February 2025
A free copy for you



## Levens, Heversham, Milnthorpe



**Levens Methodist Church** 

#### **COFFEE SHOP**

Mon, Wed, Fri 2 - 4 pm Everyone Welcome

#### **Mondays**

Would you like a coffee & a chat? please join us.

You can also play dominoes, cards, Rummikub or do a jigsaw

Also bring your knitting, sewing or craft project and have a natter.

Wednesdays & Fridays

**Coffee and Biscuits** 

Village Coffee Time
Third Tuesdays
Tuesday 18th February
10 - 11.30 am
at the Old School, Heversham
\*Everyone Welcome \*

\*All Ages\*
Simply coffee & biscuits & chat
No charge, just a donation
A warm welcome - Do call in!





Coffee @ St T's Milnthorpe Community Rooms

Every Friday 10 -11.30 am

free WiFi & contactless payment available

Meet & Eat 12-2pm at Levens Methodist Hall

#### Friday 28th February

Leek and Potato Soup *or*Carrot and Coriander
Bread Bun

Apple Crumble *or*Blackcurrant Crumble
&
Custard

Tea/Coffee

£5

Please add your name to the list at Coffee Shop or phone Susan Beckwith 0779 6561810

Everyone Welcome
Children under school age free

STREET, THE PARTY OF THE PARTY.

#### the **HERON** theatre

www.theherontheatre.com Box Office & Room Hire 015395 64283

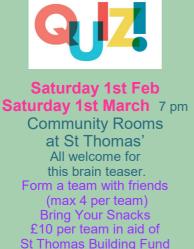
2<sup>nd</sup> Feb - Viva Wind Quartet – variety of styles from classical music to opera and sea shanties. 2.30pm

7<sup>th</sup> - Funny Stuff – comedy drama with Sue Ryding from Lipservice 7.30pm

11<sup>th</sup> - Exhibition on Screen 2pm The Danish Collector: Delacroix to Gauguin

15<sup>th</sup> - Harp And A Monkey Folk Music - 7.30pm

Uncle Vanya - Warton Drama Group Wed 26<sup>th</sup> Feb, Thur 27<sup>th</sup> Feb, Fri 28<sup>th</sup> February – all at 7.30 pm & matinée 2.30pm Sat 1<sup>st</sup> March Chekov's masterpiece succeeds in pointing towards contemporary issues, whilst involving moments of surprising comedy.





All Welcome



Join us for Quiz Night Thursday 13th February 8pm £2 per person. Max 4 per team

Heversham Hotel now open for food and drinks For opening times phone 015395 62018 or see www.hevershamhotel.co.uk



#### For more info on Activities, please contact Diane Smillie on 07771 682378



Enjoyable Dementia friendly Walks 10.30 am start. Wed 26th Feb Arnside Knott from N.T. car park, LA5 0BP

**Woodland fun** – 11am—noon engaging activities connected to nature. Monday 24<sup>th</sup> February – an easy but enjoyable Tai Chi session. Undercover at Silverhelm Scout Activity Centre, The Row, Silverdale, LA5 0UG

Social Table Tennis - at Arnside Educational Institute, Church Hill, Arnside, 10.30am-noon., Wednesdays - 5th & 19th February

Silverdale Songsters - Dementia Embracing Community Singing Group -Coffee on arrival and singing popular well known songs. Friday mornings 10.30 – 11.30 am at St John's Church Hall, Silverdale LA5 0RF

Zoom Poetry Group - Thursdays 6<sup>th</sup> & 20<sup>th</sup> February 1.30 - 2.30pm The group choose the theme and Dignity in Dementia search out poems which are emailed to group members. We then read them together.



Free Family Carer On-line Dementia Course via Microsoft Teams NEW) Starting on Monday 17<sup>th</sup> Feb between 6-7pm, then the following three Mondays at the same time. Contact Diane Smillie for details and to book a place.



### Do you have a smart phone or tablet you need help with? \*FREE ASSISTANCE AVAILABLE\*

A volunteer attends Milnthorpe Library at 2.15 - 3.15 pm on the second Wednesday each month. 12th February & 12th March

The service is designed to help with basic instruction on how to use a smart phone effectively and can explain some of the functionality of the device to make it easier for you to understand. If you have been struggling with your phone, pop in to the library where more details can be found.





Damp and mould have built up in our home. Our letting agency say they'll speak to our landlord but there's been no action and I'm really worried about how this might affect our health.

It's not always easy to work out the cause of damp and mould. Your landlord will be responsible for the issue if it's being caused by structural problems or disrepair such as a leaking roof or bad insulation, and if it's affecting your health. However, they might suggest that it's your fault for causing condensation. On the Citizens Advice website you can find information to help you work out what type of damp you have, who is responsible and what you can do about it.

The best way to prevent condensation is to keep homes well-heated and ventilated, but high heating costs and cold weather can make this difficult. Check the website to see if you're eligible for financial support, and for advice on actions to avoid, like drying clothes on heaters.

However, if the property can't be heated and ventilated adequately to cope with normal day-to-day living activities like showering, cooking and laundry, then it's the property that's the problem, not your behaviour.

If your landlord is responsible for the damp in your home but doesn't do anything about it, you can report them to the local authority. And if you have medical evidence that damp is making you ill, you may be able to get free legal advice. Contact South Lakes Citizens Advice if you need further help.

Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or any other problems. How to access:

Call 015394 46464 (9.30am – 2pm, Monday – Friday)

Drop in sessions at Wainwright's Yard, Kendal, LA9 4DP (10am – 1pm, Tuesday and Thursday)

Adviceline: 0808 2787 984 (9am - 5pm, Monday - Friday)
 email advice via the submission page on our website <u>www.southlakescab.org.uk</u>



Milnthorpe Food bank has been busy over the winter period. Please donate food if you can.

www.milnthorpefoodbank.org
Collection boxes in Spar
and Churches in
Milnthorpe and Heversham

There is a constant need of food & household items so please donate if you can, thank you

The Food Box in St John's Church Levens is open at most hours: for King's Food Bank, Kendal. a check list of items most wanted currently appears on their website - <a href="https://kingsfoodbank.org.uk/">https://kingsfoodbank.org.uk/</a>
All contributions are greatly valued

The Food Box in
Levens Methodist Church is open
when church building is open

## r Happy Voices J Singing Group

meets every Monday at Christ the King Church Hall on Haverflatts Lane, Milnthorpe from 1.30pm – 3.00pm Everyone welcome no experience necessary

£2 a session including refreshments Ring Lynne Gibbons 07814 709847 for further details

#### Levens Little Larks

Come and join us for a sing-a-long together
Tuesdays every fortnight at 10.30am
Levens Methodist Church Hall
-check updated poster in the hallWe welcome all
parents, grandparents, carers and all pre-school children
cuppa and chat afterwards
£1.50 inc refreshments

#### **LEVENS WARBLERS**

invite you to come and join us
second & fourth
MONDAY of the month
between 10.30am and 12 noon
in Levens Methodist Church Hall
Everyone is very welcome
An opportunity to 'taste and see'
what we do
with Refreshments
Singing for fun for those who enjoy
listening or singing
Non-singers are very welcome

Please see the poster with dates in the hall or phone.

**Transpor**t support can be provided call Irene on 07958 605049

#### **Indoor Bowling**

at the Athenaeum, Leasgill Monday afternoons at 2pm to 4pm Friday evenings from 7pm to 9pm.

September to end of March.

New members are most welcome. small charge to cover room rent and tea, coffee and biscuits.

#### Levens Good Neighbours Coffee Morning

Saturday 1<sup>st</sup> February 10.00am in the Methodist Church

Cake Stall and Raffle



Coffee/tea with cake £2.00

In aid of LGN funds; donations of cakes/ raffle prizes gratefully received

#### **TUESDAY CLUB**

## Levens Village Hall 2pm 11 February Sankey Photo Archive

Speaker: Peter Laird
The fascinating illustrated story of
the Sankey Father and Sons
Photo collection of over 10,000
images taken in the first half of the
20<sup>th</sup> century of places, events,
themes and people, mainly in the
South Lakeland area

Tea/coffee and homemade cakes Free for members Visitors welcome £2 MU meetings are open to all. If you would like to, please come along.

Mothers Union
Milnthorpe with Heversham



at St Thomas' Church Community Room, Milnthorpe Wednesday 5th February at 2pm Speakers: Sight Advice with Sarah Cook and Tim Ward All are welcome.

MU Deanery Start of Triennium Service
with Bishop Rob
on Saturday 1st February at 11am
at Kendal Parish Church
Bishop will be enrolling new MU
members and commissioning
Ann Wodeman as Diocesan President.
Please support if you can

#### **HEVERSHAM**

Next meeting:

Wednesday February 12th Venue: Athenaeum, Leasgill

Time: 7.30pm

Speaker: Susan Wilson





Visitors are most welcome, are asked to pay £2, and can now attend for 3 sessions before making a commitment to join.

For further information, please contact Maggie Hart on

hevershamw.i.24@gmail.com





## Milnthorpe and District Allotment Association

2 plots are available! Interested in having an allotment?

Please contact secretary via website:: www.milnthorpeallotments.co.uk

#### Dates for your 2025 Diary:

Plants, Cakes, Jams Sale Saturday 10th May 9.30 am - 11.30 am on Milnthorpe Green

Annual Horticultural & Craft Show First Saturday in September Saturday 6th September In St Thomas' Church Milnthorpe

#### Levens Local History Group

Levens Village Hall on Thursday 20 Feb, at 7.30 pm

when Dr. Rob David will talk about "Cumbrian Icehouses and the International Trade in Ice"

The 2025 programme is on the LLHG website at

at <a href="https://www.levenshistory.co.uk/">https://www.levenshistory.co.uk/</a>
<a href="mailto:meetings.html">meetings.html</a>

Date for Your Diary:

NSPCC Coffee Morning Saturday 12th April Levens



An Evening of Dominoes
With Hot Pot Supper
& Cash Prizes

Saturday 22nd February

At the Athenaeum, Leasgill 7pm



Bring your own drinks and glasses Tickets £12 available from: Robin Wharfe: 015395 62967 Tom Grindey: 07907286836 Joyce Hayton: 015395 62950

#### **Date for your Diary:**

Party in the Pasture Hincaster Saturday 19th July 2025

#### Athenaeum future events:

Saturday 29th March at 7pm Quiz night with Pie & Peas supper

The Great Village Cake Bake Saturday 26th Oct









Games Afternoons
Every Tuesday in the Clubhouse
2 – 4 pm
£2 inc refreshments

Looking for an opponent to play games with and to keep yourself mentally active during the winter months? Then join us to play board games, dice games, word games, strategy games, paper & pencil games, card games & dexterity

games.

Offering weekly - a new variety of games to play, some well-known, others which may be new to you.



## St Thomas' Church Milnthorpe

# 

3.15 - 4.45pm

Delicious pancakes served with all your favourite fillings

Tea, Coffee, Hot Chocolate, Juice

## **Pancake Races**

for all ages, including adults (if you are up to the challenge!)

Bring your own RACING PAN!

Start practising your flipping!

PRIZES for the WINNERS

See you there ...



## St Thomas' Church

## Soup Lunch

Served on Fridays during Lent 12.30~1.30 pm



Fridays, 7th, 14th, 21st and 28th March Fridays 4th and 11th April

Soup and a roll Cake or cheese and biscuits Gea and coffee

£6.00

All proceeds to local Charity



#### for anyone bereaved anytime

## 7 sessions of films and discussion

#### Topics include:

- Attachment, separation and loss
- The pain and responses of grief
- Anger and guilt
- · Coping with others' reactions
- Delayed and suppressed grief
- Adjusting to change
- Moving forward healthily
- Faith questions a Christian perspective (optional last session)

To find out more visit: thebereavementjourney.org

St Thomas' Church Milnthorpe

> Wednesdays 6.30 - 8.30pm

12, 19, 26 March 2, 9, 16, 23 April

Booking is necessary.

For more info &/or to book, contact Lesley -

dianalesley@btinternet.com 01524 951566



Dear Friends, 5 tips for the New Year

Letter from Revd.

Michael Ramsey was the 100th

Archbishop of Canterbury. At the start of one new year, he wrote these words to his clergy, advising them how to approach the twelve months ahead. Reading the words, I was struck by the practical and homely wisdom which may be useful to any follower and servant of Christ:

1. Thank God. Often and always. Thank him carefully and wonderingly for your continuing privileges and for every experience of his goodness. Thankfulness is a soil in which pride does not easily grow.

2. Take care about confession of your sins. As time passes the habit of being critical about people and things grows more than each of us realise.

3. Be ready to accept humiliations. They can hurt terribly but they can help to keep you humble. Whether trivial or big, accept them he says. All these can be so many chances to be a little nearer to our Lord. There is nothing to fear, if you are near to the Lord and in his hands.

- **4.** Do not worry about status. There is only one status that Our Lord bids us be concerned with, and that is our proximity to Him. "If a man serve me, let him follow me, and where I am there also shall my servant be". (John 12.26) That is our status; to be near our Lord wherever He may ask us to go with him.
- **5.** Use your sense of humour. Laugh at things, laugh at the absurdities of life, laugh at yourself.

Through the year people will thank God for you. And let the reason for their thankfulness be not just that you were a person whom they liked or loved but because you made God real to them.

Revd Bryan Kerr, Priest-in-Charge of St Thomas', St Peter's, St John's Churches





## Christ the King RC Church Haverflatts Lane Milnthorpe

Sunday Mass celebrated at 10.30am Friday Mass celebrated at 10 am

Find on YouTube channel and Facebook Group by searching:

#### **Kent Estuary Catholic Churches**

Fr Hugh Pollock 01539 720063 Email:

kendalcatholicchurch@gmail.com



Revd Tiras Dainty-Share 01524 963716 Email: tiras.ds@methodist.org.uk

#### **Levens Methodist Church**

10.30am Services unless stated led by:

2nd Mrs Juliet Burd

9th United Covenant Service led by

Revd Tiras Dainty-Share
16th Revd Melanie Greenhall

23rd Dr. Don Spivey

#### Children's Society

Thank you to all those who contributed to both the Children's Society box collection and the Christingle service in Levens. They raised £273.96 and £218.69 respectively.

Therefore a grand total of £492.65. *Liz Brown* 

Levens Methodist Church is now registered for the solemnization of marriages between a man and a woman and for the solemnization of marriages of same sex couples.

Please contact:

The Revd Tiras Dainty-Share tiras.ds@methodist.org.uk telephone: 01524 963716

## To view the Parish News online: stthomasmilnthorpe.org.uk/publications/

Next issue - March 2025 print & online Please email info by 10th February

\*Whilst the Church is most grateful for the support of magazine advertisers no automatic endorsement of products or services can be assumed.

To the best knowledge of the Editorial Team all info is correct at time of going to press 23.10.24

#### Note to Advertisers:

Invoices are posted out or hand delivered.

Please note our invoices are posted mainly unless specifically email requested.

We do not email out a form for you to pay online

please be SPAM aware

If unsure phone 01539564582 include code or email me at parishnews@heversham.org

## You are welcome at February Sunday Morning Services at Parish Churches

8.00 am Holy Communion (BCP)

St Thomas' Milnthorpe

2nd & 16th February

St Peter's Heversham

9th & 23rd February

9.45 am St John's Levens

2nd Parish Communion
9th United Covenant Service

10.30 am at Methodist Church

16th Parish Communion

23rd Morning Praise

9.30 am St Peter's Heversham

2nd Parish Communion

9th Morning Praise

16th Parish Communion

23rd Morning Praise

11.15 am St Thomas' Milnthorpe

2nd Morning Praise

9th Parish Communion

16th Morning Praise

23rd Parish Communion

MEN'S BREAKFAST 8.30am Saturday 1st March St Thomas' Community Rooms Milnthorpe

#### Monthly Afternoon Holy Communion

Thursday 20th February 2.00 pm at St Thomas' Church, Milnthorpe (Book of Common Prayer)



Tuesday 25th February at 2.30pm (last Tuesday in the month) at St John's Church Levens

## CHILDREN'S SUNDAY SCHOOL Milnthorpe

meets during the
11.15am morning service
2nd & 16th February



When there is no Sunday School, there will be quiet activities for children in the children's corner in church.

Friendly

#### St Peter's Church UPDATE

The work for the new entrance and disabled toilets continues.



The main entrance

will be inaccessible as will the toilet while the work is being carried out.

Entry into the church will be by the side door which is not suitable for anyone who is a wheelchair user.

Jane Fell, Churchwarden

## What's the latest?



www.stthomasmilnthorpe.org.uk &

#### www.stpetersheversham.org

If you would like an email of the weekly notices please click on 'contact us'

www.levens.org.uk has local info and NEWS and a link to the same archive of Parish News <a href="https://www.levens.org.uk/st-johns-church">https://www.levens.org.uk/st-johns-church</a>

#### @NEWparishnews

on this page

Facebook page. Items posted are forwarded to Milnthorpe What's Going On page too.

#### Milnthorpe What's Going On

page on Facebook to catch up with what is going on!
And KEY weekly Youth Activities post

www.heversham.org has local info and an archive of over 20 years of Parish News in A4 pdf version.

Nextdoor.co.uk Local info, tips and ideas

#### Samaritans'

Free helpline number is **116 123**. Calls to this number do not appear on phone bills. This number is free to call from both landlines & mobiles, including pay-as-you-go mobiles. You don't need to have any credit or call allowance plan to call 116 123.

Available round the clock, every single day www.samaritans.org



To sign up to the weekly emailed notices for Parish Churches in Heversham and Milnthorpe please email 'contact us' via the websites.

For regular email updates for St. John's Church Levens

St John's Church Levens please email:

jill.butterworth54@btinternet.com

## For a pastoral phone call for yourself or for



someone you know call:

#### Heversham & Milnthorpe:

Email via church websites 'contact us' or phone Linda Cooper 07794 599212

#### Levens:

Linda Cooper 07794 599212

Levens Good Neighbours - You may find it good to know that the support offered by Levens Good Neighbours includes matching with someone to offer friendship.

If you call 07908 004672 any day between 8am and 8pm, this support

can be arranged with you

## LGN

#### Can Levens Good Neighbours help with:

A friendly phone call Picking up shopping or library books or prescription Posting mail, Simple handyperson job, Dog Walk, Transport to a local appointment

Ring 07908 004672 8am - 8pm any day

Volunteers are covered by insurance & policies relating to safeguarding and good practice.

## Parish News, part of the church in community

is run by 3 Parish Churches

of St Peter's Heversham, St John's Levens & St Thomas' Milnthorpe also including services details for the local Methodist and Catholic churches

#### Volunteer Ed Team:

Jane Cushnie, Jill Butterworth, John Thorley, Margaret Barrow, Wendy Dodds

Distribution Team of more than 60 volunteers deliver 2,500 copies

across the three parishes 10 times a year in all weathers! - thanks everyone!



parishnews@heversham.org Mrs Jane Cushnie Tel: 015395 64582
Phone code as well even if phoning from a local number

Levens News: jill.butterworth54@btinternet.com Mrs Jill Butterworth Tel: 61676

#### Priest-in-charge of Levens, Heversham & Milnthorpe

The Reverend Bryan Kerr Email: rev@lhmparishes.co.uk Tel 015395 61448

#### Churchwardens

Levens: St John's Heversham: St Peter's Milnthorpe: St Thomas'
Mr Hal Bagot 60588 Mrs Jane Fell 63174 Dr Val Robson 62904

Mrs Jill Butterworth Mr John Ricketts 01524 761076

PCC Secretaries

Mrs Julie Marsh 015395 83183 Mr Peter Clarke 01539565845 Frances Taylor 015395 63537 frances30taylor@gmail.com

www.kentestuarymissioncommunity.com for information from churches in our Kent Estuary

#### Useful Numbers for Room Hire:

Milnthorpe St Thomas' Community Rooms www.stthomasmilnthorpe.org.uk

Milnthorpe Christ the King RC Church kendalcatholicchurch@gmail.com

Leasgill Athenaeum www.the-athenaeum.org.uk Jean Metcalfe. 07368 800922

Heversham Tristrams Pavilion / Playing Fields, Email: sports@dallamschool.co.uk

Heversham Bowling Clubhouse Vera Alderson 01539 897160

Levens Village Hall Helen & Alan Miller 015395 60334

Levens Methodist Hall Jane Jones 07875 163418

Levens Pavilion Alice 07817 200053

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#### **Holiday Cottages** in Heversham

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Holiday Cottage to Let in Levens Owners: Chris Band Enquiries and Bookings to: 01244 352155 www.sykescottages.co.uk

Rigney Bank House

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www.rigneybankhouse.co.uk

#### Farm Shop 015395 62236 Café

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Sizergh, Kendal LAS SAE

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mayaatlevens@gmail.com +447500705724

OUR WEBSITE www.levensdoggrooming.co.uk

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13 Main St Milnthorpe T: 64484 & Facebook

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07896 814010

#### **FOOTCARE AT HOME**

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Philip Hartley Registered Osteopath Milnthorpe & District Osteopathic Clinic 015395 65777

#### Sue Spencer COUNSELLOR

**BACP** Registered 015395 62217 07804 863408

www.suespencercounselling.com

#### Park View Surgery Haverflatts Lane Milnthorpe LA7 7PS

21 New St. Carnforth LA5 9BX

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#### 015397 61225

When surgeries are closed call

#### Feet First Mobile Footcare

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