know that the W&F officers are on the case but progress is much slower than expected.

The May band concert was a

great success, the Big Band was a very nice change from our usual, not that I have anything against a brass band but variety is good. The first June concert was held at the Vic due to a poor weather forecast but still had a good turnout.

Earlier this month, I had the opportunity, at an on-line

event, to meet the new CEO of Westmorland and Furness Unitary Council, Miranda Cannon. Good to have a new face with an impressive cv. Perhaps unsurprisingly, the majority point raised by the attendees was that we do not have good communications with W&F officers. I also pointed out that local councils

need a two-way conversation with W&F, too often we are told what is going to happen without consultation. The assets of Grange may be administered by W&F but morally they belong to the residents of Grange and our views need to be taken on board.

Roger Handley

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Grange Drama

Our AGM was held on the 10th of June and we are delighted to welcome Claire Unsworth onto the committee. Claire brings a wealth of experience both in acting and production and will be a great addition to the team.

We are committed to bringing you two productions a year. However we appreciate that if we are to get burns on seats then our choice of play must appeal to a wide audience. If you have a particular play or a specific genre you would like us to consider, please get in touch either via the website or contact our chairman Pete on 07860844429.

We would also like to ask if there is anyone out there

who would like to share their skills so that we can carry on producing our performances. This can be on a one-off or on a more continuing basis. Set building/painting and dismantling, sound and lighting and front of house are just some of the roles involved. And of course we are always very keen to welcome new actors.

Our next play reading is on 1st July, 7.30pm at Grange Institute. Deborah Powell will lead us in a reading of 'Enchanted April' by Matthew Barber. Please come and join us either to read or just listen. You will be made very welcome.

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

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Flutes & Co at the Bandstand



Cumbria's flute orchestra, led by Musical Director Sue Nicholls, will present a family friendly Summer flute extravaganza with flutes of all shapes and sizes (piccolos to contrabass flute).

Over 35 flute players of all ages will be presenting a varied concert including new flute orchestra compositions, arrangements of classics and film music. Highlights will include an arrangement of Mendelssohn's Hebrides Overtures, Samuel Barber's

Adagio, Bohemian Rhapsody and a rendition of Leroy Anderson's 'The Typewriter'-with typewriter!

Tickets are available on the door (suggested donation £10 or pay what you can- please bring cash). Children free. No need to book- just turn up. Bring your family and friends. Homemade cakes and drinks on sale and there will be a raffle.

Flutes & Co will be playing at Grange-over-Sands bandstand on Sunday 12th July at 2.30pm.

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Flookburgh Band Summer Concerts



The summer concert season is well and truly underway for the band with performances at Cartmel Races, Clare House, Barrow Bandstand and our young players gave a lovely summer afternoon concert in the Hope and Anchor garden in Flookburgh.

Following the success of our visit in May, the band are

returning to Clare House Hotel in Grange on Sunday 5th July from 2pm - 4pm, if its wet we'll still play for you in the URC church in Kents Bank Road. The concert is free to attend just bring your chairs and enjoy delicious refreshments and hospitality. Our annual Last Night of the Proms concert is on Saturday 8th August in the Victoria Hall at 7pm.

RHUBARB AND APPLE CRUMBLE

This homely crumble is just the thing for making the most of what you already have to hand, bringing together seasonal rhubarb, stored fruit and the odds and ends of cereals, nuts or granola that tend to gather in the cupboard.

The recipe comes from *Home Bird: Simple Low Waste Recipes for Family & Friends* by Megan Davies, and the pudding is made very much in the spirit of nothing wasted. It's a pudding generous enough to feed a full table and is best served warm, with cream or a scoop of ice cream from the farm shop freezer.

INGREDIENTS (serves 6-8)

- 400g rhubarb, trimmed & cut into 4 cm pieces
 - 3 medium Bramley or other cooking apples peeled & sliced into 4cm pieces
 - 30g caster or granulated sugar
- Topping**
- 80g mixed nuts
 - 100g minus 1 tbsp butter
 - 160g plain flour
 - 100g caster or granulated sugar
 - 50g muesli, granola or cornflakes

METHOD

- Grease a 2-litre baking dish
- Preheat the oven to 200 °C /180 °C fan gas 6
- Add the fruit to the greased baking dish & mix in the sugar
- Roughly chop the nuts & cube the butter
- Combine the flour and sugar in a large mixing bowl
- Add the chipped chopped butter to the bowl.
- Rub the flour/sugar mix & butter together until it resembles breadcrumbs.
- Add in the nuts and any cereal you are using (crunch up the cornflakes first)
- Fold through to combine, then spread the crumble over the fruit in the baking dish.
- Press down gently
- Bake on the top shelf of the oven for 40 minutes until the fruit is bubbling & the crumble topping is golden brown





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Allithwaite & Cartmel Parish Council

June 2026 NEWSLETTER

Volunteer Drivers Needed

Westmorland and Furness Council run voluntary car share schemes which rely on volunteer drivers and need drivers in our area. Could you help those people who have no other means of transport?

You can drive as often and regularly or as little and infrequently as you wish. You can advise your local coordinator of any days/times when you know that you will be unavailable.

For fuel reimbursement details, insurance requirements, and further information, please visit the community transport page on W & FC website, call 03332 406 965 (option 5) or email: integrated.transport@westmorlandandfurness.gov.uk

Defibrillator Training

Would you know what to do in an emergency? Our public access defibrillators are sited at Allithwaite Community Centre and Cartmel Village Hall; others can be found at various community locations. Defibrillators are designed to be used by anyone, even with no prior experience. However, attending one of our free training sessions can help build your confidence and ensure you feel prepared to act when it matters most.

Defibrillators provide clear, step-by-step voice instructions and will only deliver a shock if it is needed, making them safe and easy to use. A short training session will give you the reassurance and practical knowledge to respond calmly and effectively in a real-life situation.

Why not take this opportunity to learn a potentially life-saving skill and help make our community safer? For more information and to register your interest please contact Cllr Brodie max.brodie@allithwaiteandcartmel-pc.gov.uk

Westmorland and Furness Council Community Fund

Looking for funding to bring a community idea to life? Westmorland and Furness Council's Community Fund could help local groups turn plans into reality, with grants of up to £5,000 available for projects that deliver lasting benefits to residents. Whether it's improving a village hall, launching a new initiative, or buying essential equipment, the fund is designed to support the kinds of activities that keep our communities vibrant and connected.

Not-for-profit organisations such as parish councils, residents' groups, youth clubs, environmental organisations and community centres are all encouraged to apply—but have you considered how your project could make a real difference locally? And could this funding be the step that helps your idea get off the ground or grow further?

Applications are considered at various points throughout the year by Locality Boards, with processes and deadlines differing by area, so it's worth planning ahead and seeking advice early if you're thinking of applying. Full details on eligibility, application guidance and deadlines—as well as access to other potential funding opportunities—can be found on the Westmorland and Furness Council website or see the poster in the News section on our 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-option 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

ALLITHWAITE COMMUNITY CENTRE

Have you got any suggestions or ideas for improvements for the Community Centre? You can now email them directly to the Centre using the address or QR code below. apfcc.hello@gmail.com

There is also a new notice board for the Community Centre at the top of Quarry Lane.



WHAT'S ON OUR AGENDA?

The Parish Council publishes its agenda one week before each meeting and can only consider items published on the agenda. So, if there is something you would like us to discuss, you must tell us before the first Thursday of the month.

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.

We display our agendas on our notice boards and they are posted online.

You can reach the clerk at clerk@allithwaiteandcartmel-pc.gov.uk for questions or to take part.

CARTMEL & 20MPH

The phased introduction of a 20mph speed limit in Cartmel is expected to take place in the coming months. Early indications suggest that the reduced speed limit will help to slow traffic, although there will inevitably be some drivers who do not fully comply.

Meet Councillor Gill

By Cllr Rachel Gill

As a local businesswoman, I bring a wealth of practical experience and valuable skills to my role on the parish council. I take a solution-focused approach to decision-making, helping ensure the council operates effectively and responsibly.

I am proud to serve as Chair of the Finance Committee, where I play a key role in overseeing budgets and maintaining the council's financial health. Alongside this, I remain actively involved in council work, attending meetings and contributing to important discussions.

I am also passionate about our local community and enjoy my involvement with Allithwaite School, supporting its important role at the heart of the parish. In addition, I have been working to arrange the replacement of the 'Rest & Be Thankful' bench on Green Lane near Boarbank Hall, helping to preserve a valued local feature for residents and visitors alike.

Being a councillor is highly rewarding, giving me the opportunity to support local initiatives, represent residents, and make a positive difference.



Lindale C of E Primary School



Every year, year 6 enjoy a jam-packed trip to London.

This year they went to the Tower of London then had a scenic journey on the Thames to Westminster. Here they saw the London Eye, Big Ben, Parliament and walked down past Downing Street to Trafalgar Square where they visited the National Gallery.

At Leicester Square, they went to the much-anticipated Lego Shop and finally walked

through St James' Park to see the pelicans and Buckingham Palace.

We are so proud of our four pupils who represented



school at the Youth Climate Summit in Carlisle. They took part in workshops and have brought back lots of ideas and information about things to try at school.

As part of The Great Big Green Week, we've weeded, planted, tidied, litter-picked and dismantled the bug hotel ready for rebuilding. Our eco-council also organised a



pre-loved sale.

Both year 1 & 2 and year 3 & 4 have visited St Peter's Church in Field Broughton where they learnt more about the features of a church and why it is such a special place for some people.

Year 5 and 6 really persevered during their Bikeability



sessions. We had some lovely feedback from our Bikeability instructor: "Their behaviour was exemplary throughout, and they demonstrated great enthusiasm for the course, along with a genuine willingness to learn."

All classes in school are doing some activities linked to Drowning Prevention Week so that our pupils have knowledge on how to keep themselves safe around water and what to do if they or someone else experience difficulty in the water. We have been doing this through Picture News and year 5 & 6 took part in their annual Waterwise session where they practised these lifesaving skills in the water. Reception will soon be going to Bay Search and Rescue.

Planning Ahead For Care Costs

The rules around paying for care can be complex. In England, the current capital threshold is £23,250, meaning those with assets above this level may need to contribute towards their care costs. Residential care fees often start at around £1,000 per week, so many families are understandably concerned about future funding and whether the family home could be taken into account.

How can we help you plan ahead?

Reviewing Your Will: If assets pass outright to a beneficiary who later requires care, they may be included when assessing care fee contributions. In some circumstances, a life interest trust can allow one beneficiary to live in a property during their lifetime while preserving the underlying capital for others in the future.

Lasting Powers of Attorney: Just as important as making a Will, a Lasting Power of Attorney allows you to appoint trusted people to make decisions on your behalf if needed. There are two types:

- Property and Financial Affairs
- Health and Welfare

Established in Kendal in 1871, Arnold Greenwood has supported generations of local families with clear, dependable legal advice. For assistance with Wills, Inheritance Tax planning or Lasting Powers of Attorney, contact Clare Fleming at our Grange-over-Sands office on 015395 35208.



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Allithwaite & Cartmel Parish Council

Consultation



Your Voice Matters

Your Parish Council plays a vital role in supporting and sustaining our local community—but to continue thriving, we want to attract new councillors and fresh ideas. Over recent years, we have made strong progress on a range of projects that benefit residents of all ages. These include improvements to Cartmel Village Hall, contributions towards solar panels for Allithwaite Community Centre and the Pump Track, and the restoration of the historic Fish Slabs. With the dedicated support of our volunteers, we also care for Allithwaite’s much-loved orchard and meadow, helping to preserve the natural beauty of our parish for everyone to enjoy.

While we are proud of what has been achieved, there is much more we want to do. However, unless we attract new councillors, we will struggle to move forward with new initiatives and deliver for our community. So, we are seeking your input and involvement. By sharing your views or joining us, you can play a direct role in influencing the future of our parish and ensuring it remains a vibrant, welcoming place for all.

We warmly encourage you to take a few moments to tell us what improvements you’d like to see and how you can help. You can easily share your feedback by completing the form on our website or by scanning the QR code provided. If you prefer a paper copy, these will be available at various community locations.

HOW TO ACCESS OUR CONSULTATION FORM

SCAN THE QR CODE

Scan the QR code which will take you directly to the consultation form



VISIT OUR WEBSITE

www.allithwaiteandcartmel-pc.gov.uk/news

COMMUNITY VENUES

Paper copies will be distributed at various community venues

Flookburgh C of E Primary School



Building Confidence, Courage and Team Spirit: Our Residential Adventure

Our recent residential trip was an unforgettable experience, packed with adventure, teamwork and personal achievement.

After arriving and settling in, the children met their instructors and took part in an exciting alien hunt around the grounds. Working together to solve clues and remember codes, they quickly built strong team spirit before heading off for an afternoon of ghyll scrambling at Stickle Ghyll. Splashing through streams and climbing over rocks proved to be a highlight of the trip, with children supporting and encouraging one another throughout.

The second day began with canoeing on Windermere. Alongside games and friendly splash battles, the children had the chance to jump from the jetty into the lake. Many showed tremendous courage as they overcame nerves and stepped outside their comfort

zones. Later, a walk up Todd Crag rewarded everyone with stunning views and a peaceful moment beside Lily Tarn, where they could appreciate the beauty of the surrounding landscape.

On the final morning, the children demonstrated great independence by packing and cleaning their rooms before taking on a climbing challenge. Encouraged by their peers, many pushed themselves to climb higher than they thought possible. A lively orienteering competition provided a fun and fitting end to the trip.

Beyond the activities, what stood out most was the children's kindness, resilience and enthusiasm. Their positive attitude and support for one another impressed both staff and instructors, making them fantastic ambassadors for our school. We are incredibly proud of everything they achieved and the confidence they gained during this memorable adventure.

Cartmel CE Primary School



Preparations for our whole-school Summer Arts Showcase are taking shape!

Older pupils are working towards their Arts Award and have been exploring creative techniques inspired by Roald Dahl and Quentin Blake, producing expressive and imaginative poetry and artwork, which they are excited to share in our exhibition at church next month. There will also be a performance incorporating drama and singing at this event.

Class 1 pupils enjoyed a visit to Holker Hall, where they explored the gardens and parklands while learning about local history. Back at school, show and tell sessions have supported children's confidence and oracy skills, with pupils proudly sharing pets, Lego creations, medals, trophies and even impressive 1m+ antlers! They have also taken part in water safety learning and the annual sponge throw for Mental Health Awareness Week.

In Class 2, pupils have combined creativity and curiosity through a textured art project using glue, foil and paint to striking effect. Their new topic on the Maya civilisation has captured their interest,



while RE lessons have encouraged thoughtful discussions about the meaning of prayer across different religions.

Meanwhile, Class 3 pupils experienced an unforgettable residential visit to Beamish Museum. From sleeping in bell tents to exploring life as evacuees in WW2 and what life was like down the mines, the trip brought history vividly to life. They also experienced making a pottery pot on the wheel and learning how to make ice-cream!



Why choose a professional executor?



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Many individuals are choosing to appoint a professional executor in their will, either alone or alongside family members.

As professional executors, we play a valuable role in ensuring an estate is administered efficiently and in accordance with the law. While many people appoint family members, the responsibilities involved can be time-consuming and technically demanding, particularly where estates include high net worth, property, business interests, or tax liabilities.

We bring expertise in navigating procedures, valuing assets, settling debts, and managing inheritance tax requirements. We also provide impartiality, which can be especially important where family dynamics are complex or there is a risk of dispute between beneficiaries. Appointing a third party professional means that they remain neutral.

Importantly, appointing a professional can reduce the administrative burden on loved ones at a difficult time and minimise the risk of errors, delays, or personal liability for those involved. Although there are costs to consider, many find that the reassurance, efficiency, and expertise offered by a professional executor outweigh the potential challenges of handling an estate alone.

Contact us to arrange your new will appointment and talk through the benefits of professional executorship.



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Leven Valley CE School



This week we hear about Activity week from Bee Davey!

My favourite part of the whole week was Nicola from Stephenson's dance school came and taught us to dance like busy bees. We did jiggling our stings and hunting for pollen and very sassy dance moves. Class 1 and Class 2 learned it at different times, but then we ALL joined up together at the end and did it as one big group. The next best bit was Olivia

brought REAL beekeeping things from her hive at home, like a smoker and a suit, and we got to taste her honey and it was SO yummy. We also did a Bio Blitz with a man called Gareth and found 110 different living things at our school, which is loads! A man called Andy came and he is a beekeeper and he told us loads of facts. My favourite is, did you know honeybees can only sting one time, because their bottom falls off?! But other bees can sting again and again and again. Also bees and wasps used to be the SAME thing but then they split into two. In the olden days people kept bees in an upside-down basket, but when they opened it all the bees flew away! So now they use boxes instead. The queen bee lives in at the bottom of the hive and there are tiny holes that only the workers can fit through, not the queen, so she is stuck like a prisoner.

Grange C of E Primary School



Grange CE Primary School was delighted to take part in Dance for Diabetes 2026, a charitable event supporting the Diabetes Research and Wellness Foundation.

On Friday 22nd May 2026 children and staff from Reception to Year 6 came together to perform a whole-school dance routine on the playground, raising money for an important cause while enjoying a fun and inclusive experience.

Dance for Diabetes is a national programme that encourages children to stay active through movement while helping to raise funds for schools and families affected by diabetes. The event brought the entire school community together, creating an atmosphere full of energy, enthusiasm and smiles. Lisa Phillips, PE Co-ordinator and Assistant Headteacher, said:

“A special well done to everybody for our Dance for Diabetes event—it was fantastic to see the energy, enthusiasm and lots of smiles! The children and adults from Reception to Year 6 took part in a dance routine on the playground and clearly had a brilliant time. It was a lovely way to come together for such an important cause. The fundraiser was an incredible experience for our whole school community, and we have raised over £400 so far.”

Pupils also shared their excitement about the event. Evie said: “I enjoyed doing the dancing. It was exciting.” Edward added: “The music and the dance were brilliant. I loved fundraising.” Nancy said: “I thought the dance



was great because each week we learnt a new part of the dance, and on the day we did the whole dance with everybody.”

The event was a huge success, promoting teamwork, physical activity and community spirit while raising valuable funds for diabetes research and support. Grange CE Primary School is proud of everyone who took part and would like to thank families and supporters for their generous donations. Together, the school has raised over £400 and continues to support the important work of the Diabetes Research and Wellness Foundation.

This half term the nursery children have been exploring the world of mini beasts through a range of fun activities. They have been using magnifying glasses to go bug hunting and discover creatures in our outdoor areas. Our role-play area has been transformed into a Garden Centre and café, encouraging imaginative play, and we are also raising our own caterpillars as we watch them transform into butterflies before releasing them.

Law Talk

With

Aimee Taylor

Solicitor



FRIENDLY HONEST LEGAL ADVICE

Spray foam – what you need to know

Spray foam insulation has grown in popularity in recent years and has even been backed by the Government as part of their Green Homes Grant scheme. It is a popular choice for insulation and whilst the exact amount of homes in the UK which have spray installed is not known, it is estimated that it is as many as over a quarter of a million.

Spray foam roof insulation is a chemical product containing two materials which when combined, expand in size to fill in spaces within the roof cavity to provide extra insulation. It expands on application, creating an airtight seal. If you are considering spray foam as your insulation of choice, there are some legal implications you should consider first.

Spray foam can cause issues due to trapping moisture within the insulation, which leads to a decay in the structure of the property. It can contribute to damp, rotting timber and even potential health risks. It can also cause issues when you come to sell your property, as an increasing amount of mortgage lenders in the UK will not lend to purchasers buying a property which has spray foam. Many lenders either will not approve mortgages for properties with this insulation, or they will insist that the vendors have it removed in full before completion, a process which can be costly for the homeowner. It may limit the scope of buyers to those paying cash only, rather than a broader market of buyers purchasing with the help of a mortgage.

If you are selling a property which has spray foam insulation, you should be prepared to provide all documentation relating to its installation to the buyer's solicitor. You may also need to arrange and pay for a property survey to confirm the extent of any problems caused by the spray foam and if necessary, you may be required to pay to have it removed entirely.

For help in navigating the legal challenges around spray foam, whether you are buying or selling, please contact our experienced team of conveyancers who will be happy to help.



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Allithwaite CE School



At Allithwaite, we have continued to have a busy summer term as our classes have enjoyed a wide variety of learning activities and extracurricular experiences.

Snowy Owls have been diving into their Under the Sea topic, discovering colourful sea creatures and enjoying stories like Rainbow Fish and Commotion in the Ocean. Excitement is bubbling up even more as they get ready for their special trip to The Coro to see The Tiger Who Came to Tea live on stage!

Tawny Owls have become amazing architects this term, we have been reading Iggy Peck Architect which has led to us drawing and writing about various buildings. We have also looked at houses and homes around the world and how they have changed throughout history.

Barn Owls have been immersed in the natural world over the last month! We have written poetry and

short narratives inspired by The Lost Words and have gathered natural materials from outside to allow us to build and decorate our own nests. We are now investigating how the water cycle works and, in science, we are looking at the functions of several different plant structures.

Eagle Owls have been learning about sustainability in geography and exploring ways that we can all reduce plastic waste. Our Eco-Warriors have also been busy in the garden, successfully growing potatoes and onions in preparation for our cooking lessons at the end of term. In science, we have been learning about classification and how living things can be grouped according to their characteristics. We have also been joined by visitors who have kindly given their time to share new skills with the children: Diane and Tina have shared their love of bowling, and Jacqui has taught us how to stay safe in open water.

Cartmel Priory School



Introducing our new head students Holly and Elijah and deputy head students Brandan and Isabella

This month brought a flurry of sporting success at Cartmel Priory School, beginning with our Regional Final Tenpin Bowling Champions! Originally one of 278 competing teams, our incredible students went right to the top of the leaderboard!

We are also very proud of our "Table Cricketeers" who, following a victorious result at the Lord's Taverner's Table Cricket Festival in Durham, travelled to London to play in the finals at the infamous Lords Cricket Ground!

For some of our students this was their first time visiting the capital city which, when combined with a live interview on Radio Cumbria, a feature on Border ITV and a surprise appearance by cricket legend David Gower, made for a very exciting trip!

A special mention to Alfie D, who was given the Spirit of Cricket award for showing kindness and support to all teams.

Interviewees then turned interviewers, when a group

of our students volunteering at the Lakes Book Festival, spoke to David Lammy.

In preparation for Our Eco Committee students attending the Youth Climate Summit at The Lakes School in July, we recently welcomed Alison Hooper from CDEC, who is organising the summit. Students engaged in thoughtful discussions about our school's Climate Action Plan and began preparing for their upcoming presentation, where they will showcase the actions and progress we have made as a school.

Our new head students Holly and Elijah and deputy head students Brandan and Isabella have embraced their new roles. Many congratulations, we look forward to seeing your contributions to school life!

Finally, we say goodbye to our class of 2026. We wish you all the very best for your future and look forward to hearing where post-school life takes you!

From the Library

We welcomed Fell House School and Grange Primary School children on Friday 12 June as they celebrated Book Trust's Pyjamarama.

They spent the day enjoying and sharing stories in their pyjamas and christened our new Story Chair and outside area.

Summer Reading Challenge 2026: brought by The Reading Agency and delivered with the library service, kicks off Saturday 4 July. Children may sign up - to read four or more books. If not already library members, they may join up at the same time. This year's theme "Read to the Beat" inspires children to explore connections between stories and songs.

Digital Drop-in: IT help and advice with Charles - first Monday each month 10.30 - 12. This month Monday 6 July.

Exhibition: July and August "The Spell Garden" is based on the book The Lost Words by Robert Macfarlane and Jackie Morris parts of which were written whilst in the Lakes and connect people, stories and nature. It displays ideas of a permanent

living woodland garden - hopefully to be commissioned and installed at Fell foot park in the near future.

Reading Challenge 2026: "Bad Romance" Lady Gaga, released 2000.

Seed Library: donations of spare seeds for the seed library welcomed. Please collect an envelope.

Storytime: Thursdays 10.15 - 10.45 (school term-time). Bring your toddlers. We have childcare groups attending and are happy to accommodate other groups. Contact us with queries about attending regularly.

Working and relaxing spaces and public computers are available. Computers provide free access to Ancestry, Find My Past, 1921 census and Which Magazine with your library subscription. Printing and photocopying facilities are available at a small cost. We can advise on accessing online resources and digital devices, as far as our own general knowledge allows.

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

St. John's Flookburgh

As part of their 150 year celebrations the Mothers Union held a commemorative service at St Paul's Cathedral in London on June 10th.

Flookburgh branch of the Mothers Union attended as part of a group from Carlisle Diocese who alongside 1500 members from across the world. It was a truly memorable occasion.

The Archbishop of Canterbury, The Most Revd & Rt Hon. Dame Sarah Mullally led the service of celebration and Holy Communion. The service included amazing organ music and anthems sung by the Cathedral Choir.

On the 11th June the Annual Gathering took place at the Emmanuel Centre, London. The programme featured inspiring speakers. Subjects included; 'Celebrating our Past and Impact'; 'Showcasing our Present'; 'Shining a Light on our

Future'. The day culminated with a presentation about the Vital Impact of our Young People for the Future. We heard three truly amazing young ladies from the Girls Brigade which made us feel that our future is good in their hands.

Members were given an opportunity to visit MU headquarters, Mary Sumner House, which is conveniently next door to the Emmanuel Centre. There we could visit the Chapel and view the 150 Years Exhibition

So, a thank you from the vicar for the work of the Mothers Union, not only across our parish and diocese but right across the world. The MU has served on many levels down the years offering support to young mums, women needing to flee from domestic abuse as well as offering the chance to simply gather for a brew.

St. Charles Borromeo

I mentioned last month that we were due to have a meeting of representatives of all our six linked churches and the bishop at Kendal early in June.

Well, this has now taken place and was well attended. We raised a few questions, we discussed various matters and we ended up with even more questions. The bishop gave us his opinion on things we were interested in, and we gave him lots to think about. At present we

are in the process of taking things forward by feeding our thoughts and impressions of what the next steps should be to our various Parish Pastoral Councils. When these forms have been received and digested, then we can look at next steps. They say "the mills of God grind slowly" and I think we are taking our cue from that. Hopefully there will be progress to be reported at a later date. Please keep all of us in your prayers as we contemplate taking steps into the future.

URC

It is so good to see all the flowers flourishing just now, even though it has seemed that summer had changed its mind regarding the weather. So much for us to enjoy.

The Pentecost Picnic did have its share of sunshine. It was lovely to sit in a circle under the tree and celebrate. On Sunday, 21st June we were pleased to welcome

members of the congregation of Formby URC to our morning service as part of their visit to Thornleigh Hotel. We hope they come again next year.

Just a reminder that Coffee will be served in the Hall as usual on Tuesday 7th July and Monday Meet-up will be on the 13th and 27th of July. Everyone is welcome on these occasions.

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Cartmel Priory

Several hundred people enjoyed a champagne reception in the Priory on the evening of 12th June.

This happy event, part of the first Lake District Literary Festival, followed the unveiling of the access to William Taylor's grave earlier in the day by Professor Stephen Gill. Next time you're in Cartmel stop by the graveside, read the extract from the Prelude and gain an insight into Wordsworth's love for his former teacher.

Early summer has proved to be a very busy time in Cartmel. Weddings, baptisms and the flourishing of our weekly services, especially Sunday afternoon (3.30pm) Choral Evensong, give us optimism for the future. Performance events are prominent as we seek to open our doors to a wider audience, and July looks like being a very busy month.

On Saturday 4th July at 6.30pm Mytholmroyd Choir will sing Evensong.

On Saturday 11th July at 3.00pm The Dorian Players present Echoes of Liberty. Previous visitors, the Dorian Players perform on period instruments and seek to both entertain and inform. Tickets £10 from TicketSource and on



Professor Gill addresses the crowd by William Taylor's grave

the door.

Sunday 12th July 3.30 – 4.30 In place of Evensong The Pro Nobis Singers conducted by Clive Walkley will offer a programme of Sacred Music for a Summer Afternoon. Free with retiring collection.

On Sunday 19th July we are joined at 3.30pm by the choir of Kendal Parish Church for a shared Evensong.

International Contralto, Jess Dandy, currently performing with great acclaim in Handel's Julius Caesar, will join us on the evening of Friday July 24th at 7.30pm. Jess and David Pipe, Priory Director of Music, will present a wide-ranging programme. It will be a very special evening and lovely to hear Jess on 'home territory'. Tickets from TicketSource and on the door.

Finally, for now, Cumbrian Society of Organists will meet on 1st August for their Organ Marathon. This is an all-day event so please do come and enjoy the music for as long or as short as you like. It's always an entertaining listen.

Cartmel Methodist Church

It is good to see from our visitors book that a good number of people are enjoying the peace and quiet of our chapel and its garden.

No garden stays tidy without quite a lot of care and attention, and I'm always grateful to find that little bits of clearing up have been done by unknown friends. Our July coffee morning will be from 10:30 on Tuesday 14th. The usual tea, coffee, home-made shortbread and chatter will be on tap. No charge, though donations are always welcome. We just like meeting people!

A word of explanation: I received an email recently from someone who had seen the words "Local

Arrangement" on our noticeboard where the name of the following Sunday's preacher appears. This is happening increasingly often as there are not enough preachers to go round at present. I was asked if that meant there was no service in the chapel that Sunday. In fact, it simply means that people who regularly meet for worship in the chapel are taking responsibility for arranging worship themselves. You don't quite know what to expect – though we are creatures of habit and it is likely still to have hymns, prayers and readings. However, from 11 am on such a Sunday God will be praised in the chapel as on any other Sunday, and visitors will be welcomed just as warmly.

Cartmel Peninsula Churches Together

It was lovely to gather together with friends from different churches after our Pentecost Sunday services on May 24th: the weather was kind to us this year and we were able to sit outside to eat our packed lunches.

We mostly knew each other, but we were joined by a couple from New Zealand who had been impressed by the fact that the same picnic and worship was being advertised by every church they had walked past. So they brought their lunch along too to join in with us. Our chairperson, Rev Kate Hunt, led joyful light-hearted worship after we had eaten, then some went home while several of us went off to listen to the equally enjoyable afternoon concert in the Park.

Thanks to St Charles' Church for hosting the event on their field and providing us with tea and coffee.

Now we hope the weather will be set fair on Sunday afternoons in July and August for our annual series of "Praise on the Prom" sing-alongs. The first one will be on 5th July at 4:30 pm, then as long as it isn't raining we will be singing our hearts out for an hour at the same time on each of the other 8 Sundays until the end of August. We'll have books containing all the words, but which songs we sing will be chosen by anyone who would like to join us on the promenade between Clare House Bridge and the Lido. We'll hope to see you there!

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St Mary's Church Allithwaite

As the National Churches trust says: Don't just love it. Help save it.

The decision was taken this spring, that the work had to be started to save St Mary's spire because it was becoming dangerous and the type of mortar used needs summertime to cure it. Those who passed by have watched and wondered as the builders work high up, supported by ropes.

The Church members continue to work at raising the necessary funds, every penny counts. If you would like to make a donation, you can do so by contacting; treasurer@allithwaitechurch.org.uk

Meanwhile, Our summer activities and services have continued in spite of scaffolding inside and outside the building. Notably, our Fun Day including barbecue was blessed with a windy but dry day. It was fantastic to see so many families come and enjoy themselves with the games, competing for the mini Olympics medals, the bouncy castle, barbecue and cakes.

Our community activities continue into July with Tuesday Elevenses



alternating with Love to Move and continuing through August. Hopefully the community lunch will resume on Wednesday, the 15th July.

For the singers, there is Vocal Joy on Wednesday evenings and Tots time is on Friday mornings. Both these activities will break for the summer during the week ending the 18th July and resume during the week starting 2nd September.

There is one change to our service time, Sunday, July 12th, the service will be informal and at 4 pm.

Have a lovely summer.

St. Paul's

Before our organist Charles died he had planned a concert with his Gloriana choir.

This was to commemorate the 150th anniversary of the dedication of the church organ in St Paul's. Following his sudden death in March it was decided to continue with the concert under the leadership of Jane Thedham. Thank you so much Jane and the members of the choir. Over 100 people came to the concert and we heard a mixture of sacred and secular songs, there really was something for everyone. It was a wonderful tribute to Charles. We would like to thank everyone who

attended and also a special Thankyou to the members of our congregation who provided scones for the refreshments afterwards.

Admission of Church Wardens. Brian will be admitted as our church warden at a service at Kendal Parish Church on Tuesday 30th June. Best wishes Brian and Thank you for all that you do for St Paul's.

Now that summer is here there will be Praise on The Prom each Sunday in July and August at 4.30-5.30pm. This will take place near Clare House railway bridge. Everyone is welcome.

Grange Methodist Church

We look forward to hosting the Repair Café, open from 5-7pm on Friday, July 3rd.

The Friendly Food lunch will be back to the second Tuesday, July 14th, at 12 noon – jacket potatoes and meringue nests this time. All welcome, no need to book. Then on Saturday, July 18th, we invite you to a Cream Tea at 3:00pm. Tickets are £6, available at our Wednesday coffee mornings.

Do you remember "Windows 26" at our church in May?

If you were there you will have seen the amazing new secondary double glazing installed in the church by Storm Windows. It is SO subtle – perfect for our Grade II listed building – and very effective! Well, this month's good news is that the Aviva Communities Fund has offered match funding to help raise the £10,000 needed to put secondary double glazing in the church hall. If we can raise £5,000 in donations, Aviva's match funding will grow them to £10,000. If you would like to

contribute, there is no time like the present. Thanks to Aviva, every £1 you donate becomes £2 for the windows fund. Please help if you can. Our campaign is called "Draught Buster" and it runs from 25 June to 5 August. To donate, go to the campaign web page at: <https://communitiesfund.avivafoundation.org.uk/p/draught-buster> Click on the yellow DONATE button. Your generosity will keep the Methodist hall warm and draught-free for the many groups who meet there. And by Busting the Draughts in our community spaces we can all play our part in saving energy and tackling the climate emergency.

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H is for Hawk (12A) Sunday 12th July 7pm (doors 6.30pm)

H is for Hawk follows Helen (Claire Foy), who, after the sudden death of her father (Brendan Gleeson), loses herself in the memories of their time birding and exploring the natural world together and turns to the ancient art of falconry - training a wild goshawk named Mabel - to navigate her profound loss.

But as she teaches Mabel to hunt and fly free, Helen discovers how deeply she has neglected her own emotions and life. What begins as an act of endurance transforms into an intimate journey of resilience and healing.

'Foy is exceptional' - The Times

Screened with subtitles.

Rating: 12A (infrequent strong language, drug misuse, injury detail, sex references).

Runtime: 2 hours 15 minutes (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

What's On at The Vic - July

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

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

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

Beginners Drawing & Painting: Focus on Faces – Wednesdays 10am-noon – adultlearningcumbria.org

INDIVIDUAL EVENTS

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

06/07 Mon - VHSG Bingo at the Vic - Doors 7pm, Eyes down 7.30pm. £1 entry, £5 per Bingo card. Prizes - 18+

12/07 Sun - Music in the Park – Park Road Gardens– 2pm – Free entry -no wet weather venue today

12/07 Sun - Cinema at The Vic: 'H is for Hawk' (12a) - 7pm, doors 6.30pm - www.ticketsource.co.uk/vhsg

13/07 Mon - Grange over Sands Town Council Meeting, with 'Have Your Say!' 7pm

BINGO AT THE VIC

Monday 6th July 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.



SUMMER NIGHT DISCO

Victoria Hall Grange-over-Sands

"Dance to summer hits from the 60's to the 90's!"

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EVENT ENDS 10:30PM - OVER 18s ONLY

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Victoria Hall
VHSG
Support Group



Summer Night Disco at Victoria Hall Saturday 1st August - 7:30pm to 10:30pm

Dig out your dancing shoes and head for the dancefloor at Victoria Hall this summer!

For one night only you can enjoy club style disco entertainment right here in Grange! There'll be dancing to summer hits from the 60's to the 90's along with full sound system, disco lighting and table seating . . .oh, and a live DJ! The bar will be open throughout and there will be bacon buns available to order as well as an ice cream stall to help keep you cool!

Tickets are available now and cash & cards can be accepted on the door. This event is promoted by Victoria Hall Support Group and will help raise funds for Victoria Hall - we look forward to seeing you there!

Tickets £10 in advance from www.ticketsource.co.uk/vhsg

Cash and cards accepted on the door.

Doors open 7:30pm to 9:30pm. Event ends 10:30pm. Over 18s only.

What's On

Thursdays 2, 9, 16, 23, 30

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.

Every Sunday in July and August:

Praise on the Prom by Clare House Bridge 4:30 to 5:30pm

Wednesdays

1, 8, 15, 22 and 29: Community Coffee morning in Grange Methodist Church Hall from 10:30 to 12 noon

Friday 3 July

Repair café in Grange Methodist Hall from 5-7pm

Saturday 4 July

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

Mondays 6, 13, 20 and 27

South Lakeland Phoenixes. Drop-In/ Chatty 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 6th July

Grange District Natural History Society Whitbarrow White Scar. Meet 10.00am

Tuesdays 7, 14, 21, 28

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

Tuesdays 7, 13, 20, 27

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

Wednesday 8th July

7.30pm Newton & Field Broughton WI invite you to their open meeting in Lindale village hall LA11 6LE. Speaker - Nick Blake 'The Undersea World - A photographic Journey' Nick is an award winning underwater photographer. All welcome £3 includes raffle & refreshments.

Sunday 12th July

Table Top sale 9.00 am to 1.00pm, tables £5.00 from Rhona r.barton5353@gmail.com Lower Holker Village Hall in Cark-in-Cartmel LA11 7NU

Monday 13th July

Grange Probus Club will meet at 12.15 for 1pm at the Netherwood Hotel for their Summer Luncheon. See the club report for more information.

Tuesday 14 July

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

Tuesday 14 July

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

Saturday 18 July

Cream Tea in Grange Methodist Church Hall from 3:00 to 4:30pm

Wednesday July 22nd

Kents Bank Station Library at 19.30: Platform Poets: live poetry from top class local poets. Free, but advance booking essential please on 07795 008691 or info@stationlibrary.org.uk

Thursday 23rd July

Flookburgh & District Over 60's. Coach trip to Fleetwood Mkt and Affinity (Freeport) Leaving Flookburgh Square at 9.30am Contact: Wendy Bland 07814470033

Age UK South Cumbria

Accessible Yoga – Grange United Reformed Church every Mon 11 am – 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.

Friends of Grange Library

At last month's Reading Friends meeting we had an interesting discussion about our dreams (and in some cases nightmares!), but this month we are looking back on the books that used to light up those long winter evenings or which we read in the garden on a hot sunny afternoon.

Was Enid Blyton your go to author or did you prefer the classics by writers such as Robert Louis Stevenson? What about Biggles or Just William? Did you tear down the school corridors of Malory Towers alongside Darryl and her classmates or get up to mischief with J. C. T. Jennings and his right-hand man Charlie? Join us on Thursday July 9th at 2.00 p.m. to chat about and remember those Favourite Children's Books that so engrossed us. If you can't make our Reading Friends meeting but would like to have a relaxing afternoon in good company, why not come along to our next Cake and Games Afternoon on Thursday July 23rd from 2.00pm?

We have a variety of board games both new ones such as Articulate and Rummikubs alongside old favourites such as Draughts and Dominoes. Finally we are planning another long-awaited Quiz Night next month, so keep an eye open for posters when details have been finalised.

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<p>Other Courses</p> <p>Mini Musical Theatre Summer School (Ages 5-8 years) 24th - 26th August</p> <p>Summertime Sing (Ages 8-14 years) 26th - 28th August</p>	

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Grange Lions



Grange Lions - £800 to Derian House

By the time you read this, Grange Lions will have hosted the annual five a side football competition at Cartmel Priory School. All the primary schools in the local area are invited to enter as many teams as they wish to, with the competition being held after school. The children have a lovely time and all entrants are given a "Lions" bar and a medal plus a trophy to the winning team. We also held our annual presentation evening in May, sharing our monies raised over the year to a number of local charities.

Grange Lions are helping at the Music4Charity at Allithwaite Community Fields on Saturday 4 July. We will be having a bouncy castle and a teddy tombola stall so please come along to support the charities of Andy's Man Club and Jaysley's Voice.

Grange Lions meet twice a month and have a wide age range of members – everyone is welcome. 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

Lower Holker WI

This special W I celebrates its 100th Anniversary this year, and at the May meeting in Flookburgh Village Hall, ladies were invited to sign up if they planned to attend the special lunch. If you are a member and wish to be included at this lunch please make contact and book ASAP. please 'phone Ros Crawford to book your place.

The speaker, at the June meeting, although not a doctor, had a wonderful 'Laughter Prescription'. He certainly had us laughing. He was a retired Methodist minister, what his sermons were like is hard to imagine!

The speaker in July, is to tell us about 3D printing. That could be helpful to anyone producing church magazines or regular circulars. We wait to see. The meeting will be on the 1st July at 1.30 pm in Lower Holker Village Hall, plenty of room for parking and we are so happy to welcome visitors. See you there.

Cartmel Art Society

June was the month for birds, beasts and blossoms with our fellow member Rita leading a workshop in contemporary collage. A fortnight later we met for a workshop with Jill Colquhoun-Bardgett demonstrating the creation of a summer meadow using pastels. On the 8th of July Gwen Bellamy will be leading a morning

session featuring Still Life. Working around a large central arrangement, members will view the subject from all angles. At the end of the morning we hope to have a 360 degree reproduction of the Still Life arrangement, demonstrating our collaborative work as artists.

If you'd prefer to work independently, please feel free to bring along your own subject matter; whether it be a bowl of fruit, a vase of flowers, or any other item which piques your interest! Please note that the meeting on the 22nd of July will be from 10.00am until 1.00pm. This will be the "Exhibition Clinic" where all things related to our annual exhibition will be discussed. This will be an opportunity for our members to get all the information that they need, as well as useful tips on how to present their work suitably for display. This may be particularly useful to our newer members. 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 Probus Club.

The Club's members and guests enjoyed their Summer Luncheon at the Netherwood Hotel. The Club's next event will be a talk by Robert Wheatley on The Kennedys of Stonecross on Monday, July 13th at 10.15 for 11am at the Netherwood Hotel. 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 continues its break of its monthly talks until Thursday, September 3rd when Suzanne Tiplady will talk about the Bobbin Mills at Force. There will be outings over the summer. Further information on CPLHS, membership and activities can be found at Cartmel Peninsula Local History Society | Bringing Local History to the Community (wordpress.com) or from Stuart Harling on 015395 36296.

Cartmel Institute

During last year's public consultations, the village community had supported the Institute Trustees' proposal to sell the building which was no longer required as a community facility and to use the proceeds to establish a new community trust the interest income of which would provide grants for the village hall and Cartmel schools in accordance with the original donor, the Rev Holgate's, wishes to provide recreational and educational facilities for local people. As reported in last month's Grange Now, the Trustees' plans had been delayed by the Charity Commission's requirement for a further short public consultation. Cartmel Priory has now requested that they should receive a share of the sale proceeds and the Institute Trustees are having to decide

whether this complies with the Reverend Holgate's intentions. This development unfortunately has resulted in further delay in selling the building and additional legal costs but has to be addressed before the Charity Commission will give authority for the sale to proceed. It may be necessary to hold another public meeting to allow the Institute Trustees and the Priory to present their respective proposals to local residents and to obtain their views. Local residents will be notified of any future meeting and invited to attend.

Cartmel Village Society

CVS was pleased to be able to donate £2,000 to the recent Lake District Book Festival to allow local school students to be involved. CVS has also arranged with the National Trust to open the medieval Gatehouse on certain dates for public access. This was done successfully over the book festival and is planned for the days between future race meetings on 19th July and 30th August from 10am to 4pm. Any other opening days will be notified in advance on the CVS website and social media.

Cartmel Support Network (CARTNET). CARTNET was set up during the Covid lockdowns to provide support and information to local residents through nominated Focal Point (FP) individuals around the village and surrounding areas. These arrangements have been maintained for reactivation if required during any future incidents such as prolonged electricity outages or storm damage. Outline information can be found on the CVS website at www.cartmel.org and CARTNET has also been registered as a Neighbourhood Watch to relay information in the event of any local incidents or threats.

Cartmel Cricket Club report

We've had a tough start to the season, partly due to new, good teams from Barrow joining our division. We lost our first four league games, mostly against the Barrow teams. However we have a new 40 over competition and our first game was at home to Morecambe. Jamie Callon scored his first ever 50 but rain after tea meant the game was to be decided by a bowl out. Cartmel won 2-1 with Bob Davies and Stuart Bailey taking the wickets. We then played against league leaders Furness and chased down 180. Joe Cowperthwaite took 4 for 43 and Bob Davies scored 72. We narrowly lost to Ingleton, Rob Rhys took 4 for 43 and Will Anderson scored 47 but we are through to the quarter finals against Millom 2nds.

Cartmel and District Flower Club

Our next meeting will be a fashion show from Colours at Cartmel Village Hall on Friday 10th July doors open 6.30 show starts at 7.00pm there will be high street brands at reduced prices and raffle prizes to be won. Tickets in advance or on the door so come along to our FUNdrasing fashion show and enjoy a fabulous evening of fashion. Contact Isobel 015395 33136.

Grange Lecture Society

This month our post office will be delivering your new Grange Lecture Society program and membership application form. It is on pink background coloured paper. It lists the remarkable TEN TALKS arranged by our programme secretaries Richard Hinchcliffe and Philip Helliwell. Richard is giving our introductory talk on Tuesday, August 11th in the Victoria Hall, our FREE to all event. We hope many will join up again for the new season's membership and we will toast new and prospective members with the drinks and nibbles provided. All for FREE! At £4.60 per lecture, it remains great value. Do come along and bring your friends. Payment by cash or card reader or BACS direct to our bank account.

As in previous years the completed membership applications can be deposited at Gedyes Solicitors on Kent's Bank Road or the Daisy Roots book shop on Main Street here in town: completed application forms can also be brought in to the August meeting. Thank you from myself the President to all those who attended my midsummer show at the Victoria Hall. LOST IN TIME with the 17 member strictly swing band and star singer from Merseyside Simone McGregor. Many thanks indeed to all Lecture Society members who came along. It was a virtual sell-out and a stunning show.

Kents Bank Station Library

The Station Library has expanded its Children's Section to include a 00 gauge circuit with loco and wagons, kindly donated by local friends. As well as the model railway – which young visitors are welcome to operate – we have a range of children's railway books to borrow and browse.

Our 'mutual improvement class' talks are taking a summer break but in their place we are organising a number of trips, including a visit to the Settle-Carlisle Line and Ribble Steam Railway at Preston. We are currently running a special exhibition of books about the Settle-Carlisle Railway, which is celebrating its 150th anniversary this year. Together with our pop-up station buffet, with complimentary teas and coffees, we are open every Friday, Saturday and Sunday from 11.00 to 16.00. For more details of our activities see www.stationlibrary.org.uk or ring 07795 008691

PEAT

One of the questions we hear most often is, 'What can we actually do?'

Over the past few months PEAT has been bringing people together through the People's Emergency Briefing, our 'What Next?' community conversations and our programme of local events. A common theme has emerged - people want practical ways to make a difference, together. This month we're delighted to celebrate one of those ideas becoming a reality.

We will be at Prom Art on Sunday 26 July marking the launch of the new Water Refill Station on Grange Prom. It's a simple project with lasting benefits - helping reduce single-use plastics, encouraging reusable bottles and making sustainable

choices a little easier for residents and visitors alike. Working together to protect our beautiful environment and our beautiful Morecambe Bay.

Our stall will celebrate the refill station, offer practical ideas for cutting plastic waste and, thanks to donations from local people, giving away reclaimed reusable water bottles. Projects like this don't happen on their own. Every conversation, every partnership and every small action helps build a greener, fairer and more resilient Cartmel Peninsula. Come along, say hello - be part of the journey. Don't forget the Repair Cafe on 3/7 5-7pm

Grange Soroptimists

At our June Club meeting club member Cathy Lubelska gave a talk "Domestic Violence – a long view" looking at the issue through the centuries and the current situation, including the lobbying work our club has done. We lobbied re the Domestic Abuse Bill to make non fatal strangulation a criminal offence and more recently for the repeal of presumption of parental involvement through new Courts and Tribunal Bill to protect children from abusive parents.

Members enjoyed a good chat and get together over delicious refreshments at the peace Café at Conishead Priory in mid June. Anyone interested in joining the club or getting further information please contact Mary Ann on 015395 32265 or www.sigbi.org/grange-over-sands/

Allithwaite W. I

The Community Centre at Allithwaite was alive with chatter, as ladies, once members of the local W I who met there for years, had a re-union. Over cakes and biscuits, (homemade of course), coffee and tea, we reminisced. This year marks the centenary of Allithwaite W I and it will be celebrated with a lunch at Cumbria Grand Hotel. The 'cherry on the cake' will be a special speaker who was a contestant on the 'Sewing Bee' T V programme. We look forward with hungry anticipation to the lunch and with eagerness to hear Mitch Bridgewater tell us about his time on the show.

Grange Fell Golf Club

The season has started well at Grange Fell with good numbers entering our weekly competitions in both the mens and ladies sections and everyone is enjoying the good condition of the course. The May Stableford competition was won by Martyn Willacy with 37 pts and the Silver Anniversary Trophy, a mixed competition, was won by Flo Sweeney with a net 64. Also, the ladies held a 9 hole qualifier which was won by Wendy Barnes with 23pts. In early June, Craig Davidson won the Millenium Trophy scoring a net 67 and Gary Broadhurst and Colin Cowperthwaite won the Ronnie Robinson bogey competition with +8. The ladies May medal was won by Julie Pickup with a net 68, the following week Margaret Shepherd won the Eva Whatmough competition with 38pts and the Titleist 4BBB which took place on 16th June saw a good win for Kirstine Curwen and Claire Ryder with 41pts.

Grange Garden Society



Kendal Growing Well, Sizergh Barn

On Friday 19th June over 20 members of Grange Garden Society enjoyed a very interesting talk about Growing Well, a charity that helps people with mental health issues by encouraging them to grow vegetables. They work to give people a purpose, a social experience and new skills all of which helps with recovery and has a great success rate. Growing Well have now expanded and have 3 sites, Sizergh Barn, Tebay Service Station and Egremont. The sites at Sizergh and Egremont grow vegetables which are sold in boxes to the public and Tebay provides vegetables for the Service Station restaurant and shop. The Tebay site was generously donated to the charity by the Dunning family who own the service station. It nestles in woodland where a caravan park used to be situated and can be visited from the Service station. Tebay are now growing seedling trees that are native to Cumbria and will be used in rewilding projects in Cumbria. The Grange Garden Society are organising a visit there by coach on Friday Sept 18th with a visit to Acorn Bank in the afternoon. If anyone would like to join us they would be most welcome.

Our next meeting is on Friday July 17th at 7pm at URC hall when Bertie Swainston Head Gardener will be giving a talk A Year at Sizergh. Visitors are always welcome price £3.

Lower Holker Village Hall

Grange Now July 2026. June 2026 200 Club winners, 1st £40-18-Holly Rose Treadwell, 2nd £25-100-Len Dargue, 3rd £15-77-Nigel Taylor, 4th £10-29-Ann Roberts. Sunday 12th July Table Top Sale from 9.00 am to 1.00 pm, tables £5.00. Yoga, Tai Chi, 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 per session. To book phone 07718 473144 (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 Natasha27@outlook.com or 07901751197. Craft Fair Saturday 24th October 10.am to 3pm. Tables £12.00. Please follow us on Facebook at [lowerholkervillagehall](https://www.facebook.com/lowerholkervillagehall) for all our latest news. Website is lhvh.co.uk. The Bowling Club is contact Ron on chrisonenil@btinternet.com. The Hall number 07718 473144(Caretaker), Secretary's (Rhona) mobile is 07484 784854. To book tables for Table top/Craft Fair contact Rhona on r.barton5353@gmail.com

Grange and District Natural History Society – Summer Excursions



Paddy Deady (in blue) at Troutal Farm, Seppo Hakkinen

In May, Society members visited Cumbria Wildlife Trust's Hale Moss Reserve, south of Milnthorpe.

Having parked with permission at the Lakeland Oasis Centre, we entered this tiny reserve of only 3 hectares. Even so, it is the largest example of alkaline fen habitat in Northern England. Despite being planted with Scots Pine trees many years ago, these have recently been removed, to allow its rare plants to flourish. Take care if you visit, as although it is flat, there are great tussocks of purple moor grass to trip the unwary.

20 members braved the heavy rain and cool temperatures of a typical Lakeland day to visit Troutal Farm. The Landscape Recovery Scheme involves 10 farms with the aim of improving farming practice and biodiversity by 'Nature and Farming Together'. Now employing 14 people the project is the biggest employer in



Hale Moss CWT Reserve, Sylvia Woodhead

the Upper Duddon valley. Farmer Paddy Deady and Project Consultant, John Hodgson explained a wide range of practical actions: fence posts, cut from larch trees in the recovering Hardknott Forest are used to raise field boundaries, as modern Herdwicks can jump over most stone walls; new leaky dams have been built to slow the overland flow of water in flash floods; cages can be used to protect young trees. Research into how to manage without using plastic is being carried out. Any which is used is collected from the valley and sent for recycling. Already, positive changes are seen: fewer sheep are both bigger and healthier; Heath Spotted Orchids appeared in a meadow when sheep grazing had been removed; wildflowers abounded, and butterflies were seen despite the rain. After lunch in a dry barn at the Farm, members thanks Paddy and John for a most informative and enjoyable day.



Examining moths at Halecat, Sylvia Woodhead

On another wet morning in June, a moth trapping event was held at Halecat Garden Centre. Sarah Bradley, Guy Broome and Martin Chadwick set up moth traps the previous evening. Despite a cool, dry night some lovely moths were caught and examined in the morning. Delightful English names included Buff Ermine, Light Emerald, Willow Beauty, Scorched Wing, Buff Tip, Straw Dot. A micro moth Bird Poo and a Lute Wing were camouflaged on a dead twig to prevent being eaten. Moth numbers were low, another sign of the changing climate. The meeting ended with an informative Q/A with our three experts. Tom and Abi were thanked for providing facilities.

Details of summer visits can be seen on our web site www.grangenats.uk.

Sylvia Woodhead

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Dear Editor,

There was a time when the long rock bank was sprayed with weed killer, resulting in a barren and boring stretch of prom.

Now it is left to nature, earlier in the year I enjoyed seeing a variety of wild flowers, but in late May Valerian reigned supreme, a joy to behold.

Jean Platt

Dear Editor

Twenty five years ago on a sunny morning most pupils from Grange School walked in a crocodile down the hill to the Victoria Hall. They were there to help commemorate the Hall's 100th anniversary in 2001. The children had contributed to a Time Capsule packed with memorabilia from the year; even a copy of Grange Now went in! A brick was carefully removed from the front wall and the box securely put inside. The brick was replaced and a plaque to closely match the original plaque from 1901 was placed in front. The children lined up with headmaster Mr Milner and I took a photograph for Grange Now.

The reason for this letter is to let you know that this year the Hall is celebrating its 125th anniversary and I wonder if anyone reading this letter was a pupil then and remembers that morning in 2001? The Victoria Hall Support Group would love to hear from you with your memories. Do you remember what you put in the Time Capsule? Mr Milner, do tell us of your memories of the occasion too.

On the 19th September VHSG is organising a Heritage Open Day to celebrate the Victoria Hall's 125th

anniversary. Heritage Open Days are a national event every September for thousands of volunteers around England to celebrate our fantastic history. This year the theme is Everyday Histories. The Victoria Hall is still a marvellous resource for Grange as showcased by our monthly Cinema at the Vic and screenings of plays from the National Theatre. Plus of course monthly Bingo and used by local people and organisations for many other activities – meetings, exhibitions, concerts, lectures, Christmas activities, shows, discos and more.

Let us have your memories of the Hall to feature for our Heritage Open Day. On the day there will be lots of things to see and do including hourly tours of the Hall and displays featuring photographs and memorabilia from the Hall's early days, plus the improvements to the Hall the VHSG has funded. Free entry, open from 10am to 3pm on Saturday 19th September. There will be tea, coffee, squash, cake and biscuits too. We look forward to seeing you.

Mary Ann Harris, Victoria Hall Support Group. Please send your memories to victorihallassg@gmail.com Put Memories as your subject. Thank you.

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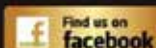


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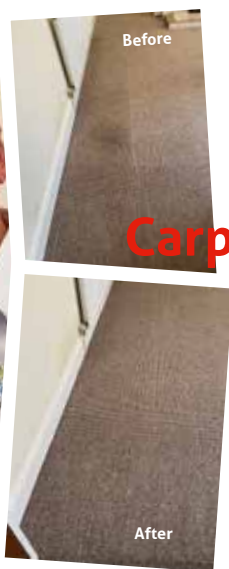
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