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When we think about the future, we often focus on what we will leave behind. But for many families, the greatest gift is not money or possessions. It is peace of mind.

When a loved one dies, grief is often accompanied by a daunting task: sorting through years of belongings, paperwork, accounts and unanswered questions. At an already emotional time, these responsibilities can feel overwhelming. *'Death cleaning'* is a simple but meaningful way to ease that burden.

Originating in Scandinavia, it involves organising your possessions, paperwork and personal affairs during your lifetime. It is not about preparing for death. It is about caring for the people you love and making things easier for them when you are no longer here.

Today, this includes more than the contents of your home. Family photographs, social media accounts, online banking, email accounts and digital investments can all form part of your legacy. Without proper planning, valuable assets and precious memories can be difficult to find or even lost forever.

Taking time to organise your affairs and review your Will and Lasting Powers of Attorney can remove uncertainty and provide reassurance for those you leave behind.

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Editor's letter

In this issue, Nick Thorne addresses the claim made by Grange now that Grange is in fact a temperance town. On page 5 Nick presents a detailed response to that claim. My thanks to him.

Some great fundraising efforts in this issue... particular well done to Rosie Metcalfe Page six and the Grange lions who raised over £3000 through a recent fundraiser.

There are some wonderful old photos in this issue taken from a recent exhibition in the library. If you have any old photos of the surrounding area, why not send them in?

As the new school term starts best wishes for everybody for a great school year ahead.

Chris

Next deadline 18th September.

Cartmel Peninsula Repair Café



On Sept 4th at Grange Methodist Hall, the Cartmel Peninsula Repair Café will be back with three more cafes during the autumn and will be featuring our new basket repairer, and from October, a jewellery mender.

However, from October onwards, we may be on the move because the Methodist Church is hoping to begin some extensive refurbishments lasting

several months. During this time, we will be moving to the URC hall for our cafes but they won't always be on the first Friday of the month. To know exactly when and where the cafes are, please look out for our banner, pictured here. There should also be posters around the town and details on our Facebook page. Wherever we are, we will be offering our full range of repairs plus delicious refreshments, so we hope to see you there!



Grange Shed



Last Sunday, as I am writing this, we had a great day out at Classics-Over-Sands.

Thanks to the show organisers we had a stall to display some of our craft work and to meet with our community.

Over the day we had eight or nine of our members turning up. We were also able to chat with some of our satisfied customers. We sold a few bits and bobs and got some new commissions.

It is amazing how some of what appear to be the simplest of jobs can take forever. We were given some

Edwardian cast iron bench ends which were covered with years of paint, we have lost count of the number of coats but Derek has been working diligently for weeks now to remove the old paint. We are not sure if he is getting to the end of the job or the end of his tether! Great job though, persistence pays.

The next Repair Café will be 4th September. But, if you cannot wait that long you can always catch up with us at the Shed, Back Yewbarrow Terrace, behind the Paragon Monday, Wednesday and Friday mornings 10.00 until 13.00.

Safe Falling Classes

Earlier this summer two highly skilled black belts from Kendal Judo Club ran a weekly Safe Falling class at the Methodist Church in Grange.

The course was aimed at older people and was designed to help them reduce the danger of falling, and become more confident in their ability to get around. The techniques taught were derived from judo training and have been adapted to an innovative way to increase well-being for less mobile people.

The 10 week drop-in course, funded by Active Cumbria, was well received by the people who attended.

"I feel much more confident after this," one said "Before, I was very worried that I wouldn't be able to get up if I fell, but now I have learned strategies for getting myself up which makes me more able to get out."

Although the sessions in Grange have finished, free Safe Falling sessions which are open to all are running in Kendal. The sessions start on Tuesday September 8th at 1300 at the Dojo, Kendal Judo Club which is on the Parkside Road Business Estate. There is ample parking and the sessions are followed by tea and biscuits. All over 55s invited. More Information. Tel: 07708968194. mike@kendaljudoclub.co.uk.

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Future Deadlines

ISSUE	DEADLINE	RELEASE
GN421	18th Sep	30th Sep
GN422	16th Oct	28th Oct



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Investment Matters

By Dan Birch APFS

The State Pension Triple Lock

Whilst many may not be aware, September is a very important time of year for the state pension as it is then when data is published that defines any increase from the following April.

The state pension triple lock seeks to increase payments by the higher of the rate of inflation, earnings, or 2.5% each year. The highest of these three measures last year was earnings, leading to an increase in the state pension of 4.8%. The previous two years have been 4.1% and 8.5% with earnings being the measure used in each of the last three years.

This year's data has not yet been released but the most recent inflation data (CPI 12 months to June 2026) is 2.6%. If inflation remains similar then earnings will likely be the measure used again (most recent figures 4.3%), though this will not be confirmed until later in the year.

However, given the extent of the recent increases this has raised questions about the long-term cost to the UK government and whether the triple lock can be maintained. Such changes could lead to people worrying about future uncertainties, but by working with a financial planner we can help you plan for your future so any additional savings, or investment strategies can be made available to 'top up' your pension if needed.

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.

Ravenstow B Snooker Team are Division Two Champions



Ravenstow Club 'B' snooker team (nicknamed Hedge's Gorillas) have just won and been presented with Milnthorpe and District Snooker League 2025/26 Division Two Champions. It is the first time in more than

40+ years since Ravenstow 'B' has won Division Two or has ever been promoted to Division One. Craig Davidson was Division Two Aggregate Winner for 12 wins out of 14 Games. Congratulations to the team.

New Homes Community Event

South Lakes Housing is delighted to invite you to a community event at Victoria Hall on Saturday 5th September, taking place between 10:00am and 2:00pm.

Join us to learn more about the exciting new homes coming soon to the Yewbarrow Estate.

Members of our Development and Lettings Teams, alongside representatives from Highall Developments, will be available throughout the event to answer your questions. Whether you're interested in shared ownership opportunities, would like to understand how to register for rental properties, or simply want to find out more about the development, we'll be pleased to help.

This is a great opportunity to discover more about the new homes and connect with the team behind the project. Everyone is welcome, and we look forward to seeing you there.

**For further information, please contact:
Development@southlakeshousing.co.uk
South Lakes Housing Development Team**



Pubs Prohibited - Fact or fiction?



I was interested in the article in last month's Grange Now titled 'Resort or Residents' that mentioned an ancient byelaw prohibiting public houses in Grange - which is not something I've heard of before. So I got in touch with the editor, and between us we've done a bit of research.

It turns out that it was a bit tongue-in-cheek and comes from Google AI (other search engines available), which says: While there is a popular local legend about an ancient byelaw prohibiting pubs, it is actually a historical myth. Grange-over-Sands never had such a byelaw. [1, 2] The lack of public houses stems from the Holker Estate's strict land covenants set in the 19th century. When the Furness Railway arrived, the landowning Cavendish family sold and leased land for Victorian resort development but strategically blocked alcohol sales to cultivate a quiet, genteel, and health-focused "Lakeland Riviera". The Cavendish family actively developed Grange as a genteel resort, utilizing the town's microclimate (warmed by the Gulf Stream) to promote it as a health-focused haven"

However, my first rule with AI is to always check what it says - as it can't be relied on. I didn't know / think that Holker owned huge amounts of the Grange area immediately prior to the town's development, which mainly occurred after the railway came in 1857. And I've never heard of Grange being actively developed by the Cavendishes. I did once see Holker's minerals map - which indicated that they pretty much owned the whole of Barrow at one time. Grange may well have been part of the Holker Estate in historic times, but by the nineteenth century much of Grange was part of the Woodhead Estate or privately.

In fact, I'm pretty sure most wasn't owned by the Cavendishes - here's William Johnson's pre-enclosure survey map of 1799, and nearly all the land on what is now Grange had already been enclosed and divided up, and the stuff up Grange Fell Road that was being enclosed didn't, in the main, go to the Cavendishes either - just part of the fell area that they still own. The Record Office in Kendal has a book with all the plots, who owned them, and their value at the time - but unfortunately it is shut for a few months so I can't go and dig around further. But it strongly implies that the Cavendish Family didn't own much of Grange when it was being developed. They did own Grange Marsh, as they sold the strip of land for the promenade in 1902 to Grange Urban District Council.

The low number of pubs in Grange for a place of its size is probably indeed down to its genteel nature and development period - which coincided with the Victorian era when society frowned upon enjoyment and so on, and there was a relatively strong Temperance movement. And whether Furness Railway (Brogden & Ramsden) made any effort to depress other developments to favour their Grand Hotel I don't know. I have read* that there were only two inns at the coming of the railway (The Bay Horse / Commodore / Commercial Inn the Crown Hotel presumably) - so there hasn't been much change!

We can't be compared to Cartmel - which had a market place, and Flookburgh which had 11 pubs serving the cross bays trade. Grange's development was different - but I remain sceptical as to whether it had anything to do with the Cavendish Family!

I shall do some more research when time allows....

Nick Thorne

For more maps - see my history site at <http://www.bit.ly/grangehistory>

*Grange-over-Sands, A Resort and its Railway, Cumbrian Railways Association

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Rosie Metcalfe

Congratulations to Rosie Metcalfe from Flookburgh just 2 days after turning 7, completed the Coniston to Barrow in 6hrs 46mins and managed to raise a whopping £1413.40 for Rosemere!



What is Inheritance Tax?

The current Inheritance Tax regime was originally introduced by the Conservative government in 1986. This replaced the earlier tax called Capital Transfer Tax. The origins of taxing assets on death go back over 300 years.

Many amendments have been made to the original 1986 Act of Parliament over the years which include the ability to transfer the inheritance tax allowance between spouses (2007), the introduction of the residential nil rate band (2015) and additional tax being attributable to agricultural and business assets (2026). The government is also set to introduce additional inheritance tax on pensions in 2027.

What is the threshold for paying Inheritance Tax?

The basic inheritance tax free allowance (the nil rate band) is set at £325,000. However, additional inheritance tax allowances are available if:

1. You leave your estate to your spouse or civil partner (the transferrable nil rate band)
2. You leave your home which passes to children or grandchildren (the residential nil rate band).

The maximum inheritance tax free allowance available to a married couple is £1,000,000. This does not include the reliefs available on agricultural and business assets which will mitigate inheritance tax further. Inheritance Tax is currently charged at 40%.

When is Inheritance Tax payable?

Inheritance Tax attributable to non-property assets (excluding agricultural and business assets) must be paid before you apply for a Grant of Probate. The balance of the inheritance tax can be paid in ten annual instalments, the first one becoming due 6 months after the date of death. Interest on any outstanding inheritance tax (excluding agricultural and business assets) will accrue from 6 months from the date of death.

Can I reduce the Inheritance Tax payable on an estate?

Yes. There are numerous allowances, exemptions and reliefs which can be applied to mitigate Inheritance Tax. In these circumstances we would strongly recommend you take advice from a solicitor.



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Number of osprey nests doubles at South Lakeland nature reserve



Osprey pair on one of new nests
credit - cumbria wildlife trust

Cumbria Wildlife Trust has confirmed that there are now four osprey nests at Foulshaw Moss, its wetland nature reserve near Witherslack. Two new nests were discovered this summer, both with a pair of ospreys on them, and one of these pairs has raised a chick.

Paul Waterhouse, Reserves Officer at Cumbria Wildlife Trust said: "We're very excited to confirm there are now four ospreys nests at Foulshaw Moss! This is double what we've had previously, which is great news.

"We were naturally intrigued to find out more about the two new pairs of ospreys. A licenced bird-ringer has managed to access one of the nests, the one with a chick. The female isn't ringed so we don't know her identity. The male has a ring number, though we're not sure of it yet. He has a blue ring on his right leg which would indicate he's from England or Wales. Their chick was ringed with the number 8K9, so we'll be able to track its progress in the coming years."

For years, there was just one osprey nest at Foulshaw Moss. A single pair, Blue 35 and White YW, started breeding here in 2014. They were joined by a second breeding pair in 2025. With the discovery of the two new osprey nests this summer,

the number of nests has doubled.

The total number of osprey chicks raised at Foulshaw Moss this season is now six, a new record for the nature reserve.

Paul explains why Foulshaw Moss Nature Reserve has become so popular with these charismatic birds of prey:

"The discovery of two new nests this year, one with a chick that's now fledged, is testament to the hard work that's gone into improving this important wetland habitat.

"Over a decade or so, we transformed Foulshaw Moss with a large-scale habitat restoration programme. We returned the land, which had been drained and used for commercial forestry, to a healthy wetland, which is now teeming with wildlife. As well as ospreys, it's home to dragonflies and damselflies, reptiles, and other raptors including marsh and hen harrier.

"In the past, ospreys became extinct in the UK due to persecution and habitat loss, but thanks to conservation projects, their populations have increased and they're now thriving again in Cumbria. These four nests show how when we work with nature to restore precious habitats, our wildlife will thrive."

Could Paul envisage a time when there are even more osprey nests at Foulshaw Moss Nature Reserve?

"It's one of our largest nature reserves – 900-acres - so it's big enough to support all four nests currently, but I'm unsure whether it will support any more. I'm happy to be proved wrong though! There's enough food in the surrounding lakes and estuaries to satisfy these fish-eating raptors and their chicks. As ospreys tend to return to the same



Osprey Credit - Flynn Murnan

breeding site every year, we hope to see all four pairs return next year."

The two newly-discovered nests are on the far south end of the nature reserve and not visible to the general public (it's a very large nature reserve and much of it is inaccessible). However, you can still come and visit the nature reserve to see the two closer nests.

The ospreys and their chicks are now starting their long migration to their wintering grounds, probably to West Africa or Southern Europe, but some of them can still be seen on the nests and flying above the nature reserve.

Foulshaw Moss Nature Reserve is open daily, free of charge. It's located off the A590 near Witherslack.

If you're visiting the nature reserve, please note the car park is quite small and gets full quickly. If you're able to, please access it via public transport – you'll find information about this at <https://www.cumbriawildlifetrust.org.uk/nature-reserves/foulshaw-moss>. There are also bike racks available.

If you do arrive by car and find that the car park is full, please return at a later time or date. The access road to the nature reserve is narrow and doesn't have passing places, so please drive carefully and expect that you may need to reverse to help others pass.

To view the ospreys close up, watch the 24-hour live streaming osprey cams. There are cameras trained on two of the four nests: <https://www.cumbriawildlifetrust.org.uk/osprey-cam>. levels and secure the long term future of Foulshaw Moss.

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BROAD BEAN RISOTTO

This lovely risotto brings the flavour of Italy to our British summer, with tender young broad beans, fresh green herbs and a little saffron if you have it to hand. It's lighter than a traditional creamy risotto, but still generous and full of flavour, with butter-soft spring onions or baby leek stirred through the rice.

Serve warm as a simple lunch or supper, with extra herbs scattered over the top and a crisp green salad on the side.

INGREDIENTS (serves 4)

- 5 spring onions or 1 baby leek, chopped
- 100g (3.5oz) butter
- 250g (9oz) rice
- sea salt
- black pepper
- 700ml (1.25 pints) water, boiling
- 1 bunch fresh parsley, chopped
- 1 pinch saffron strands (optional)
- 175g (6oz) young podded broad beans
- 1 bunch fresh dill, chopped

METHOD

1. In a pan stew the onions or leek in the butter until soft, about 5 minutes, then stir in the rice with a pinch of salt.
2. Add most of the boiling water when all the grains are coated with butter and stir to separate them.
3. Add the parsley and a teacup of water containing the saffron, if using, put on a lid and remove from the heat. Leave for 10 minutes, by which time the rice should have cooked by itself.
4. Steam the beans in a steamer, or cover with boiling water for 4 minutes, and test them for tenderness.
5. Check to see if the rice is done, starting up the heat again and adding more water if necessary. Drain the beans and add to the rice with the dill and some more salt and pepper to taste.





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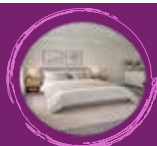


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Grange Then

These photos were part of an exhibition held in 2001 to celebrate the centenary of the Victoria Hall. In memory of Judith Shapland who helped organise the exhibition.



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If you have ever bought or sold a house, you may have found yourself asking: why does conveyancing take so long? Once you have found your dream home, you may wonder why you can't simply sign some documents, hand over the money and pick up the keys.

The answer is that buying a property is likely to be the most expensive financial transaction you will ever make and as such, it is important to make the necessary checks and tick all the required boxes, before you can safely and legally become the owner.

The role of a conveyancing solicitor involves investigating the legal title, to check that the seller actually owns it and has the right to sell it. Anyone who watched the popular ITV drama "Our House" starring Martin Compston will know just how important these checks are!

One of the main stages of the conveyancing process which takes a large chunk of time is the searches. These are advisable in almost all scenarios and if you are buying with a mortgage they are usually mandatory. Your solicitor will need to check the mortgage conditions and ensure that the property provides suitable security for the loan.

Searches in the Grange-over-Sands area are currently taking in the region of 4-6 weeks, although this can take even longer during busy periods of the year for house buying, such as Spring. Searches are usually carried out to check drainage and water, environmental issues and local authority. Depending upon the property and its location, other specialist searches such as mining may also need to be carried out.

One of the main causes of delay during the conveyancing process is the amount of people involved. There is often a whole chain of buyers and sellers, with solicitors, estate agents, mortgage lenders and other parties all needing to coordinate with one another. A delay at one end of the chain can have a knock on effect for everyone else.

Conveyancing can often feel like a lot of form filling and waiting, but there is a very good reason for the process. It is not your solicitor's job to get you to completion as quickly soon as possible – it's to make sure that when you finally collect your keys, you are buying exactly what you expect to be buying, without any nasty surprises. As the old saying goes, good things come to those who wait!



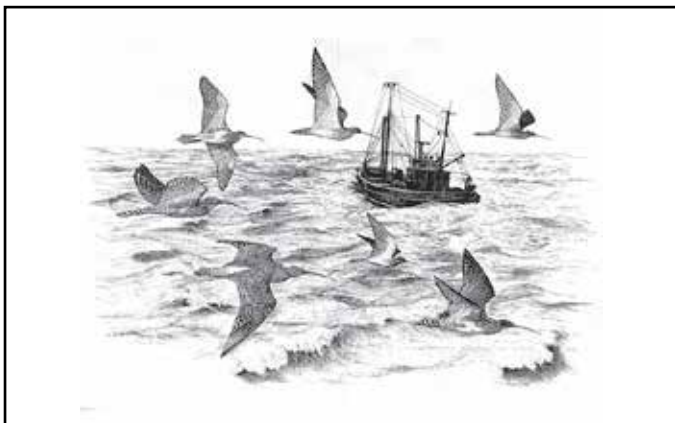
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An invitation to Grange Residents: Art Display in the Library



Navigating inshore waters

From Monday 28 September 2026 Grange Nats is putting on an Art Display in Grange-over-Sands library.

The display will feature nine detailed pen and ink drawings of life under Morecambe Bay. Drawn by the late artist Christine Isherwood, Grange Nats is aiming to make these works of art and science

better known.

On Saturday 3 October, from 10.00 till 1.00 pm, there will be an Art Event in the library, where you can try your hand at drawing the sea creatures, and learn more about them. The display will continue to Saturday 24 October. Do make the time to come and see these amazing drawings.

Grange and District Natural History Society - Hay Bridge Reserve, Rusland



Jim Shaw explains fenland improvements



GDNHS members at the Rusland Pool ford

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On the first damp day for 20 days, GDNHS welcomed members of the Wilmslow Guild to a visit to the Hay Bridge Reserve in the Rusland valley.

Reserves Manager Jim Shaw explained that the reserve is privately owned by the small charitable John Strutt Conservation Foundation. While sheltering from the rain, Jim outlined some of the work he had undertaken. 3000 trees have been planted as part of a Wood Pasture creation, 30 new ponds dug, woodland and hay meadows managed. A wildlife garden and orchard are being developed. We examined the moths which are monitored each night as a good indicator of environmental health. We observed Black Arches, Pug, Sallow Kitten, Pale Prominent, Ruby Tiger, Purple Thorn, Buff Arches, Flame Shoulder.

The reserve is on a bird migration route and an osprey pair have nested for 9 years. We watched as the young ospreys tried out their wings. Venturing into the rain we visited the seed collection and plug planting area. Various methods of fen improvement are being tried. We visited an uncut meadow where cattle will be allowed to graze. Jim was thanked for his time and explanations. There are many opportunities for volunteers, to talk to visitors or to collect seeds. After lunch in the barn Peter Woodhead explained the importance of Rusland Moss National Nature Reserve, before our walk north on boardwalks across the raised bog. All agreed it is a very special place. See www.grangenats.uk for our remaining summer visits.

Sylvia Woodhead



Bay Home Care Community Activity Sessions



Over the past few months, Bay Home Care has been developing its Community Activity Sessions, giving local people the opportunity to come together, socialise, make new friends and enjoy a range of meaningful activities in a relaxed and supportive environment.

Our sessions are designed to offer something for everyone. Activities include arts and crafts, gardening, music, gentle exercise, games and community outings. As well as being great fun, the sessions provide an opportunity to get out of the house, try something new and spend time with others, with support from the Bay Home Care team throughout. Following the success of our recent sessions, we are delighted to be continuing the programme from September through to December 2026, with most activities taking place at Cartmel Village Hall from 10:00am-2:00pm.

Upcoming Community Activity Calendar

Date	Activity
Thurs 10 September	Art Therapy
Thurs 17 September	Jewellery Making
Thurs 24 September	Afternoon Tea & Bingo
Thurs 1 October	Lakes Aquarium Visit
Thurs 8 October	Gardening Session
Thurs 15 October	Harvest Festival Crafts
Thurs 22 October	Yoga & Armchair Aerobics
Thurs 29 October	Pumpkin Carving & Halloween Crafts
Thurs 5 November	Pub Lunch Outing
Thurs 12 November	Music Jam Session
Thurs 19 November	Christmas Bingo & Games
Thurs 26 November	Christmas Wreath & Centrepiece Making
Thurs 3 December	Christmas Card Making & Gingerbread Decorating Competition
Friday 18 December	Bay Home Care Christmas Fayre (open to all – no cost)



Come Along and Join Us

We currently have several places available on our upcoming Community Activity Sessions and would love to offer them to people in the local community who may enjoy taking part. You do not need to be an existing Bay Home Care client - the sessions are about bringing people together, enjoying good company and having something to look forward to.

Standard Activity Sessions are £25 per person, or £30 including Bay Home Care transport.

Premium Activity Sessions are £30 per person, or £35 including transport. Premium sessions include specialist materials or enhanced refreshments.

Our Lakes Aquarium Visit is £40 per person, including transport, aquarium admission and lunch.

Our Pub Lunch Outing is £35 per person, or £40 including Bay Home Care transport, and includes a specially arranged two-course menu.

If you, a family member, friend or neighbour would enjoy getting out, meeting new people and taking part in some friendly activities, we'd love to hear from you.

Places are limited, so please enquire and book your place by contacting Bay Home Care on 015395 34987 or emailing info@bayhomecare.org.uk.



Why do we ask for your ID and undertake AML checks?



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When you instruct us one of the first things you'll be asked for is proof of your identity and evidence of your address. This isn't red tape, it's a legal requirement designed to protect everyone involved. Solicitors must comply with UK and International Anti- Money Laundering regulations which require firms to verify who their clients are, understand the purpose of the transaction, and assess potential risks before any work or transfer of funds even begins.

We apply our Client Due Diligence (CDD) to every new instruction, whether you're selling your business, making a will, or buying a home. It helps prevent fraud, stop criminals from disguising the origins of illicit money, and ensure that solicitors do not inadvertently facilitate financial crime. We must also identify Politically Exposed Persons (PEPs), ensure clients are not subject to Government sanctions and undertake ongoing monitoring.

In transactional matters, we also need to confirm your source of funds and your source of wealth. The first is the evidence that you hold the required money to complete the transaction. The second sounds similar but is distinct; it looks deeper into how you acquired those funds to eliminate any risk of exposure to acting where there is involvement with the proceeds of crime or terrorist financing.

We refer to this whole process as 'client onboarding'. For more an in-depth look at our procedures and for some useful FAQs, visit our website and search for 'AML'.



'Come and Sing Choral'

Free Taster Session with Cartmel Choral Society.... Please join us at rehearsal Tuesday 29th September or October 6th September 7pm, in Lower Holker Village Hall, Cark.



Enjoy singing?...Soprano, Alto, Tenor, Bass....test your vocal chords, and find your niche in this friendly group of singers.

No Auditions, no necessity to read music, just bring your voice, the desire to 'Sing Choral' then enjoy the learning journey, that our Musical Director Ian Jones will guide you along.

Autumn term rehearsals start, for the society members, Tuesday 22nd September at 7pm, with new term music distribution from 6:45pm. Fees for the whole autumn term are £50, payable by Bank Transfer.

The programme for our Christmas Concert, includes Gounod's St Cecilia Mass, 2 pieces from Rheinberger's Star of Bethlehem, 4 carols by John Rutter, and of course a selection of Christmas carols, for all to join in. The concert date for your diary is Sunday 13th December 3:30pm at 'Cartmel Priory'.

Cartmel Choral Society, look forward to welcoming you to sing with us, or listen to us, either way to enjoy our Christmas Concert.

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

Grange Drama

In a change to our usual annual programme, we have decided to delay our Autumn production.

The exciting news is that our next play will be performed on Thursday 28th January to Saturday 30th January at Cartmel Village Hall. The play is yet to be decided but we have a couple under consideration. We are really looking forward to performing in Cartmel and brightening up the post Christmas period.

Our regular monthly play readings continue on Wednesday 9th September with an additional reading on Tuesday 22nd. 7.30pm at Grange Institute. On the 9th Ellie Towers will lead us in a series of short conversation plays called 'Deckchairs' by Jean McConnell. The five 'twist in the tail' playlets, all set on a seaside promenade, are in turn both funny and poignant. They include: 'Shoppers' telling the story of two well

to do shopaholics who have a surprising secret. 'Dancers' wittily dissecting the tea dancing world of two skittish widows. 'Early Blight' which is a heartbreaking exploration of a doomed mother daughter relationship. Come along and join us to find out what happens in the remaining two playlets.

On the 22nd Jim Robson will lead a read through of 'Good Things' by Liz Lochhead. Suddenly single and with the dreaded 'Big Five-0' staring her in the face, Susan also has to cope with a father in his second childhood, a daughter in the throes of aggravated adolescence and an ex who, unfortunately, still has the power to wound. Set in the charity shop where Susan is a volunteer, Good Things is a poignant, hilarious play with a lot to say about finding love the second (or third or fourth) time. Any questions? Contact us at grange-drama.org.uk

Flookburgh Band - Proms at Holker Hall



To end a fabulous run of concerts, the band is delighted to be returning to the stunning surroundings of Holker Hall on Sunday 6th September.

The programme will include the famous Last Night of the Proms music, so expect to take part in rousing choruses, energetic clapping and frantic flag waving. The concert will

be in the Shire Yard at Holker Hall starting at 2pm, it's free to park and free to attend, please bring your chairs and your umbrellas just in case! There will be a retiring collection to support the band. The band would like to take the opportunity to thank everyone who has supported us this year and we very much look forward to seeing you on 6th September.

Oh yes it is! Grange Youth Panto returns with Jack and the Beanstalk

Grange Musical Theatre Society is delighted to announce that tickets are now on sale for this year's youth pantomime, *Jack and the Beanstalk* by Alan P. Frayn.

Our young cast will be taking to the stage at Victoria Hall on Friday 4th December at 7.30pm, and Saturday 5th and Sunday 6th December at 2pm. Expect giants, singing, a very silly cow and plenty of

shouting back at the stage.

Tickets are £12 for adults and £10 for children, available now at www.ticketsource.co.uk/gmts. Last year's show sold out and we're expecting the same again, so we'd really encourage families to book early rather than risk missing out. You can follow all the behind-the-scenes news at www.facebook.com/GrangeYouthPanto.

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Allithwaite & Cartmel Parish Council

August 2026 **NEWSLETTER**

Extra Mile Bus Service

Residents can now benefit from The Extra Mile, a new bookable pilot bus service designed to connect communities that have limited access to public transport. The service operates on demand, providing flexible journeys based on where passengers want to travel rather than fixed routes and bus stops. It covers many rural communities, including Grange-over-Sands, Flookburgh, Witherslack and Meathop.

The Extra Mile runs Monday to Saturday, 7am-7pm, and Sunday, 10am-4pm. When a journey is booked, requests are grouped with others travelling in the same area and passengers are given convenient pick-up and drop-off arrangements.

Adult fares start from £5 single or £8 return, with reduced fares available for concessionary pass holders, children and young people, and eligible companions.

Book via the App or by phoning 0332 406 965 (Monday-Friday, 9am-3pm)

For more information, visit the Westmorland and Furness Council website and search for 'The Extra Mile'

Parish Clerk and Responsible Financial Officer Vacancy

Allithwaite and Cartmel Parish Council wish to appoint a Parish Clerk/Responsible Financial Officer. The Clerk is responsible for the day to day running of the Parish Council, including its finances, and the successful applicant will have excellent communication, finance and organisational skills.

Knowledge of Local Government organisation, governance and risk management is preferred. The post will be primarily home-based with some evening meeting attendance required. The salary is based on a 21 hrs per week on NJC Scale LC2 18-25 (£16.62 - £18.85 per hour) depending on experience and qualifications.

Contact the current Parish Clerk for application details and job description via email clerk@allithwaiteandcartmel-pc.gov.uk. Or please visit the vacancy section on our website www.allithwaiteandcartmel-pc.gov.uk.

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.

GRANT FUNDING DEADLINE

The closing date for Grant Funding Applications to the Parish Council is Tuesday 1st December 2026. If your local organisation wishes to be considered for a grant from the PC please go to our website for the application form and policy information. <https://www.allithwaiteandcartmel-pc.gov.uk/the-council/grants/>



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.

CONSULTATION FORM

Thank you to everyone who completed our recent consultation form. We have received some informative and helpful responses which we will review and consider.

Meet Councillor Brodie

By Cllr Max Brodie

I joined the council to better understand the projects underway in our parish and the priorities of the community, I've enjoyed being on the council and have learnt a lot in the last year.



I have been liaising with Westmorland and Furness Council regarding funding for the parish linked to housing developments, to ensure our parish benefits appropriately from local growth. I am currently organising defibrillator training sessions, giving residents the confidence to act in an emergency—something I feel is important for community resilience.

The Parish Council has been really welcoming, anyone can be a parish councillor, without a big time commitment, so if you are interested then contact our clerk.

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

Cartmel Priory School



We hope students, staff and the wider CPS community are enjoying a restful summer break.

As mentioned in our last article, the final term of the year was a busy one;

We welcomed year 6 students from local primary schools to take part in the Primary Sports Festival, a great day was had by all and our CPS student helpers were a credit to the school. Well done to our year 9 and senior students who also spent the day supporting year 6 students on their transition day.

Our stewardship students have been continuing with their conservation work and did a great job clearing the pond area, your hard work is evident, the pond looks amazing.

Well done to students who recently attended the Cumbria

Spellbinding Book Awards ceremony in Penrith, winning 2 of the competitions! It was a wonderful day, meeting authors, taking part in workshops, swapping and buying books. Our students were complimented on their behaviour, kindness, enthusiasm and how smart they looked.

Year 8 students enjoyed their residential at Great Tower, making the most of the wonderful weather and taking part in a variety of outdoor activities, which we are so lucky to enjoy on our doorstep.

We ended the term on a high with a whole-school sponsored walk to Howbarrow for a "service in the sky"

Finally, we would like to wish our class of 2026 the very best for GCSE results day.

Flookburgh C of E Primary School

Throughout the summer, our school has been busy preparing to welcome the children back. Our team has grown and evolved, bringing with it new expertise, fresh ideas and plenty of enthusiasm.

Some staff bring specialisms in music and art, others have experience in sports coaching, while others offer strengths in DT and Computing. What they all share is a passion for outdoor learning, outstanding teaching and a genuine commitment to helping every child thrive. What a wonderful place to learn!

Our curriculum has also been carefully developed to reflect life on the peninsula and celebrate our rich Cumbrian heritage, while also looking further afield to broaden the children's experiences and understanding of the wider world. Each half term, our learning will be centred



around a theme linked to the UN Convention on the Rights of the Child. Through these themes, the children will investigate environmental challenges and issues of social justice, exploring both the problems and the solutions. Along the way, they will develop the knowledge, skills and confidence to use their voice and make a positive difference to their own lives and the lives of others.

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Cartmel Methodist Church

It was lovely to see so many people from different areas of our community life gathered in our chapel to celebrate Judith Shapland's life at the beginning of August.

Many memories were shared, and we were reminded how many pies Judith had a finger in! We are missing her very much, as you can imagine.

Our September "Coffee and

Chat" morning will be on Tuesday September 8th, from 10:30 to 12 noon as usual. All welcome to share conversation over coffee (or tea) and home-made shortbread.

We have once again enjoyed seeing from our visitors' book all the different places from which people come – the furthest this time was Los Angeles!

Cartmel Peninsula Churches Together

Our "Praise on the Prom" sessions have now finished for another summer; thanks to everyone who came to join in, or gave us a smile as they walked past.

We especially enjoyed the cheerfulness of several groups of cross bay walkers on their way home one Sunday at the end of their memorable walk. Until next year, we'll have to rely on the Methodist Church's monthly "Songs of Praise" gathering for the chance to choose and sing our favourite hymns. All

welcome at 4:00pm on the third Sunday of each month.

We look forward to our annual joint service to celebrate the youth work happening on the peninsula. This year the service will be at St Mary's, Allithwaite at 10:00am on Sunday, September 20th. Before that, we have another planning meeting at the Methodist Church at 7:00pm on Tuesday, September 15th, when we will be making arrangements for our Advent and Christmas activities!

Rookhow News

Heritage Open Day at Rookhow Quaker Meeting House, Rusland Valley, LA12 8LA on Friday 18th September 10am-4pm.

Come and find out more about the history of early Quakers in the area, wander in the beautiful temperate forest of Quakers' Wood and find out about Rookhow's work today. There will be a Quaker Meeting 12.30-1pm. Please book so we know how many cakes to make! Email: Sue Nicholls, Rookhow Development Manager info@rookhow.org.uk Tel. 07377 971783

Meet A Tree Day Thursday 24th September 10am-4pm. Booking is now open for an immersive day in Quakers' Wood in September with Gareth Thomas from Woodmatters. The day will leave you with a deepened understanding and sense of wonder at the trees we all pass every day and don't often acknowledge for how special they are. Please come dressed for the weather and bring a packed lunch. Suggested donation £40. Quakers and non Quakers welcome. Please book. <https://rookhow.org.uk/events>

Cartmel Priory

A very busy July and August at The Priory concluded with a magnificent service of Choral Evensong on August 9th celebrating the 150th anniversary of the founding of Mothers' Union by Mary Sumner in 1876. An interesting aside is that Cartmel Priory MU branch was founded in 1896 and is itself 130 years old.

The MU is a worldwide organisation carrying great influence in the UK government, where members contributed to the broader policy environment informing the Children and Families Act of 2014 and campaigned for

the right to request flexible working arrangements for all parents, and in the year 2000 were given consultative status at the United Nations.

The Priory choir led the singing of the traditional setting of Evensong, with Magnificat, Nunc Dimitis and the glorious setting by Stanford of Psalm 150. Gaelic Blessing by Sir John Rutter was the anthem of choice, and the afternoon was rounded off with tea and cakes. Thanks are due to all MU members across the Archdeaconry who contributed to the service.

Grange Methodist Church

We are still working towards a start date for the redevelopment of our building and the finalised alternative venue arrangements.

Meanwhile, September brings the welcome return of the Repair Café, in our church hall from 5:00 to 7:00pm on Friday, September 4th. "Stillness and Song", our Taizé-style worship service, takes place in church at 6:00pm on Sunday, September 6th, led by local musicians. Our next Friendly Food lunch, in the church hall at 12:00 noon on Tuesday, September 8th, will be a roast chicken dinner followed by Bakewell tart and custard. No service at our church on Sunday, September 20th,

so we can join in the united Celebration of Youth Work service.

We thank Grange Playschool for mentioning our "Stay and Play" baby group, which meets in our church hall from 9:30 on Tuesday mornings. We do however need to point out that these are unstructured sessions, and parents and carers do need to stay with their little ones all the time.

The next fundraising event coming up is a Kitty Brown Fashion Show on Friday 25th September at 7pm at Allithwaite Community Centre. Tickets are £10 including refreshments. Tickets will be available soon - contact Carol 07717217816.

St. John's Flookburgh

I hope everyone had a good rest over the last few weeks. September sees many groups start up again. At St John's this means groups such as The Mothers Union, Knit & Natter and the Diddi Disciples will gather in the Church Room. Get in touch to find out when.

In September there are a couple of special services.

20th there is a service at St Mary's in Allithwaite to hear

about the great work being carried out by Andrea and the Peninsula Youth Trust.

27th the new Bishop of Penrith will be leading the service at St Johns 4th October Harvest Festival.

Lastly, it might seem early but if you have a favourite Christmas carol could you let me know and I'll see if it can be included in the church carol service in December.

allithwaite.flookburghvicar@gmail.com



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Grange Shares the Love

It was a real pleasure on Wednesday, July 29th for a group of people from many of the local churches in Grange and from the wider community to come together to host a group from DARE for the day.

This stands for Darwen Asylum seekers and Refugee Enterprise. Seven families with helpers had come up to Grange from Darwen on the train to visit our beautiful town. They enjoyed lunch at the United Reformed Church, craft activities in the Methodist hall and games on St Charles' field before making their way back to the station through



town. Perhaps some of you saw us on our way! The prom playground was a great hit, and they loved seeing the sea. One of the craft activities was with the beads that you make designs with and then iron (yes, we'd done our risk assessment!). The love heart shaped one was a favourite, and symbolised for us all the sharing of love across any barriers of race and language.

Hope Church

I'm sure not everyone is enjoying the hot weather but it has been wonderful for the school holidays. Let's hope it continues until September when the children go back to school.

At the end of July we had a lovely concert in church by the Kimichi School Birmingham.

Also at the end of July 16 of us travelled to Wreay to visit St Mary's, the Pinecone Church. It was a very interesting visit to a fascinating church.

In late July over 100 people

gathered in St Paul's for a memorial service for Mollie Bell. She was a very active member of our congregation and a lovely kind person. She will be missed.

On 9th August we had a lunch at the Grange Hotel for our Solo Diners when we all sat down to a carvery meal.

Then on 12th August we had a church walk led by Judith, from Haverthwaite Church to Backbarrow. We stopped off at the Motor Museum cafe for coffee before walking back. It was a beautiful day and a lovely time was had by all.

News from URC

Hello everyone

Another month has gone and little or no rain to speak of. Unprecedented, and a reminder that we must keep up our recycling and other eco efforts, even if they seem so little in comparison to the problems that are building up.

However, we have much to be grateful for in Grange and should enjoy our surroundings and our friends. Remember that our Monday Meet-up sessions on 14th and 28th September are opportunities to have cheerful company, as is our Morning Coffee time on 1st September and on the first Tuesday of every month at 10am –

12noon.

We are looking forward to our joint Churches Together Service at St Mary's, Allithwaite on Sunday 20th September to celebrate the Christian Youth Work going on in the area. Everyone is invited to join us at this service.

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St. Charles Borromeo

Greetings to all Grange Now readers.

The hot weather continues. If we were on holiday we would be loving it. Let's just be glad for our visitors and hope they enjoy it. The visit I mentioned last month of the asylum seekers/refugees went off very well. After meeting them at the station we had a lovely walk along the Prom, a meal courtesy of the URC church and various activities in either the Methodist Hall or St. Charles' field. In other news, the parish has raised money to buy a bench, to be

placed in the ground of St. Charles' church in memory of Father Alf Parker. Father Alf was our last unshared parish priest, and he would have been 90 years old on the 9th of September this year. The bench is being prepared and the foundation laid, and it is planned that all will be in place for the 9th of September. A plaque will be fixed to the bench in Father Alf's memory, (who could forget him? Once seen never forgotten!). I am sure many of you will have fond memories of him. God bless all who read this.

St. Paul's

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Kents Bank Station Library



We have replaced our usual programme of indoor talks with several outings over the summer. At the end of July we had a delightful visit to Ribble Steam Railway, Preston, with a tour of the loco shed and workshops and a ride around the system on a vintage diesel railbus. Further trips include Stockport, to visit the Manchester Locomotive Society library and museum, and a ride on the Settle-Carlisle Line which is celebrating its 150th anniversary year. The MIC (Mutual Improvement Class) talks resume on September 9th (see What's On).

Recent donations include a large quantity of bound magazines featuring railways in the USA, Poland, Sweden, France and Italy. Now available for inspection, together with thousands of books. We have acquired two Furness Railway bench ends which will form a pleasant (and historic!) resting spot at our new sitting area outside the Gallery and Library. Many thanks to our private donors and Furness Line Action Group whose generosity enabled us to purchase the bench. We are open every Friday, Saturday and Sunday from 11.00 to 16.00 as well as bank holiday Mondays. For more details of our activities see www.stationlibrary.org.uk or ring 07795 008691

Grange Lions

By the time you read this, we will have helped at The Old Vicarage Annual Strawberry Fayre, in Allithwaite. It's a lovely afternoon with served strawberry cream teas, live music and plenty of cups of tea and coffee, whilst raising monies for St Mary's Hospice and ourselves for local charities which we are extremely grateful for.

Not long now until our fantastic Curry Night on Saturday 26 September 6.30pm start at the United Reform Church Hall in Grange Over Sands. The 2024 was a sell out event so get your booking in quick before we sell out! Price is held from 2024 at £25.00 per person with a free drink for those who buy and pay for tickets before 1st September! For Curry Night tickets or more information about Grange Lions Please contact Rachel 0782 198 3300 rachelchilton3@gmail.com

Cartmel Art Society

After a successful Summer Exhibition held at Cartmel village hall we resume our normal fortnightly meetings; beginning in September, on the 9th, with a morning workshop led by fellow member, Tanya Shaw. Tanya is very proficient in drawing animals using graphite and pencil, and has agreed to pass on some of her tips on creating a beautiful rendition of animals, whether it be a favourite pet or something more exotic!

On the 23rd our full day workshop is led by Jamie Oldham, demonstrating landscape

in a loose style, using acrylics. Jamie is a member of Lakes Art Society and grew up in Cumbria under the Howgill Fells. He tries to paint outdoors every day, capturing the changing light and atmosphere of the sky in the landscape, which forms a large part of his paintings. This workshop is sure to be inspirational with our members, so please let Rita Denby know if you would like to be part of this session. Please remember to bring your lunch as well as drinks for the day. You can contact Rita by email on: ritadenby45@gmail.com or call her on: 07587 705842.

Mothers & Others

We are pleased to be starting our new season and would like to invite past & present members as well as any other 'mothers' or 'others' to join us at our meetings, which happen fortnightly on Tuesday evenings in the Father Magner room behind St Charles Catholic church on Kents Bank Road, starting at 7.30 p.m. The committee have worked hard to produce a varied and we hope enjoyable programme for this season, and we begin on Tuesday September 8th with a 'Seaside Quiz' followed by home made cakes and tea or coffee and a time to catch up with friends or make new ones.

Our second meeting is on September 22nd, when John Wilson Parker will fascinate us with an illustrated talk about New Zealand's South Island, again beginning at 7.30. p.m. As usual we include a free raffle as part of our evenings. We are a very friendly group, and new members are

made very welcome. Becoming a member of Mothers & Others costs £15, with a charge of £3 per meeting and the charge for visitors is £5 per meeting. If you would like to know more about our meetings please contact Ann on 015395 33856 or Linda on 07719715309.

Grange Fell Golf Club

Beautiful weather at the Fell and excellent entries for our competitions has led to some good golf and brilliant scores. Our Captain, Pete Weston, held his very successful Captain's Day mid July and the winner was Andy Briggs with 43pts. A 9 hole competition was won by Anne Clough with 20pts. The James Crowe medal resulted in a win for Chris Thompson with a net 71 and the following week saw the Fisher Bowl won by Chris King with a net 64. The 36 hole T B Hustler Club Championship was a very close finish with Jes Woodhouse on 156 pts and Graham Shepherd on 157. There was also a best net 36 hole competition won by Peter Donnelly on 133 and Les Ollerton won the 18 hole ancillary competition with 71 net. In the Ladies section, Janet Crowe held her wonderful Lady Captain's Day at the end of July and the stableford competition was won by Anne Lawson with 42pts. Also at the end of July/ start of August the net prize for the Molly Davy Trophy over 36 holes saw a win for Dayna Davidson with 142. A similar ladies competition for the Harry Birchall trophy, a previous President of the club, saw an exciting win by Julie Pickup with a net 59. It has been a very successful month for Margaret Shepherd seeing her win the Molly Davy Scratch Trophy for the third year running and the President's ladies gross prize. We anticipate another successful month to report in the next edition.

Cartmel Peninsula Local History Society

CPLHS restarts its monthly talks on Thursday, September 3rd at 7.30pm in the village hall when Suzanne Tiplady will talk about the Bobbin Mills at Force. Visitors are welcome at £5 entry. 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 Village Society.

CVS's 2026 Annual Lecture will be held on Friday, October 23rd at 7pm in the village hall with a talk by Colin Burke on "Who has left their mark on Cartmel...and who hasn't". Weaving his way through his book, A Brief History of Cartmel, Colin will identify those characters and events which have left their mark on the village, whether through direct or indirect influence, and those who have not. With some surprising inclusions and equally surprising exclusions, he hopes to both entertain and enlighten. The lecture is free and places must be pre-booked through Ewen Cameron at e.cameron1@btinternet.com or 07929 833528.

Grange Probus Club

The Club's members welcomed Bill Nelson of 1818 Auctioneers with his talk on A Short History of Auctioneering. In a lively and entertaining presentation, Bill gave a short history of auctions in the UK in general and specifically the development of 1818 Auctioneers. Hodgson's auctioneers had originally been established in 1818 (a year after the 1817 Auctions' Act) originally for the sale of livestock and over the years had diversified and merged with Kendal Auctions. Their move to the Junction 36 site in 2005 had offered great opportunities for expansion and new business ventures. Bill invited the club to visit 1818 Auctioneers and it is hoped to do so in October. The meeting concluded with Bill examining items that members had brought along. The Club's next event will be a talk by Chris Kirk on Artificial Intelligence (AI) for Beginners on Monday, September 14th at 10.15 for 11am at the Netherwood Hotel – visitors are welcome with a £7 entry fee. 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 Apple Day

Cartmel Apple Pressing Day will be held on Sunday, September 27th from 10.30am to 3.30pm at the village hall. Please sort and wash your fruit beforehand and ensure that you have enough clean containers to take away the juice – plastic milk bottles are good (1Kg of apples produces between 500 and 700ml) - and a container to take away your pulp. We request donations which will be paid to St Mary's Hospice in Ulverston. To avoid queuing and to ensure you get a time slot please book on 07799 615750.

Grange Garden Society



On Friday Aug 14th 14 members of Grange Garden Society visited the gardens at Swarthmoor Hall near Ulverston. A few members also visited the hall, the home of Quakerism. The gardens are maintained by a group of volunteers and we were guided round by Andy, one of the volunteers. The hall was closed for maintenance just before Covid and wasn't reopened until 2024. During this period of 4 years the garden wasn't maintained and the weeds proliferated. The volunteers are

now working hard to gradually restore the gardens, area by area. In front of the hall is a small gated garden with acidanthera, a type of gladiolus, in full flower. They looked stunning. We discussed whether they would be hardy and survive the winter and flower again next year. Opinions were divided. To the right of the hall we walked through a quiet contemplative area where the grass was looking amazingly green. It had only just been mown after being left to grow for a couple of months without mowing. It wasn't a pristine lawn but it was beautifully green and healthy, maybe a lesson to us all.

Our visit next month, Sept 18th, will be to Tebay Growing Well garden and the on to Acorn Bank. We have hired a coach for this visit and there are still a few seats left. The cost is £23 for the coach and £11 entry fee to Acorn Bank, free to NT members. Please email jantom374@gmail.com if you are interested in joining us.

Cartmel and District Flower Club

Our next meeting is on Monday 21st September at Cartmel Village Hall 2.00pm with our committee demonstrating floral arrangements so come along for an afternoon of fun and flowers with refreshments and sales table. All member and visitors are welcome to attend so please support your flower club. For more information contact Isobel 015395 33136.

PEAT

Thank you to everyone who stopped to talk to us at Prom Art in August and helped us celebrate Grange's new water refill station. It was clear that many people are concerned not only about plastic pollution, but also about increasingly frequent heatwaves and their serious consequences. To join us and find out what you can do, email peatmessages@gmail.com.

This month, PEAT will host another public talk. A member of the Westmorland and Furness Council team Katherine Banks the Waste Engagement Strategic Lead will speaking about Waste and the Circular Economy on Tuesday 22 September, from 7–9pm. The venue will be confirmed shortly. Come along to discover what happens to our waste, how it is processed and, importantly, what we can do to reduce the amount entering the system in the first place. Everyone is welcome.

In the same spirit of reducing waste and giving unwanted materials a new lease of life, our recent Craft Destash raised £290, to be shared between PEAT and St Mary's Hospice. Thank you to everyone who helped make it a success.

And don't forget the Booths Bus, running every Tuesday. Please pre-book with Dale on 07557 851097.

Grange Soroptimists

Our club have not had a meeting since early July but have been busy with social and Club activities. Twenty members met up for a delicious meal and a get together at Thyme Out in Grange. Six members also enjoyed a very interesting trip to the Devil's Porridge Museum at Gretna seeing the work of the munitions girls there during WW1.

Seven members represented the Club when we handed over a car to St Mary's Hospice. Thanks to a legacy by late member, Carol Edwards we were able to donate the car for use by the Community Team providing vital outreach work, so look out for the car displaying our logo!

Members continue to help Barrow Women's Centre with work in the clothes room providing vital support to women fleeing domestic abuse. Members and other helpers have also been working hard in the sensory garden maintaining a great environment for everyone to enjoy.

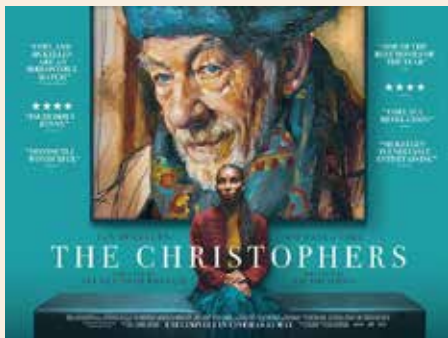
Anyone interested in joining the club or getting further information please contact Mary Ann on 015395 32265 or www.sigbi.org/grange-over-sands/

Grange Lecture Society

Tuesday 11th of August saw the start of our new season, beginning with free drinks and nibbles, the hall set out cabaret style. We were delighted to see a turnout in excess of 90 people. Richard Hinchcliffe gave us a detailed narrative on the great American pop group the Beach Boys. Much hilarity when Richard's commentary was reproduced unwittingly on the screen courtesy of Powerpoint's AI! Maybe we will make this a regular feature!

On the 22nd of September we shall be holding our secondtaster evening, where we open the Lecture Society to another local voluntary group. This year it is delivered by Prof. Paul Salvesson of the Kents Bank Railway Library. He will talk on: The Community Rail Story: A Very British Revolution. The first official talk is Tuesday 13 October Kate Orvis on Genomics.

Do come along or subscribe on line and help this fine organisation to go from strength to strength this year. Please bring along a friend. With an hour's entertainment less than a glass of wine please join us for just £46. You can leave your completed application form with a cheque at Daisy Roots book shop on Main Street Grange or at Gedyes Solicitors on Kent's Bank Road. Or, pay the £46 online to GRANGE LECTURE SOCIETY, SORT CODE 20-45-28, ACCOUNT 63398110 using your name and initials as the reference. Please pay at the door the £10 if you only wish to do a specific evening. Membership cards will be issued at the end of September by post.



The Christophers (15) Sunday 13th September 7pm (doors 6.30pm)

Black comedy starring Ian McKellen as Julian Sklar, a well-known painter based in London, elderly and eccentric. In the 1990s, he completed two series of paintings called 'The Christophers' based on his lover at the time; a third series of 'Christophers' remained unfinished. His unscrupulous children Barnaby (James Corden) and Sallie (Jessica Gunning) hire young artist Lori Butler (Michaela Coen) to pose as his assistant and finish the 'Christophers' behind his back. They plan to sell the finished paintings as originals for a fortune after his death.

'Terrifically exhilarating and funny'- The Guardian
Screened with subtitles.

Rating: 15 (very strong 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 7th September 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 - September

See www.victoriahall.info/whatson 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

Building Confidence & Self Esteem – Wednesdays 12.30pm-2.30pm from 16th – adultlearningcumbria.org

Menopause Nutrition – Wednesdays 7-8.30pm from 23rd contact: catherine@indigowellness.health

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

INDIVIDUAL EVENTS

04/09 Fri – Chris Bannister plays the music of John Denver – 7pm – Tickets £12.50 - victoriahall.info/whatson

05/09 Sat – South Lakes Housing Community Event 10am-2pm - "discover more about the new homes"

07/09 Mon - VHSG Bingo at the Vic - Doors 7pm, Eyes down 7.30pm. £1 entry, £5 per Bingo card. Prizes - 18+

13/09 Sun - Cinema at The Vic: 'The Christophers' (15) - 7pm, doors 6.30pm - www.ticketsource.co.uk/vhsg

19/09 Sat - Heritage Open Day at the Vic! 10am - 3pm

22/09 Tues - Lec Soc: Prof. Paul Salvesson – 'The Community Rail Story: A Very British Revolution' 7:15 start

25/09 Fri - Friday Night Dancers - Ballroom & Latin Social Dance (not teaching): 7.30pm - all dancers welcome!

26/09 Sat - NT Live: 'The Misanthrope' (screening) (15) 7pm, doors 6.30pm - www.ticketsource.co.uk/vhsg



The Misanthrope (screening)

Saturday 26th September 7pm (doors 6.30pm)

Award-winner Sandra Oh (Killing Eve) plays the title role in this razor-sharp reimaging of Molière's classic dark comedy.

Telling the truth isn't always that simple. Alice, a brilliant novelist, despises the carefully constructed lies of modern society. But the more she challenges those around her, the fiercer the backlash becomes. Soon, she must confront the price of speaking her truth in a world that would rather silence her.

Filmed live on stage at the National Theatre, Indhu Rubasingham directs Martin Crimp's highly anticipated play.

'Sandra Oh brings heart, fire, vulnerability and comic timing' - Guardian

Bar, tea, coffee, ice cream.

Rating: 15 (TBC) Run time: 2 hours 15 minutes (TBC) including 20 minute interval.

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

National Theatre Live brings the best of British theatre to local venues – unmissable theatre filmed live from Britain's most exciting stages.



What's On

Tuesdays 1, 8, 15, 22, 29

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

Tuesdays 1, 8, 15, 22 and 29

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

Wednesdays 2, 9, 16, 23 and 30

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

Thursdays 3, 10, 17, 24

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

Thursday 3rd September

Cartmel Peninsula Local History Society will meet at 7.30pm in the village hall when Suzanne Tiplady will talk about the Bobbin Mills at Force. See the club report for more information.

Friday 4th September

Repair Café from 5:00 – 7:00pm in Grange Methodist Church Hall

Saturday 5th September

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

Saturday 5th September

7:00pm Bramble Briar & Lauren - Folk, Soul, Blues and Americana, celebrating the life of Russ Bate who loved music. Newton-in-Cartmel Village Hall, LA11 6JH. Tickets £10 from george@revengewestern.com. Bring your own booze & snacks. All profits to the Lullaby Trust.

Tuesday 8th September

Mothers & Others-Seaside Quiz followed by cakes & tea or coffee-7.30 p.m. in the Father Magner room behind St Charles Catholic church on Kents Bank Road

Tuesday 8th September

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

Tuesday 8th September

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

Mondays 7, 14, 21 and 28

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

Tuesday 8th September

1300-1400 Weekly Safe Falling classes, Kendal Judo Club, Parkside Business Park, Kendal LA9 7EN Free class, ample free parking Tel: 07708968194.

Wednesday 9th September

7.30pm Newton & Field Broughton WI invite you to their open meeting in Lindale village hall LA11 6LE.

Speaker - Dr Nick Gent who will lead us in an interesting evening talking about "Navigating Critical Health Challenges in the Cayman Islands". All welcome. Entrance for visitors is £3 to include raffle ticket & refreshments.

Wednesday 9th September

14.00 Kents Bank Station Library: North West Steam in the 60s: a slide show. As space is limited please book in advance on 07795 008691.

Monday 10th September

Grange Probus Club will meet at 10.15 for 11am at the Netherwood Hotel for a talk by Bill Nelson on the History and Future of Auctioneering. See the club report for more information.

Sunday 20th September

Celebration of Youth Work service at 10:00am at St Mary's church, Allithwaite

Tuesday 22nd September

Mothers & Others- Illustrated talk by John Wilson Parker on 'New Zealand's South Island' followed by refreshments- 7.30 p.m. in the Father Magner room behind St Charles Catholic church on Kents Bank Road.

Wednesday 23rd September

Bridge lessons for beginners. Starting on Wednesday September 23rd from 7pm to 9 pm. To be held in Grange Institute every Wednesday. If you are interested contact Stuart Taylor 07890068969 or email stutay52@gmail.com

Thursday 24th September

Flookburgh over 60s Coach trip to Oswaldtwistle Mill. Leaving Flookburgh Square at 9.30am Contact: Wendy Bland 07814470033

Friday 25th September

Fashion Show for Grange Methodist Church at Allithwaite Community Centre at 7:00pm.

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.

Victoria Hall Christmas Fair 2026

This year's Victoria Hall Christmas Fair is on November 28th from 10am until 2pm.

If you would like to request a table at the event, please get in touch with me at tricialouisethomas13@gmail.com

Tables for charity and fundraising groups are free of charge but for others wanting a place, a 6 foot table is £15, while a 5 foot table is £10.

Tables are limited and are allocated on a first come, first served basis and those who had a table last year including charity and fundraising groups have already been contacted on the contact details I was given then.

As tables are purposely arranged so there is a mix of stall holders I can not promise any particular table to any particular stallholder.

If you would like to book a table and would prefer access to an electrical plug, please let me know at the time of booking.

I look forward to hearing from you, Councillor Tricia Thomas.

Exhibition in the Grange library in September starting on the 2nd for four weeks

A collection of 35 years of photography mostly around the Grange area.

Lots of prize winning photos will be on display, nature, portraits and black and white

Donation tin from St Marys in Ulverston

All welcome



St Mary's
Hospice



The Victoria Hall opens its doors to celebrate 125 years of local history!

The Victoria Hall will open its doors to the public on **Saturday 19 September, from 10am to 3pm**, as part of the annual **Heritage Open Days festival** - and entry is **completely free**.



Visitors are invited to come and see the Vic in a whole new light and discover more about the building and the people who have played a part in its history.

This year is particularly special as we're celebrating 125 years since the Vic first opened. It was funded through public subscription, reflecting the importance of the building to the local community from the very beginning.

Throughout the day, visitors will be able to take part in tours of the building, including access to areas that are not normally open to the public. There will also be displays from local groups, along with information about Mary Wakefield, a local celebrity who holds the distinction of being the first person to perform at the Vic.

The building itself provides a fascinating glimpse into the past. Many of its original features remain, including the door handles and finger plates, an

impressive iron staircase and beautiful stained-glass skylights in the main hall.

Both the hall and the old Council chamber feature fine original plasterwork friezes, while the balcony is also decorated with work of a similar calibre.

Visitors will also be able to see how the building has evolved over the years. The backstage facilities and kitchen are later additions, reflecting the changing needs of the hall and the many uses it has served within the community.

Refreshments will also be available to purchase throughout the day.

Whether you have a long-standing connection with the Vic or have never had the opportunity to look inside, this is a chance to explore a much-loved local building and discover some of the stories behind it.

Victoria Hall, Saturday 19 September, 10am -3pm. Admission is free and everyone is welcome.



The Local Group of Co-Workers for Mother Teresa

is appealing for goods for the Food Banks at Ulverston, Barrow and Millom

All the usual items needed this time but especially

*Toiletries
Shower gels
Deodorant
Single toothbrushes
Toothpaste
Bars of soap*

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

Sunday, 6th September 2026

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Friends of Grange Library



A huge thanks to the record number of participants who attended our latest Quiz evening held last month.

The Scrab and Peevie quiz (Food and Drink to those unfamiliar with Northern dialect) saw 11 teams of 4 take part with the ultimate winners being the locally named Old Herdwicks while The Multinationals won the booby prize (Protein Bars to help boost brain

power!). It was a great evening enjoyed by all who came with over £200 being raised for group funds.

Our 2 regular events will take place as normal this month with Reading Friends on Thursday September 10th and Cake and Games a fortnight later on Thursday September 24th. Both events start at 2.00pm. and are open to everyone.

An Anthem for Cumbria

K Shoes Male Voice Choir is launching a new song called "Cumbria" and a special relationship it has developed with Lake District Search and Mountain Rescue (LDSMRA).

The song is the inspiration of Michael Sanderson, the Musical Director of the Choir. In the winter of 2025 Michael was laid low by an illness and had time on his hands. He realised that despite the existence of many poets and artists in Cumbria, there were few songs written about the area. So based on his love of the Lake District and

the time he and his wife Katherine have spent walking its hills and valleys, he set about writing a song to celebrate what he appreciates about the area.

"Cumbria" was first sung by the Choir in late 2025 and has entered its repertoire to the delight of audiences around the county. The Choir has recently dedicated the song to Lake District Search and Mountain Rescue Association to help raise funds and the profile of this important organisation. The Association was enthusiastic about joining with the Choir.

Dear Editor,

Continuing with our 100th year of fundraising activities, on Saturday 18th July the RNLI Branch held its annual Flag Day in Grange.

The town and promenade were busy and the weather was hot. We were very pleased to record that the event raised the excellent total of £772.47 towards Lifeboat funds. This year it was not only a cash collection but we were able to take donations through a card machine or via a QR code which quite a few people took advantage of. The Branch would like to thank everybody for their generosity and our supporters forbearance of the heat!

Our very next event is our flag day in Ulverston on 19th September. This will be followed by our major event of the year namely the Autumn Fair and Lifeboat Saturday collection on Saturday 10th October. This year it will be taking place in a different venue namely the URC Hall as the Methodist Hall is likely to be unavailable.

Phil Lundberg Grange-over-Sands RNLI Fundraising Branch



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info@keldriggshutters.co.uk

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FREE FOR SALE

Next deadline is 18th September, subject to space. Five items max. Single items max £200, in writing to our offices or e-mail info@grangenow.co.uk, include your name and address

Clean Jam jars...lots available 015395 35400

Longworth Croquet 4 player set (used once) £50. 800 watt electric garden tiller (good condition) £25. Sauber Turbo Lithium upright/ hand held vacuum cleaner (good condition) £10 Tel. 07956064756

Wooden Garden Shed 8ft x 6ft. £100, buyer to remove (Kents Bank). Tel 07717 2077 86

80AMP Arc welder with Face shield & 2 packs of welding rods Excellent condition. £25. 07955346374 or 01539535550

Metal Saw Horse Designed to fit chainsaw for safe handling. £50 07787953688

Antique painted oak standard lamp and shade £25. Also various other pieces of antique furniture in oak and mahogany. For sale individually or job lot Tel. 07572 783103

KN800 Technics Keyboard. Good condition £80. Tel Number 07544726897

Roger Black Fitness Gold Bike. Perfect condition and good working order £25 Tel 0788 0688694

Bath with side and back panels, shower screen, modern taps, mixer taps and three piece rain shower fittings in chrome. Hardly used. £200. Halfords isofix car seat suitable for child, 9 months to 4 years. As new and hardly used. £40. Tel 07966 944664

2 Single Divan Bed Bases By Healthbeds V. G. C, 13 ins deep, brown in colour. Have been used as base for Super King Size. £45 each. Tel 015395 35372 or 07779915115

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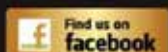


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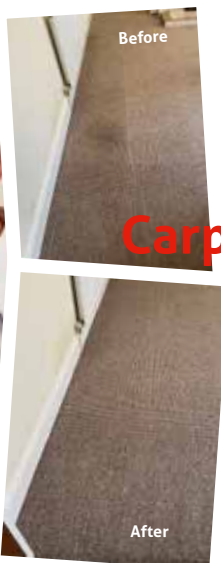
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Accountants, Tax and Business Advisers
ESTABLISHED 2004

- MTD Submissions
- Bookkeeping
- Cloud Accounting
- Business Start - Up
- VAT Returns
- Payroll Services
- Management Accounts
- Year End Accounts
- Taxation Services
- Company Formation

Open Tue - Thu 9.30am - 4.30pm

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