

grange NOW

ISSUE 422 NOV 26
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Jack and the Beanstalk - page 13

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Can you do this?

Sell Raffle Tickets - Operate a Dishwasher - Serve Tea & Coffee - Sell Ice Cream - Tend Bar - Stack Chairs - Meet & Greet - Keep on Smiling If you can do any of these please get in touch, we could really use your skills.

Can't do them? Still get in touch, we'll show you! The Victoria Hall Support Group (VHSG) are now recruiting volunteers to help with events at the historic Victoria Hall in Grange. Why not join our friendly team! For more information email vhsgsecretary@gmail.com

Repair Café has moved!

The Methodist Hall is now closed for refurbishment and we have moved to our new home – the URC church hall on Kents Banks Road. Our banner will be up in the week beforehand to tell you where we are.

We have also changed the dates we meet - it will now be on the 2nd Friday of each month, starting on November 13th. This will be our last cafe in 2026 and a chance to get your tired items back in working order thanks to our usual array of menders, so come and see us in our new pad, where you will get a warm welcome, homemade cakes and hot drinks.

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Mayor's Report

In the last couple of months, I attended an on-line meeting with Inspector Ross Wood of Cumbria Police, who up-dated us on local issues. For years we have had one police officer responsible for day-to-day policing of the Cartmel Peninsula but we will soon have two.

Crime figures for Grange are among the lowest in the UK. The chap responsible for the spate of burglaries a while ago has been banned from Cumbria for four years after his release. Hopefully to be seen no more.

I had a briefing from Westmorland and Furness, dealing with the government's revision of planning law. Although housing targets and large developments will be decided centrally, W&F still has responsibility for smaller developments. The way W&F decide these applications has changed, the majority will be resolved at officer level, with very few going to a Planning Committee. However, the opinions of the local residents still count, so please continue to send your comments to W&F.

October has seen the resignation of Councillor Julie Mason, who we must thank for her service. That leaves us with two vacancies on Council which we desperately need to fill. If you feel you could contribute, please contact the Town Clark or myself at tyrcriafol@gmail.com.

Roger Handley

Santa



This year Bay Search and Rescue have teamed up with Grange Lions again to bring Santa to the area.

Despite Santa being very busy making and wrapping presents, we managed a quick meeting with Santa and his helpers and have organised the following dates! All weather dependent. We are also hoping to branch further and do a couple of sleigh runs in Kendal too! So please check out our Facebook pages for updates. See you all very soon!

Kent's Bank	Wednesday 2nd December 6.30pm
Flookburgh	Friday 4th December 6.30pm
Brooke Supplies – Flookburgh Santa Grotto -no need to book, no charge	Saturday 5th December 11-2pm
Allithwaite	Monday 7th December 6.30pm
High Grange	Wednesday 9th December 6.30pm
Low Grange	Monday 14th December 6.30pm

Brooke Supplies – Flookburgh Santa Grotto - no need to book,no charge Saturday 12th December 11am to 2pm

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Future Deadlines

ISSUE	DEADLINE	RELEASE
GN423	13th Nov	25th Nov
GN424	16th Dec	30th Nov

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Investment Matters

By Will Wilson APFS

The Biggest Risk to Your Investments Isn't the Market

When investors think about risk, they often focus on market movements, inflation, or economic uncertainty. However, one of the biggest threats to long-term investment success is often emotional decision making. Behavioural finance explores how emotions and biases influence financial choices. During periods of market volatility, fear can tempt investors to sell investments at the wrong time, while optimism can encourage them to chase popular trends after prices have already risen.

Markets naturally experience ups and downs, but history shows that those who remain invested and focused on their long-term objectives are often better positioned than those who try to predict short-term market movements. Missing just a few of the market's strongest days can have a significant impact on long-term returns. Today's constant flow of financial news can make it difficult to stay disciplined. Headlines are designed to capture attention, but reacting to every market event can lead to costly decisions and unnecessary portfolio changes.

This is where a clear financial plan becomes valuable. By focusing on personal goals, time horizons, and risk tolerance, investors can make decisions based on strategy rather than emotion.
Successful investing is rarely about finding the perfect investment. More often, it is about maintaining discipline, avoiding impulsive decisions, and remaining committed to a well-considered long-term plan.

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.





Grange and District Natural History Society- Hazel dormice talk



Art Workshop in Grange library, 3rd October 2026 © Sylvia Woodhead



A climbing Hazel dormouse © Roger Gaynor

Tracy Cumberbatch of Natural England gave an inspiring account of the successful re-introduction in 2021 of Hazel dormice into Gaitbarrows National Nature Reserve, Silverdale.

These dormice are native to Britain but recently have been lost from many counties. They are furry-tailed rodents, more closely related to squirrels than to mice. They are tiny individuals, an adult male weighing only 12-18 oz and can fit into the palm of a hand. They frequent especially hazel trees and have sticky pads on their paws to help them climb. They are active mostly at night, from May to October, when they hibernate for 6 months. In spring, they eat pollen, nectar, flowers and leaves, especially from hazel. In autumn they feed on the nuts. They breed once or at twice a year and may live 2-3 years. Their tiny round nests are neatly constructed of fresh hazel and honeysuckle leaves and grass stems. The Peoples' Trust for Endangered Species considered Gaitbarrows NNR to be ideal habitat for their reintroduction. 30 dormice, captive bred and raised in London, were put in cages in Gaitbarrows, fed and watered for 10 days and then released into the woodland; they bred successfully in the first year. Tracy brought a range of surveying equipment for us to examine and gave a demonstration of how quick one must be when checking nest boxes and handling the dormice, which requires a licence from Natural England. The first sign of dormouse presence is often neatly nibbled hazel nuts on the ground.

During October, Grange Library displayed a series of marine biology, pen-and-ink drawings by the local artist Christine Isherwood. Sadly, Christine died in 2017, but her artwork is a lasting testimony to her detailed observation and artistic skills. Our winter programme can be downloaded from www.grangenats.uk.

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Calgarth Park provides long term rental accommodation for the over 55s.



Alongside an interesting history, it is set in beautiful grounds in a quiet location. Whether you're into the great outdoors or the great indoors, there is access to a wide range of things-to-do and to enjoy right on your very door step with excellent transport links to enable you to enjoy the surrounding area.

Calgarth Park offers a very caring, welcoming and supportive environment, with a strong sense of community and companionship if desired.

See our website **www.calgarthpark.org.uk** or ring us on **015394 43016** for further information and to come and have a look around.

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Chase the World winners

Flookburgh father and son David and Steven Nicholson have just enjoyed an adventure of a lifetime, winning £100,000 on a brand new ITV quiz show. The duo took part in Chase Around the World, meeting Bradley Walsh and pitting their wits against the six Chasers.



Chase Round the World Winners scoop 100k Prize

They faced off against five competing pairs of contestants, racing across six European cities whilst trying to solve clues and making their way to the correct destination as quickly as possible. In each city, the pair that finished last had to take on two of the Chasers to stay in the contest.

Steven, a scientist who now lives and works in Manchester, applied for the quiz without telling his dad. The show was broadcast over six weeks on ITV1 during the summer. It culminated with three pairs taking each other on in Athens, where David and Steven were locked in a nail-biting tussle with father and daughter Ashwin and Nikita to scoop the prize.

From the Library

Charity Christmas cards and assorted Christmas paraphernalia will be on sale from the beginning of November. **Cash only please.** We will also be selling a small collection of hand-made Christmas cards and tags on behalf of South Lakes Young Carers, as we have the previous two years.

Neighbourhood Policing Team Drop-in Surgery: Tuesday 24 November 10-11am to discuss personal or local issues and concerns, also to give assistance with bike-marking.

Department of Work & Pensions Mobile Drop In: alternate Tuesdays in the carpark. September dates – 3 & 17 October. Staffed by experienced Work Coaches, it offers support with job searching, training and other associated advice.

Digital Drop-in: IT help and advice with Charles - first Monday each month 10.30 -12. This month Monday 2 November.

Exhibition: Monday 9 – Friday 27 November 2026 It's great to have back the WI! They are showing a collection of traditional and modern watercolours they have recently worked on.

Reading Challenge 2026: Pink Floyd "Dark Side of The Moon" 1973 – last big push up to Christmas before you hand in your 2006 Book Challenge entries.

Storytime: Termtime 10.15-10.45. Bring your toddlers for stories, rhymes and games. We are keen to chat to any child minding or nursery groups who think they might like to attend 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


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NSPCC Carols By Candlelight

NSPCC is once again thrilled to invite you to Carols by Candlelight at Kendal Parish Church on Wednesday December 2nd, 7pm.

Join us for a magical Christmas evening featuring an incredible lineup of local performers, including Burneside Brass, South Lakes Acappella, Bay Community Singers and St Oswald's CE Primary School, Burneside. The evening will be hosted by the fabulous BBC Journalist Dave Guest. Tickets are £10 per adult, with under 16s going free, and we'll have a raffle on the night. Everyone is welcome! All funds raised will support NSPCC's vital work across Cumbria, helping to make a difference for vulnerable children and young people. Get your tickets using QR code on posters and flyers, or buy on the door at 6.30pm and let's celebrate the joy and magic of Christmas together!

The Shed

Over the month we have been doing various repairs but have been working mainly on a Christmas Tree for St Paul's Christmas Tree Festival.

It was the only thing I had photographed recently but decided not to show it yet so I won't spoil the unveiling before the light turn on. A few people who have visited us have seen it working, keep guessing, but you will have to wait to get the full effect.

One repair, that we have been working on for the past six months has been to make a new dining chair back piece. That has involved the carving of a new back which is, at last, beginning to take shape. It is very precise and slow work but also creates an awful lot of sawdust. I might be able to take photos for next month.

We have also had some slight communications problems in that we have finished a number of repairs but cannot phone the people as they are in poor signal areas and the phone just cuts off. So if you are waiting for your bell or lamp please get in touch.

For future repairs please note the Repair Café has changed its venue to the URC on Kents Bank Road and its date to 12th November, hopefully that will not cause too much inconvenience for anyone. If it does you can always get us at Back Yewbarrow Terrace, behind the Paragon Monday, Wednesday and Friday mornings 10.00 until 13.00.

Victoria Hall Christmas Fair

This year the Christmas Fair at the Victoria Hall, Grange-over-Sands is on Saturday November 28th from 10am until 2pm.

As always, there will be a mix of charity and fundraising groups and local entrepreneurs.

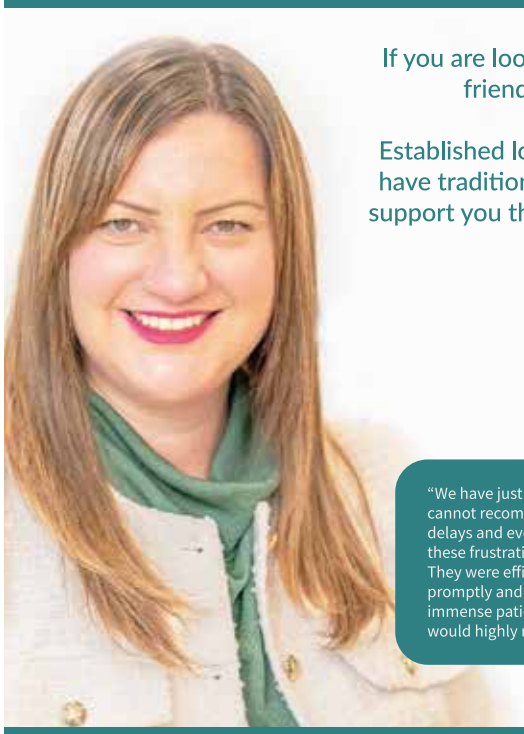
Please do come along and support your community and the Hall. Always a lovely event, there will be delicious cakes and bacon buns to tempt you and give you an excuse for a sit down and a natter too.

Do come and join us and please bring along, or tell, friends, relations or even folk you meet in the street! Of course, you need to bring full purses and wallets and some cash would be helpful, as not all the stallholders will be able to take card payments.

Looking forward to seeing you on November 28th, Councillor Tricia Thomas

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Heydays Care & Support Services

Heydays Community News

Autumn / Winter 2026

Local care. Local people. Part of the community.

Our team takes on the Great Wall of China

Raising £15,000 for Dementia UK



Five members of the Heydays team are preparing to trek the Great Wall of China next September in aid of Dementia UK – a cause close to our hearts.

Heydays owners and Registered Managers Kelly and Dawn, together with team members Gillian, Jade and Ginny, are taking on this incredible challenge.

We'll be sharing updates and fundraising events over the coming months. Please show your support!

Walking for a brighter tomorrow

Support our team

DONATE HERE

Activity Club

Come along and join us!



Our Activity Club is open to clients and non-clients, with delicious cake, cups of tea and good company. A warm welcome awaits everyone.

Pumpkin Carving
Monday 26 October
from 2pm

Christmas Crafts
Tuesday 24 November
from 2pm

Carol Service
Thursday 18 December
from 1.30pm

Held at our Heydays office on Main Street, Grange.

Lunch Club

Good food, good company

Join us for our popular Lunch Club at The Pheasant, Allithwaite.



Tuesday 13 October
from 12pm
Tuesday 10 November
from 1pm
Tuesday 8 December
Christmas Party Meal
from 12pm

2-course meal and hot drink
£12.50 per person

Transport can be arranged through the Heydays office.

Levens Coffee Morning

Join us for a relaxed coffee morning with friendly faces, good conversation and a warm welcome.



Thursday 22 October
2pm – 3pm
Gilpin Bridge

Open to everyone – you don't need to be a Heydays client.

Come along on your own or bring a friend. Transport can be arranged through the office.

Heydays Therapy

A safe space to heal, grow and thrive



Our Heydays Therapy team provides professional support for anxiety, low mood, depression, low self-esteem and more. Sometimes a safe, confidential space to talk can make all the difference.

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Investing in our people



Our team recently completed further manual handling and safety training, led by our Care Coordinator and Safety Trainer Hayley Hill. Regular training ensures our carers have the knowledge and confidence to provide safe, respectful support every day.

Winter wellbeing tips

As the colder months arrive, small things can make a big difference.

- Keep warm and eat regularly
- Order prescriptions in good time
- Keep pathways and entrances well lit
- Stay in touch with family, friends or neighbours
- Remember – companionship matters too.

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Heydays Care that Feels Like Family

Made in Allithwaite

The Made in Allithwaite group are busy planning and making for our festive fair on Saturday 14th November, 10.30 - 4 pm at Maychells cottage, Back orchard Road, Allithwaite. LA11 7QG.









Made in Allithwaite

Festive Fair

Locally made Art & Craft work

Homemade cakes & refreshments

Saturday Nov 14th

10.30am-4.00pm Maychell's Cottage Back Orchard Rd Allithwaite LA11 7QG

The fair is hosted in a cosy cottage setting filled with artists and craftspeople who live in and around the village.

As always there will be a beautiful array of work on offer, as well as delicious homemade cakes, refreshments and mulled wine.

A seasonal delight!

There's on road parking available and we have permission for visitors to park in the former Yakkers pub car park, located on the left hand side as drive into the village.



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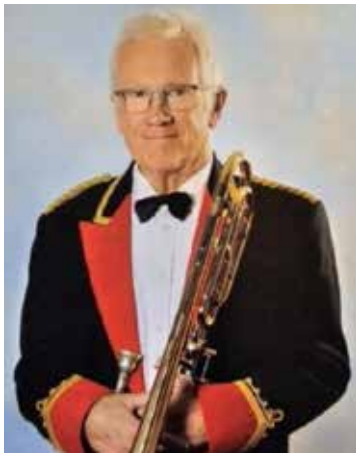
A Concert in memory of Mitch Rowlandson

On Saturday 7th November at 7pm, the band invites you to Flookburgh Church to share a special evening of music to remember Mitch.

Mitch who sadly died last year, was a fine trombone player and member of the band for 57 years. Conducted by John Iveson, the band will perform a programme of Mitch's favourite pieces. A wonderful friend and fellow bandsman, Mitch had a passion for music and a unique sense of humour. We remember with a smile, an accomplished player who delighted audiences with his showmanship, as well as his famous stories and hilarious phrases. He generously shared his talents in his relaxed easy going manner which brought out the best in everyone. He was so proud that his grandchildren have followed in his footsteps and are members of the band. He is missed in the Flookburgh Band room and across the brass banding world, but those who had the privilege of making music alongside him are greatly richer for the experience. The band is looking forward to sharing this special evening with you all.

Admission is £10 at the door and the proceeds are to be divided between the Flookburgh Church restoration fund and the Flookburgh Youth Band.

There will be refreshments and a raffle.



Christmas With Bay Community Singers

Like most choirs in the country, Bay Community Singers are currently working hard learning their Christmas repertoire, revisiting their best loved carols and thinking about getting their Christmas jumpers and sparkly tops ready!

So you don't miss out on some festive singing, here's where you can hear us throughout December:

Wednesday 2nd December – Carols by Candlelight, Kendal Parish Church 7 pm raising funds for NSPCC. Look out for posters/ leaflets with bookings via QR code or on the door. Tickets: £10

Thursday 3rd December – St Paul's Church, Grange over Sands, Christmas Tree Festival opening ceremony at 7pm

Saturday 5th December – the outside stage at Beetham Christmas Market at Beetham Garden Centre from 12 noon

Thursday 17th December – Carol Concert at the URC in Grange, 6 pm

Saturday 19th December – Community Carol Singing from 11 am next to the Co-op in Kent's Bank Road – Come and sing carols with us. We will be collecting for Blood Bikes and you can also meet one of the Blood Bike volunteers on his special motorbike! Don't forget to bring some cash for our donation buckets.

We look forward to seeing you at some of these events. Our new term starts on Thursday January 7th 2027 at URC hall starting at 7 pm. Check out our website for more info: www.baycommunitysingers.co.uk or follow us on facebook.

Grange Drama

Last month we were delighted to perform for the Flookburgh Over 60s group.

We presented a rehearsed reading of the radio play 'Rambles On The Radio'. It centres on Christopher who is delighted to be performing his play on the radio with his talentless daughter in the starring role. Others are less than happy with this casting and worse still, there's more drama behind the microphone than is going over the air. This was followed by 'Ling Ling' written by our own Andy Doble. Inspired by the antics of starlings in his garden, it required the actors to harness their inner bird! A good time was had by all.

We have decided that our January production will be 'Good Things' by Liz Lochhead. Set in a charity shop, where the main character Susan is a volunteer, it is a poignant, hilarious play with a lot to say about finding love the second (or third or fourth) time round. The play will be performed on Thursday 28th January to Saturday 30th January at Cartmel Village Hall.

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







Acapella Choir comes to Grange to raise needed funds for Manna House

Kendal-based choir, the Fellside Singers, will be coming to the Victoria Hall on Friday November 13th for an evening of acapella four-part singing, to support the important work of homeless prevention charity Manna House.

The Fellside Singers are led by Rachael Wadey, who also leads the Growing Singing drop-in group at Victoria Hall on Thursday afternoons. Fellside Singers has members from across South Lakes and North Lancs and enjoys performing a couple of times per year, usually in aid of local good causes. The choir's repertoire spans choral takes on modern songs – they do a haunting rendition of Dolly Parton's 'Jolene' – as well as folk and choral songs from other countries and eras.

Manna House, based at the Stephenson Centre in Kendal, supports people across South Lakeland with food, clothing, showers, laundry, housing and benefits advice, one-to-one support, group work and emergency shelter through its Pod.

Each year, Manna House serves more than 7,000 free lunches, holds over 700 housing and benefits appointments and provides more than 1,000 one-to-one support sessions for people who might otherwise fall through the cracks of mainstream health and social care.

The choir hopes to raise both funds and awareness for Manna House's work, which is currently facing significant financial challenges.

Please join the choir, along with their support, four-piece vocal group Pandora's Handbag, for a fun and energetic evening performance. Doors open at 6.30pm and the concert begins at 7pm. Refreshments will be available thanks to the support of Victoria Hall's volunteers.

Tickets are £15, and can be bought in advance at this link https://www.trybooking.com/uk/GZQO and on the door on the night. For further information please email berenaldridge@hotmail.co.uk.

Jack and the Beanstalk



Meet the cast of Jack and the Beanstalk, 35 young performers aged 8 to 20 and Grange Youth Panto's biggest company in years.

Rehearsals for Jack and the Beanstalk are well and truly underway, and Grange Youth Panto hasn't had a company like this in years.

Thirty five young performers aged 8 to 20, a mix of familiar faces and brand new ones, have thrown themselves into it, and the fun in the rehearsal room has been infectious. Behind the scenes the whole team is flat out. The costume department are sewing, designing and making at full speed, with a dame to dress and a cow to construct, while the set builders have been handed the biggest challenge of all: a giant beanstalk! There are also some new technical touches planned for this year that we won't give away just yet, but they'll make the show look and feel bigger than ever. It all adds up to a fantastic traditional Christmas outing for the whole family at Victoria Hall on Friday 4 December at 7.30pm and Saturday 5 and Sunday 6 December at 2pm. Top tip: don't leave booking until the last minute: tickets are moving faster than we've ever seen at this point in the year, and we'd love everyone who wants to be there to get a seat. Adults £12, children £10, at www.ticketsource.co.uk/gmts, and you can follow all the behind-the-scenes news at www.facebook.com/GrangeYouthPanto or @grangeyouthpanto on Instagram.

"Fresh Thoughts"



On 2nd October 60 people attended Women's Community Matters in Barrow to launch 'Fresh Thoughts', a handbook of Information for women fleeing domestic abuse in Cumbria.

In 2025 there were an estimated 3.8 million incidents in England and Wales. The booklet provides vital information for front-line workers and those experiencing domestic abuse. It explains the complex legal aspects from different charges and court orders to sentencing and family court processes. Crucially, it also provides practical information about on-line personal safety, financial assistance, housing advice and access to local support agencies.

The launch was opened by Shirley Fawcett (High Sheriff of Cumbria), who thanked Grange Soroptimists for their practical response and saw Fresh Thoughts as a "beacon of hope" . She felt some progress had been made: what used to be "behind closed doors" is now more visible and unacceptable.

Darren Martland (Chief Constable of Cumbria) emphasized multi-agency collaboration, early engagement, and the recognition of children victims as crucial factors for effective policing. Only a fraction of incidents is reported; currently Cumbria police receive about 20 reports a day. He hoped to see dedicated CID teams tackling domestic abuse by the end of the year.

Three survivors gave powerful accounts of their experiences. All paid tribute to the support received from Women's Community Matters, Victim Support, and Cumbria Constabulary, which had enabled them to flee their situations – and, in some cases, to survive. They felt the Fresh Thoughts booklet contained invaluable information.

Many organizations were represented, including Westmorland and Furness Council, Victim Support Cumbria, Barrow Mind, Furness Refugee Support, Birchall Trust, Action 4 Health Cumbria, Freedom Project and Citizens Advice. Also present were Michelle Scrogham (MP) and Kay Hyland (Barrow Mayor).

Law Talk

With

Aimee Taylor

Solicitor



FRIENDLY HONEST LEGAL ADVICE

Buying or selling with a septic tank: what you need to know

For many rural properties across Cumbria, a septic tank is simply part of everyday life. However, when it comes to buying or selling a house, private drainage can raise important questions and if not addressed early, potentially cause delays to the transaction.

A septic tank is an underground system that collects and treats wastewater from a property where there is no connection to the mains sewer. If you are selling a property with a septic tank, it is worth gathering the relevant paperwork as early as possible. This may include installation and maintenance records, servicing reports, permits or registrations and any information about where the treated wastewater discharges.

Sellers should also establish whether the system serves only their property or is shared with a neighbouring property. Where a shared system is involved, it is important to understand who is responsible for its maintenance, repair and associated costs and whether suitable legal arrangements are in place.

Under the relevant environmental rules in England, septic tanks must not discharge directly into a watercourse. Some systems may need upgrading or replacing to comply with the applicable requirements. Identifying any potential issues before the property goes on the market can help avoid unexpected costs or delays.

If you are buying a property with private drainage, do not assume that a system is compliant simply because it has been in use for years. Your conveyancing solicitor will make enquiries about the drainage arrangements and review the available information. Depending on the circumstances, further investigations or a specialist inspection may be advisable.

The key is to address private drainage early in the conveyancing process. Missing documentation, uncertainty over responsibility or the need for remedial work can lead to delays, additional enquiries and potentially affect a sale or purchase. Whether you are buying your first rural home or selling a property you have owned for years, understanding the drainage arrangements is an important part of the process.

If your property has a septic tank or private drainage system, speak to your conveyancing solicitor at an early stage. Getting the right information together can help keep your transaction moving and give everyone greater confidence in the sale or purchase.

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Cartmel Priory School



Thank you to all who attended our recent open evening, we hope you enjoyed experiencing all our school has to offer.

Thank you to our student volunteers for their dedication and enthusiasm and a special mention to our prefect tour guides, who were a credit to the school.

Well done to our stewardship award students on their recent ghyll scrambling and (very wet) walk up Wansfell. Conditions were far from ideal, but the students showed great determination, resilience and positivity!

A huge congratulations to our under 16s netball team who attended the South Lakes tournament at Sedbergh School. They showed fantastic teamwork and resilience against some tough competition and qualified for the semi-finals! Well done to all competing teams.

We are happy to announce our Macmillan coffee morning raised an incredible £874.70; an amazing achievement. A huge thank you to all the students, parents/carers and staff who gave their time, energy and enthusiasm to support such a worthwhile cause.





Christmas Collection

We are again appealing for goods for the Food Banks at Ulverston, Barrow and Millom

In 2026 around 6.5 million adults and 2.2 million children in the UK—about 12.2% of all households– faced food insecurity according to July 2026 data from the Food Foundation

Christmas can be especially hard for the people who use our service, so could we give them some

Christmas goodies

Christmas selection boxes, Christmas biscuits, Christmas cakes/puddings/mince pies, tins of ham

as well as the usual items

baked beans, UHT milk & juice
pasta sauces, tinned fruit,
tinned rice pudding & custard
small jars of coffee, tea, jam, biscuits, toilet rolls

Father Magner Room, 1-3 pm
behind St Charles Church, Kents Bank Road

Sunday, 7th December 2025



THE OLD VICARAGE TIMES NEWSLETTER

Summer 2026

The Old Vicarage
Allithwaite

WELCOME TO OUR SUMMER NEWSLETTER

As the darker nights draw in, we can look back on a wonderful summer filled with joy. From the Strawberry Fayre and a sunny seaside trip to the Egg and Spoon Race at our Sports Day, every moment brought lots of laughter. Now, as autumn leaves fall, we're excited for more fun and games but in our cosy spaces!

Pictured is a photo of Sylvia focusing on winning the Egg and Spoon Race and with Freddie cheering her on!





JULY

July was a truly magical month, filled with sunshine, laughter, and the simple joys of being outdoors. Our garden became the heart of the community, buzzing with activity and life.

One of the highlights was hosting the children from Allithwaite Primary School, who filled the air with their bright voices. Their energy was infectious, and it was a privilege to see their enthusiasm and creativity firsthand. The garden, usually a quiet sanctuary, transformed into a stage for their performances, creating memories that raised many smiles.

AUGUST

With the weather perfect, Alice organised a trip to Bardsea Beach, where everyone soaked in the views of Morecambe Bay. Anne and Gloria strolled along the coast with the residents, and the day was topped off with an ice cream cornet for all—staff and resident day trippers alike.

Summer would not truly be summer without the annual Sports Day! The highlight was the timeless Egg and Spoon Race, which had everyone—staff and residents included—cheering, laughing, and carefully balancing their eggs as they raced to the finish line. Lots of fun and no one even cheated with sticking their egg to the spoon!





SEPTEMBER

Alisha created a custom floor game inspired by a popular property game—but with a twist!

Instead of traditional pieces, Alisha moved their teddies around the board, and collected oversized, fuzzy dice for each turn.

And with the Super Tax twist, some players watched in shock as their prized properties vanished in an instant! The game sparked laughter and nostalgia, evoking memories of childhood board games. Don't you just love traditional games!

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More couples than ever before in England are choosing to live together without marrying or entering a civil partnership. In a legal sense, this is called cohabitation, and is now the fastest-growing type of family arrangement in the UK.

Despite how common it is, the law hasn't been adjusted to this modern way life, meaning couples are vulnerable when relationships break down. One of the biggest myths is the idea of a "common-law marriage"; that after living together for a few years, cohabiting couples acquire the same rights as those who are married but this isn't true. In England and Wales, cohabiting couples have no automatic legal rights over each other's property, finances, or pensions, no matter how long they've been together or whether they have children.

Unlike divorcing couples, cohabitants cannot claim maintenance, pension sharing, or an automatic division of assets. The only continuing legal obligations relate to child maintenance and support.

To avoid future disputes, cohabiting couples are strongly advised to seek advice about cohabitation agreements and declarations of trust to ensure that property ownership and financial arrangements are clearly documented.

Speak to our family law experts for confidential advice at any stage of your relationship.



015395 38288

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Cartmel CE Primary School





Pupils across the school have made a fantastic start to the academic year, with learning opportunities ranging from history and creative writing to cathedral visits and space exploration.

Class 1 have been learning about childhood in the past and comparing it with modern life. After their discussions, the children agreed they were much happier going to school today! They have also enjoyed support from Year 6 pupils, who have acted as mini tutors during reading and maths sessions, providing excellent leadership and peer support. The class have also been busy creating autumn crafts and preparing for the Harvest Festival.

In Class 2, pupils have been developing their writing skills through their class novel, Lob by Linda Newbery. They have written play scripts based on scenes from the book and explored the folklore of the Green Man through poetry, artwork and descriptive writing.

Class 3 have had a particularly busy start to the term. They joined other local schools on a trip to Carlisle Cathedral, where they dressed as monks, learned about monastic life and enjoyed a guided tour of the historic building. The class have also begun a six-session STEM First programme, learning about space and careers linked to the space industry.

Alongside these exciting experiences, children have been working hard on their times tables and division facts. Their efforts have placed the school 7th out of 26 schools on the local Times Tables Rock Stars leaderboard. Five pupils have achieved the impressive status of "Rock Legend", completing all their times tables in under two seconds and earning special certificates and badges.

Allithwaite School



Eagle Owls have had a great start to the academic year, fully immersing themselves in our topics.

In geography, we have explored northern Brazil, including the Amazon rainforest and river, and compared it with our local region. In art, we have enjoyed experimenting with different printing techniques to create our own Amazon rainforest animal artwork. In science, we have been learning about the solar system and using our knowledge to write non-chronological reports about the planets. Our VR headsets have helped bring these topics to life, taking us deep into the rainforest and out into space!

We also enjoyed a fantastic residential visit to Edinburgh and Glasgow. Highlights included exploring Glasgow Science Centre, watching Annie at Edinburgh Playhouse and visiting Dynamic Earth, where we experienced the planetarium and took part in the interactive 'Shake, Rattle and Roll' workshop. It has been a busy and exciting start to the year, with plenty of memorable learning experiences!

Barn Owls have been delving deep into Ancient Egypt learning about the Old and the New Kingdom, using VR headsets to bring the learning to life. In Design Technology they are using their learning to design and create their own Egyptian model with secret doors and movements using magnets. In English we have been learning about bees to write their own non-chronological report. We are excited to be meeting a real-life bee keeper too!

Tawny Owls have had a great start to the year and are enjoying being back together again after the summer break. In English we have been learning through the Julia Donaldson stories Superworm, The Highway Rat and The Ugly Five (who we all agreed are most definitely beautiful not ugly!) We have been learning about our senses, what makes us all special and unique and how we can help ourselves and others to feel happy and safe. We have taken advantage while the weather is still warm and experienced lots of learning outside in Maths, Art and Science. We are looking forward to practicing our Nativity play and then performing it to family and friends in December.

Snowy Owls have had a very busy and exciting start to the academic year. We began by exploring the topic 'All About Me', including learning about 'our bodies' in science. We then immersed ourselves in traditional tales, and the children thoroughly enjoyed the mini-drama sessions where they re-enacted some of their favourite stories. We have also started our village walks, admiring the beautiful autumn colours and looking for signs of the changing season. We are now looking forward to our upcoming trip to The Coro in Ulverston to watch The Gruffalo play, which promises to be a wonderful experience for everyone.

Eighty years of the Grange-over-Sands Christmas Tree

Part 1 **(continued next month)**

Grange's Christmas Tree will be lit for the 80th time on Saturday 28th November.

It's a remarkable achievement for the community and an excellent opportunity to look back on the event's story.

While the tree was first lit in 1947, the history stretches back to the creation of Grange's ornamental gardens in the 1860s, following the arrival of the railway station. A variety of species were planted, and the Christmas tree has been identified over the years as a sequoia or red cedar, though it is most likely a Lawson cypress, which features in many British parks. Given that all three species typically live for many hundreds of years, it is safe to say our tree will be around for a while yet!

It is no coincidence that the idea for lighting the tree came after the end of the Second World War. Ours was among a wave of festive civic events that aimed to bring light, colour and cheer to communities reeling from the war and blackouts. 1947 was also the year of the first lighting of the famous spruce in London's Trafalgar Square, gifted by Norway in gratitude for Britain's wartime support.

There are no details of Grange's first lighting, but an article in the Barrow News in 1951 suggests the switch-on was already a popular event. The tree was lit on 22nd December by the chairman of the Council, who thanked "this effort to give brightness during the festive season." It "was illuminated in the presence of a good crowd", and "visitors in particular were impressed." It was relit each day until New Year's Day.

In the early 1950s, the tree had around 150 bulbs. They were supplied – as is still the case – by local electricians and installed by workmen who clambered up the tree to fit what would have been large incandescent bulbs, linked by very heavy rubber cabling. Installation has become somewhat less risky since then, and the tree now has around 500 bulbs in multiple colours.

There has been a lot of uncertainty about the height of the tree. In 1951 it was claimed to rise 50 feet, but a few years later this had shot up to 70 feet, before falling to 65 in the 1960s. Our best estimate now is just under 80 feet. Whatever the number, Grange was soon proudly calling it the tallest lit growing tree in the country. That record is now claimed for a sequoia at Cragside in Northumberland, though this doesn't have nearly the same lighting tradition as Grange's.

By the mid-1950s, the lighting of the tree included a visit from Father Christmas to hand out sweets and balloons to children. The sleigh was initially pulled by horses, then by tractors, fire engines and various other means. In 1960 the Barrow News joked that "He has arrived in so many different and unusual ways that it would not be surprising to see him come by helicopter."

The switch-on hasn't been without its problems. Several reports refer to crises of funding to replace broken bulbs and pay for electricity. In 2002 the Evening Mail reported that a supplier "has been branded as Scrooge" by the town council for promising to fund electricity but then sending out a hefty bill. Perhaps the biggest hitch came in December 1958, when the tree failed to illuminate. The Lancaster Guardian reported: "Examination revealed that the cable supplying the electric current for the 300 coloured bulbs had been cut, apparently by garden shears… police enquiries are being made to find the culprit."

By Sam and Tom Holman

October Newsletter

ALLITHWAITE & CARTMEL PARISH COUNCIL

Supporting our local community

Find us on Facebook!
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www.allithwaiteandcartmel-pc.gov.uk

Allithwaite Orchard

Our orchard is looking great and now needs a little Autumn care. Volunteers are needed on *14th*, 15th, 21st and *22nd of* November to help prune the trees.
No experience is needed — guidance will be provided. Come along, learn a new skill and help care for this valued community space. (Please bring own equipment)
For more information: David Jinks – 07714591757

Grant Funding

Allithwaite and Cartmel Parish Council offers grant funding to local organisations for projects and initiatives that benefit the parish and its residents.

- Community Projects
- Environmental Initiatives
- Local Groups & Organisations
- Activities that benefit residents

How to apply

Please complete the Grant Application Form, available on our website - www.allithwaiteandcartmel-pc.gov.uk. Completed applications should be sent to the Parish Clerk at at the above email address.

Application deadline

The deadline for applications is **01/12/2026.** Late applications cannot be considered.

Cemetery Land Extension

Allithwaite & Cartmel Parish Council is seeking to purchase or accept a donation of land to enable the future extension of the Cartmel Parish Cemetery.

Location

Land in or close to Cartmel will be considered.

Opportunity

If you own suitable land and would be interested in selling or donating, please contact the Parish Clerk.

Purpose

To provide additional burial space for local residents in the Cartmel Parish.

We want to hear from you

Please scan the QR code to give your feedback. Alternatively you can visit our website.

Councillor Vacancies

We have several vacancies for co-opted councillors. If you would like to get involved and help make a difference locally, we'd love to hear from you!

You can also support the Parish Council without becoming a councillor. Volunteers are welcome to join our working groups covering Cartmel Cemetery Expansion, Call for Sites and Speed Indicators. Please contact the Parish Clerk for further information

Bench Installation

The much-loved 'Rest and Be Thankful' bench at Boarbank Hill has been replaced, giving walkers a welcome place to pause and enjoy the views.
Thank you to the Boarbank maintenance team and everyone involved in restoring this valued community amenity.



Road Closure

⚠ FOR ELECTRICITY NORTH WEST ⚠

LOCATION	PARK VIEW, CARTMEL
DATE	12/10/2026
DURATION	8 WEEKS

Meeting Dates

Thursday 12th November
Cartmel Village Hall
7pm

Thursday 10th December
St. Mary's Church Allithwaite
7pm

Agendas are available on our website and community noticeboards.

Grange C of E Primary School





A Season of Thanks, Reflection and Community.

October has been another busy and enriching month at Grange C of E Primary School. Pupils, families and staff gathered at St Paul's Church for our annual Harvest Festival, celebrating thankfulness, community and generosity through songs, poems and reflections. Led by our Pupil Worship Group, children also organised a Harvest Collection for the local Foodbank, putting our Christian values into action. Donations were gratefully received and will help support local families in need.

Year 4 enjoyed a memorable visit to the Manjushri Kadampa Meditation Centre in Ulverston, where they learned about Buddhist beliefs and took part in a guided meditation session. Back at school, pupils created Buddhist prayer flags for our outdoor spirituality area, encouraging reflection and supporting our commitment to nurturing pupils' spiritual development and understanding of different faiths.

Year 6 pupils also visited Carlisle Cathedral as part of a joint project involving the six Cartmel Peninsula primary schools and local churches. Through interactive workshops and activities, they explored the Cathedral's history and Christian heritage while deepening their understanding of Christianity in a real-life setting.

Finally, our school choir recently had the privilege of performing alongside the K Shoes Male Voice Choir at the Victoria Hall in Grange-over-Sands. The concert celebrated music and community spirit while raising valuable funds for our Garden Room Project. A highlight of the evening was seeing some of our dads and grandads persuaded to join the Male Voice Choir for a song, much to the audience's delight. These experiences reflect our commitment to helping every child flourish while strengthening links between our school and the wider community.

Lindale School





We enjoyed welcoming families, clergy and governors to our Harvest Festival where each class presented some work. Our school community collected food for the local foodbank and silver coins for the Bishop of Carlisle's Harvest Appeal.

This year, we are focusing on pupil voice and leadership, and we have begun to establish our school councils and play leaders. It was wonderful to see some of our play leaders interacting so positively with young visitors at our Preschool Role and Play Mini City session. We are looking forward to welcoming local families at our next role play session in November.

Year 5 and 6 visited Carlisle Cathedral with schools in our local cluster. One of the highlights was learning about monks and dressing up in habits. The day was calming, reflective and encouraged spirituality among pupils and staff.

We are celebrating some of our pupils' social action outside of school. We have heard about walks to raise money for charity, a community allotment day and a child who initiated a litter pick with his family at the weekend. We are collecting these on a display in our entrance. These are all examples of our pupils letting their lights shine by being kind, showing compassion and giving up their time to help others.

Last year, our reception and key stage 1 children worked with artists from Kendal Windows on Art (KWOA) to create an eye-catching piece of work through sewing and printing. This is now proudly displayed in the window of Greywalls Studio in Lindale. It was inspired by Lindale's roads and KWOA would be very interested in hearing from anyone who remembers when the Lindale bypass was built in the 1970s at kwindowsonart@gmail.com.

Grange Methodist Church

None of our events are now in our building, but they are continuing, thanks to gracious hospitality from other churches.

Our Sunday morning worship will be at Fell Church at 11:00am, with a "Songs of Praise" gathering plus buffet tea there from 4:00pm on November 15th. Also at Fell Church is our "Stay and Play" group for parents, carers, babies and toddlers, from 9:30 on Tuesday mornings. Toast Church, for families and the young at Heart, is at St. Paul's from 9:00 on term-time Sundays, then the Community Coffee morning we run is there from 10:45 on Wednesdays, including our popular first Wednesday Produce stall on November 4th. The Friendly Food lunch will be at St. Paul's too, with mildly spiced cauliflower and potato soup with mini afternoon tea on offer from 12 noon on Tuesday, November 10th. Cartmel Peninsula Repair Café, which we help run, will be in the United Reformed Church hall from 5:00 to 7:00pm on Friday, November 13th; look out for the banner!

While out of our building, we plan to continue fund-raising by taking a stall at the Christmas Craft Fair at the Victoria Hall on Saturday 28th November. The Craft Group are busy making wreaths and cards, among other things, so we hope you will call in and see us.

St. Charles Borromeo

Greetings to all Grange Now readers.

May I begin this month by making a plea. If you have a cough or a cold, please stay at home until you are better. Do not bring it to church and infect half the congregation! One thing which we have been happy to distribute to the congregation this month are apple crumbles. The church apple trees have produced a glut of fruit and some of the ladies of the church have been busily baking and packing cartons of delicious crumble and selling them to raise funds for the church. Other plants which have thrived this year are the shrubs on the edge of the car park. One of our volunteer gardeners has been busy cutting them back and regaining a swathe of parking space which had disappeared. Later in the month there will be a beetle drive and hot-pot supper (vegetarian option available). Please support the social committee in their efforts to raise funds, as there are various items which are needed for the smooth running of the church. God bless all who read this.

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Cartmel Peninsula Churches Together

In November we look forward to two important Sundays when the churches get together.

Remembrance Sunday this year falls on November 8th, when as usual St Paul's will host us all for our always impressive Remembrance service – details will be elsewhere in this magazine. Then the Sisters of Boarbank Hall will host us for our annual Advent Sunday service, which will take place on November 29th at 3 pm. A joyful occasion in Boarbank's lovely chapel, which for me always feels like the beginning of the festive season. Do come along and help us sing some of our favourite Advent hymns. If you prefer to reflect more quietly on Advent, our Advent Quiet Morning will be a week later than sometimes (so not in November this year) at the end of the first week of Advent, on Saturday December 5th. Details in next month's Grange Now.

Cartmel Priory

As the celebration of Harvest fades into the mists of Autumn and November, we can turn our thoughts to Remembrance and to Advent - our time of waiting, of anticipation.

On Sunday 8th November our Service of Remembrance begins at 10.30am when we shall be joined by Mikey Anderson playing Sunset, Last Post and Reveille and international contralto, Jess Dandy, accompanied by Stephen Threlfall, singing Pie Jesu from the Duruflé Requiem.

Come and sing Evensong was a great success last year with over 50 people joining the Priory Choir. Come along on 15th November from 2.00pm for a rehearsal, followed by Evensong at 3.30pm. The service will include music by Stanford and the Halleluiah Chorus. Tea and cakes can be enjoyed afterwards; all music will be provided.

On Friday 27th November from 3.30pm onwards Santa will make a pre-Christmas visit. Alongside him will be the pupils of both Cartmel's schools with refreshments, stalls, music and some light-hearted entertainment. All are welcome.

On Saturday 28th November at 6.30pm Mike and Julia Carroll will host a free family event. They will lead an informal programme of traditional Christmas songs and community carols and readings. With mulled wine and more, the event will last about an hour and a half.

Sunday 29th November sees the beginning of Advent, our time of preparation for Christmas. We shall be changing our Evensong service from 3.30pm to 5.00pm, in order to benefit from the darkness, as we hold a Candle-Lit Advent Carol Service. The choir will lead the service as we journey through Advent towards Christmas.

You can be assured of a warm welcome at all these services and events.

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St. Paul's

Grange Methodist Church is going to be redeveloped over the next year and while this is taking place St Paul's and the Fell Church will become their temporary home. We look forward to welcoming them in our churches. Their regular Sunday worship will be at the Fell church at 11am along with their (third Sunday) Songs of Praise. The Fell Church services will go ahead as usual at 9.30am, with Matins every second Sunday of the month and Holy Communion every fourth Sunday.

On Sunday 25th October Burneside Brass will be visiting us once again for a concert at 2pm. All are welcome.

We are looking forward to our Christmas Fair on 28th November. We will have the usual stalls, craft stall, cake stall, book stall, scarves and jewellery, raffle and of course Sue's cafe with the wonderful bacon sandwiches. Do come and join us from 10-1pm.

St. John The Baptist, Flookburgh

Bob's Hair & Beauty are holding one of their fantastic raffles to raise funds for church.

Why not pop in a buy a raffle ticket or 2 in the hope of winning a Fortnum & Mason hamper. Thank you to everyone who has already bought a ticket…..there's still to grab yours! Fizzy Friday takes place on Nov 6 at Ravenstown Club. Another fundraiser for church. I'm not sure if there are still tickets available though.

There will be a Service of Remembrance at 10am on Sunday 8th. You are all welcome.

And finally, if anyone has a favourite carol they'd like to sing during the Advent/ Christmas season please let me know and I shall try to ensure it gets its chance to be sung out loud! Please put these dates in your diary:

Church Carol Service, 3pm Sunday Dec 20 (please note the change of time) Christmas for the Kids Service, 4pm Christmas Eve Midnight Communion, 9.30pm Christmas Eve. Do join us if you can. If anyone would wish to contact the vicar you are most welcome to use

Email: allithwaite.flookburghvicar@gmail.com

Phone : 07810655684.

I'd love to hear from you.

Rev Mark

URC

Autumn colours are brightening everywhere now and they are lovely.

However, it does mean we have to get out our winter coats and switch the heating on. Do keep yourselves warm!

We celebrated the Harvest Festival at the URC along with our Methodist friends. We had a lovely service followed by a Jacob's Join lunch and some games. It was a really happy occasion.

During November, Monday Meet-up will be on the 9th and 23rd at 2-2.30pm. Do join us for company and chat.

There will also be Morning Coffee on November 3rd 10am -12noon. All Welcome.

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St. Mary's Allithwaite

Finally, the spire is repaired and we have almost reached our financial target to pay for the repairs.

Members of the congregation were each given £10 (10 Talents) by the Church Treasurer in a service a few months ago. This was to use as the faithful servant in the parable did, to make more Talents in aid of the Spire Fund. The work ethic has been amazing. We have a model spire which rings a bell when coins are dropped in, baby wear has been knitted, there were 2 sessions of jewellery making and hand painted greetings cards were sold. Also a lunch event and afternoon tea in the summer were part of the funding drive.

We were fortunate to secure funding from several charities. National Churches Trust

and would like to acknowledge the support given to us by the National Churches Trust . This trust exists to support churches and it relies on regular small donations from many sources. The trust has donated a large grant of £12,854 towards the repair costs, for which we are very grateful.

November is looking as if it will be busy with our Remembrance service starting in church at 10.45am on Sunday 8th; our other meetings, all in the church, continue with the fortnightly Tuesday elevenses, alternating with Love to Move; Vocal Joy, an enthusiastic group of singers, meet each Wednesday evening and the Tots group are in church playing on Friday mornings. Our community lunch is held on the third Wednesday from midday until 1.30pm. We welcome any newcomers and an advance notice, the December lunch will be a charity event.

The December diary pages are filling up, so if you are interested look out for the details: We will be singing carols in the village in the early evening of 9th December and then visiting the Pheasant for the Big Sing with the Flookburgh band. The carols in church will be on Sunday 13th at 6pm followed by seasonal refreshment.



Hope Church
Grange-over-Sands
meets every Sunday at 10.30am
Hope Church Grange-over-Sands
Lindale Village Hall, School Hill, Lindale, LA11 6LE
We are a group of ordinary Christians, who serve an extraordinary God Come along and meet Him
Telephone:

Please remember: our limit for society reports is **200 words**, to ensure everyone gets in.

Kents Bank Station Library



Volunteers from the Library were treated to a day out on the Settle-Carlisle Line last month. The party travelled from Kents Bank via Carnforth, Skipton and Carlisle, with time to explore Carlisle. Our thanks to Northern and TransPennine Express for making it possible and to Nick of Friends of the Settle-Carlisle Line for his expert commentary. Our MIC (Mutual Improvement Class) talk in October focused on the achievements of the Furness Railway and its animal-loving general manager Alfred Aslett. Our talk on the Irish narrow-gauge railways has been postponed to November (see 'What's On'). We continue to find extra space to accommodate our ever-expanding collection of railway books. We now have a dedicated space for official railway rule books and instructions, dating back to the 1890s. We are happy to accept railway ephemera for display. We were recently given an original lamp from Kendal station.

We have something very different in November: poetry readings from the work of Anton Floyd on exile and identity - read in three languages! 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. We welcome new volunteers.

South Lakes Stitchers

The October meet was a great success! 14 members took part in the needlefelt workshop, led by Gillian Ferguson and under her expert guidance, the group crafted a skulk of little wool foxes. (I checked the collective noun here, if you were wondering!!) It was like magic, watching the group using special barbed felting needles to turn dyed fleece into body parts and fasten them together into a little fox by stabbing the wool! Details were added with beads and different coloured fleece. The foxes all developed their own individual characters and were so cute when assembled for their group photograph.

Mothers & Others

Our members have really enjoyed both meetings in October, Beekeeper Richard Smith fascinated us with his talk on 'Bees', and we were able to buy some of his lovely honey, and then we had a delicious afternoon tea at Clare House. Our next meeting is on Tuesday 3rd November when we look forward to John Wilson-Parker who to tell us about will continue his journey in New Zealand with a presentation about North Island. Our second meeting on Tuesday November 17th will be a presentation on 'Hedgehogs', an illustrated talk by Lyndon Howson, a young man from Grange who many local people know, and who now works at Chester Zoo. Both meetings are in the Father Magner room behind St Charles Catholic church on Kents Bank Road, starting at 7.30 p.m. and include a raffle and refreshments. Visitors are welcome at both meetings, cost £5. At the Victoria Hall Christmas Fair on Saturday 28th November, our stall will be a Chocolate Tombola, and chocolate donations from members can be brought to any meeting before then. If you would like to know more about Mothers & Others please call Ann on 015395 33856 or Linda on 07719715309.

Grange-over-Sands Civic Society

The Civic Society has decided to donate money directly to the Royal British Legion

this year, rather than buying a wreath in memory of those who gave their lives in wars and conflict. Our hardworking volunteers are continuing to care for the public green spaces in Grange, apart from the Prom. We are very thankful for their time and endeavours!

Cartmel Art Society

With a change to the programme on the 11th November, the morning workshop will now be a session showing you how to photograph and prepare your paintings to make cards that you can then sell or give to friends. Julia will look into print costs and pass these onto members. Please also bring along anything that you are working on or anything you might need help with.

On the 25th a full day workshop will be a demonstration with popular returning artist Graham Twyford, working with oil or acrylic paints. The choice is yours! As yet, we wait to hear the subject matter for the workshop. Please remember to bring drinks for the day, as well as your lunch. To book your place on either or both of these workshops please contact Rita Denby by email on: ritadenby45@gmail.com or call her on: 07587 705842.

Grange Fell Golf Club

In mid - September Grange Fell hosted a match with Grange over Sands Golf Club and the matches, played with a friendly rivalry, resulted in the home team taking the win. The following day a team of 4 from Grange Fell travelled to Silloth Golf Club to play the second leg of the final of the Cumbria Handicap League. In order to reach the final Grange Fell had played 6 matches using a squad of players including Ben Clarke, Craig Davidson, Mike Garnett, Richard Hinchcliffe, Russell Kay, Ian Knowles, Kevin Pearson, John Sayle, Graham Shepherd, Mark Willacy and Jes Woodhouse. Grange Fell were thrilled to win and all our members congratulate them on their success. On Sunday 20th September we held a very successful Invitation Day with our Vice Captain, Mark Johnston and partner Russell Partington securing a win with 41 points only 1 point ahead of David Unsworth and David Waring. The following week the J B Asplin trophy was won by Craig Davidson with an excellent gross 75. The players with the top 20 best gross scores play against each other for the J B Asplin trophy.

The Friends of Kents Bank Station and Foreshore News

It has been another busy year at Kents Bank Station for gardeners, painters and general helpers alike. Much of the Summer saw a steady stream of us going back and forth with watering cans in a vain attempt to keep the gardens watered ~ not always successfully. But those days are now a dim and distant memory as Autumnal rain sets in! Despite the difficult conditions we were delighted to receive a level 5 Outstanding award in the Cumbria in Bloom 'It's Your Neighbourhood' category. This goes alongside the overall Gold Award we received in the It's Your Station section at the Community Rail awards earlier in the year. We currently have a number of projects to enhance the Station for both community and rail users so it looks like 2027 will be just as busy (and hopefully as successful) as 2026!

PEAT

Thank you to everyone who joined our community litter pick on 11th October.. Look out for our next litter pick in the Spring. As ever if you want to do one contact us to borrow the equipment. We're delighted to welcome back our Green Screen film series on Sunday 22nd November at 7pm at Victoria Hall, with a screening of How to Live on Earth. Presented by Benedict Cumberbatch, this inspiring documentary explores our vital connection with nature and how working alongside it can help tackle some of our biggest challenges. Through extraordinary stories and stunning cinematography from around the world, the film offers something we could all do with more of – hope! Come along and be inspired. Futureproof Cumbria will be at the Christmas Fayre at Victoria Hall on 28th November 10-2pm with a free home energy pop-up session. Drop in for a friendly chat about all things home energy, including free energy-saving equipment, draughtproofing, heating, smart meters and help with energy bills. Practical advice to help make homes warmer and bills more manageable. Finally, our next Repair Café is on Friday 13th November, 5–7pm, at the United Reformed Church. Note new venue

Grange Soroptimists

At our October club meeting we celebrated our club's 72nd birthday with prosecco and cake. On October 2nd We had a very successful launch of our Fresh Thoughts booklet which is a resource to provide vital information for those supporting women fleeing abuse. The launch was attended by the High Sherriff, Shirley Fawcett and the Chief Constable of Cumbria and representatives from numerous organisations. The plan is to distribute the booklets widely and have an online version. 18 members enjoyed a delicious lunch and sociable time at Bloom's kitchen at Ellie's Garden Centre in Ulverston.

Several members met to knit bereavement hearts for hospitals and local undertakers and also completed a lot of blankets for the fistula hospital in Ethiopia. We are looking forward to our Christmas Sparkle event when Joan Bentley will be entertaining us with her Flower arranging skills (see Whats on) Anyone interested in joining the club or getting further information please contact Mary Ann on 015395 32265

Cartmel and District Flower Club

Our next meeting will be on Monday 16th November at Cartmel Village Hall 1pm for our Annual General Meeting. This will be for Members Only… also we will have a Jacobs Join and entertainment by Susan Waring who will speak on Amusing Anecdotes. Please come along to your AGM and support the club as always friendship through flowers. For more information contact Isobel 015395 33136.

Grange Probus Club

The Club's members welcomed Sophie Aziz and Hannah Teagle of the South Cumbria River Trust with a talk on Rewilding of the Duddon Valley. Hannah described the project that she was managing and the various activities to improve the natural environment of the valley. The DEFRA funded work currently extends over 8 farms, involves 13 new jobs and has planted over 2,000 trees. The rewilding will benefit wildlife and should reduce the risk of flooding downstream. It is hoped to continue the work over the next 20 years and to incorporate more farms. Grange Probus also visited 1818 Auctioneers following Bill Nelson's Talk in August and received an entertaining and informative tour of the premises. The Club's next meeting will be on Monday, November 9th at 10.15 for 11am at the Netherwood Hotel for Chris Kirk's rescheduled talk on Artificial Intelligence (AI) – 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 Peninsula Local History Society.

CPLHS's final lecture for 2026 welcomed Kevin Grice who talked about Brockhole 125 – The story of Brockhole from the Gaddum Archives. Kevin explained that the Gaddum family had originally been Austrian silk and cotton weavers who had moved to Manchester in the mid-18th century. William Gaddum had decided to follow the fashion for building large Arts and Crafts houses in the Lake District and had bought land at Brockhole in 1898. The fine house was designed by Don Gibson with gardens by the renowned horticulturalist Thomas Mawson. William's wife Edie was a cousin of Beatrix Potter who regularly visited the house. The house suffered damage during the war and was sold in 1946 to a benevolent association as a convalescent home. By the time that the house was sold to the Lake District National Park Authority in 1966 most of the important interior fixtures and fittings had been removed or altered, though the Mawson garden was listed in 2003. The LDNPA have recently let the property to BeWILDERwood for development as a tourist facility. CPLHS will hold its AGM on Thursday, November 26th at 7.30pm in the village hall and will include short presentations by members. Further information on CPLHS, membership and activities can be found at the Cartmel Peninsula Local History Society website or from Stuart Harling on 015395 36296.

Cartmel Village Society

CVS's 2026 Annual Lecture by Colin Burke on a Who Visited Cartmel and Made a Difference (and Who Didn't) was held on Friday, October 23rd and will be reported fully in the December Grange Now. CVS's AGM will be held on Sunday, November 22nd at 4pm in Cartmel Square Coffee and Stays. Reports will be given on 2025/26 activities and the plans for the next year.

Cartmel Apple Day

Cartmel Apple Pressing held two pressing days in September and October and collected donations totalling £230 for St Mary's Hospice. Credit is due to the Wellbeing Walk volunteers who assisted with the pressing, Cartmel Village Society's grant for £100 towards insurance and Unsworth's Yard assistance with tentage and transport.

Cartmel Institute

The sale of the Institute building and setting up of a new community fund to support the village hall and schools are still delayed due to Cartmel Priory's late claim to the Charity Commission (CC) for a share of the proceeds. As this move occurred after the Trustees' extensive public consultation during 2025, this unfortunately is involving significant legal activity and associated cost to the Institute. It is hoped to obtain the necessary CC authority to proceed with the sale and community charity as originally proposed for the benefit of village residents in the next few months.

Grange Lecture Society

After our two highly successful free talks in August and September we kicked off our Ten Talks proper programme with Kate Orvis on the 13th of October revealing to us the extraordinary developments in Genomics. Genomics is the study of genes and DNA but the political, demographic and medicinal implications of the human genome project which successfully mapped human DNA for the first time in 1999 are only just beginning to bear fruit. Kate, however, was also keen to show how health inequalities are also likely to arise as a result of differing health standards across the world and the mainly European dominated register of human DNA.

We had the highest turnout for an opening night in many years – many thanks to the 130 people who packed our lovely Victoria Hall. On the 27th of October we were regaled by the highly knowledgeable Peter Jones from the Cumbria Wildlife Trust who explained the hundred-year vision of the organisation to restore Skiddaw Forest. We have been joined by another committee member to help us maintain our great start to the season. Many thanks Carol!

If you'd like a good, entertaining and informative Tuesday night out – do come along. On the 10th of November we will hear all about riding a Harley Davidson across America – great stuff!

Lower Holker Village Hall

Grange Now November 2026. October 2026 200 Club winners, 1st £40-9-Terry Miller, 2nd £25-90-Thomas Whinfield, 3rd £15-40- Terry Brown, 4th £10-65-Janis Wilson. Christmas Bingo Tuesday 8th December. Christmas Quiz Friday 18th December. Both, door opens 7.00 pm for 7.30 pm start. Yoga, Tai Chi, Dancing, and Aerial Hoops, Indigo Wellness, (ladies fitness), U3A Badminton, U3A Ukulele, and Pickleball are available. Table Tennis Club details- Peter on lowerbirkby@gmail.com. Sewing Machine Classes every Friday morning 10-12, £15.00 per session, bring your own machine. Contact Natasha on Natashal27@outlook.com or 07901751197. Please follow us on Facebook at lowerholkervillagehall 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 07484784854

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BSHAA

Main Street, Grange-over-Sands



Power Ballad (15)
Sunday 8th November
7pm (doors 6.30pm)

CINEMA at the VIC

When Rick (Paul Rudd), a past-his-prime wedding singer, meets fading boy-band star Danny (Nick Jonas) during a gig, the two bond over music and a late-night jam session. But when Danny turns one of Rick's songs into the hit that reignites his career, Rick sets out to reclaim the recognition he believes he deserves - even if it means risking everything he cares about. From writer-director John Carney (Sing Street, Once), Power Ballad is a feel-good story about music, self-respect, friendship, and the price of ambition.

'terrific comedy of bromance and betrayal' - Guardian

Screened with subtitles.

Rating: 15 (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

Hey Beatles – Saturday 14th November 7pm (doors 6.30pm)



Victoria Hall VHSG Support Group

Nationally-acclaimed tribute act "Hey Beatles" make a return visit to the Victoria Hall, playing a hit-packed set of some of the greatest pop hits of all time! Evoking the spirit of the swinging 60s from 'Love me Do' to 'Hey Jude', from the Cavern to the Rooftop, this not to be missed concert will transport you back in time to the height of Beatlemania. Dressing up and singing is encouraged!

This unmissable show will take you on a journey through the music of John, Paul George and Ringo via period correct costumes, instruments and plenty of chances to sing along.

Enjoy our well-stocked bar, and don't forget your dancing shoes!

Tickets £16 Tickets in advance from www.ticketsource.co.uk/vhsg Cash/cards on the door.

What's On at The Vic - November

See www.victoriahall.info/whatson- for tickets and 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 contact: catherine@indigowellness.health
Parliamo Italiano - Tues & Thurs - beginners, post beginners & improvers - details: caroline_hakkinen@mac.com
Moved by Life – Well-being and yoga - Sundays 6:30-9 from 4th book here: movedbylife.co.uk

INDIVIDUAL EVENTS

02/11 Mon - VHSG Bingo at the Vic - Doors 7pm, Eyes down 7.30pm. £1 entry, £5 per Bingo card. Prizes - 18+
08/11 Sun - Remembrance Sunday – 2pm service at St. Paul's. 3.15 at War Memorial then tea at the Victoria Hall.
08/11 Sun - Cinema at The Vic: 'Power Ballad' (15) - 7pm, doors 6.30pm - ticketsource.co.uk/vhsg
09/11 Mon - Grange over Sands Town Council Meeting, with 'Have Your Say!' 7pm
10/11 Tues - Lec Soc: Norman Harris -'USA Coast to Coast to Coast by Harley-Davidson' 7:15 start
13/11 Fri - Fellside Singers- Manna House fundraiser, supported by Pandora's Handbag – tickets £15.90 - 7pm
14/11 Sat - Hey Beatles- the ultimate tribute to the world's most influential band– tickets £16 - 7pm
20/11 Fri - Life Drawing - 6.30-8.30pm relaxed untutored sessions - £14 – see Vic Hall website for tickets
21/11 Sat - Westmorland Youth Orchestra-ensemble music from Kendal based youth group- www.wyo.org.uk - 7.15pm
22/11 Sun - PEAT Green Screen: 'How to Love on Earth' (12a) - 7pm, doors 6.30pm - ticketsource.co.uk/peat
24/11 Tues - Lec Soc: Jenny Fenwick-From Loft to Oz: Adventures of a Mary Quant Dress - 7:15 start
25/11 Wed - Games-over-Sands – 6.30-9.30pm boards games, ttrpgs, more - gamesoversands@protonmail.com
27/11 Fri - NT Live: 'Golden Boy' (screening) (15) 7pm, doors 6.30pm - www.ticketsource.co.uk/vhsg
28/11 Sat - Vic Hall Christmas Fair – Stalls, Gifts, cakes, Grand Raffle, refreshments, food. 10-2pm, Free Entry



What's On

Tuesday November 3rd

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

Tuesdays 3, 10, 17 and 24 November

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

Tuesdays 3, 10, 17, 24

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

Wednesdays 4, 11, 18 and 25 November

Community Coffee morning run by Grange Methodists at St Paul's from 10:45am

Thursdays 5, 12, 19, 26

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

Friday 6th November

Grange Natural History Society, The Earnse Bay Community Project, by Eve Mulholland of Natural England, 7.30 pm, United Reformed Church Hall, Kent's Bank Road. Non-members welcome £3.00 per head

Saturday 7 November

Churches Together Men's Breakfast at 8:30am at 16, Charney Court LA11 6DL. Share a simple breakfast, fellowship and prayer together.

Monday 9

Grange Probus Club will meet at 10.15 for 11am at the Netherwood Hotel for a talk by Chris Kirk on Artificial Intelligence (AI) for Beginners. See the club report for more information.

Tuesday 10 November

"Friendly Food" lunch and conversation led by Grange Methodists at St. Paul's at 12:00pm

Tuesday Nov 10th

Grange Forum. The Life, Loves and Films of Errol Flynn by Colin Penny. URC church hall. 10.15 with refreshments available from 9.45. Visitors are most welcome, £5 including refreshments .

Friday 13 November

Cartmel Peninsula Repair Café from 5:00 – 7:00pm in Grange United Reformed Church Hall

Sunday November 15th

2.00 Beach Hut Gallery, Kents Bank Station. 'Meet the Artist' event with award-winning artist Emma Field, talking about her dramatic paintings of Morecambe Bay. All welcome, free admission. Details 07795 008691

Sunday 15 November

Songs of Praise gathering led by Grange Methodists at Fell Church at 4:00pm, followed by a buffet tea.

Tuesday Nov 17th

Grange Forum. So How Do You Get to Everest by Rev David Wilmot - URC church hall. 10.15 with refreshments available from 9.45. Visitors are most welcome, £5 including refreshments .

Tuesday November 17th

Mothers & Others-'Hedgehogs', an illustrated talk by Lyndon Howson - 7.30 p.m. in the Father Magner room behind St Charles' Catholic church on Kents Bank Road

Tuesday November 17th

14.00 Kents Bank Station Library: 'The Irish Narrow-Gauge: Yesterday and Today': an illustrated talk on what remains of Ireland's once-extensive narrow-gauge railways, Please book in advance on 07795 008691. Note the change of day and date!

Wednesday November 18th

19.00 Kents Bank Library: 'Depositions' – poetry by Irish/Egyptian poet Anton Floyd on the experience of exile and identity. Read in Welsh, Polish and English. As space is limited please book in advance on 07795 008691.

Friday 20 November

Grange Natural History Society, Species Recovery Projects: Pine Martens, by Dr Mic Mayhew, 7.30pm, United Reformed Church Hall, Kent's Bank Road. Non-members welcome £3.00 per head

Friday 20 November

Newton in Cartmel village hall. Good Habits - dynamic, indie-folk duo. Booking & info: wendyandmike26@btinternet.com.

Sunday 22nd November

2pm Christmas Sparkle – Flower arranging demonstration by Joan Bentley run by Grange Soroptimists at Cartmel Village Hall. Proceeds for our Christmas Hampers for clients of Barrow Women's Centre. Tickets £8 (includes tea & cake) can be booked on line https://www.trybooking.com/uk/GWVW or from Isabel 015395 36378 / 07901997918 / E mail huggett735@btinternet.com

Sunday 22nd November

Cartmel Village Society's AGM at Cartmel Square Coffee and Stays. See club report section on how to book and further information.

Tuesday Nov 24th

Grange Forum. Costa Rica and Beyond by Alan and Julie Walker. URC church hall. 10.15 with refreshments available from 9.45. Visitors are most welcome, £5 including refreshments .

Thursday 26

Cartmel Peninsula Local History Society will meet at 7.30pm in the village hall for a short AGM followed by members' brief presentations. See the club report for more information.

Saturday 28 November

Newton in Cartmel village hall. Christmas Coffee Morning At Ncvh (10am - 12pm) - All Welcome!!

Saturday 28th November

Mothers & Others- Victoria Hall Christmas Fair-Chocolate Tombola

Sunday 29 November

Churches Together Advent Sunday service at 3:00pm in Boarbank Chapel

Friday 4 December, 7.30pm; Saturday 5 and Sunday 6 December, 2pm

Grange Youth Panto presents Jack and the Beanstalk by Alan P. Frayn

Victoria Hall, Grange-over-Sands - Tickets £12 adults, £10 children: www.ticketsource.co.uk/gmts

Mondays 2, 9, 16, 23 and 30

South Lakeland Phoenixes. Drop-In/Chatty Café for people aged 18+. Are you struggling with your mental health and wellbeing, or maybe you're feeling lonely and, perhaps, socially isolated? 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

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.



Golden Boy (screening) Friday 27th November 7pm (doors 6.30pm)



Josh O'Connor (The Crown; Challengers) leads the cast in this searing revival of Clifford Odets' knockout American classic, directed by Sam Yates.

1930s New York, at the height of the Depression. Joe Bonaparte is a gifted young violinist with a future in music, until a chance at fame and fortune lures him into the brutal world of professional boxing. He must confront what he's willing to sacrifice, who he's willing to become and how to find his place in a world that demands he choose a side.

Brought to life with a live string quartet and filmed live from the Almeida Theatre, Olivier Award-winner Sam Yates (Vanya) directs this propulsive drama exploring ambition, identity, and the high price of success.

Bar, tea, coffee, ice cream. Rating: 15 (TBC) Run time: 3 hours (TBC) including 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.

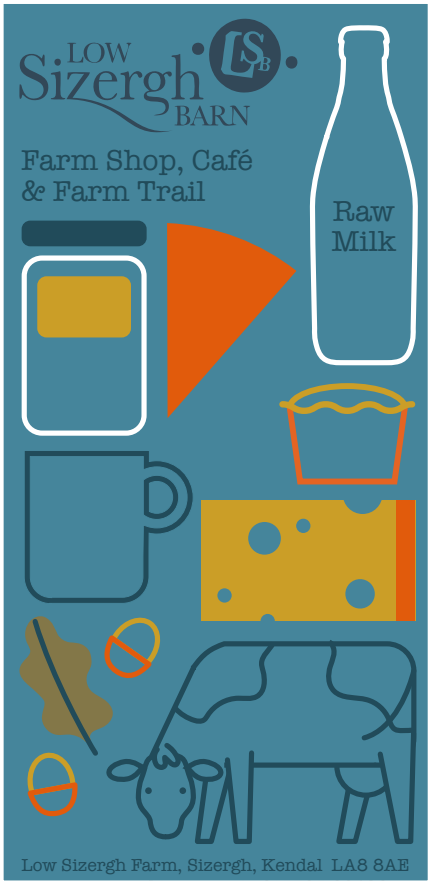


ULTIMATE CUMBERLAND SAUSAGE ROLLS

Cumbria has shaped much of chef Scott Fairweather's cooking. Based near Arnside, Scott has spent 15 years leading kitchens across the county, including The Punchbowl at Crosthwaite, The Black Swan in Ravenstonedale and Yew Tree Barn at Low Newton.

His cookbook, BAIT: A L'al Book of Proper Northern Cooking, celebrates simple, flavour-packed Northern food and the people who have supported him throughout his career. We're delighted to share his recipe for the ultimate Cumberland sausage rolls, a fitting tribute to one of the county's best-loved specialities.

Makes: 8–16 sausage rolls Preparation: 25 minutes, plus chilling
Cooking: 15–20 minutes



INGREDIENTS

For the filling

- 1kg good-quality Cumberland sausage meat from your butcher
- 1 small onion, finely diced
- 1 garlic clove, finely grated
- 1 tsp dried sage
- ½ tsp dried thyme
- 1 tsp English mustard
- Pinch of table salt
- Pinch of cracked black pepper

To assemble

- 2 x 320g sheets ready-rolled all-butter puff pastry
- English mustard, for brushing
- 2 egg yolks, beaten

To finish (optional)

- Nigella seeds
- Dried thyme

METHOD

1. Preheat the oven to 200°C (fan) and line a large baking tray with baking parchment.
2. Place the sausage meat in a large bowl. Add the finely diced onion, grated garlic, sage, thyme, mustard, salt and plenty of black pepper. Mix well until evenly combined, then divide the mixture into four equal portions.
3. Unroll the pastry sheets and cut each one in half lengthways to make four long strips. Brush a thin layer of English mustard over the surface of each strip.
4. Using your hands, shape each portion of sausage meat into a thick log and place it along the centre of a pastry strip, level with the ends.
5. Brush one long edge of the pastry with beaten egg yolk, then roll up tightly to enclose the filling and crimp to seal. Repeat with the remaining rolls and place them seam-side down on the prepared tray. Chill for 30 minutes.
6. Brush each roll with a light, even coating of egg yolk and return to the fridge for a further 15 minutes.
7. Remove from the fridge, brush with a second layer of egg yolk and lightly score the tops with a sharp knife. Sprinkle with nigella seeds and dried thyme, if using.
8. Bake for 15–20 minutes until deeply golden and crisp, and the filling is piping hot and cooked through.
9. Remove from the oven and leave to rest for 5–10 minutes, then slice each long roll in half or into smaller pieces to serve.

Signed copies of Scott Fairweather's BAIT: A L'al Book of Proper Northern Cooking are available to buy in our farm shop.

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

Dear Editor,

There's quite a few Strava Segments on Grange Prom. Such as The Paula Radcliff Challenge. Trying to run 895 metres at a faster pace than Paula Radcliffe's marathon record. There's lots of invisible flags related to achievements for age, such as 60-64 and overall fastest.

A park run would need to run, for instance, West to East, East to West and back to the Station. Or some other variant, perhaps around the old pool.

A Grange-over-Sands promenade parkrun would certainly be convenient, though the plod back up the hill will be pretty tough. Perhaps a knosh up at the Lido, when it opens is called for.

Ray Gill

Dear Editor

News Papers have been in decline for many years.

But for grange over sands, older people who are house bound or unsteady on their feet, it's a life line to communication to the outside world and local surrounding communities.

It would be be great if a survey went round to see how many local residents, would like a daily paper delivered to their doorstep.

My mum is local and it could possibly serve Cartmel also?

Regards Paul

Ed Note - I think this refers to paid newspapers

Dear Editor,

I for one would be interested in a Parkrun along the prom. It seems such an ideal venue with good public transport and it would be easy to devise a 5k run starting and finishing at the widest point by the Wishing Well. I would be happy to volunteer as a marshal from time to time but could not commit myself to a more responsible organisational role. Hopefully there will be sufficient interest to get this up and running.

Regards Richard Holmes

Dear Editor



In my capacity as Group Co-ordinator, Friends of Kents Bank Station & Foreshore from 2015 – 2024, I would like to pay tribute to Rob Neathway, 1949 - 2026.

He was a perfect gentleman and a loyal, hardworking Kents Bank station volunteer.

He kept platform 1 garden plot B immaculate for nine years and oversaw the construction of the group's first shed and compost boxes behind platform 2 waiting room.

He also regularly filled the group's green bins with the Holm oak leaves that he swept up from platform 1, cleared blocked waiting room gutters and helped with many station painting and DIY jobs. He will be missed. Regards Valerie Kennedy

Dear Editor,

I am writing in response to the article in the October issue of Grange Now.

Personally I would be delighted if Parkrun was on the promenade in Grange. The flat surface and length of the prom would make it an ideal location for such an event.

As you mentioned in your article, Fell Foot Parkrun is not too far away. However it does have its drawbacks; the car park fills up with tourists, it can be very muddy and the winter course is not suitable for runners with a buggy (like myself). Having a Parkrun on Grange prom would offer something different to the aforementioned event. I think there would be enough interest in Grange to make it viable. Many people are willing to travel from further afield for a "good" Parkrun. Also, many like to go for a coffee or brunch afterwards which could be a nice boost in trade for local businesses.

I hope to hear more news on the matter in due course.

Lizzie Stilling







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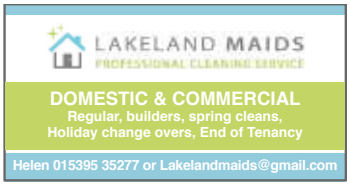
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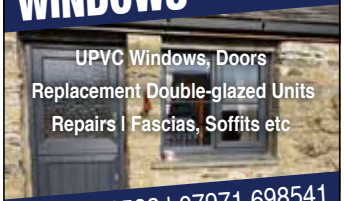
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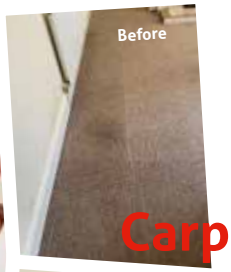
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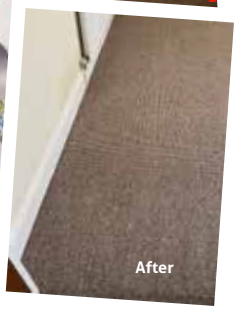
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