

JULY 2026

A free copy for you

Parish News

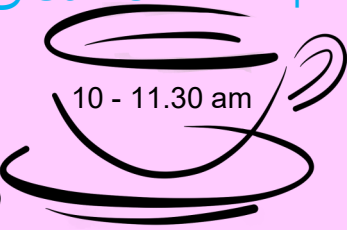
Levens, Heversham, Milnthorpe



Apricot tree
in a greenhouse
at Milnthorpe
Allotments

Friday Coffee @ St T's Milnthorpe

10 - 11.30 am



COFFEE SHOP
at Levens Methodist Church
Everyone Welcome
Mondays 2 - 4 pm

Like a coffee & chat?
also dominoes, cards,
Rummikub or do a jigsaw.
Bring your knitting, sewing
or craft project

Village Coffee Time
Third Tuesdays
21st July 10 - 11.30 am
***SCONES & Jam* in July**
at the Old School, Heversham
along the path from Church

* Everyone Welcome *
coffee pod coffee !
& biscuits & chat & Scones in July
No charge, just a donation
A warm welcome - Do call in !

Meet & Eat 12-2pm
at Levens Methodist Hall
Friday 31st July

Quiche Lorraine or
Quiche Mediterranean
New Potatoes & side salad
Pear & Almond Pudding
Strawberries & Cream

£5

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

Everyone Welcome
Children under school age free

MEN'S BREAKFAST
second Saturday
8.30 am

Saturday 11th July
St Thomas' Community Rooms
Milnthorpe



Plumtree Hall, Heversham
You're welcome to
Pop in for Coffee
first Tuesday every month
7th July
10.00 - 11.30 am

"Knit & Knatter"
welcome you to join
Mondays 10am - noon
in the Community room,
St Thomas' Church
Milnthorpe



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

TRY OUR YOUTH CLUBS!



TUESDAYS

LEVENS 11-14YRS
4.45-6.45PM
@LEVENS VILLAGE HALL

WEDNESDAYS

MILNTHORPE 11-14YRS
3.30-5.30PM
@CHRIST THE KING

MILNTHORPE 14-16YRS
7-9PM @ST THOMAS

THURSDAYS

STORTH 11-14YRS
3.30-5.30PM @HERON HALL

MILNTHORPE 17YRS+
7-9PM@CHRIST THE KING

FRIDAYS

ARNSIDE
11-14YRS 6-7.30PM
14-16YRS 7.45-9.30PM
@EDUCATIONAL INSTITUTE

EMAIL INFO@KEYPROJECTCUMBRIA.ONMICROSOFT.COM



Saturday 4th July 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
The Building Fund



All Welcome



A Coldplay Candlelight Experience In Heversham - Friday 14th August

🕒 Fri 14th Aug at 7:00 pm – Fri 14th Aug at 10:00 pm

📍 St Peter's Church

👤 Age Restrictions: 8+

Share

Tickets Search LUMOS website



We'll bring the camp beds, fairy lights, and the ancient church.

Stay overnight in St Thomas, Milnthorpe, from just £55

Visit Champing.co.uk to learn more



Thanks so much, for attending and supporting the Garden party at Harmony Hall Milnthorpe on 6th June. 100% of the takings went to charity, Beep Doctors & Saving the Rainforest, raising £1600.00 thank you

Milnthorpe and District Allotment Association
Annual Horticultural & Craft Show
Saturday 5th September 2026
 at St Thomas' Church, Milnthorpe

Schedules widely available at local Garden Centres and on website:



www.milnthorpeallotments.co.uk

STORY TIME
With Bryan
 in St Thomas' Community Rooms
 Every first and third **TUESDAY 7th July** (during term time)
3.15 - 4.15 pm.

KIDS!
 Come and listen to a story...
 Parents, Grandparents and Carers ... come and enjoy a cuppa and a biscuit while the kids have fun!
Be great to see you!

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

♪ **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

Levens Little Larks

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

the HERON theatre
www.theherontheatre.com
Box Office & Room Hire
015395 64283



JULY

Friday 3rd – Film at The Heron – The Seed of the Sacred Fig – 7.30pm

Friday 17th – National Theatre Live – The Playboy of the Western World – 7.30pm

AUGUST

Friday 7th – Film at The Heron – I Swear – 7.30pm

Friday 21st – National Theatre Live – Les liaisons Dangereuse – 7.30pm

Music from the Movies



Heversham Handbell Ringers and Singers present popular themes and songs from the world of cinema.

On: Thursday 2nd July, 2.30 pm

At: The Athenaeum, Leasgill

Light refreshments and raffle
Tickets: £10 (cash only)

from Hilary tel:07729305222 or
e-mail: leasgillvillagehall@gmail.com

Profits in aid of Athenaeum (Leasgill Village Hall) refurbishments

Levens' BIG... Day

Saturday 4th July *at Levens Playing Field*

Vintage Tea Party
10am - 12 noon *Tickets available on the day & at Levens Village Shop*

Levens Marquee Dance...
Live Music from... Abbey Road
From 7pm *Tickets available from Levens Village Shop*

Saturday 27th & Sunday 28th June
Levens Art Trail & Exhibition
10.30am - 4pm *Maps available from Levens Village Shop from 6th June*

For more information, please contact
Jenny Connor on 07825 414816
www.dignityindementia.org



Woodland Fun – 11am – 12 noon Monday 13th July

A different nature themed activity each time.
Silverhelm Scout Centre, The Row, Silverdale, LA5 0UG

Crown Green Bowling – 2pm – 3:30pm Tuesday 7th July

Silverdale Bowling Club., Cove Road, Silverdale LA5 0RR

Creative Moments – 1.00 - 2.30 pm Tuesday 28th July

Join us for our arts and crafts group at Endmoor Village Hall LA8 0HL

Enjoyable Dementia friendly walks - 10.30am start

Wednesday 1st July– Riverside walk in Staveley – meet at Wilf’s café, LA8 9LR

Wednesday 15th July – Bob in café, Newbarns caravan site, Arnside LA5 0BN

Supper Club – 6pm Thursday 30th July

A monthly meal at a different pub or restaurant in the local area. Contact Jenny for details if you would like to join us.

Social Table Tennis – 10.30am-noon Alternate Weds 8th & 22nd July

at Arnside Educational Institute, Church Hill, Arnside LA50DF

Zoom Poetry Group – 1.30 – 2.30pm Thursday 16th July

The poems are emailed out to everyone and we read them together.

Contact: lesley@dignityindementia.org to get the zoom link

Silverdale Songsters - Dementia Embracing Community Singing Group

Coffee on arrival & singing popular well known songs

Every Friday 10.30 – 11.30 am at St John’s Church Hall, Silverdale LA5 0RF

Monthly Photography – 11am -12 noon Thursday 9th July

Different location each month - phone for details. We will focus on a different subject to photograph each month with advice given on how to improve our skills.

Bring your own camera or camera phone and a drink.

Walking rugby skills - 1-2:30pm Tuesday 14th July

The ‘Auld Greys’ walking rugby group in Kendal are leading us through a variety of different ball skills activities. Kendal Rugby Club, Shap Rd LA9 6NY



Volunteers Needed Exercise Class Relief Cover

Friendly, reliable volunteers needed to provide relief cover leading exercise classes across the South Lakes for people aged 50 +

This is a flexible role. All training and support provided to make sure your volunteering experience is a fulfilling one.

Call us for more information: 01539 728118
email: ldawes@ageuksouthcumbria.org.uk

Apple Pressing:
Milnthorpe -Fri18th Sept morning & evening
Heversham
Saturday 19th Sept - morning
Levens
Saturday 19th Sept – afternoon

Cordial bottles are great to freeze the juice - save them over the summer

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

Gentle Exercise Classes

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

Milnthorpe
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

Lunch Clubs

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

Beetham
Third Thursday of the month meet at 12.15pm
The Wheatsheaf at Beetham, Milnthorpe, LA7 7AL

Natland
Third Tuesday of the month meet at 12.00pm
The Punch Bowl, Barrows Green, LA8 0AA

Walking Cricket

Over 50's Walking Cricket
Walking Cricket is a slower version of the game, designed so that anyone can take part.
Every Monday 2:00pm-3:30pm (Change of venue)
Netherfield cricket club, Parkside Road, Kendal, LA9 7BL



**Mothers' Union
Milnthorpe with Heversham**

Meetings are open to all.
Please come along and enjoy
friendship and fellowship.

Join Us Join In!

Wednesday 1st July

2pm St Peter's Heversham
Summer Service
Collection for Springfield
Jacob's Join Tea

Saturday 18th July

Rydal Hall
10am – 6pm MU Family Fun Day
See MU Notice Board
Contact: 07950 807 007

Mary Sumner Day 8th August

MU Archdeaconry South
3.30 pm Cartmel Priory
Sung Evensong



Huge thanks to all who supported the
cream tea on June 3rd in aid of St John's
Hospice in their 40th Anniversary year
£555.05 was raised.

Heversham W I

Second Wednesday
of the month

theWI
INSPIRING WOMEN



8th July at 7.30 pm
Athenaeum, Leasgill
Curlew Recovery
by Susannah Bleakley
Competition for members:
a bird ornament

Visitors welcome £4

For further info please contact
Maggie Hart by email:
hevershamw.i.24@gmail.com

"Is WI just a monthly meeting?" "Not at all!"
In addition to the monthly evening meeting
Heversham WI has a Book Group, Art &
Craft Group, Morning Coffee Group,
Walking Group, Annual Summer Day Out,
and also joins with the local Wis for Quizzes
and social events. Also a wide range of
events organised by the county.

St Thomas' Church

in collaboration with
MILNTHORPE BOWLING CLUB

Would you like to meet people, have fun, improve your
concentration and build up your strength?

Come along to a
BOWLING
taster session
at
MILNTHORPE
BOWLING
GREEN
Beetham Road,
Milnthorpe.



Refreshments, cake and raffle!

Please wear flat shoes or trainers.



1.30 - 4.00 pm

We look forward to seeing you!



FREE PARKING
on Fridays
at the Car park on
Beetham Road
Milnthorpe

Also EV car charging
points here

**Milnthorpe Senior Citizens'
Annual Tea Party
Milnthorpe Cricket Club
Wednesday 22nd July at 5 pm**

Numbers are limited and for Over 65s
please return your RSVP from your
delivered invitation by 15th July
to one of the committee members
or telephone:



Sheila Ashburner 44 Firs Road Tel: 015395 62727

Helen Wilson 27 Park Road Tel: 015395 63015

“The flat that I rent is very expensive, it’s damp and in bad condition. The wiring is unsafe and last week everything in the kitchen stopped working. I keep trying to contact the letting agent but they don’t reply. I can’t afford to eat out. I will have to borrow money to get this fixed if nothing happens. A friend complained about repairs and they got evicted. This is making me feel trapped and very stressed. What can I do?”

You are not alone - Citizens Advice has found almost half of renters who dealt with a letting agent in the last three years, nearly 4 million people, faced rule-breaking behaviour. 29% saw emergency or urgent repairs left totally unresolved. Citizens Advice nationally is campaigning for tougher regulation of letting agents and better enforcement of existing rules.

The new Renters’ Rights Act makes it illegal to evict a tenant without a good reason, so don’t be afraid to take action.

Collect all your evidence - photographs, dates of contacts and copies of messages, receipts for expenses caused by the problem, a letter from your GP if your health is affected, and a copy of your tenancy agreement.

Write (or email) the letting agent setting out the problem, give a clear deadline, and keep a copy. If you don’t get a satisfactory response, you can make a formal complaint, first to the letting agent and then to an independent complaints body. You can even take them to Court, use ADR (alternative dispute resolution) or mediation. But where the problem is a Health and Safety issue, as in your case, you can contact your local Council for help in ordering your landlord to carry out the repairs.

There is full information about all these steps on the Citizens Advice website. If it seems overwhelming, contact SLCA who will guide you through it.

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. New opening hours:

**Tuesday - Drop in at Wainwright’s Yard, Kendal
10am - 1pm, last client at 12.45**

Wednesday - Pre-booked appointments

Thursday - Pre-booked appointments

Adviceline: 0808 278 7984

Consumer Helpline: 0808 223 1133



South Lakes

Walking The **KENT ESTUARY PILGRIM WAY**

A spiritual 'footprint', a touch of history, a breath of fresh air

Join us for a 'pilgrimage experience' walk on the Kent Estuary Pilgrim Way. Make of it what you will: a chance to look and listen, to reflect on the past and the present and on the beauty of the landscape, or just a short afternoon social walk with others

Sunday 21st June ~ Levens Methodist Church
to St Peter's Heversham

Sunday 19th July ~ St. Peter's Heversham
to St. Thomas' Milnthorpe

Sunday 16th August ~ St. Thomas' Milnthorpe
to St. Michael & All Angels Beetham

Family-friendly: children and dogs are welcome

All walks start at 2pm

Return transport can be arranged

**Copies of 'The Kent Estuary Pilgrim Way' are available
in the local churches price £6**



Fitness Dynamics

MIND BODY WELLNESS

PILATES, STRENGTH, BALANCE & WELLNESS FOR REAL LIFE

FRIENDLY CLASSES FOR ADULTS 40+ • BEGINNERS WELCOME

- Restorative Pilates** | Posture • Mobility • Breathing
- Balance Strong Pilates** | Strength • Balance • Bone Health
- Lift Strong** | Beginner-Friendly • Weights
- Dance Strong** | Line Dance • Weights • Fun
- Trigger Point Pilates** | Release Tightness • Feel Mobile

Classes in Milnthorpe, Arnside, Silverdale, Heversham, Yealand & more... | All classes also live on Zoom!

07886 457563 with Sam Horton
 www.fitnessdynamics.co.uk



Why Balance Training Matters After 50

Many people notice changes in their balance as they get older, often without realising it at first. Feeling slightly less steady on uneven ground, avoiding stairs without a handrail, or losing confidence when moving quickly can all be early signs that balance needs a little more attention.

The good news is that balance can be improved at almost any age.

Good balance relies on several systems working together, including muscle strength, posture, joint mobility, vision, breathing, and the nervous system. Regular movement and gentle strength training can help keep these systems active and responsive.

Balance training is not just about preventing falls. It can also improve confidence, walking, posture, coordination, and the ability to stay active and independent in everyday life.

Simple activities such as standing on one leg while holding onto a kitchen surface, practising good posture, walking regularly, and building leg strength can all help. Structured classes such as Pilates and gentle strength work offer a safe, gradual way to build balance, particularly useful if you're returning to exercise after a break, or managing stiffness and joint discomfort.

If you'd like to know more about local classes and what might suit you, feel free to get in touch.
Sam Horton

HERITAGE WALKS!

5TH JUNE - 3RD JULY - 7TH AUGUST -
4TH SEPTEMBER
10:30AM - 12:30PM

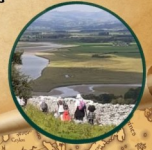
ADULTS £4.50 CHILDREN FREE

Whilst urgent repairs to the mill laundry take place, you are invited to join Iain on these fascinating walks through the local landscapes, listen to stories filled with knowledge, myth and folklore!

Medium terrain, good footwear a must.

You will arrive back at the barn for Foodie Friday, in time to buy fresh bread, cakes and other goodies!

BOOKING ESSENTIAL: 01539 564271 / INFO@HERONMILL.ORG
WWW.HERONMILL.ORG



The Cross Bay Half-Marathon Will you beat the Bay?

Saturday 4th July 2026

Arnside Promenade to Cark Airfield, Flookburgh | 9am start



Photo credit: James Kelly

Scan here for more information or visit:
www.cancercare.org.uk/news-and-events/calendar



CancerCare
Registered Charity Number: 1020948



God of glory,
as the world gathers to celebrate the beautiful game,
we pray for a harmonious and joyous World Cup.
Bring safety and security for players and officials on the pitch,
fans in the stands, and spectators at home.
May we see and celebrate the hand of God
in the creativity of every curling free kick, silky pass
or impossible save.
May we have compassion and perspective
on the miskicks, missed penalties, and muddled VARs.
Every winning team needs a losing team
- even if you were the better team.
Let the journey to World Cup glory
be not only for the nation that wins.
May we see something more of the world you want us to be:
a gathering of every nation and people who share your glory.
Amen



Thank you

In Levens the total raised was
£957.70 + £176 in Gift Aid Thank you to
all who have donated, to all who
delivered envelopes and to Vanessa and
all at Levens Shop.

Singing Praise & Prayer

The Old School, Heversham
next to St Peter's Church
Third Sunday

Sunday 19th July

6 pm

all very welcome



Email: rev@lhmparishes.co.uk
Tel 015395 61448



Dear Friends,

Curaçao, the tiny Dutch Caribbean island, is making their first-ever appearance in the World Cup. By the time this magazine reaches you, you will know if their team has been knocked out as minnows or if they have earned surprising glory as giant-killers.

All the qualifying teams have prepared for the tournament, hosted by Canada, Mexico and USA. Perhaps the most unconventional preparation was by the Curaçao squad. They gathered for Christian prayer and worship in Noordwijk, Netherlands. During it, midfielder Kenji Goore related how he had been introduced to a living faith in Jesus. "The love of God goes deeper, and that's where I heard the true gospel of Jesus dying for my sins," he shared.

As one of the home teams, USMNT (US Men's National Team) will be keenly followed. This squad also features several players who have spoken about their faith.

The Sports Spectrum podcast recently interviewed Toulouse defender Mark McKenzie. Mark recalled his Christian upbringing and life, and how he loves telling others about Jesus: "God is my everything... He is the one I depend on for everything. He is the one who knows, knew all, yet still gives his all for me and requires so little." He even makes a point of carrying a Bible with him into the dressing room to prompt questions and conversations.

Germany midfielder Felix Nmecha, who plays for Borussia Dortmund, recently started a new series on YouTube called 'The Pursuit'. This explores the chase for identity, purpose, success and truth. Nmecha's Instagram bio says, "Football is my passion, Jesus is my foundation."

Closer to home, a new study by Christians in Sport has found that three in four clubs in England and Wales have Christian players in their first-team squads. This survey was based on responses from 134 clubs across the top six tiers of men's football, including 90% of Premier League teams.

Perhaps we are surprised by such expressions of Christian faith amongst professional footballers. After all, football is often jokingly seen as a form of 'religion' with the stadiums likened to places of worship. Bill Shankly's famous comment is frequently quoted: "Somebody said that football's a matter of life and death to you, I said 'listen, it's more important than that.' "

An alternative view comes from Scottish international, Ben Gannon-Doak of Bournemouth, who recently said to BBC Scotland, "God just keeps you grounded, keeps you humble. I heavily rely on God to not fall into doing the wrong things." The Church of England has even produced a prayer for the World Cup (ironically referencing the hand of God!) which is reproduced as this month's prayer.

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 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

CHILDREN'S SUNDAY SCHOOL St Thomas', Milnthorpe

Sunday 5th July

During the school summer holidays, there are quiet activities during church services in the children's corner of church

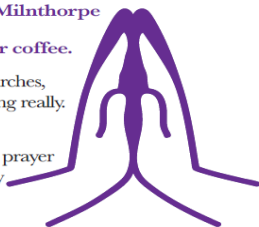


Come and PRAY

at St Thomas' Church, Milnthorpe
for 20-30 minutes
12 noon, on Fridays after coffee.

Praying for our villages, churches,
wider world issues ... anything really.

You are welcome to bring a prayer
of your own to read, to pray
silently, or speak what's
on your mind.



God doesn't mind...
He listens.

Phillipians 4. 6 ~ 7

*"Don't worry about anything,
but in everything, by prayer and supplication
with thanksgiving,
let your requests be made known to God..."*

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



Levens Methodist Church

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

JULY - 10.30 am unless stated

please see notice board outside Levens
Methodist Church for June details

Faith

@ Four



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

Levens Methodist Church
Every Fourth Sunday
@ 4pm

JULY Sunday Morning Services at Parish Churches - All Welcome

8.00 am Holy Communion (BCP)

St Thomas' Milnthorpe 5th & 19th

St Peter's Heversham 12th & 26th

9.30 am St Peter's Heversham

5th Parish Communion

12th Morning Praise

19th Parish Communion

26th Morning Praise

9.45 am St John's Levens

5th Parish Communion

12th united at St John's with the Methodists

19th Parish Communion

26th Morning Praise

11.15 am St Thomas' Milnthorpe

5th Morning Praise

12th Parish Communion

19th Morning Praise

26th Parish Communion



Summer Praise on Milnthorpe Green

Sunday 12th July 6.30 pm
Everyone Welcome

Bring a chair if you can
Hope to be outside, if raining, will be inside the church



Local Area Food banks
please donate if you can

**Collection boxes in Spar and Churches
in Milnthorpe and Heversham
for Milnthorpe Area Food Bank;**
www.milnthorpefoodbank.org

**Collection Boxes in
St John's Church Levens and
Levens Methodist Church for
King's Food Bank, Kendal**

**Trolley in Booths Milnthorpe for
Lancaster and Morecambe Food Bank.**

All Welcome to
**Monthly Afternoon Holy Communion
followed by tea and cakes**

Thursday 16th July 2.00 pm
at St Thomas' Church, Milnthorpe



Christians Together in Levens CTiL
Communion
Tuesday 28th July at 2.30 pm
Levens Methodist 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'

For regular email updates for St John's Church [Levens](#) please email:

jill.butterworth54@btinternet.com

www.heversham.org has an archive of Parish News

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>

[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

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 view the Parish News online:

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

**Next issue - print & online
AUG & SEPT 2026**

Please email info by **10th July**

Oct News - email 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 18.6.26

Note to Advertisers: Invoices are posted out or hand delivered. unless email specifically 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

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, 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 01539561676

Priest-in-charge of Levens, Heversham & Milnthorpe

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

Also the contact details for a pastoral phone call for you or someone you know

Churchwardens

Levens: St John's

Mr Hal Bagot 60588

Mrs Jill Butterworth
015395 61676

Milnthorpe: St Thomas'

Dr Val Robson
07885 318613

Mr John Ricketts
01524 761076

Heversham: St Peter's

Contact person:
Mrs Jane Fell
Email:
janefell12@gmail.com

PCC Secretaries:

Mrs Julie Marsh
015395 83183

Frances Taylor
015395 63537
frances30taylor@gmail.com

Mr Peter Clarke
01539565845

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

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