

# Online Parish News

## Levens, Heversham, Milnthorpe



# AUG 2020



Think of others, phone a friend, keep being kind



01539 728118

**[www.nhs.uk/conditions/  
coronavirus-covid-19/](https://www.nhs.uk/conditions/coronavirus-covid-19/)**

**Only call 111 if you cannot get  
help online.**

### **Samaritans'**

Free helpline number is **116 123**.  
Calls to this helpline number do  
not appear on phone bills.

This number is free to call from  
both landlines and mobiles,  
including pay-as-you-go mobiles.  
You do not need to have any  
credit or call allowance on your  
plan to call 116 123.

Available round the clock, every  
single day of the year, providing a  
safe place for anyone who is  
struggling to cope.  
[www.samaritans.org](https://www.samaritans.org)

**HELLO!** If you are in isolation because of the coronavirus, can Levens Good Neighbours help ?

**With:** A friendly phone call Walking your dog Posting mail  
Picking up shopping from Levens Shop Picking up library books  
Collecting a prescription Simple handyperson jobs

**Just ring us on 07908 004672: 8am to 8pm any day of the week.**

Our volunteers are covered by insurance and policies relating to safeguarding and good practice.

Coronavirus is contagious. Items should be left on your doorstep.  
Please take every precaution to ensure you are spreading only kindness.  
Avoid physical contact (2m distance). Wash your hands regularly.

**Milnthorpe Voluntary Group**  
**Email:** [milnthorpevolunteers@gmail.com](mailto:milnthorpevolunteers@gmail.com)  
**Telephone:** 07377 174412

Milnthorpe Voluntary Group will be continuing to support residents in the Milnthorpe area.

This is due to the continuing need in the community, the wish of our volunteers to continue the service and also funding from the Cumbria Community Fund, for which we are very grateful.

Our services include shopping, prescription collections, cooked food delivery, posting of letters and any reasonable jobs that can be performed outside the home. There will also be people available at the end of the phone for a friendly chat.

Please feel free to ring or email us and ask for help. The phone will be manned from 9am – 6pm every day for the foreseeable future.

We have many locals who have signed up to help but if you have any spare time and would like to volunteer, please email us at [milnthorpevolunteers@gmail.com](mailto:milnthorpevolunteers@gmail.com) or visit the Facebook page.

**Know that you are not on your own**





Please continue to donate to **Milnthorpe Area Food Bank** if you can. There is a collecting point at Spar shop in Milnthorpe.

Website:

[milnthorpefoodbank.org](http://milnthorpefoodbank.org)

**Levens Post Office**  
in the Methodist Chapel

Mon, Wed, Fri  
2.15 - 4.45pm.

Remember face covering

# Contact Line

For HEVERSHAM & HINCASTER

07545 103583

open 9 to 5, every day (from 1st April)

Or email: [covid@heversham.com](mailto:covid@heversham.com)

"still open and taking calls"

Do you need someone to talk to, do some shopping or get something done?

Phone or email and we will put you in touch with a suitable volunteer.

Could you offer to help as a volunteer?

Phone or email and we will be in touch.

Meeting needs... Growing community.

In these difficult times, support from neighbours and friends is really important for us all. **Contact Line** does not replace that; it adds another layer of voluntary support.

If you want to talk to someone or are finding it difficult to get shopping or if you have a simple practical task with which you need help because of the pandemic, try **Contact Line**

Phone (between 9 and 5) or email.

We will take your details and then link you with a suitable volunteer.

If you would like to be a volunteer (and some tasks can be done without going out of your home), you can join our volunteer team through **Contact Line**

**Contact Line** and its volunteers will be working within the prevailing National Guidance.

**Contact Line** is a collaboration between St Peter's Church, Heversham Parish Council, Hincaster Parish Meeting and Heversham WI.

As another way of keeping in touch with others in the community, you may be interested in signing up to [nextdoor.co.uk](http://nextdoor.co.uk) on which you will find both a Hincaster and Heversham Group.

Meeting needs... Growing community.

## CHURCHES REOPENING

one church open at 10.30am each Sunday  
for a single service for the three parishes.

This pattern will run until the end of August  
and then we will review all services.



9th August St John's, Levens

16th August St Peter's, Heversham

23rd August St Thomas', Milnthorpe

30th August St John's, Levens

The Bishops strongly advise that **face coverings** should be worn by all those attending a place of worship, including ministers, worshippers, staff, volunteers, contractors and visitors, where there may be other people present; remembering that they are mainly intended to protect other people, not the wearer, from coronavirus COVID-19 and that they are not a replacement for physical distancing and regular hand washing.

We would advise those attending to observe social distancing and hand washing. Not all pews will be available, in order to observe proper distance. Hymn singing is not permitted but we hope to have suitable music played in services.

There is no restriction on the numbers for Sunday services, except what is physically possible to maintain social distancing. The figure of 30 max is for weddings and funerals.

Holy Communion will be given in one kind (bread) only, as directed by church guidelines.

Refreshments will not be offered following the service, but if parishioners wish to bring their personal coffee in flasks, that would be possible. In favourable weather we could catch up outdoors following the service.

We continue a zoom service SUNDAY HUB for those at home, either from the church service or at another time on Sunday morning as technology permits. See weekly updates on the church websites for the reference numbers to join the Zoom links. Please join by 1025 before the service starts.

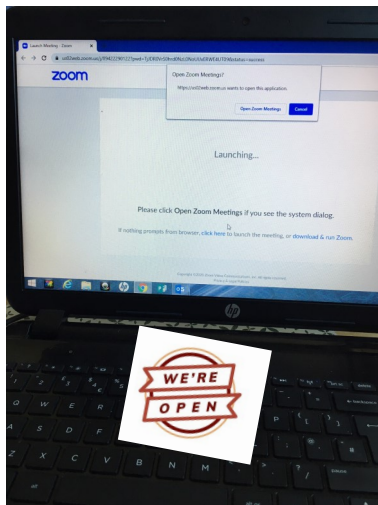
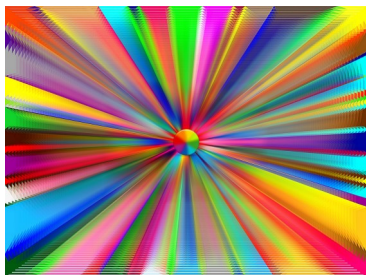
The order of service will be available as a download each week and we would encourage people attending to bring their own copies. These will also be available on the church websites.

**See websites for the latest news !**

**Click on Parish Update on:**

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

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



## Local Links: zoom events for prayer

**Parish Prayer** We shall have a fortnightly time of prayer for each parish, for healing and particular needs, and for the community in general.

You can join us, or send prayer requests. **These are fortnightly meetings**

**Levens, Wednesdays 6.30 pm, fortnightly from 1st July  
August 12th and 26th**

| <http://bit.ly/LevensPrayers>

**Milnthorpe, Fridays 10.30 am, fortnightly from 3rd July  
August 14th and 28th**

| <http://bit.ly/MilnthorpePrayers>

**Heversham, Tuesdays 12 noon, fortnightly from 7th July  
August 4th and 18th**

| <http://bit.ly/HevershamPrayers>



**CHURCHES OPEN FOR PRIVATE PRAYER** - The parish churches are open during the week as places for individual private prayer:

**St John's, Levens:** **Monday 10.00am - 2.00pm,**  
**Thursday 10.00 am - 1.00pm**

\*\* At times St John's may be closed to allow for essential cleaning & ventilation between periods of use. Please watch weekly notices carefully.

**St Peter's, Heversham:** **Tuesday 10.00am - 1.00pm**

**St Thomas', Milnthorpe:** **Wednesday 10.00am - 2.00pm**

**Please observe social distancing**  
**and use a face covering and hand sanitisers when in church.**

**Thank you for your understanding of the situation**



**0800 804 8044**  
**DailyHOPE**  
A free phone line of hymns,  
reflections and prayers

**Daily Hope** offers music, prayers and reflections as well as full worship services from the Church of England at the end of a phone. The **FREE** line – which is available 24 hours a day on **0800 804 8044** – has been set up particularly with those unable to join online church services during the period of restrictions.

Options available include materials also available digitally by the Church of England's Communications team, such as Prayer During the Day and Night Prayer updated daily, from Common Worship, and a recording of the Church of England weekly national online service.

A section called Hymn Line offers callers a small selection of hymns, updated daily. An option entitled 'Hymns We Love', provides a hymn and reflection.

### St John's Levens

Is planning towards autumn and, with the long delayed annual meeting, a new church year.

We know that in September we shall need a new churchwarden and a treasurer. If you are associated with St John's or have a care for the church in Levens in any way, could you give this some thought? And perhaps discuss it with family and friends? The churchwarden will have to be someone who is, or will become, part of St John's; the treasurer not necessarily so but one would hope someone with goodwill towards St John's to undertake this honorary – not too time-consuming-job.

If you would like to get in touch with St John's, please contact the Revd Bryan Kerr, 015395 61448, email [rev@lhmparishes.co.uk](mailto:rev@lhmparishes.co.uk)

or the PCC Secretary  
Mrs Julie Marsh 015395 83183,  
email [juliecrossapol@aol.co.uk](mailto:juliecrossapol@aol.co.uk)



### St Thomas' Sunday School

has met outdoors on a few occasions over the past few weeks with Social distancing being observed.

If you would like to bring your children or grandchildren to Sunday School, please contact Margaret on 07772102339 to find out when the next Sunday School will meet.

It is not every Sunday and is dependent on weather and numbers may be restricted. You can bring a drink and snack if you wish, and something to sit on.

Read News from the Villages in the Westmorland Gazette -

Correspondents  
to send reports to:



**Milnthorpe** - Peter McCabe  
[peterjmcc@aol.com](mailto:peterjmcc@aol.com)

**Hincaster** - Bridget Pickthall  
[bridgetpickthall1@gmail.com](mailto:bridgetpickthall1@gmail.com)

**Levens** - Naomi Capstick  
[niandpaul@gmail.com](mailto:niandpaul@gmail.com)

**Heversham** - Hilary Hutchinson  
[22hilmar@gmail.com](mailto:22hilmar@gmail.com)



Both Quiz and Coffee  
taking a break for now





# Have you been having a clear out during lockdown?

St John's Church Levens invites you to support  
our collection for

## Recycling for Good Causes

Saturday August 8<sup>th</sup>

10-11am – at the bus stop

### We can accept:

Watches and Jewellery – broken, damaged or sound  
– precious or everyday

Currency – coins / banknotes, UK or foreign,  
even if out of circulation

Stamps – loose, single, albums, first-day covers,  
presentation packs, collections

Postcard collections

Gadgets – SatNavs, Ipods, MP3 players, games  
consoles and accessories

Mobile Phones

MILNTHORPE & DISTRICT ALLOTMENT ASSOCIATION  
2020 **MINI** HORTICULTURAL SHOW

Due to coronavirus restrictions, only five categories in this year's mini show.

1. Best kept garden
2. Best hanging basket/container
3. Tallest sunflower
4. Cress Head
5. Largest pumpkin

Class 3 – tallest sunflower – is being run in conjunction with St. Thomas' church and open to anyone in the Kent Estuary parishes.

Class 4 is for children only (under 12's).

Other classes are open to anyone within a two mile radius of Milnthorpe.

There are always many beautiful gardens and containers around the area and it would be great if we could encourage more people to enter :

Best kept garden prize money £20/£12/£8;

Hanging basket/container - £10/£6/£4

Tallest sunflower (adult) £10; Tallest sunflower (under 12's) £10

Best cress head £5 – see instruction page on the allotment website

[www.milnthorpeallotments.co.uk](http://www.milnthorpeallotments.co.uk)

If you would like to enter please complete the section below and return to Kath Craig, 37 Church Street, Milnthorpe or email to

[kathcraig@yahoo.co.uk](mailto:kathcraig@yahoo.co.uk) before 15<sup>th</sup> August, 2020. Judging will take place in late August. 50p entry fee for classes 1, 2, 3 and 5

No fee for class 4.

Prize winners will be notified and results published on the Allotment website [www.milnthorpeallotments.co.uk](http://www.milnthorpeallotments.co.uk)

.....

I would like to enter class(es)

.....

Name and address.....

.....

Email.....

Phone.....



**“I do a lot to help my elderly mum, like picking up shopping, sorting out her finances, making important calls and organising her post. But with lockdown in place I haven’t been able to help her as much. I’m particularly worried about what I’ve heard about scammers at the moment, and I wondered whether there’s anything I can do to help protect my mum?”**

There are a few steps you can take to keep your mother safe and lessen your need to worry.

With your mother’s permission you can register her landline with the Telephone Preference Service. It’s free to register and doing so will reduce the number of unwanted sales and marketing calls you receive. This won’t block all unwanted calls (it won’t work on calls from abroad or companies she’s given her number to already, for example), so your mother will need to continue to remain vigilant, but it’ll certainly lessen the number of them.

You can encourage your mother to talk to her phone provider to see what privacy services and call-blocking services are available. These services aren’t always free but are useful in ensuring any call coming through is from a trusted or known source.

In terms of unwanted post, with your mother’s permission you can contact the Mailing Preference Service to have her name taken off of any marketing lists. You can also contact Royal Mail and opt out of receiving any leaflets or un-addressed promotional material. Attaching a ‘no junk mail’ sign to her front door may also help with this.

It’s also vital that you chat to your mother to help her spot the marks of a scam herself. At Citizens Advice we always advise the following:

- \*Be suspicious if you’re contacted out of the blue, even if it’s from a name you recognise
- \*If it sounds too good to be true it probably is
- \*Never give out your bank details unless you are certain you can trust the person contacting you
- \*Don’t be rushed – you never need to make a decision straight away and if you feel pressured say “no”, hang up the phone, or close the door

If you find yourself needing to take over your mother’s finances in the future, it’s worth looking into a long term solution like a Power of Attorney.

Lastly, if your mother is receiving care from her local authority and you think she might be being scammed, it’s worth reporting your concerns to their Adult Safeguarding team.

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. South Lakes Citizens Advice is still delivering a service - Telephone and Digital Advice

***How to access:***

- ***Call 015394 46464 - this is being staffed from 9:30 – 2pm***
- ***Adviceline: 03444 111 444***  
***email advice via our submission page on our website [www.southlakescab.org.uk](http://www.southlakescab.org.uk)***  
***Help to Claim (Universal Support): 0800 144 8 444***

We are considering changes to the Parish News when we can print again...

Format, colour, content, page size, how many times a year ..... ???

Email ideas to

[parishnews@heversham.org](mailto:parishnews@heversham.org)

<p><b>Martin Dodds</b>  <b>General Builder &amp; Plasterer</b>          Alterations, extensions,          plastering, dashing, roofing,          block work, stonework,          pointing, patios, fencing</p> <p><b>07950 033089</b>  <a href="mailto:martind23@btinternet.com">martind23@btinternet.com</a></p>	<p><b>Cumbria Landscaping</b>          • Patios • Fencing • Stonework •          • Decking • Driveways • Ponds •  <a href="http://www.cumbrialandscaping.com">www.cumbrialandscaping.com</a>  <b>Stuart 0788 1914 108</b>  <a href="mailto:stuart.lambert@hotmail.co.uk">stuart.lambert@hotmail.co.uk</a></p> <p><b>E&amp;R AUTOS LTD</b>          Quarry Lane, Sandside  <b>015395 63101</b>          Vehicle Servicing &amp; Repairs          MOT Booking &amp; Preparation          Tyres &amp; Puncture Repairs</p>	<div data-bbox="759 264 999 418">  <p><b>Lakes &amp; Dales</b>  <b>Friendly Handyman</b></p> </div> <p>Based in Endmoor          Call John          on 07725 947944          or email  <a href="mailto:johnphilipswain@icloud.com">johnphilipswain@icloud.com</a>          No job too small</p>
<p>for your New or Used Car come to  <b>PV DOBSON &amp; SONS</b>          (Motors) Ltd  <b>Bridge End Garage, Levens</b>  <b>015395 52441</b>          Mechanical &amp; Body Repairs, MOT Testing</p> <p><b>MOBILE LOCKSMITH</b>          Locks opened / replaced          Ring for a quote  <b>015395 68170</b>  <b>07827481922</b></p>	<p><b>Joeys Nursery and Out of School Club</b>  <b>for all your childcare needs</b>          from the age of 0-11 for 50 weeks of the year.</p> <p><b>Koala Room for 0-2s &amp; Little Jumpers Room for 2-5s</b>          Nursery Free Entitlement for 2-4s up to 30 hrs/wk          between the hours of 7.45 am – 6 pm  <b>School Holiday Club 7.45am-6pm</b>          open to all primary age children in the area</p> <p>Tel: 015395 64090 E: <a href="mailto:helen@joeysnursery.co.uk">helen@joeysnursery.co.uk</a></p> <p>Joeys is part of Milnthorpe Family Centre a registered charity          No. 1131829 offering support to families on a non-profit basis</p>	
<p><b>BPS Roofing</b>          All aspects of roofing          contact Ben  <b>015395 63844</b>  <b>07786 407187</b></p>	<p>Stephen Malkin 62137          Slating &amp; Roofing Specialist          Re-roof/ Repairs          Exterior maintenance          not VAT reg</p>	<p><b>Fibre Glass Flat Roofing</b>  <b>Dormers, Garages, Extensions</b>          Approved Installer  <b>contact Paul Gott</b>  <b>015395 64529</b></p>
<div data-bbox="73 1168 400 1525">  <p>Kiln Dried Logs • Smokeless Fuel • House          Coal • Kindling • Firelighters • Briquettes          Pellets • Top Soil • Compost • Bark</p> <p><b>01524 812476</b>  <b><a href="http://www.logsdirect.co.uk">www.logsdirect.co.uk</a></b>          Free local delivery (min order required)          Brooklands Farm, Addington Road,          Lancaster, LA2 6PG.</p> </div>	<p><b>skb window cleaning</b>          local window cleaner fully insured          hard to reach &amp; velux windows          frames, doors, garage doors          solar panels conservatories          roof cleaning/moss removal  <b>62852 or 07783 802192</b></p> <p><b>CHIMNEY SWEEP</b>  <b>Chris Backhouse</b>          ICS Registered member.          Public Liability insured          Open fires, stoves, agas,          camera inspections  <b>07443 902903</b></p>	<p><b>CHRIS EASTON WELDING</b>  <b>Gates, Railings,</b>  <b>Garden Ornaments</b>  <b>and General Fabrication</b>  <b>07917 402394</b></p> <p><b>Andrew Backhouse</b>  <b>Chimney Sweep Ltd</b>          est 1992 Trading Standards Approved          All types of chimneys and flues swept          Public liability insured  <b>015394 45117</b>  <b>07763 145594</b></p>



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www.thevillalevens.co.uk

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Enquiries & Bookings

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**015395 61017**

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www.sykescottages.co.uk



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Milnthorpe 015395 62770

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www.bayvets.co.uk



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**Beezon Road, Kendal**

**01539 887988**

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lowsizerghbarn.co.uk  
**015395 60426**



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<p> <b>Green Dental</b> 25 Main Street, Milnthorpe LA7 7PP</p> <p>Accepting new patients Excellent family dental care Payment options available</p> <p>015395 63685</p>	<p><b>PURE ESSENCE</b> BEAUTY • SPA • ANTI-AGEING</p> <p>South Lakeland Leisure Village Carnforth LA6 1 BH Ph 01524 735240</p>	<p><b>CUTZ</b> HAIR SALON 13 Main Street, Milnthorpe T: 64484 also find us on FACEBOOK</p>
<p><b>Sue Spencer</b> <b>COUNSELLOR</b> BACP Registered 015395 62217 07804 863408 www.suespencercounselling.com</p>	<p><b>Chiropody Clinic</b> Judith Swift BSc HPC Registered Unit 6, Bridge End Business Park Park Rd, Milnthorpe <b>015395 64303</b></p>	<p><b>FOOTCARE AT HOME</b> Tracey Garrett BSc MinstChp <b>FOR HOME VISIT</b> Nail trimming - Ingrown nails Corns- Callus Diabetic foot care &amp; advice Phone 07766 167018</p>
<p><b>L M Baverstock</b> <b>Ophthalmic Opticians</b> The Square, Milnthorpe <b>62633</b></p>	<p><b>Park View Surgery</b> Haverflatts Lane Milnthorpe LA7 7PS and 21 New St, Carnforth www.parkviewsurgerynhs.co.uk</p>	<p><b>Irene Taylor Hearing Centres</b> Salt Pie Lane, Kirkby Lonsdale 015242 73589 Specialist in hearing aids &amp; protection Earwax removal by microsuction www.prestonhearingcentre.co.uk est.1980</p>
<p><b>Ralph Sutton D.O.</b> Registered Osteopathic Milnthorpe &amp; District Osteopathic Clinic 015395 65777</p>	<p><b>01539 715555</b> When surgeries are closed call </p>	<p>Abbeyfield  <b>Hartland House</b> Residential Care Manager - Mark Harrop 015395 62251</p>
<p><b>PLUMTREE HALL</b>  <b>HEVERSHAM</b> Independent living for over 55's</p> <p>En-suite Rooms/Apartments. Lift Good home cooking Reasonable rates Care provision accepted</p> <p>contact Helen Wilson 63015 or Sarah Gott 64529 www.plumtreehall.co.uk Plumtree Housing Assoc Ltd</p>	<p><b>Lakeland &amp; Lunesdale</b> <b>Physiotherapy</b> &amp; <b>Sports Injury Clinic</b> Chartered, HCPC qualified staff</p> <p>Aches, Pains &amp; Movement Problems Sports Injuries, Women's Health, Respiratory Services, Pilates, Acupuncture, Podiatry/Chiropody, Myofascial Release, Exercise Studio <b>Milnthorpe 64727</b> www.physio-sportsinjuries.co.uk</p>	<p><b>Lunesdale House</b> Residential Care Home <i>Phone Mr C D Green</i> <b>63293</b></p> <p>Russell McNeil RSHom <b>HOMEOPATHY</b> 015395 62093 07734 680349 www.homeopathyforhealing.net russell@homeopathyforhealing.net</p>



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### Burton Tech Support

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*Parish News* is run by the Parish Churches

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**Next issue will be online SEPT Please send info by 20th Aug 2020**

To the best knowledge of the Editorial Team all info is correct at time of going to press **1.8.20**

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