

OCTOBER 2024
A free copy for you

Parish News

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



Come and See
the
Community
Rooms



and enjoy Coffee
@ St T's
Milnthorpe

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

Village Coffee Time
Third Tuesdays
Tuesday 15th OCT

10 - 11.30 am
at the Old School, Heversham

*Everyone Welcome *

All Ages

Simply coffee & biscuits & chat

A warm welcome - Do call in !



Meet & Eat

Friday 25th October
at Levens Methodist Hall
12 - 2 pm

Leek and Potato Soup or
Carrot and Lentil Soup
Bread Bun

Blackcurrant Pie or
Apple Pie
&
Custard

Tea /Coffee

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

Everyone Welcome
Children under school age free

the HERON theatre

www.theherontheatre.com

Box Office & Room Hire

015395 64283



- 4th Oct - **Film – Anatomy of a Fall** gripping French psychological drama.
6th Oct - **Trio Kagura** – Classical music with piano, violin and cellist.
11th Oct - **I'm Glad I Asked** – Drama with Michele O'Brien.

A funny, tender one-woman (and puppet) show drawn from workshops with women of all ages and Michele's experiences with her 91 year old mum
19th Oct - **Will Finn & Rosie Calvert**
Folk Music traditional & contemporary performed with variety and flair.
25th Oct - **How to be Brave**
Drama by Other Lives Productions
1n 1943 Colin Armitage's ship was torpedoed in the South Atlantic. He and 13 others survived 53 days aboard a life-raft. Diary adaptation by his granddaughter, Louse Bech.

LYON & BIRD

Ruth Lyon & Conrad Bird are the lead singers and songwriters of acclaimed cult-folk rockers Holy Moly & The Crackers

A wonderful evening of live music, to include acoustic versions from their Holy Moly & The Crackers catalogue, traditional folk songs and self-penned ballads - their own style of rough, earthy folk songs that are full of memory, love and the endless dream of the road.

Levens Village Hall

LA8 8NL

Sat **26 Oct 8:00pm**

Tickets: Adult £12 Child £6 | 07305 658648

book online www.highlightsnorth.co.uk



Organ Recital by Alan Gardner

3pm on

Sunday 13th October

Arnside Methodist Church

Chapel Lane, LA5 0AQ

Suggest donation £10
includes refreshments

All proceeds toward the
church's 150th celebrations



For more info contact Alan - 01524 761542

Can you
help?



Can you
help?

Volunteer Drivers Wanted



Support others retain freedom and independence.

We need more drivers to transport visually impaired people, to enable them to access groups and other social events in the local area -

Flexible days and times to suit you.

Become part of our valued team and amazing organisation.

Contact Rosalind Melville,
Volunteer Coordinator for more information on
01539 769055

or email: rosalind@sightadvice.org.uk

Other volunteering opportunities are available

For more info on Activities, please contact
Diane on 07771 682378 or Lesley on 07816 895021



Enjoyable Dementia friendly Walks 10.30 am start.

10th Oct Dallam deer park from Park Rd car park,
LA7 7AD

24th Oct Grange Prom from Main Street car park, LA11 6DY

Woodland fun – 11am—noon Being outside is good for us all. Come and join us for engaging activities connected to nature.

Silverhelme Scout Activity Centre, The Row, Silverdale, LA5 0UG **7th & 21st Oct**

Social Table Tennis – at Arnside Educational Institute, Church Hill, Arnside, 10.30am-noon., Wednesdays - **2nd, 16th & 30th October**

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

Zoom Poetry Group – Thurs 1.30 – 2.30pm **3rd, 16th & 30th October**

The group choose the theme and Dignity in Dementia search out poems which are then emailed to group members. Then we read them together.

www.dignityindementia.org



Please phone for details /
book lunches:
Liz Dawes 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

Hale Lunch Club
The Tavern at Hale,
Milnthorpe LA7 7BH

Third Thursday of the month
meet at 12.15 for 12.30 pm

Heversham Parish Council have been informed by Dallam that there is extensive **Ash Die Back** on the old railway line alongside Tristrams Playing Field and felling will be required. This means that there will be periods when sections of the permissive footpath from Wilson's field to Tristrams have to be closed for safety reasons. The work is expected to begin in November.

The contractors will be working in phases, so any closure is not expected to be for long periods. When the section from the Woodhouse Lane Bridge to the stile into Tristrams has to be closed, Dallam will grant temporary access along the field side of the trees – but ask walkers to keep to the edge of the playing field keeping dogs under control.

Trustees of Levens Good Neighbours are planning
a 5 year celebration

Coffee Morning

on Saturday 28th September

at Levens Methodist Church

from 10-12.

Please come along to meet the committee and other volunteers and celebrate the fact that we are now 5 years old!



Congratulations!



I'm really worried that I won't be able to afford to keep warm this winter. I don't want to claim benefits, and I don't think I would get anything anyway because I get a State Pension.

If you have reached pension age, and your income is below a minimum amount decided by the government, you are entitled to Pension Credit, and there is nothing to be embarrassed about in claiming what you qualify for. It's worth applying even if you don't think you'll get much, because if you receive Pension Credit, even a small amount, you'll be able to get the Winter Fuel Payment, and other financial help.

There are two parts to Pension Credit. Guarantee Credit tops up your weekly income to a minimum amount. Savings Credit is a small top-up for people who have a modest amount of income or savings. It's only available if you reached State Pension age before 6 April 2016. You might get one or both parts, depending on your circumstances.

Contact South Lakes Citizens Advice for help in applying for Pension Credit.

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

How to access:

Call [015394 46464](tel:01539446464) (9.30am – 2pm, Monday – Friday)

Drop in sessions at Wainwright's Yard, Kendal, LA9 4DP (10am – 2pm, Tuesday and Thursday)

• ***Adviceline: 0808 2787 984 (9am - 5pm, Monday – Friday)***

email advice via the submission page on our website www.southlakescab.org.uk

Milnthorpe Craft Group

welcome you to join

Mondays at 10am - noon
in St Thomas' Church
Community room.

Pop in for a coffee and come
and say hello whilst we do craft.

Perhaps you will see
something you would
like to craft .

All Welcome

Date for your Diary:

Christmas Market
at St Thomas' Church Milnthorpe
on the 30th November 10am - 2 pm.

We are looking for people who make and sell
craft, to take a stall for £15 for the day.

If interested please email:

hello@stthomasmilnthorpe.org.uk



♪ 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

Singing for Fun

Come and join in with us
Relax and Enjoy No Membership
held on the first Thursday morning
in the month -
at 10.45am



3rd Oct, 7th Nov

at Christ the King Church Hall
Haverflatts Lane, Milnthorpe
£2 includes tea or coffee

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



LEVENS WARBLERS

SINGING GROUP
invite you to join on
second & fourth
MONDAY of the month
10.30 am to 12 noon
Levens Methodist Church Hall
For Singers and non-singers
cost £2.00 including refreshments
Please do come along and sample
what is on offer: friendship/singing
popular songs/listening/tea/coffee



St Thomas' Church
Milnthorpe

The next dates are:

- Wednesday 31st July
- Wednesday 11th September
- Wednesday 23rd October
- Wednesday 11th December (Christmas Themed)

From 1.30-3pm

Let's brighten your day with our

Companionship Cafe!

Getting older can sometimes make us feel a bit isolated, but here's the good news - you're not alone!

Come and mingle over a FREE hot drink and scone with jam and cream!

We can chat, lend an ear and provide valuable insight on local activities and support groups.



No need to book but if you would like more information please call **01539 267220**



HEVERSHAM BADMINTON CLUB

Dallam School Sports Hall.
Monday Evenings

Juniors 6pm - 7pm
Racquets, shuttles and guidance provided
Seniors 7pm - 9pm

New members always welcome.
First night free.

Phone Wendy 07901 379 005
wendycritchley27@gmail.com

Indoor Bowling

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

30th September to end of March.

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

Line Dancing Class restarting with Sue

Preston Patrick Hall, Crooklands
Wednesdays 2.30 - 4.30 pm
£4 pay on the door

You're very welcome



QUEST

A friendly group, meeting at the Athenaeum , Leasgill, LA7 7ET

Second and fourth Thursdays of month starting at 10am.

September to March

Annual subscription 12 meetings £18.

Guest tickets for a meetings £2.50.

Tea/coffee included.

No need to pre-book.

Enquiries to Adrian Taylor:

aptaylor@gmail.com 01539 564030

10th Oct - The Winter Gardens
Morecambe's Sleeping Giant

24th Oct - USA Coast to Coast
by Harley Davidson

Everyone Welcome

Quiz!

Saturday 5th OCT 7 pm
in the **NEW**
Community Rooms

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

5th OCT, 2nd NOV

7.00pm - 11.00pm
1st Sat of every month
The Athenaeum
For our community - all welcome

Tuesday Club at Levens
8th October 2pm
Levens Village Hall

WINTERING IN ANTARCTICA

By

NICK COX MBE



Tea/coffee and cakes
Visitors welcome £2
Free for members



HEVERSHAM

theWI
INSPIRING WOMEN

Next meeting:
Wednesday 9th Oct

Speaker: John Chew
"Memories of the old Bluebell Hotel"
Athenaeum, Leasgill 7.30 pm
Members' Competition: A bell

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

ST. THOMAS', MILNTHORPE

Harvest FESTIVAL

Sunday 6th October
11.15 am

**ALL ARE WELCOME TO THIS
MORNING PRAISE SERVICE**

It would be lovely to see you!

If you would like to bring along donations
of dried and tinned food for our local food bank
they would be gratefully received

Food bank donations at harvest at St Thomas'

The trolley has
arrived.
Please donate
if you can.



St. Peter's Heversham
A special time
of prayer as the church
prepares for
Harvest Thanksgiving
will be held in
the Old School Heversham
on Thursday 3rd October
10-11 am followed by coffee
Do come along



Harvest Festival
Dates:

29th September
at St John's Church
Levens

6th October 10.30 am
at Levens Methodist

6th October 11.15 am
at St Thomas' Church
Milnthorpe

13th October 9.30 am
at St Peter's Church
Heversham



Christians
Together in Levens

Communion
followed by
Afternoon Tea

Tues 8th Oct
2.30 pm

Methodist Church
Levens

All Welcome

All are invited
to St Peter's
Church
on Saturday
12th October
2.30-4.00 pm
for Afternoon
Tea

to celebrate

Harvest Festival



Developments at St Peter's Church

It is great to be able to give two exciting updates about developments at St Peter's, the first of which is the Ashes Area

Ashes Area

Phase 1 of improvements to the Ashes Area, the lawn and surroundings where ashes are interred, was completed in August. Feedback has been very positive that the Ashes Area can now be readily identified through the new paths and boundary stones, several people have commented that the special nature of that part of the churchyard is now very clear.

The letters and numbers on the engraved kerb stones make it easy to envisage the grid in which different ashes have been interred.

We are now ready to move into Phase 2 of the improvements, which will really make sense of what can be seen on the ground, as an annotated plan of the grid will show whose ashes are where.

To the west side of the grassed area, paving has been laid and a stand, a lectern, will be placed there to hold a large slate memorial to overlook the interment area. The slate memorial will be engraved with a grid that matches that envisaged by the letters and numbers on the kerbs. Within the grid will be the names and date of death of the people whose ashes lie there.

Phase 1 of the improvements has been funded by generous contributions from people with an interest in the improvement and by the PCC, though the PCC has very limited funds for such a project.

As we move into Phase 2, the balance remaining to complete the project is approaching £10,000, which seems to be an inordinate amount of money. It is explained through the need to cover the residue of costs from Phase 1, largely part of the final paving, and through the cost of the slate memorial. The slate memorial will be engraved with the records of in excess of 100 earlier interments and that is an expensive business. Early in the project it was obvious that all interments, including historic ones, must be included on the slate memorial and that the improvements to the area are for everyone, not just those yet to come. It is important that the memorial is a complete memorial for all whose ashes are interred there. At such a location in the churchyard, and with the significance of the lectern itself, it is important that it is of a design and quality that reflects its purpose. That is not a cheap matter either and it is also reflected in the remaining costs to complete the project.

If you have any interest in the development and improvements to the ashes area of the churchyard, and would like to join those who have already made generous donations, then you may donate by bank transfer to:

Parochial Church Council of
Heversham

Sort code: 20-47-61

Acc. No. 80693200

Or pass a donation to the vicar, Rev. Bryan Kerr, the Treasurer, David Fell or the Churchwarden, Jane Fell or to any member of the PCC

Phase 2 of the improvements, completion of the project, will not take place until the PCC has sufficient funds to meet the cost.

Developments at St Peter's Church

The second exciting development at St Peter's is the improvement and modernisation of the entrance area. We expect this work to be underway this winter.

Anybody using the church will know that the entrance area is not very user-friendly. Not only is the Victorian draught lobby small, dark and awkward but it is ineffective at eliminating draughts when the church is in use. A step at the church entrance presents a difficulty for some people and can be a trip hazard for many.

Church users who have any mobility difficulties find the entrance a challenge to use and wheelchair users find it exceptionally difficult even with the removable ramp in place.

Once in church the toilet facilities are cramped, primitive and not suitable for everybody.

The entrance improvements will overcome these difficulties through forming a ramp at the entrance to eliminate the step, creating a modern, glazed, draught excluder lobby and providing modern toilet facilities suitable for all.

Additional bonuses of the work are that more space will be created just inside church and there will be a much better area to welcome people in. The carved Victorian draught screen will fit nicely across the end wall of the south aisle and form a division between the church and the toilet area.

The maps are on the online version due to constraints of space here.

On Thursdays in
October & November
10, 17, 24 Oct, 7, 14, 21, 28 Nov
1.30-3.30pm / Storth Village Church

The Bereavement Journey is a series of films and discussion groups that gently guide people bereaved at any time through the most common aspects of grief and bereavement, enabling them to process the implications for themselves and discern next steps.

Usually run by churches, the course uniquely offers a final session on faith questions in bereavement, provided from a Christian perspective. This follows the main sessions and is optional, making The Bereavement Journey suitable for people of any faith or none. For more info or to book (limited spaces), please contact Revd Hannah Wallace

revhannahwallace@gmail.com / 01524 449035



MU meetings are open to all.
If you would like to, please come along,
you will very welcome

Mothers Union
Milnthorpe with Heversham MU



Wednesday 2nd October
at 2pm
at St Thomas' Church
Community Room,
Milnthorpe

Speaker: Mike Warren
Changing Tides of Morecambe Bay



On Sunday 8th September, the church bells of St. Thomas' rang out to welcome the Rt. Revd Rob Saner-Haigh, Bishop of Penrith and Acting Bishop of Carlisle and a large gathering to a service of Holy Communion for the churches in the Kent Estuary Mission Community.

Revered Bryan Kerr, Priest in Charge of St. Thomas, welcomed a congregation which filled the church to capacity with members of congregations from all denominations and invited guests. The Happy Voices local community choir opened the proceedings with a rendition of Amazing Grace, accompanied on the piano by Andrew Judson.

STORY TIME
With Bryan

in the new St Thomas' Community Rooms

Tuesday 1st & 15th Oct
3.15 - 4.15 pm

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!

The hymn singing was accompanied by a Worship Group led by Allan Clowes (piano and voice), Charlotte Clowes (voice), Tom Bradford (voice), Julie Marsh (flute and voice), Hannah Wallace (voice)

At the end of the service the congregation enjoyed a lunch together catered for by Refresh, Milnthorpe with delicious desserts provided by members of each church.

The members of St. Thomas' would like to thank all residents of Milnthorpe and congregations of the KEMC, friends, family and neighbours who have prayed for us, supported us and encouraged us through the project since 2019.

Email: rev@lhmparishes.co.uk

Tel 015395 61448



Dear Friends,

Harvest thanksgiving might raise quaint and homely images of church life, buildings decorated with produce as a choir sings "Come ye thankful people come.". What place does a harvest season have when so much produce is available in shops the whole year round?

On the other hand, is there not a case for gratitude? It reminds us that we are dependent on a number of factors for our daily living - on the environment and what goes into the food chain. In the last couple of years we have seen how war has affected the price and supplies of wheat, a staple of human sustenance. What if we used autumn and its associations with harvest to make time for gratitude?

How would we answer the questions, "Am I thankful?" and "What am I thankful for?" We might express gratitude for family, for health, for food, for work, for time to enjoy life together.

But when we're thankful for family—whom are we thanking? Family members? Perhaps. What about expressing thankfulness for health? Are you thanking medical professionals, the NHS? Maybe. When we're thankful for life and well-being in general, to whom are we directing our gratitude? Ourselves? Or even God?

The prophet Isaiah reminded his generation that God is the Creator of all things: Have you not known? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. (Isaiah 40:28)

He made families; they're his idea. And he placed you in your family. The Bible describes the Father as the one "from whom every family in heaven and on earth derives its name." Ephesians 3.15

God created all things, including tastebuds as well as food, to be relished and enjoyed. He created fruit, vegetables, and meats, and he gave humans the skills to cultivate these and prepare them in delicious meals.

Thanksgiving means looking at things given like one would look at a window. We can look at it, and see merely the glass and the frame, the immediate object. Or, better still, we can look through it and see the wider view beyond. That's truly what a window is for.

God made everything to point to him, to direct our eyes beyond the immediate and obvious.

Saint Paul told the philosophers in Athens that this is why God gives humanity good things and the basic needs for life. "God did this so that they would seek him and perhaps reach out for him and find him." (Acts 17.27)

What if we developed an attitude not just of thankfulness for gifts, but of thanksgiving to the Giver? That we might begin to see through all the gifts we enjoy, and see all the way to the Giver. And give him thanks.

Every Blessing, 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 You Tube channel and
Facebook Group by searching:

Kent Estuary Catholic Churches

Fr Philip Smith 015395 32731
Email:
kentestuarycatholicchurches@gmail.com

If you would like to advertise in the
Parish News please email

parishnews@heversham.org

for rates and info

Milnthorpe Food bank -
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 the church
building is open



Kendal **Methodist** Circuit

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

Levens Methodist Church

10.30am Services unless stated led by:

October

6th **Harvest Service** led by

Revd Tiras Dainty-Share

13th United Service led by Irene McKay

20th Sacrament Service led by

Revd John Morton

27th Local Arrangement

**To view the Parish News on a
website in larger format see :**

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

**Next issue - NOVEMBER 2024
print & online**

Please email info by 10th OCT

**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 18.9.24

Note to Advertisers:

Invoices are about to be posted out or hand deliv-
ered. Hope we don't have to send any reminders
this year.

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
October Sunday Morning Services
 at Parish Churches -

8.00 am Holy Communion (BCP)

St Thomas' Milnthorpe
 6th & 20th October

St Peter's Heversham
 13th & 27th October

9.30 am St Peter's Heversham

6th Parish Communion
 13th **HARVEST**
 20th Parish Communion
 27th Morning Praise

9.45 am St John's Levens

29th Sept **HARVEST**

6th Parish Communion
 13th United Service at Levens
 Methodist Church
 20th Parish Communion
 27th Morning Praise

11.15 am St Thomas' Milnthorpe

6th **HARVEST**
 13th Parish Communion
 20th Morning Praise
 27th Parish Communion

Monthly Afternoon Holy Communion (Book of Common Prayer)

Thursday 17th October at 2.00 pm
 at St Thomas' Church, Milnthorpe

&

Tuesday 30th October 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
 with a fortnightly pattern:

29th Sept, 13th Oct, 27th Oct, 10th Nov etc

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



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 <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 has local info and an archive of over 17 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](#) 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



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

Mr Hal Bagot 60588

Mrs Jill Butterworth

61676

Heversham: St Peter's

Mrs Jane Fell 63174

Mr Peter Clarke
01539565845

Milnthorpe: St Thomas'

Dr Val Robson 62904

Mr John Ricketts

01524 761076

PCC Secretaries

Mrs Julie Marsh
015395 83183

Frances Taylor
015395 63537
frances30taylor@gmail.com

www.kentestuarmissioncommunity.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 Fr. Philip Smith 015395 32731

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

FISHWICKS

FUNERAL SERVICE

Beetham Hall Beetham

015395 63108

www.fishwickfunerals.co.uk



BEETHAM HALL

CREMATORIUM

015395 65363

www.beethamhall.co.uk

EDWARD DUCKETT & SON

Joinery specialists &

Funeral directors

01524 784211

01524 781232

Woodlands Nurseries



Flowers for all occasions

Crooklands
01539 567273

Parkin & Jackson

new memorials, additional
inscriptions, renovations

House Names & Signs

01539 722838

www.parkinandjackson.co.uk

HALLS WASTE

house clearances.
All waste removed,
licensed asbestos
& waste removal.

ALSO - Demolition services
sheds - garages -
outhouses - houses

Mike 07813 855479
01539 332084



CHRIS EASTON Ltd
Welding & Fabrication
07917 402394

chriseastonwelding@yahoo.co.uk

ELMS CUMBRIA LTD Door Repair Service

Garage, industrial, Automatic doors

Paul Schofield 64512

07799 332141

info@elmscumbrialtd.co.uk

LOCKSMITH

Local Family Business

Trading Standards

Approved

All Lock Problems Solved

LOCKSMITH

Locks opened / replaced

Ring for a quote

015395 68170

07827481922

BPS Roofing

All aspects of roofing

contact Ben

015395 63844

07786 407187

Call Locks Express

01539 739218

07886 831336

SMOKELESS FUELS

Long established Coal Merchants

**Supplying a range of
approved Smokeless fuels
throughout the area.**

Free delivery

7 days a week &
no minimum order.

For quality, service & price

07488 372851

ring/message 7 days

or **01229 0230041**

Office hours



skb window cleaning

local window cleaner fully insured

Hard to reach & Velux windows, Frames, doors &
garage doors, Solar panels & conservatories

Roof cleaning & moss removal

now also offer **GUTTER CLEANING** up to 4 stories

with work checked by inspection camera

07783 802192

Email: [windowcleaner311@hotmail.co.uk](mailto>windowcleaner311@hotmail.co.uk)



CALL & COLLECT

01524 812476

www.logsdirect.co.uk

DCA FIREWOOD

Kiln Dried Logs Ready To Burn

Call or Text **07919892703**

www.dcafirewood.co.uk



D&C ATKINSON
Commercial Growth Maintenance Contractors



Andrew Backhouse Chimney Sweep Ltd

est 1992

Trading Standards Approved

All types of chimneys and flues swept
Public liability insured

015394 45117

07763 145594

Gilpin Bridge Inn



Cask Ales - Dog Friendly
Kids' Playground
8 Bedrooms - Function Room
Home Cooked Food
015395 52206

LOW
Sizergh **LS**
BARN



Low Sizergh Farm,
Sizergh, Kendal LA8 8AE
lowstzerghbarn.co.uk
015395 60426



Farm Shop
Café
Farm Trail
& Camping



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

Holiday Cottages
in Heversham

Mary Davies
015395 64809

www.oldebluebellcottages.com

West View, Leasgill
Cosy cottage sleeps 4
2 small dogs welcome
www.sykescottages.co.uk
/1097754

DASHING DOGS
Based in Levens Est. 2002
Grooming - Clipping – Bathing
Fully Air-Conditioned
Individual Appointments
Fully Insured

07825 727790
015395 61488
Facebook
& Instagram



Self catering COTTAGE
SLEEPS TWO
BIRSLACK GRANGE, LEVENS
015395 60989
www.birslackgrange.co.uk

CHOICE CATERERS

Bev Carling 01524 736393
07896 298072
www.choicecaterers.co.uk



Bay Vets

"The Community Vets"

Inspiring trust, passion & care
to deliver excellence
to pets and their families.
Lancaster 01524 32696
Morecambe 01524 410867
Milnthorpe 015395 62770
Caton 01524 770615
24 hours emergency service
www.bayvets.co.uk

Westmorland
Veterinary Group

'Experienced vets
for your much loved pets'

Kendal: 01539 722692
Kirkby Lonsdale: 015242 71221
24hr Emergency Service
www.westmorland-vets.co.uk



Levens
DOG
GROOMING

local business

- qualified
- experienced
- flexible
- fully insured

When you support
a small business
you are supporting
a big dream!



mayaatlevens@gmail.com
+447500705724

OUR WEBSITE www.levensdoggrooming.co.uk

HIGHGATE
VETERINARY
CLINIC



www.highgate-vets.co.uk
173 Highgate, Kendal
01539 721344
Beezon Road, Kendal
01539 887988

Friendly, caring and professional team




015395 62665
milnthorpekennelsandcattery.co.uk

**PLUMTREE HALL
Heversham**
Independent living
for over 55's
En-suite, two room Apartments
Fresh Home Cooking
Companionship & Security
Passenger Lift to First Floor
Care Provisions Accepted
015395 62661
www.plumtreehall.co.uk


Abbeyfield
Hartland House
Residential Care
Manager - Mrs Leanne Scrogam
015395 62251


Baverstock Opticians
technology • expertise • eye care
015395 62633
imbaverstockopticians.co.uk


Aesthetics by Sarah,
Milnthorpe
makupbyynicola@gmail.com
IG: @nailsbyynicola
@makeupbyynicola

Milnthorpe Barbers
15 Park Rd, Milnthorpe
 Tel: **62300**

Pure Essence Beauty Salon
Specialising in Permanent Laser Hair Removal
CACI Non Surgical Facelift
Massage Gel Nails
South Lakeland Leisure Village
Carnforth LA6 1BH
01524 735240


13 Main St
Milnthorpe
T: 64484
& Facebook

Foot Care by Claire
Home Visiting Service
Nail trimming Foot care advice
Callous/hard skin and corn removal
Claire Mitchell CertFHP & MCFH
07896 814010


FOOTCARE AT HOME
Tracey Garrett BSC MinstChp
Nail trimming - Ingrown nails
Corns - Callus
Diabetic foot care & advice
Phone **07766 167018**
HOME VISITS

Philip Hartley
Registered Osteopath
Milnthorpe & District
Osteopathic Clinic
015395 65777

Park View Surgery
Haverflatts Lane
Milnthorpe LA7 7PS
21 New St, Carnforth LA5 9BX
www.parkviewsurgerynhs.co.uk

Feet First Mobile Footcare
Covering all Your foot care needs
Nail cutting Hard skin removal
Ingrowing toenails Corn removal
Julie Harwood MCFH
07813 969006
over 20 years experience

**Sue Spencer
COUNSELLOR**
BACP Registered
015395 62217
07804 863408
www.suespencercounselling.com

015397 61225
When surgeries are closed
call 

Irene Taylor Hearing Centres
Salt Pie Lane, Kirkby Lonsdale
015242 73589
Specialist in hearing aids & protection
Earwax removal by microsuction
www.prestonhearingcentre.co.uk
est. 1980


015395 52548
Providing
outstanding
homecare
since 2011
Care & Support
Services
We can help with personal care,
meal preparation, shopping,
companionship & domestic help.
Covering South Lakes inc.
Levens, Milnthorpe, Sedgwick,
Heversham & surrounding villages
www.heydayscare.co.uk

JONATHAN DEEGAN
OPHTHALMIC OPTICIAN
BSC(HONS) MC OPTOM
**OPTICAL HEALTH
AT HOME**
NHS Eye examinations
for people who are
housebound
M. 07788 730 422
jondeegan@aol.com

 Westmorland Homecare
JOIN OUR TEAM!
We are looking for outstanding carers
Starting salaries
• Homecare Assistants £15 - £17 per hour
• Waking Night Staff £13 per hour
Contracted hours, regular clients, paid travel time,
petrol expenses and a great rewards package
No experience required as full training given
For more information contact our
Recruitment Team on 01539 725107
or visit our website
www.westmorlandhomecare.co.uk

mainlineMOTcentre Ltd

Class 4 and 7 MOTs
and Tyres
015395 64354



Woodside Gardener

**Sustainable Gardening Services
RHS Qualified**

- ☎ 07557343508 . 07533623208
- ✉ info@woodsidegardener.com
- 📍 woodsidegardener
- 🌐 www.woodsidegardener.com

stationgarage

INDEPENDENT VW
GROUP SPECIALISTS

015395 64111

www.stationgaragemilnthorpe.co.uk

E&R AUTOS LTD

Quarry Lane, Sandside
015395 63101

Vehicle Servicing & Repairs
MOT Booking & Preparation
Tyres & Puncture Repairs

NBC SKYNET

**TV AERIAL
& SATELLITE.**

07710 400 499

015395 62561

ROGER J TREGLOWN

Member of Antiquarian
Booksellers Association

**Antiquarian, rare, interesting
second hand books
and ephemera bought & sold**
40 years in the trade.

Advice on starting a collection,
book rebinding & valuations
for insurance or probate etc.

Office open by appointment
015395 62728

www.royerjtreglown.com



Wright & Lord
Solicitors

A different type
of law firm

wrightandlord.com
015395 65990

Authorised and regulated by the Solicitors
Regulatory Authority (SRA No. 519292)



Wright & Lord
Financial Services

Truly independent
financial advice

financial.wrightandlord.com
015395 65995

Authorised and regulated by the Financial
Conduct Authority (FCA No. 465610)

Lakeland

Picture Framers

5 The Square, Milnthorpe

015395 62303



**FULLY EDITABLE WEBSITES
YOU CONTROL**

Training and tech support included
WEBSITES from £300+VAT
Domains from £30+VAT Hosting from £75+VAT
visit www.a2a.co.uk
T: 015395 64486
2 Beetham Rd Milnthorpe

**Computer Help At Home
Plain English help
with your computer**

Graham Brook
015395 60868

Burton Tech Support

All aspects of computer
upgrade, repair and advice
Low callout charge. No Fix No Fee
Call Barry 01524 781306
or e-mail bts@yobunny.co.uk

**VHS & VHS C & Video Hi8
& Mini DV tapes to DVD**

*Slides/Negatives scanned to
jpeg format & put on USB or CD*
**Jane Cushnie tel: 64582
mail@photoideas.co.uk**



Joey's

**Nursery and Out of School Club
for all your childcare needs**
from the age of 0-11 for 50 weeks of the year.

Koala Room for 0-2s & Little Jumpers Room for 2-5s

Nursery Free Entitlement for 2-4s up to 30 hrs/wk
between the hours of 7.45 am – 6 pm

School Holiday Club 7.45am-6pm

open to all primary age children in the area

Tel: 015395 64090 E: enquiries@joeysnursery.co.uk

Joey's is part of Milnthorpe Family Centre a registered charity 1131829
offering support to families on a non-profit basis



poole townsend
LEGAL | PROPERTY | FINANCIAL

Your local Solicitor,
Estate Agency
& Financial Adviser
First appointment FREE
4 Park Road, Milnthorpe
T: 015395 62044

E: agunby@pooletownsend.co.uk
www.pooletownsend.co.uk

Poole Townsend are Independent Financial Advisers authorised
& regulated by the Financial Conduct Authority FCA
Regulated by Solicitors Regulation Authority SRA no 00076553

MULTI TRADE
 General Property
 Maintenance
 small or large jobs
 over 40 years in the
 building trade
DAVE TRELFA
 01539 626087
 07538 080510
 Multi.trade.co1@gmail.com

Holmeworks Handyman
 Nobody likes doing homework so
 let Holme Works do it
 Give Neil a call on
 **01524 782177**
 or **07712 475863**

Neil Townley
Painter & Decorator
 015395 63197
 07969 406256


Simpson Waste Services
 Local family run business for:
 Septic Tank emptying
 Roll on Roll off Skip Hire
 Aggregate supplied/delivered
 Plant hire available
 Tel: Ryan 07766 971167
 Lauren 07909 695454
 Email: rysimpson@live.co.uk


GROUNDWORKS &
SEWAGE TREATMENT SYSTEMS
 Tel: **01524 812476**
 Mobile: **07876 205361**

PR PARKER PLANT LTD
 - HYDRAULICS - PLANT HIRE -
 - PLANT REPAIRS -
 Phil Parker
 07447 621703
 Specialists in hydraulic hose repairs
 and assembly


 A family company, based in Levens,
 we install and maintain solar panels
 and battery storage throughout
 Cumbria and Lancashire. We have
 over 13 years experience in the solar
 industry and a lot of happy
 customers - check out our google
 reviews!
 Email us at hello@glowsolar.co.uk
 Or call 07340012808

COLIN HARPER
Building Services
 01524 781194
 0788 0925170
 Alterations ~ Extensions ~ Plastering
 Roofing ~ Patios ~ Stonework ~ Tiling
 Quality Work at Competitive Prices


CHRIS POTTS BSc MRICS
Chartered Building Surveyor
Design & Construction Consultants
 Full architectural design Service
 Extensions, Alterations and New Build
 Internal re-design & Space Planning
015242 73228
07540 610582
 E: info@cnpassociates.co.uk
CNP Associates Ltd,
3 Market Square,
Kirkby Lonsdale, LA6 2AN

Chaplows Heating Services
 Gas Safe & Oftec Registered
Boiler Servicing,
Installations & Maintenance
015395 63017
 chaplows@hotmail.com

TRAFALGAR
Projects
 Building Services Ltd
 Call Brian: **07766 131251**

SPARK ELECTRICAL LTD
Simon Clark
 Free consultation for electrical work
 Electric car charging points
 Rewires
 Extra sockets
 Under floor heating
 Low energy lighting
 **07918 127393**
015395 64350
 simon.sparkelec@live.co.uk

KJM Plastering
 Internal, External & damp
 work
 07880 804825
 015395 61668
 Local & reliable
PLASTERER / TILER
 Time Served, City & Guilds
 Interior & Exterior Work
 Wall & Floor Tiling
JOHN WALLING 64199
 07907 286850


Dave Atkinson
Contracting
 Groundwork & Landscaping
 Fencing • Septic Tanks
 Flaggng • Concreting
 Drainage • Machine hire
 Call for free quotes & advice
015395 68645 • 07833 544 984

 **COOPER ELECTRICAL CONTRACTING LTD** 
 All types of electrical work undertaken
 Commercial, Domestic & Industrial & Agricultural
 Inspection and Testing & Portable appliance testing
 **01539 897138** or **077177 62274**
 www.cooper-electrical.co.uk E: info@cooper-electrical.co.uk

<p>DW Johnston Building Services Ltd 62434 or 07887 756564 johnston708@btinternet.com</p>	<p>HOUT Kitchens, Furniture & Creative Joinery Designed & Made in Cumbria 01524 781215 www.hout-design.co.uk Craftsmanship that celebrates uniqueness Locally sourced, designed, made,</p>	
<p>W.G. BROWNLIE Ltd JOINERY & BUILDING CONTRACTOR extensions, building works, refurbishments, upvc windows, conservatories, doors, flooring Levens 015395 60673 & 07810 602999</p>		<p>S.C JOINERY For all your joinery needs Traditional and UPVC Contact Shaun Confue Holme 01524 781179</p>
<p>JOINERS & CONTRACTORS A. HUTCHINSON & SON Levens 015395 60481 & 60491</p>	<p>DRJ FLOORING Domestic & Commercial Flooring / Carpet Installer 07581 685561 enquiries@drjflooring.co.uk www.drjflooring.co.uk</p>	<p>nicf <small>national institute of carpet & floorlayers</small> </p>
<p> TT Carpets Ltd and TT Ceilings Milnthorpe 62898 craig@ttclimited.co.uk Domestic and Trade</p>	<p>Julian Stobbart FLOORING 07792 749937 015395 62493</p>	<p>SCOTT SINGLETON FLOORING SPECIALIST  07967 440568 s.singletonflooring@gmail.com</p>
<p>Robb Home Improvements & Landscaping Specialising in fencing, stone walling, paving, garden rooms, lawns and water features. Bespoke garden design and build Free estimates Call 07954 336176 or 07871 878101</p>		<p>Martin Dodds General Builder & Plasterer Alterations, extensions, plastering, dashing, roofing, block work, stonework, pointing, patios, fencing 07950 033089 martind23@btinternet.com</p>
<p>THWAITES TREE CARE All aspects of Tree Surgery / Hedges T: 015395 87541 M: 079869 88166 FREE QUOTES info@thwaitestreecare.co.uk www.thwaitestreecare.co.uk</p>		
<p>Cumbria Landscaping • Patios • Fencing • Stonework • • Decking • Driveways • Ponds • www.cumbrialandscaping.com Stuart 0788 1914 108 stuart.lambert@hotmail.co.uk</p>	<p>STEPHEN TAYLOR STONEMWORK 07732 709622 or 01539 731391 Dry Stone Walling ~ Stone Facing ~ Blocking Patios & Steps ~ Garden Landscaping ~ Pointing~ Garden Fences ~ Decking Fireplaces ~ General Building Home & Garden Maintenance</p>	<p>Felltree Tree Surgery & Grounds Maintenance Free quotations & Advice Aidan Giles 07501 360859 felltree.co.uk@gmail.com</p>
<p>Hamish Foulerton 07747 788370 Qualified, knowledgeable, professional Gardener over 20 yrs experience Expert effective maintenance, grass cutting, tree, hedge & shrub pruning. Garden renovations & fences.</p>	<p> 07766395595   Berry's Garden Services "Bespoke Horticultural Excellence" admin@berrysgardenservices.com</p>	<p>Grass & hedge cutting fencing garden maintenance David Abel 0789 0502534</p>



Milnthorpe Light Fest

PUMPKIN CARVING AND
COSTUME COMPETITIONS
FUN AND GAMES FOR
ALL THE FAMILY
FOOD AND DRINKS



Coming Soon in
October Half Term!

KEEP A LOOK OUT FOR MORE
INFORMATION COMING SOON

SEE OUR FACEBOOK PAGE

WWW.FACEBOOK.COM/KENTESTUARYOUTH

OR OUR WEBSITE WWW.THEKEYPROJECT.ORG.UK FOR UPDATES