

**MARCH 2025**

**A free copy for you**

# Parish News

**Levens, Heversham, Milnthorpe**



Photo from Leasgill

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



Coffee @ St T's  
Milnthorpe  
Community Rooms

Every Friday 10 -11.30 am  
free WiFi &  
contactless payment available

**Cake, Preserves & Craft Stalls**  
14th March 10.00 am - 1.30 pm  
at St T's Coffee  
& Lent Soup Lunch

in aid of  
Motor Neurone Disease Assoc  
There will also be an  
MND A member for advice.

**Village Coffee Time**  
Third Tuesdays

**Tuesday 18th MARCH**

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 !**



**Meet & Eat 12-2pm**  
at Levens Methodist Hall

**Friday 28th March**

Cottage Pie or  
Vegetarian Pie  
Peas & Gravy

Trifle or  
Lemon drizzle cake & cream

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

St Thomas' Church  
Milnthorpe

# PANCAKE CAFÉ

Tuesday 4th March  
3.15 - 4.45pm

Delicious pancakes served with  
all your favourite fillings

Tea, Coffee, Hot Chocolate, Juice

## Pancake Races

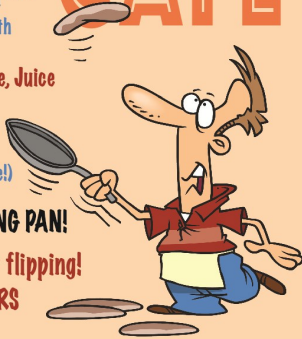
for all ages, including adults  
(if you are up to the challenge!)

Bring your own RACING PAN!

Start practising your flipping!

PRIZES for the WINNERS

See you there ...



**\*Please support - if you can\*  
Milnthorpe Food Bank  
still urgently needs more food!**

There will be a trolley for donations  
in St Thomas' Church Milnthorpe  
during Lent March 4th to April 20th

A box also in Spar for donations

Thank you



**ST PETER'S CHURCH  
LENT LUNCHES  
ALL ARE WELCOME  
12.30 - 2.00 pm**

by Kind Invitation of  
**12<sup>th</sup> March** Jane and Peter Clarke  
Eversley Coach House

**26<sup>th</sup> March** Jean and John Sowerby  
Depthwaite Farm

**9<sup>th</sup> April** Jane and David Fell  
9 Haverwood

All donations to MAF



## St Thomas' Church Lent 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  
Tea and coffee

£6.00

All proceeds to local Charity



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



**Enjoyable Dementia friendly Walks** 10.30 am start.

12<sup>th</sup> Mar Longlands Hotel for a canal walk LA6 1JH

26<sup>th</sup> Mar Morecambe prom from the Battery car park, LA3 1HQ

**Woodland fun** – 11am—noon engaging activities connected to nature.

**Monday 10<sup>th</sup> & 24<sup>th</sup> March** 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 - **5<sup>th</sup> & 19<sup>th</sup> March**

**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> March** 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 Dementia Course at Kendal Care Home, Burton Rd LA9 7RG**



Starting on **Wednesday 9<sup>th</sup> April** between 1.30 – 3pm, then the following Wednesday 16<sup>th</sup> at the same time. Contact Diane Smillie to book a place.

www.dignityindementia.org



For more info or to book lunches  
please phone our admin team on  
**01539 728118**

**Gentle Exercise  
Classes – Milnthorpe**

Every Tuesday 10.30 - 11.30 am  
Catholic Church Hall  
Haverflatts Lane, Milnthorpe LA7 7PS

**Gentle Exercise  
Classes – Levens**

Every Wednesday 10.30 - 11.30 am  
Levens Methodist Church  
Lowgate, Levens LA8 8NL

**Levens Lunch Club**  
The Gilpin Bridge, Levens  
LA8 8EP

Fourth Tuesday of the month 12.00 pm

**Beetham Lunch Club**  
The Wheatsheaf at Beetham  
Milnthorpe LA7 7AL

Third Thursday of the month  
meet at 12.15 for 12.30 pm

**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 first Wednesday each month, 5th 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.



**I am worried about my energy bills because they are very high and I am getting behind with payments. What can I do?**

The most important thing is to contact your energy supplier as soon as possible. They have a duty to help you come to a solution and negotiate a payment plan that works for both of you. When making a payment plan, they have to take into account how much you can afford to pay and how much energy you'll use in future. On a payment plan, you'll pay in fixed amounts towards the debt you owe over a set period of time.

If you can't come to an agreement with your supplier about repaying your debt, contact Citizens Advice for help.

Energy bill debt is classed as a priority debt but it's not the only expense people have to deal with. If you are having problems with other bills as well, seek advice on managing debt. Citizens Advice will help you with long-term strategies to cope, and advise you on grants and benefits you may be entitled to.

Another thing you can do is save energy by making sure your home is energy efficient. There are simple changes you can make such as checking your central heating or using your appliances differently. You might also be able to get towards the cost of making bigger energy efficiency changes around your home such as getting a new heating system.

Look online for more information about savings - Citizens Advice nationally is working with the Energy Saving Trust to help people manage their energy bills. If you need personal help, contact South Lakes Citizens Advice.

***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 [www.southlakescab.org.uk](http://www.southlakescab.org.uk)***



**“Knit & Knatter”**  
welcome you to join  
Mondays 10am - noon  
in St Thomas’ Church  
Community room, Milnthorpe

Pop in for a coffee ,  
come and say hello  
whilst we knit or do craft.  
All Welcome

**Milnthorpe Food bank**  
Urgently needs more food.  
Please donate food if you can.

[www.milnthorpefoodbank.org](http://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 -  
<https://kingsfoodbank.org.uk/>  
All contributions are greatly valued

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

**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 hall-  
We welcome all  
parents, grandparents, carers  
and all pre-school children  
**cuppa and chat afterwards**  
**£1.50 inc refreshments**



Date for Your Diary:

NSPCC Coffee Morning  
Saturday 12th April  
Levens



**LEVENS WARBLERS**  
invite you to come and join us  
second & fourth  
MONDAY of the month  
**between 10.30 am and 12 noon**  
**in Levens Methodist Church Hall**  
Everyone is very welcome  
Singing for fun for those who enjoy  
listening or singing  
Non-singers are very welcome  
**Please see the poster with dates**  
**in the hall**

♪ **Happy Voices** ♪  
**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

## 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.

## QUEST

**A friendly group, meeting at the  
Athenaeum , Leasgill, LA7 7ET**  
Second & fourth Thursdays of month  
starting at 10am. Sept to March  
Guest tickets for a meetings £2.50.  
Tea/coffee included.

13th March:  
King Charles III Coast Path  
by Angela Harker

27th March: Lancaster Lunatic Asylum  
by Pauline Churchill

Enquiries to Adrian Taylor:  
aptaylor@gmail.com 01539 564030

## TUESDAY CLUB

### Levens Village Hall

11th MARCH 2PM



**St John's Hospice**  
PRESENTATION BY ANGELA EMMS  
RAFFLE in aid of St John's Hospice  
Tea/coffee, cakes  
Free for members

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 March at 2pm  
Speakers: John Chew will be speaking  
about The Bluebell at Heversham  
All are welcome



World Day of Prayer Service  
at Storth Church  
on Friday 7th March at 2pm  
All are welcome

The World Day of Prayer is an  
international ecumenical  
laywomen's initiative  
celebrated annually in over  
170 countries on the first  
Friday of March.



Mothers' Union support this service,  
everyone, men and women are  
welcome to join

## HEVERSHAM



Next meeting:  
Wednesday March 12th  
Venue: Athenaeum, Leasgill  
Time: 7.30pm  
Members' Night:  
Competition: A Treasured Book  
our AGM and the opportunity to vote  
for your Committee and President,  
followed by a fun activity!

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

# ? QUIZ ? NIGHT

with Pie & Peas Supper  
& Raffle

on Saturday 29th March 7pm  
in Aid of & at the Athenaeum  
Leasgill

Teams of 1-4 players  
Bring your own drinks & glasses  
Tickets £12  
Available from  
Tom Grindey: 015395 62125  
Everyone welcome



 Home  
Instead.

Next Dates:  
**12th Mar**  
**23rd Apr**  
1.30-3pm



 St Thomas' Church  
**Milnthorpe**

Let's brighten your day with our  
*Companionship Cafe!*  
Everyone welcome for a  
**free** scone and hot drink

 **01539 267220**

# QUIZ!

**Saturday 1st March** 7 pm

Community Rooms  
at St Thomas'  
All welcome for  
this brain teaser.

Form a team with friends  
(max 4 per team)  
Bring Your Snacks  
£10 per team in aid of  
St Thomas Building Fund

All Welcome



# Heversham Pop up Pub

All  
Welcome

1st March

7.00pm - 11.00pm

1<sup>st</sup> Sat of every month

The Athenaeum

For our community - all welcome



# the HERON theatre

www.theherontheatre.com

Box Office & Room Hire

015395 64283



## MARCH:

**1<sup>st</sup> - Drama - Uncle Vanya**  
Warton Drama Group  
2.30 & 7.30 pm

**7<sup>th</sup> - Film - The Holdovers 7.30pm**

**14<sup>th</sup> - Drama – Murder, Just What the Doctor Ordered – 7.30 pm**

**22<sup>nd</sup> - Jazz – Frank Griffith Quartet 7.30pm**

**28<sup>th</sup> Stand up Drama Comedy – Jo Enright - 7.30 pm**

Eversley  
Choir

# Cherubini Requiem

Handel: Zadok the Priest  
The King Shall Rejoice  
Concerto Grosso in G major

Conductor: Ian Jones  
Orchestra led by Pam Redman

Capernwray Hall,  
Carnforth LA6 1AQ  
Saturday 1 March 2025  
2.30pm

## Tickets £18

Children and full time students FREE  
Available from eversleychoir.org,  
choir members or on the door.



## Invitation to Let's Dance

lets-dance.org.uk

As part of Angela Ripon's project to get the country dancing you are invited to try Country Dancing with Crook Folk Dance Group 7.30 – 9.45 pm Thursdays 6th, 13th, 20th, 27th March Free! No charge!  
Crook Memorial Hall  
LA8 8LG  
on B5284 Bowness-Kendal Road

## AN EVENING OF A CAPELLA SINGING WITH FELLSIDE SINGERS, CLOSE QUARTERS & PIPER BILL LLOYD



## FUNDRAISING CONCERT FOR SEDGWICK & LEVENS PLAYGROUNDS

REFRESHMENTS  
RAFFLE



**SATURDAY  
22.03.2025**

KENDAL PARISH HALL  
DOORS OPEN 7PM  
STARTS 7.30PM

**TICKETS £10**  
CHILDREN UNDER 16 FREE OR A DONATION  
WWW.SNAPPYTICKETS.CO.UK



## HEVERSHAM TENNIS CLUB

OPEN DAY

SATURDAY 26TH APRIL AT 2PM

Coaching available  
Free Refreshments  
All standards welcome

# STORY TIME

## With Bryan

in the new St Thomas' Community Rooms

March 18th  
3.15 - 4.15pm



Kids!  
Come and listen to a story...

Mums, Dads, Grannies and Carers ...  
come and enjoy a cuppa and a biscuit while the kids have fun!

*Be great to see you!*

## Community Come Dancing

A project designed to bring older people together with Yr 6 children from Arnside Primary School, to dance and have fun.

Music will be from 1950s, 1960s and 1970s.

**Tuesday 25<sup>th</sup> March, 2 – 3 pm  
at WI Village Hall,  
Orchard Road, Arnside LA5 0DP**

**For more info, please contact  
Diane Smillie on 07771 682378**

 **Dignity in  
Dementia**

Helping you support people with dementia

[www.dignityindementia.org](http://www.dignityindementia.org)



*HAVE YOUR SAY  
ON YOUTH ACTIVITIES  
IN THE MILNTHORPE AREA*

*USE THE QR CODE TO COMPLETE  
A SHORT SURVEY  
ALL VIEWS WELCOME FROM PARENTS,  
CARERS, YOUNG PEOPLE AND  
COMMUNITY MEMBERS*



**THANK YOU!**

[www.thekeyproject.org.uk](http://www.thekeyproject.org.uk)

LIFE SKILLS

CREATE AND  
LEARN



BOXING

KARAOKE AND  
SNACKS

SUPPORT AND  
EDUCATION

HELP AND SUPPORT WITH WHAT MATTERS TO YOU- FINANCE AND BUDGETING.  
CAR MAINTENANCE. MENTAL HEALTH AND WELLBEING. SELF DEFENCE.  
DRUG AND ALCOHOL AWARENESS AND MUCH MORE

## THE MOVING ON GENERATION

A NEW GROUP FOR ALL YOUNG PEOPLE 17-19RS  
THURSDAYS 7-9PM CHRIST THE KING HALL. MILNTHORPE

FOR MORE INFO CALL TERRY 07907728994

OR EMAIL [TERRYMCLOUGHLIN@KEYPROJECTCUMBRIA.ONMICROSOFT.COM](mailto:TERRYMCLOUGHLIN@KEYPROJECTCUMBRIA.ONMICROSOFT.COM)

# British Summertime begins

The clocks go forward  
by one hour at 1 am  
on 30th March 2025



**Mothering Sunday  
30th March**

Everyone invited to services:

- |          |                               |
|----------|-------------------------------|
| 9.30 am  | St Peter's Church, Heversham  |
| 9.45 am  | St John's Church, Levens      |
| 11.15 am | St Thomas' Church, Milnthorpe |

Grief is hard.  
Death can impact  
all of life.

The Bereavement  
*Journey*  
a place to talk

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](http://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](mailto:dianalesley@btinternet.com)  
01524 951566



REST &  
RESET

Christian meditation  
A moment to press pause II

St James Church Arnside

6:15 - 7:00PM

FEB	APR	JUN
TUES 4 <sup>TH</sup>	TUES 1 <sup>ST</sup>	TUES 3 <sup>RD</sup>



Contact [revhannahwallace@gmail.com](mailto:revhannahwallace@gmail.com) 01524 449 055

REST &  
RESTORE

A time of prayer for healing & wholeness

St James Church Arnside

6:15 - 7:00PM

JAN	MAR	MAY
TUES 7 <sup>TH</sup>	TUES 4 <sup>TH</sup>	TUES 6 <sup>TH</sup>

2025 DATES

Faith  
@ Four

A time of reflective  
worship with prayer,  
Scripture, music &  
space to recharge.

Levens Methodist Church  
Every Fourth Sunday

@ 4pm 23rd March

Ash Wednesday

5th March

Holy Communion

St John's Church, Levens  
2.30 pm

St Peter's Church, Heversham  
7.00pm



Lent Begins  
Ash Wednesday



Dear Friends,  
Wikipedia, the online encyclopaedia written and maintained by a community of volunteers, is probably the largest and most-read reference work in history. It was started in 2001 by Jimmy Wales and Larry Sanger.

Last month Sanger published a lengthy essay laying out his journey from scepticism to Christianity. For most of his adult life, Sanger was a committed sceptic, trained in philosophy, not hostile to faith, only unconvinced.

Sanger grew up in the Lutheran Church in the USA, but by his mid-teens, his belief in God was wavering; he had questions: “At some point in my late teens, I remember calling up a pastor—I forget which—to ask skeptical questions. It felt bold for a teenager to do, but I was not merely being rebellious. I really needed help thinking these things through. But the pastor had no clear or strong answers. He seemed to be brushing me off and even to treat me with contempt. It seemed to me he did not care, and if anything, I had the impression that he felt threatened by me. This was a surprise. The damage was quickly done . . .”

This unfortunate response from the church minister led Larry Sanger to continue asking questions, studying philosophy in college, obtaining his doctorate and teaching the subject to others. However during these years, he had not asked himself questions about God and how the Bible’s story may fit together as a rational way of understanding life.

What persuaded him to reconsider was not one single argument about the existence of God. Any one case taken by itself is considered too weak. But taken together, these multiple lines of evidence—philosophical reasoning, the beauty of the universe, and humanity’s deep longings—make belief in God not just plausible but for him the most compelling explanation of reality.

Sanger was impressed also by the way Christians conducted themselves both in person and in online debates: “I observed Christians on social media often (though not always) behaving with maturity and grace, while their critics often acted like obnoxious trolls. Some of my favorite people were Christian, too. And some of them were extremely intelligent.”

Curious and determined to find out more about the Bible, he turned to every tool at his disposal—study plans, commentaries, Bible apps, and maps. Sanger was unafraid to ask the difficult questions.

“When I really sought to understand it, I found the Bible far more interesting and—to my shock and consternation—coherent than I was expecting. I looked up answers to all my critical questions, thinking that perhaps others had not thought of issues I saw. I was wrong. Not only had they thought of all the issues, and more that I had not thought of, they had well-worked-out positions about them. I did not believe their answers, which sometimes struck me as contrived or unlikely. But often, they were shockingly plausible. The Bible could sustain interrogation; who knew?”

**The full essay is at <https://larrysanger.org/2025/02/how-a-skeptical-philosopher-becomes-a-christian/>**

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

**Levens Methodist Church**

now registered for the solemnization of  
marriages between a man & 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

**Sunday 9th March  
United Service  
for the Churches  
in the Kent Estuary  
Mission Community**



**at St Peter's Church, Heversham  
at 10.30 am**

**All most Welcome  
through the new porch area  
at the front door**



**Kendal Methodist Circuit**

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

**Levens Methodist Church**

Please note a change in worship pattern  
at Levens Methodist Church from March:  
The regular 10:30am service will be on  
the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Sundays.

No morning worship on 4<sup>th</sup> Sundays,  
instead an afternoon reflective service -  
Faith @ Four, 4pm. See page 12

No worship on 5<sup>th</sup> Sundays  
at the Methodist Church

**To view the Parish News online:**

**[stthomasmilnthorpe.org.uk/publications/](http://stthomasmilnthorpe.org.uk/publications/)**

**Next issue - April 2025 print & online**

**Please email info by 10th March**

*\*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 20.02.25

**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 March Sunday Morning Services at Parish Churches

**8.00 am** Holy Communion (BCP)

St Thomas' Milnthorpe  
2nd & 16th March

St Peter's Heversham  
9th & 23rd March

**9.30 am** St Peter's Heversham

2nd Parish Communion  
9th 10.30 am see page 14  
16th Parish Communion  
23rd Morning Praise  
30th Mothering Sunday Service

**9.45 am** St John's Levens

2nd Parish Communion  
9th 10.30 am see page 14  
16th Parish Communion  
23rd Morning Praise  
30th Mothering Sunday

**11.15 am** St Thomas' Milnthorpe

2nd Morning Praise  
9th 10.30 am See page 14  
16th Morning Praise  
23rd Parish Communion  
30th Mothering Sunday



### Monthly Afternoon Holy Communion

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



Tuesday 25th March 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 March



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



### St Peter's Church **UPDATED**

The work for the  
new entrance and  
disabled toilets  
continues, still on  
the 2nd probably.



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.

Full access on the 9th March for  
KEMC Service. All Welcome  
Jane Fell, Churchwarden

What's the latest?



[www.stthomasmilnthorpe.org.uk](http://www.stthomasmilnthorpe.org.uk)  
&

[www.stpetersheversham.org](http://www.stpetersheversham.org)

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

[www.levens.org.uk](http://www.levens.org.uk) has local info and NEWS and a link to the same archive of Parish News <https://www.levens.org.uk/st-johns-church>

@NEWparishnews

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 on this page

[www.heversham.org](http://www.heversham.org) has local info and an archive of over 20 years of Parish News in A4 pdf version.

[Nextdoor.co.uk](http://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](http://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.

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