OCTOBER 2025
A free copy for you

Parish News

Levens, Heversham, Milnthorpe





MEN'S BREAKFAST 8.30 am Saturday 11th October (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 31st October

Menu

Leek & Potato soup or Tomato & Red Pepper soup with Bread Buns

Eaves Pudding & Custard or Lemon Cheesecake

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
Heversham
Third Tuesdays
Tuesday 21st Oct
10 - 11.30 am
at the Old School, Heversham
(along the path from
St Peter's Church)



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: 27th August 15th October 26th 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

Dignity in Dementia October Activities

For more information, please contact Jenny Connor on 07825 414816



Monthly Tai Chi - 1pm - 2pm Tuesday 21st October
Join us for our new activity and improve your strength and balance
Levens Methodist Church Hall, Lowgate, Levens, LA8 8NG

Social Table Tennis – 10.30am-noon **Alternate Weds 1st, 15th 29th October** at Arnside Educational Institute, Church Hill, Arnside,

Enjoyable Dementia friendly walks - 10.30am start
Wednesday 8th Oct— Grange prom from Main Street car park LA11 6DY
Wednesday 22nd Oct - The Helm at Kendal, meet at the lay-by opposite Station Inn

Zoom Poetry Group – 1.30 – 2.30pm **Thursdays 16th October** 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

Woodland Fun – 11am – 12 noon Monday 13th OctoberA different nature themed activity each time. Silverhelm Scout Centre, The Row, Silverdale, LA5 0UG

Community Come Dancing – 2pm -3pm Tuesday 14th October
A fun and relaxed intergenerational community dance session with children from Arnside School. - Arnside WI Village Hall, Orchard Road, Arnside, LA5 0DP

Swimming – 10:30am-11:30am Thursday 23rd October
A lovely relaxed swim and aqua aerobics in a privately hired pool.
Booking essential as limited numbers
Holgates Caravan Park, Middlebarrow Plain, Cove Road, Silverdale, LA5 0SH

www.dignityindementia.org



I am on a limited income and trying not to spend too much each month. Council Tax seems a big expense. Is there any way I can pay less?



You might be able to pay less council tax or not pay it at all depending on your circumstances. It's a good idea to contact the council and ask them.

If you're the only adult in your home, you'll get a 25% discount. When working out how many people live in a property, some people aren't counted - they're called 'disregarded people', e.g.

student nurses. If everyone in a house is disregarded there is a 50% discount. If everyone is a student or severely mentally impaired, you won't pay any council tax.

If you're entitled to a discount because someone has moved out, you're entitled to the discount from when the person moved out, even if you told the council later.

Next, if you are on a low income or receive benefits, you might be able to get your council tax reduced. The council will ask you details about your income and your circumstances, to work out your entitlement. You may also be eligible for additional support if you've reached State Pension age.

Even if none of the reduction criteria apply to you, the council can still make a 'discretionary reduction'. They'll normally only do this if you can show that you're suffering severe hardship.

Contact South Lakes Citizens Advice for more help if you are still having problems.



How to access:

Call <u>015394 46464</u> (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)

QUEST Lecture Group New Season starting:

Thursday 9th October:

David Evans: Morecambe Landladies

Thursday 23rd October Colin Aldred, Aerial Photography

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
14 October 2pm
Levens Village Hall
Our Future Coast
by
Joseph Earl
(Morecambe Bay Partnership)



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 1st October 2pm St Thomas' Milnthorpe Revd Di Gilmore Prison Chaplaincy 1 Year On

Advance Notice:
Nov 24th - 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 Collection details nearer the time. Join us, Join in!



abuse



Saturday 11th Oct 7 pm

Note change of date for this month only 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





of India Wolfield

October 8th: Members' Meeting Venue: Athenaeum, Leasgill

Time: 7.30pm

Topic: Auction Night - please bring no more than 2 items to be auctioned. These can be anything from unwanted presents, household items, jigsaws, books, plants to toiletries! Cash purchases only. All proceeds to WI funds.

HEVERSHAM WI

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







'Levens Art at Levens Kitchen'

Now showing ...

In the 'Howard Room' and the 'Servery'

An exhibition to celebrate the work of the many talented artists, makers and creative people living in Levens village













Contact: levensarts@gmail.com

HERON CORN MILL

MILLING DEMONSTRATION & TOUR





FRIDAY 3RD OCTOBER 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



The Athenaeum, Leasgill is multipurpose and can be hired for many events.

To book the hall please contact Bookings Secretary 07368 800922

email: leasgillvillagehall@gmail.com

or Pam: 07751 627246

email: leasgillvillagehall@gmail.com easy to use, booking system which can

be found on the Website:

the-athenaeum.org.uk Facebook – The Athenaeum Leasgill.

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



October 7.30 pm unless stated

Fri 3rd Film A Complete Unknown

Sun 5th – Classical – **K Shoes Male Vice Choir – 2.30pm**

Fri 10th Drama – Divorced, Beheaded and Died

Tues14th - Film - Inter Alia - National Theatre Live

Sat18th – Jazz – **Off the Rails – Creative Jazz Orchestra**

Friday 24th - **7.30pm** Drama - **Essence of Audrey**

Friday 31st – Film – The Salt Path

Levens Arts & Film Society



Instrumental Group of the Year at the 2024 Canadian Folk Music Awards, **Medusa** are re-imagining

the string quartet and invite listeners to smile, dance and be mesmerised.

Levens Village Hall LA8 8NL Sat 18 October 8pm – doors 7.30pm Tickets: Pay What You Decide £12 / £15 / or £18. Concession £10

07810 216 822 email:boxoffice.levens@gmail.com or book online www.highlightsnorth.co.uk

Presented by Levens Arts & Film Society in association with Highlights North Rural Arts Touring Scheme.

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

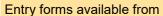
Children can enter the adult categories as well as the junior competition.





Doors open 11am-5pm

Judging from 1pm
Prizegiving from 4pm
Refreshments available



Tom Grindey: 015395 62125 / 07385 999387 or by email: tomgrindeybowler@gmail.com

CLOSING DATE FOR ENTRIES FRIDAY 24th October LATE ENTRIES ACCEPTED AT ORGANISERS DISCRETION.





An evening of dominoes

With hotpot supper & Cash prizes Saturday 18th October 7pm in the Athenaeum, Leasgill

Bring your own drinks, nibbles & glasses Tickets £12.50 available from: Joyce Hayton: 015395 62950

Westmorland & Furness Council

Lego Club

Milnthorpe Library Saturday mornings 10 — 11.30 am

We provide the Lego, you bring the imagination! (Children under 8 must be accompanied by an adult)

Save the Date NSPCC Christmas Fair 15th November in Levens



Milnthorpe & District Allotment Association AGM 2025

& Pumpkin Competition Monday 27th October at Christ the King Church Hall, Haverflatts Lane, Milnthorpe Judging 7-7.30pm

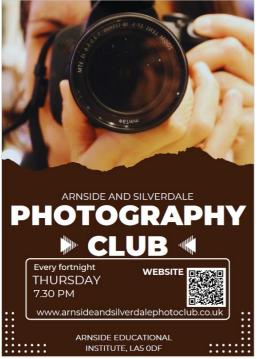
Largest Pumpkin
Largest Marrow
&
AGAIN FOR 2025
Carved Pumpkin Category
Up to 8 yrs, 8 to 16 yrs & Adults





CAN'T SING, BUT WANT TO?









St Peter's Churchyard Volunteer Working Party will be on the 18th October. 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





This Harvest time please consider giving to a Food Bank:

Milnthorpe Area Food bank urgently needs more food. Please donate food if you can.

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

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

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

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

The trolley in Booths Milnthorpe goes to Lancaster and Morecambe

Food Bank



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

Next issue - November 2025 print & online
Please email info by 10th Oct

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If unsure phone 01539564582 or email parishnews@heversham.org



Harvest Thanksgiving

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

Harvest Supper

Saturday October 4th, 6.30 pm at Christ the King, Milnthorpe Tickets all gone at time of going to press!







for anyone bereaved anytime

7 sessions of films and discussion

Topics include:

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

To find out more visit - thebereavementjourney.org

St Thomas' Church Milnthorpe

> 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





The Old School, Heversham next to St Peter's Church Third Sunday 6 pm

Sunday 18th October 4pm

All very welcome







Dear Friends,

One hymn that often appears in any Favourite Hymns list is *To God be the Glory*, written by Fanny Crosby. It was published 150 years ago this year.

Fanny Crosby was a prolific hymn writer. Therefore she had to be a secret hymn writer also. Some publishers were reluctant to have so many hymns by the same author in their hymn books, so, it is said, Crosby used nearly 200 different pseudonyms during her career. She also wrote political poetry, being an ardent abolitionist at the time of the American Civil War.

To God be the Glory is a straightforward hymn giving praise to God for his rescue plan accomplished by Jesus Christ. A keen evangelist, Crosby set a goal of winning a million people to Christ through her hymns. Whenever she wrote a hymn she prayed it would bring women and men to the one who 'yielded his life, an atonement for sin, and opened the flood gates that all may go in.'

The hymn describes that transformation - 'the vilest offender who truly believes that moment from Jesus a pardon receives' - possibly thinking of the repentant thief on the cross beside Jesus, or St Paul's self-description as the chief of sinners.

Fanny Crosby's extensive output is all the more remarkable when you consider that she was blind. At six weeks old, she caught a cold and developed inflammation of the eyes. Mustard poultices were applied, and Crosby claimed this damaged her optic nerves and blinded her. It is not surprising that many of her hymns place a strong emphasis on seeing, and *To God be the Glory* is no exception.

The hymn ends with the Christian's hope and her personal hope, anticipating 'our wonder, our rapture when Jesus we see.'

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



🧱 Kendal **Methodist** Circuit

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

Levens Methodist Church 10.30 am

October

19th

5th Dr. Don Spivey (Harvest)

12th United Service,

Rev. Tiras Dainty-Share

(Holy Communion)

Mr. David Piggott 26th no morning service

Faith @ Four

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 School 19th Oct quiet activities in the Children's

corner -5th. 12th and 26th Oct









Scripture, music &

26th Oct

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

OCTOBER Sunday Morning Services at Parish Churches

8.00 am Holy Communion (BCP)

St Thomas' Milnthorpe -

5th & 19th October

St Peter's Heversham -

12th & 26th October

9.30 am St Peter's Heversham

5th Parish Communion

12th HARVEST - Morning Praise

19th Parish Communion 26th Morning Praise

26th -



9.45 am St John's Levens

5th Parish Communion

12th 10.30 am

at Levens Methodist Church

19th Parish Communion

26th Morning Praise

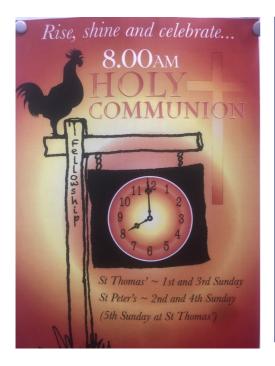
11.15 am St Thomas' Milnthorpe

5th HARVEST - Morning Praise

12th Parish Communion

19th Morning Praise

26th Parish Communion



All Welcome to Monthly Afternoon Holy Communion

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



Tuesday 28th Oct at 2.30 pm (last Tuesday in the month) at St John's Church, Levens

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 01539561676

Priest-in-charge of Levens, Heversham & Milnthorpe

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

Churchwardens

Levens: St John's Milnthorpe: St Thomas' Heversham: St Peter's

Mr Hal Bagot 60588 Dr Val Robson 62904 Contact person:

Mrs Jane Fell 63174

Mrs Jill Butterworth Mr John Ricketts 015395 61676 01524 761076

PCC Secretaries:
Mrs Julie Marsh
015395 83183
France:
01

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

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

Heversham Bowling Clubhouse Vera Alderson 01539 897160

Levens Village Hall Helen & Alan Miller 015395 60334

Levens Methodist Hall Jane Jones 07875 163418

Levens Pavilion Alice 07817 200053

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Contact Tracey 07907 996779 tands.decorating@btinternet.com

THE ORCHARD

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

Holiday Cottages in Heversham

Mary Davies 015395 64809 www.oldebluebellcottages.com

Rigney Bank House 015395 62236

Studio and 2 bed holiday apartments www.rigneybankhouse.co.uk



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DASHING DOGS

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Archway Veterinary Practice

Lindale

Grange over Sands LA11 6LU

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www.archway-vets.com

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Kendal: 01539 722692 Kirkby Lonsdale: 015242 71221

24hr Emergency Service www.westmorland-vets.co.uk



AIRPORT TRANSFER AND LOCAL TAXI SERVICE Levens, Milnthorpe, Heversham, Arnside

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We invite our community and supporters to join us to celebrate KEY's 10th year!
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Lightfest Activities for all young people start at 4pm with our annual pumpkin and fancy dress competition at 5pm

UV light party for families and young people of all ages 7-8pm

For more info call Emma 07960451542