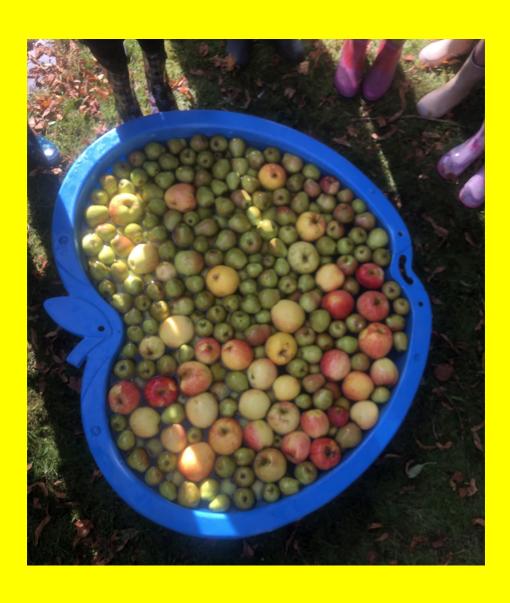
AUG/SEPT 2025 A free copy for you

# Parish News

# Levens, Heversham, Milnthorpe





MEN'S BREAKFAST 8.30 am Saturday 13th September (second Saturday) St Thomas' Community Rooms Milnthorpe

Coffee @ St T's Community Rooms Milnthorpe

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

Meet & Eat 12-2pm at Levens Methodist Hall Friday 26th Sept

> Sausages / Veg sausages Mashed potatoes & peas with onion gravy

> > 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

Village Coffee Time
Third Tuesdays
(not August)
Tuesday 16th Sept
10 - 11.30 am
at the Old School, Heversham



# **COFFEE SHOP**

at Levens Methodist Church

Mon, Wed, Fri 2 - 4 pm Everyone Welcome

Mondays

Would you like a coffee & a chat? please join us. also dominoes, cards, Rummikub or do a jigsaw. Also bring your knitting, sewing or craft project and have a natter.

Wednesdays & Fridays
Coffee and Biscuits



# Companionship Cafes

Are you feeling lonely or isolated? Or do you know someone who could use some friendly company? Come together with others in a warm, welcoming space for a chat and connection over a free hot drink and a delicious scone with jam and cream.

St Thomas' Church Milnthorpe

1.30-3pm

Next dates: 27<sup>th</sup> August 15<sup>th</sup> October 26<sup>th</sup> November







For more information or to book a place on one of our activities, please contact our Admin Team on 01539 728118 or email: admin@ageuksouthcumbria.org.uk

#### Levens

Every Wednesday 10:30 - 11.30am Levens Methodist Church , Lowgate, Levens, LA8 8NL

#### **Beetham**

Every Tuesday 10:30 - 11.30am Catholic Church Hall, Haverflatts Lane, Milnthorpe, LA7 7PS Please call first if you are interested in the Milnthorpe class

#### Levens

Fourth Tuesday of the month 12:30 The Gilpin Bridge Inn, Bridge End, Levens, LA8 8EP

#### Milnthorpe

Third Thursday of the month meet at 12.15 for 12.30 pm The Wheatsheaf at Beetham Milnthorpe LA77AL



**Exercise Classe** 



# In partnership with the Live Longer Better in Cumbria programme

Walking Cricket is a slower version of the game, designed so that anyone can take part.

Every Monday 2:00pm-3:30pm - Heversham Sports Hall, Dallam Boarding House, Heversham, LA7 7EH



# **AUGUST**

Social Table Tennis – 10.30am-noon Weds 6th & 20th Aug at Arnside Educational Institute, Church Hill, Arnside,

Enjoyable Dementia friendly walks - 10.30am start
Wednesday 13<sup>th</sup> August – Sizergh Castle – LA88DZ
Wednesday 27<sup>th</sup> August - Dallam deer park from Park Rd car park, LA7 7AD

**Zoom Poetry Group** – 1.30 – 2.30pm **Thursdays 21st August**The group choose the theme and Dignity in Dementia search out poems which are emailed to group members. We then read them together.

Silverdale Songsters - Dementia Embracing Community Singing Group Coffee on arrival and singing popular well known songs .

Fridays 10.30 – 11.30 am at St John's Church Hall, Silverdale LA5 0RF

Monthly Tai Chi - 1pm – 2pm Tuesday 26th August
Join us for our new activity and improve your strength and balance
Levens Methodist Church Hall, Lowgate, Levens, LA8 8NG

Crown Green Bowling – 2pm Tuesday 19th August
Come and have a go! Silverdale Bowls club, Cove Road, Silverdale LA5 0RR

Woodland Fun – 11am – 12 noon

A different nature themed activity each time.

Monday 11<sup>th</sup> August – Location TBC. Please get in touch for more information

Please phone the numbers above or look on the website for details in September

For more info contact Diane Smillie on 07771 682378 Lesley Gill on 07816 895021

www.dignityindementia.org



I got a text asking me to click on a link to reschedule a parcel delivery I'd missed.
I was waiting for a parcel at the time, so I clicked on the link and was asked to make a payment.
Luckily, my daughter told me the text is a scam and to ignore it, but how can I spot the signs of a scam for myself?

Parcel delivery scams are very common. They aim to trick you into giving away your financial details, so your bank account can be accessed.

If you're waiting for a parcel, and get a message that asks you to pay to get it, it's usually a scam. Delivery companies won't ask you to pay them through a link in an email or text. Don't click any links or attachments, but you can check if a link is genuine, by hovering your mouse over the link without clicking on it, or pressing and holding on the link on a mobile device. You should be able to see the address the link goes to - check carefully to see if it's the same as the company's official website address.

Other signs of a scam include bad spelling and grammar, and starting with a general greeting instead of your name. But scam messages can sometimes be sophisticated.

If there's something you're unsure about, don't feel pressured to act. You can check if something is a scam, using an online tool on the Citizens Advice website. Remember that scammers are clever and scams can happen to anyone.



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

# QUEST Lecture Group New Season starting:

Thursday 25th September: Norman Harris - "Holy cow, India is so different!"

Thursday 9th October:
David Evans: Morecambe Landladies

All talks start at 10:00am at the Athenaeum village hall, Leasgill LA7 7ET

The subscription remains at £18, which includes all 12 talks including refreshments.
Guest admission at £2.50 for a single talk. No need to book.
Enquiries to aptayler@gmail.com



# J 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

TUESDAY CLUB Levens Village Hall 9th September 2pm



by Andrea Blude (Home Instead Care)

Tea/coffee and cakes

Visitors welcome £2

Members free

# 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 10.30 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

### Mothers' Union Milnthorpe with Heversham

Meetings are open to all. Please come along.



Wednesday 2<sup>nd</sup> September 2pm St Thomas' Milnthorpe Dr Mike Warren Arnside and Silverdale Landscape

Advance Notice:
Nov 24<sup>th</sup> - Dec 10th is the
Global16 Days of Activism Against
Domestic Violence
We support Springfield Refuge in
Kendal
which is for men and women

Can you help? by donating an item for Dec? NEW

knicks, bras u'pants, vests and socks

Please look in your drawers, ask friends or watch out in summer sales.

Collection details nearer the time. Join us, Join in!





\_evens Good Neighbours

# You are invited to Levens Good Neighbours AGM at 10am

followed by a **Coffee Morning**at 10.30am

at Levens Methodist Church on Saturday 20<sup>th</sup> September Entrance Fee: £2

to include Coffee & Cake
Raffle & Cake Stall



**HEVERSHAM WI** 

August 20th: our annual outing

September 10th: Members' Meeting Location: The Athenaeum, Leasgill

Time: 7.30pm

Speaker: Karin Stennett

from St John's Hospice, Lancaster Competition: 'An old remedy'

Visitors are most welcome and can attend up to 3 meetings, at £3 per visit, with no commitment to join. For further information please contact Maggie Hart on

hevershamw.i.24@gmail.com

# HERON CORN MILL

MILLING DEMONSTRATION & TOUR





FRIDAY 1<sup>ST</sup> AUGUST & FRIDAY 5<sup>TH</sup> SEPTEMBER 11:30AM - 1:00PM

£6.50 ADULTS / CHILDREN FREE

CALL IN, PHONE 015395 64271 OR BOOK ONLINE http://hcmshop.sumup.link

Following on from 1pm-3pm in the Barn (FREE ENTRY)

#### **FOODIE FRIDAY MINI MARKET**

Purchase our fresh flour, fresh breads, cakes, savouries and honey!

MILL LANE, BEETHAM, LA7 7PQ

# **HERON CORN MILL**

HERITAGE OPEN SATURDAY 20<sup>TH</sup> SEPTEMBER IIAM-4PM

Buildings bridges & beehives!

The theme for 2025 celebrates the makers & menders of our built heritage.

This is a family-

talls, comedy walkabouts, rural skills, beehives, demonstrations & activities for children & the whole family!
Refreshments available in the

barn.

MILL LANE, BEETHAM, LA7 7PO







Saturday 2nd August 7 pm Saturday 6th Sept Saturday 11th Oct 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

# FANCY GOING ON A CRUISE WITH A COACH PICK UP IN KENDAL?



Gates Travel in Kendal are running a coach to connect with this cruise to the Gardens of Europe next April.

23 April 2026 for 7 nights sailing from Newcastle £105 per person credit to spend onboard



GIVE US A CALL TO BOOK or come and see us in Kendal, it would be great to have you with us. 01539 720148 www.gatestravel.co.uk

9 LIBRARY ROAD, KENDAL LA9 4QB



Gatestravel

AND DON'T FORGET OUR 5 DAY UK COACH TRIPS ALSO LEAVING FROM KENDAL

# the HERON theatre

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



### SEPTEMBER:

Friday 5<sup>th</sup> – Film – **Mr Burton 7.30pm** 

Tuesday 9th – Exhibition on Screen

Michelangelo: Love and

Death – 2pm

Friday 12<sup>th</sup> - Drama - Miss Nobodies - 7.30pm

Sunday 14<sup>th</sup> – Classical – Chanson et Piano – 2.30pm

Saturday 20<sup>th</sup> Jazz – **Away from Home** – **7.30pm** 

Friday 26<sup>th</sup> – Drama – **Tongue in Cheek – 7.30pm** 

# Levens Arts & Film Society Presents



The Martha Spencer Trio from the USA.

"Appalachian music, through and through, with all the dynamism of a string band and the longing of a lovelorn country song." - Rolling Stone Country

# Levens Village Hall LA8 8NL

Fri 15 Aug 2025 Doors open at 7.30pm for 8.00pm start

Tickets: Adult £12, Child £6 https://www.ticketsource.co.uk/levens-village-hall



For further details Tel. 07810 216822 email: boxoffice.levens@gmail.com Licensed Bar & Refreshments & Raffle

# The Great Village Cake Bake Sunday 26th October

in the Athenaeum, Leasgill
Open to all amateur bakers who live in the South Lakes

#### Top prizes

Adults: Lakeland Limited voucher Children: Amazon voucher

# 2025 categories

#### Adults

- 1. Decorated & filled Chocolate sandwich
- 2. Victoria Sandwich with raspberry jam
- 3. Lemon drizzle cake
- 4. Coffee & walnut cake
- 5. Tray bake
- 6. 1lb tin loaf i.e. fruitcake, gingerbread etc
- 7. Biscuits
- 8. Scones
- Cake UK- Any sort of cake shaped/decorated as something British
   -New for 2025
- **10.** Sweet preserves
- 11. Any other cake New for 2025

# Junior competition- decorated gingerbread men

**11.** Under 10

**12**. 11-15

Children can enter the adult categories as well as the junior competition.





Judging from 1pm
Prizegiving from 4pm
Refreshments available

Entry forms available 1<sup>st</sup> September from Tom Grindey: 015395 62125 / 07385 999387 or by email: tomgrindeybowler@gmail.com

CLOSING DATE FOR ENTRIES FRIDAY 24<sup>th</sup> October
LATE ENTRIES ACCEPTED AT ORGANISERS DISCRETION.













# MILNTHORPE & DISTRICT ALLOTMENT ASSOCIATION ANNUAL 82nd HORTICULTURAL & CRAFT SHOW St Thomas' Church, Milnthorpe LA7 7QA Saturday 6th September 2025 from 1 pm

Admission by donation
Refreshments & Raffle



# Cups and Medals presented at 3 pm Auction of Produce after show and Raffle drawn

Vegetables and Fruit, Baking and Preserves, Mammoth Vegetables Wines and Beers, Craft, Floral Art, Children's Classes - Have a go!

Full schedule on https://www.milnthorpeallotments.co.uk/

Here is a glimpse of some of the categories in the schedule:

- \* 3 sticks of Rhubarb \* 6 pods of French Beans \*3 Beetroots\*
- - \* 1 Geranium or Pelargonium \* an arrangement in a teacup \*
- \*Photograph country scene \* A Greetings Card \* \*Any flavoured Spirit NEW CLASS \* Liqueur made from fruits \*

#### For Children -

\*Necklace made of sweets or berries \* A Painting \* Painted Pebble \*

Lots more info in the schedule - please take a look online for entry form





# Dallam Summer School

#### You're invited!

We are excited to announce our **three-day Summer School**, taking place from **Wednesday 27 to Friday 29 August**. This programme is designed to help our incoming Year 7 students build confidence, establish friendships, and familiarise themselves with the school site and routines ahead of the new academic year. We are also offering to Year 5 students to further develop connection with our feeder schools and wider community.

The Summer School will run in line with the **normal school day** (8:50am-3:15pm), providing a familiar structure and rhythm. Each day will be split into **five sessions**, covering creative, academic, physical, and practical themes.

Wednesday 27 - Friday 29 August - 8:50am - 3:15pm.

£30 per day. Discounted rate of £75 for all three days.

Please bring a packed lunch. Snack and juice will be

provided at break.



Contact Janet Hornby on 015395 65165 or by email at j.hornby@dallamschool.co.uk

# SUMMER YOUTH ACTIVITIES

TRY OUR YOUTH CLUBS RUNNING FROM 21<sup>st</sup> July-22<sup>nd</sup> August

WEDNESDAYS @ST THOMAS', MILNTHORPE
2.30-5.30PM YR6-YR8

7-9PM YR 9-11

(NO MILNTHORPE CLUBS ON 30TH JULY)

THURSDAYS @HERON HALL, STORTH

3.30-7PM YR6+

@CHRIST THE KING, MILNTHORPE

7-9PM YR12-19YRS

FRIDAYS @ THE EI, ARNSIDE

6-7.30PM YR6-YR8 7.45-9PM YR9-YR11

FOR MORE
INFORMATION CALL
EMMA 07960451542





# **SATURDAY 23RD AUGUST**

1PM-5PM

Games and activities including Zorbing, Archery and inflatables!

Free to attend with Food provided! Free transport from Milnthorpe available



**USE QR TO BOOK** 

FOR MORE INFO CALL EMMA 07960451542





# **Family Fun Day!**

Sunday 17<sup>th</sup> August 11am-3pm @Arnside Sailing Club

Come and join us for Kayaking and Paddle boarding, with games and activities on the beach. Picnic lunch included (or bring your own to share) All ages welcome FREE to attend

FREE Transport available from Milnthorpe

Use the QR code or link to register

https://forms.office.com/e/DitX1J0E75



For more information: call Emma 07960451542

# SUMMER TRIPS!

Tues 5<sup>th</sup> Aug 10am-5pm-Maize Maze Yr 6-Yr11 (bring a packed lunch!)

Friday 15th Aug- Kepplewray
Outdoor Centre TBC

Sat 23<sup>rd</sup> August 1pm-5pm Mini Fun day for all young people and families at Holme Meadow (food provided)



All young people welcome FREE to attend and FREE Transport from Milnthorpe



For more info call Emma 07960451542



St Peter's Churchyard
Volunteer Working Party
will meet again
in the autumn
Saturday 20th September
from 9.30am - noon.

As ever, don't worry if you can't easily fit into the these times, come later or leave earlier as it suits you. You will be warmly welcomed to make whatever contribution you can. Whilst we notionally meet at the main churchyard gate, the lych gate, and move on from there, it may be that nobody is immediately visible when you arrive and a quick walk round will enable you to find other volunteers.

If you can, please bring a pair of garden loppers, a pair of work gloves and be ready to join a sociable group making a difference to the churchyard. I look forward to seeing you, *Richard Simpson* 



Milnthorpe Food bank urgently needs more food. 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

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

Next issue - October print & online
Please email info by 10th SEPT

\*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 18.06.25

#### Note to Advertisers:

Invoices are posted out or hand delivered.
unless specifically email requested.
We NEVER email out a form for you to pay via a website please be SPAM aware

If unsure phone 01539564582 or email parishnews@heversham.org



# Harvest Thanksgiving

28th Sept Levens St John's Church
5th Oct Milnthorpe St Thomas' Church
12th October Heversham St Peter's Church

# Harvest Supper

Saturday October 4th, 6.30 pm at Christ the King, Milnthorpe Tickets available nearer the time see weekly notes







# for anyone bereaved anytime

7 sessions of films and discussion

#### Topics include:

Attachment, separation and loss
 The pain and responses of grief

thebereavementjourney.org

- 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 -

St Thomas' Church Milnthorpe

Thursdays 1 - 3pm

2, 9, 16, 23, 30 Oct 6, 13 Nov

Booking is necessary.

For more info &/or to book,

contact Lesley dianalesley@btinternet.com 01524 951566



# Praise & Prayer

The Old School, Heversham Third Sunday 6 pm

not in August

Sunday 21st September 6pm

All very welcome





#### Dear Friends,

Here are seven quotations, listed in alphabetical order, can you identify the source of each?

"Give us this day our daily bread"

"Happy and glorious / Long to reign over us,"

"It was the best of times, it was the worst of times"

"May the force be with you"

"Never in the field of human conflict, was so much owed by so many to so few"

"To be or not to be"

"You'll never walk alone"

This was the challenge in a nationwide survey earlier this year. In May more than 2,000 people across the UK were asked to match these seven famous lines - spanning areas ranging from literature and history to popular culture – with their source, from a list of correct answers.

Which answer do you think came top, recognised by four-fifths (80.3%) of those surveyed?

It was the extract from the Lord's Prayer (80.3%) "Give us this day our daily bread" just ahead of Star Wars' "May the force be with you" (79.9%).

Overall, 89% said they had said or prayed the Lord's Prayer and 58% said they had done so in their daily life.

The survey gave people the full text of Lord's Prayer asking them to select the lines they found most meaningful. The phrase most commonly chosen was "...and forgive us our trespasses, as we forgive those who trespass against us" with 43% overall. These two phrases, deemed familiar and important by those surveyed, remind us of two vital priorities in life. The Lord's Prayer causes us to pray for daily food and daily forgiveness. We need the basic necessities of life, food sufficient for each day, and so

we look to God, the giver of good things. But the other necessity of life is forgiveness, with the challenge that brings in our relationships with other people.

Again, the prayer focuses on God for that need also, that we personally seek forgiveness from him. Ultimately this part of the Lord's Prayer directs us to Jesus himself and the heart of why he came: He "suffered once for sins, the righteous for the unrighteous, to bring you to God." 1 Peter Chapter 3 verse 18.

These well-known phrases from the Lord's Prayer stress that our needs are both physical and spiritual. We need to attend to both. The Lord's Prayer directs us to the one who provides for both.

Here are the results of the survey, in order of recognition:

"Give us this day our daily bread" – Lord's Prayer (80.3%)

"May the force be with you" – Star Wars (79.9%)

"To be or not to be" – *Hamlet* by William Shakespeare (73%)

"Happy and glorious / Long to reign over us," - National Anthem (63%)

"Never in the field of human conflict, was so much owed by so many to so few" – Winston Churchill (61%)

"You'll never walk alone" – Gerry & the Pacemakers, Anthem of Liverpool FC (58%)

"It was the best of times, it was the worst of times" – A Tale of Two Cities, Charles Dickens (39%)

Revd Bryan Kerr,

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





# Kendal **Methodist** Circuit

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

# Levens Methodist Church 10.30 am

3rd AUG: Worship with Holy Communion led by Rev'd Jeff Thomas

10th United Worship

led by Dr. Donald Spivey

17th Morning Worship led by Rev'd Tiras Dainty-Share

24th 'Faith @ Four' 4pm

led by Rev'd Tiras Dainty-Share

31st No service in LMC

14th Sept at 10.30am: KEMC service at Beetham Parish Church

Information of other dates will be on the notice board

# CHILDREN'S SUNDAY SCHOOL St Thomas', Milnthorpe

Quiet activities for children in the children's corner in church as no Sunday School in August.

Sunday School 7th & 21st Sept. 28th September - quiet activities in the Children's corner





# Christ the King RC Church Haverflatts Lane Milnthorpe

Sunday Mass celebrated at 11am

Friday Mass celebrated at 10 am

Find on YouTube channel and Facebook Group by searching:

**Kent Estuary Catholic Churches** 

Fr Hugh Pollock 01539 720063

kendalcatholicchurch@gmail.com



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

Every Fourth Sunday 24th Aug 28th Sept

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

# **AUG & SEPT Sunday Morning Services at Parish Churches**

8.00 am Holy Communion (BCP)

AUG

9.30 am St Peter's Heversham

St Thomas' Milnthorpe -

3rd Parish Communion 10th Morning Praise

3rd & 17th Aug, 7th & 21st Sept

17th Parish Communion

24th Morning Praise

31st Parish Communion

Sept:

St Peter's Heversham -

7th Parish Communion

14th at St Michael's Beetham 10.30

21st Parish Communion

10th & 24th Aug, 14th & 28th Sept

28th Morning Praise

9.45 am St John's Levens 11.15 am St Thomas' Milnthorpe

3rd Parish Communion

10th 10.30 am

at Levens Methodist Church

17th Parish Communion

24th Morning Praise 31st Parish Communion 3rd Morning Praise

10th Parish Communion

17th Morning Praise

24th Parish Communion

31st Morning Praise

Sept:

7th Parish Communion

14th at St Michael's Beetham 10.30

21st Parish Communion 28th Harvest Thanksgiving Sept:

7th Morning Praise

14th at St Michael's Beetham 10.30

21st Morning Praise Parish Communion 28th

# Monthly Afternoon Holy Communion

Thursday 18th Sept 2.00 pm at St Thomas' Church, Milnthorpe



Tuesday 30th Sept at 2.30 pm (last Tuesday in the month) at St John's Church, Leven's



Service at St Michael's Church Beetham 10.30 am

All Welcome

#### 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 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

please email:

jill.butterworth54@btinternet.com

# For a pastoral phone call

for yourself or for someone vou know call:



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 within Levens Parish** 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

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 015395 61676 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

# Room Hire in Milnthorpe:, Heversham, Levens

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

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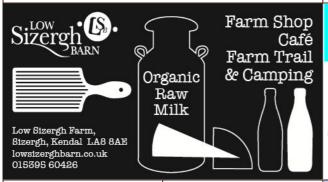
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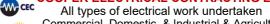
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Friday evening in Milnthorpe 5.30 - 7pm (or dusk) Carpark at Christ the King Church, Haverflatts Lane, Milnthorpe & District Allotment Association invite you -Jacob's Join of fruit Puddings and Cakes to enjoy as well as the fruit pressing



Saturday morning in Levens 10.30 am - 12.30 pm on the grass outside St John's Church Levens Refreshments available



Saturday Afternoon in Heversham 2 - 3 pm on the grass outside St Peter's Church New location this year so celebrating with Event for Families - refreshments too



Everyone Welcome at all events - with or without fruit

Bring washed fruit and clean bottles. About 6 buckets of apples will press about a bucket of juice.

Or bring a bag of apples to add to other bags to press

Any questions - please email Jane at parishnews@heversham.org



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