BURTON NEWS

THE VILLAGE NEWSLETTER

June 2025 Issue 358



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BURTON NEWS

Please send us your letters - articles - events news - stories - recipes etc for publication

Send by e-mail to burtonnewseditor@gmail.com

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Next Editorial Committee Meeting 17th June

LAST DATE FOR COPY 20th June for July issue

Burton News Information

Editor: Stuart East

Treasurer: Margaret Carr **Secretary**: Maura Doore **Distribution Mgrs:**

Jayne Hornsby and Jan Abbott burtonnewsdistribution@gmail.com

Editorial Committee Members:

Joan Barkley Margaret Carr Kath Hayhurst Hazel Parker Frances Roberts

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www.burtonnews.org.uk or our Facebook Page 'Burton News'

Contact the Editor via email:

burtonnewseditor@gmail.com

EDITORIAL

Welcome to the June edition of Burton News. Our cover this month is the topper that has been on the Post Box outside the shop recently. In May, the Knit and natter group asked the children at Morewood school to design the topper for September for when they returned to school and one young man designed a topper and kindly asked we put it on a specific date. So this month we have a Star wars topper as it is to celebrate May the fourth! (Be with you!) The Knit and Natter group would like to thank and credit Arthur in Year 5 as the inspiration for the topper, and hopes he has liked seeing his idea come to life.

As you will probably be aware by now, Gill and Akis have finally managed to retire and the shop is under new ownership. Burton News would like to put on record our sincerest gratitude to Gill and Akis for everything they have done for us and the wider community over the years. They have very kindly allowed us to use the shop as a distribution hub. allowing our printer to drop off copies at the shop for our hard working team of distributors to collect and deliver. The shop has also been a place where people could leave articles for Burton News, and Gill and Akis have always supported our annual fundraising drive, allowing villagers to give their generous donations there.

Please would readers note that letters & articles must include a valid name & address. This can be with-held from publication on request. We will not publish any anonymous letters, or material which, in the opinion of the Editorial Committee, is of an offensive or defamatory nature. BN reserves the right to edit letters & articles in the interests of magazine space.

After 18 years of hard work and service to the community Gill and Akis are now looking forward to a well deserved retirement. We thank them, and will miss them but wish them all the best for the future. Gill and Akis have written a piece on page 4 reminiscing about their time in Burton.

We would also like to welcome the new owners to the village. Siyan and Thurka have taken over ownership and we wish them every success in their endeavours. I'm sure that they will have exciting changes planned for the shop, and I know that the whole village will make them welcome and wish them success with their new business venture.

This month's edition is again full of articles highlighting the vibrancy of the village. We have so much going on that it is hard to fit it all in! We have our regular updates from the clubs and societies but also a number of special events to highlight for you.

The Sports Committee celebrate a successful Easter Egg hunt and are looking forward to a number of different events coming up, such as the big kids day out and family treasure hunt. The hall have a lot of events this month, including the Fashion Show and an Antiques Fair which is a first for the village and will be held once a month for the rest of the year.

Burton Singers invite you to their summer concert on the 14th and we congratulate them on their fantastic fundraising for charity. We also have some information from the local council about proposed changes to our recycling schemes. They are keen to hear your views so if you would like a say over the future of recycling in Burton read the article to find out how to contribute.

Once again this edition has information on how to get involved in activities in the village. In particular the Parish Council are inviting you to consider become a Councillor. They have provided us with lots of useful information about what is involved and how to apply. What a great opportunity for people in the village to stand up and shape our future.

And finally of course, you can always get involved with Burton News. There is still a space on our committee for new members, but we also love to hear your feedback. If you like what you see in the newsletter, drop us a line. Or if you have an article you would like to see appear, get in touch with us.

BURTON VILLAGE STORE - NORMAL OPENING HOURS

Monday - Friday
Shop: 6am - 8:30pm
Post Office: 9am - 5.30pm
Saturday
Shop: 6am to 8:30pm
Post Office: 9am to 12:30pm
Sunday
Shop: 7am - 8pm

Post Office: Closed

The views expressed within Burton News are not necessarily the views of the Editors or the Editorial Committee

Reminiscing

Eighteen years ago, (almost to the day), having agreed the purchase of the Village Store, we visited Burton on the day of the Annual Carnival. Reminiscing, (as all retired folk must) back then the Carnival was an exciting affair with a procession of neighbourhood floats, a bouncy castle children's races and stalls laid out on the school playing field. In the evening there was a fancy dress competition judged by the "Carnival Queen & King", Barbara & Jack Winrow. As many of you know, Barbara was the longest serving staff member from two previous owners. Along with Jan, Veronica & Tracy and of course Tim & Elaine, they helped us on our way with our first retailing steps. Through the years we have been lucky to have highly competent & committed staff. We would not have been able to survive without them. Especially, we must mention the most recent team who were able to keep the shop & PO fun to visit & running efficiently. They will always be in our hearts & minds.

Back to the Carnival Day, we had the opportunity to meet members of the village, and we received the first warm welcomes of many that would follow. A few days later, we received the keys and so began our tenure as custodians of the Village Store & Post Office. It took us some years of "learning the ropes" but finally we started the major renovation project that had been in mind from the beginning. It was interesting how many customers enjoyed the small one room pop-up shop in the memorial hall. We thank the Hall Committee for their kind offer. Not very long after the renovation was complete, we were still "basking" in the glow of the new shop design, the pandemic raised its ugly head. That also brought to the surface the unyielding community spirit that typifies Burton, lots of volunteers taking food items to those isolating and helping any way they could. The village must be immensely proud of all these folk.

During the pandemic Akis became seriously ill and was hospitalised for months. That forced us to re-arrange the workings of the shop, always depending on the help & support of our staff. After tiring of life in Preston Royal Hospital he returned home for a prolonged period of recuperation. The understandable strain of all this brought to the surface Gill's orthopaedic problems that grew more severe, resulting in double hip operations a few years later. Slowly coming back to the shop (first Akis, then Gill) we were very touched with all the "Get Well" cards, chocolates & flowers from our customers.

Those medical issues for both of us, together with our advancing age, forced us to alter our pre-pandemic plans and start thinking about retirement. We are pleased that, on retirement, we can hand over to a younger family, Siyan and Thurka with their son Aadvik, and their staff. We know how difficult it is for village shops to survive in the highly competitive food market of today, but we feel sure that you will give them the support that they need to take things further. We would be remiss not to remember again all those that we have had the chance to know, start friendships with but also to lose for a number of reasons. Thank you for all the retirement cards, your wishes, gifts and flowers. We will see you around.

Gill & Akis

Burton-in-Kendal Art and Craft Society For Demonstrations, Exhibitions, Talks and Workshops

The Art Group will meet each Friday 9:30am - 12 Noon BMH The cost is £3 per session for members and £5 for non-members The Craft Group meets 2nd Monday each month 1.30-4pm BMH £3

To join the Society contact the Treasurer Paula Firth.
Tel 01524 571997, email p.c.firth@ hotmail.com or mobile:07488 328464 or

Chairwoman Kath Hayhurst Tel:01524 781613 or email kathhayhurst84@gmail.com

Membership includes free programme of events, free art and craft entries to the exhibition and use of the Society library.

Burton Fellwalkers

Burton Fell Walkers aim to do three walks each month, except in December, when we have one festive outing.

New walkers are always welcome, and we offer a range of walk grades. Contact our Secretary Sarah Walker via the website http://fellwalkers.burton.org.uk or on 07947 069765.



Sun 1 June. 9am. Black Combe. 7.5 miles (med /hard) Weekday date TBC (contact secretary). Robinson -Dale Head. 9 miles (hard / severe)

Wed 11 June. 6.30pm EVENING. Hutton Roof. <5 miles (easy) Sat 28 June. 8.40am bus / 9.15am car. Staveley. Gurnal Dubs. 6 miles (easy / med)

Burton, Holme, and District Local History Society

Monday 16th June 2025 7.00pm 'Holme Park Quarry' Roger Jones

Members only.

A full programme is available on the website www.localhistory.burtonweb.org.uk

Contact: Chairwoman and Programme Co-ordinator Kath Hayhurst. Tel. 01524 781613 email kathhayhurst84@gmail.com New members welcome.

News from Burton Memorial Hall

May I remind everyone that the Hall's Annual General Meeting will take place at the hall on Tuesday 3rd June at 7.30pm, and is open to anyone resident in the parish over the age of 18, so if you would like to be part of the team that runs your village hall please do come along.

On Friday 6th June we welcome back to the hall the team from Kitty Brown Boutique with their summer Fashion Show. Doors open at 7pm and the show starts at 7.30pm. Tickets are £5 each, which includes a glass of wine or a soft drink. There will also be a bar and a raffle, and the show is in aid of Hall funds. You can get tickets from me via 01524 781306, or by popping into Warm Welcome Wednesdays any Wednesday afternoon between 12.30 and 4.30pm, or any Wednesday evening at Knit and Natter at the Hall from 6.30-8.30pm, or simply pay on the door on the night!

The weekend of the 14th and 15th June is a busy one at the Hall, with the Burton Singers Summer Concert on the Saturday night, and on the Sunday we welcome a new Antiques and Vintage Fair (with refreshments on sale too) from 10am until 4pm (these will also happen monthly on the 2nd Sundays in July, August, October, November, and December.)

Our mid-monthly coffee and cake morning is on Saturday 21st June, 10am until 11.30am, with our delicious home-made cakes, and we'll have Kingsharp in the car park again from 10am-12noon to sharpen your blunt things.

And finally, a huge thank you to everyone who has sent us their family wartime stories, we have used them to create a display across the south end entrance lobby walls and at the back of the main hall, so please do have a look when the hall is open. The display will be up until September, so you've lots of time to visit it and read the fascinating stories there. If you have a story to tell about your family during WW2 we can still add more panels to the display so please do give me a call to arrange this.

Anne Nichols, Chair of the Management Committee, tel: 01524 781306



Held at the Royal Oak, Burton every 2nd Wednesday of the month. Come along and enjoy a

reasonably priced two course meal with tea or coffee in a friendly environment. Please call Age UKSC to book on 01539 728118.

Age UKSC Information is available at the Coffee Morning and Book Drop on the 1st Monday of the month in the BMH 10am - 11am

BURTON MEMORIAL HALL 200 CLUB

Below are results of April 200 Club Draw:

FIRST PRIZE: £28 P. FIRTH

SECOND PRIZE; £17 R. EVANS

THIRD PRIZE: £12 C. BETLEY

Anyone wishing to join the 200 Club, please contact Katy Worsley on bmh200club@outlook.com
Or call 07946 617634

Cost £12 per number for a year (12 draws)
Why not buy a year's subscription to the 200 Club for £12 as a birthday gift for a

Burton Book Drop & Coffee Mornings

Monday 2nd June

month (unless its a bank holiday) from 10:00 to 11:00. All proceeds go to help the upkeep of the Hall. This is an opportunity to come and have a coffee, cake and a chat, buy a second hand book and use our Book Drop. The Book Drop is a community library service provided by Westmorland & Furness Council but manned by village volunteers.

WI MAY MEETING REPORT

The May demo and talk given by Jen from Drum Nation was literally a great hit! We were given the history and start up of this samba band from Kendal before being let loose with drums, sticks, expert tuition and all complete with dressing up. It was an absolute hoot, showing again that Burton WI are always up for a laugh and getting involved.

The competition, ear defenders, was won by Kath Hayhurst with Jan Shepherd 2nd and the raffle winners were Kath Kirkman and Joyce Hinchliffe.

Next month will see some of us venture onto the streets of Burton for a local treasure hunt, board games at the hall and a social get together; hoping this good weather lasts!

After our April meeting we were delighted to receive a letter from St John's Hospice thanking us for our donation of £105.35.

Free on the 2nd Thursday evening of each month? Come and join us. Contact Jan Shepherd 07974 412458 for all the info.

Burton Memorial Hall COFFEE & CAKE MORNING

in aid of Hall funds

Saturday 21st June 10am - 11.30am



plus



Tool, Knife & Scissor Sharpening by Kingsharp in the car park 10am-12noon

Burton Memorial Hall is a charity registered in England & Wales, no. 505018

BURTON MEMORIAL HALL

ANNUAL GENERAL MEETING

TUESDAY 3rd JUNE
7.30pm
at
THE MEMORIAL HALL

Open to all residents of the parish over the age of 18

BURTON MEMORIAL HALLIS A CHARITY NO 505018 REGISTERED WITH THE CHARITY COMMISSIONERS IN ENGLAND AND WALES

My Granny, The Knitter By the secret poet

My granny, a knitter, is a true heavy hitter who secretly yarn bombs her town. In the dead of the night, she's a mysterious sight, clandestine and wearing dark brown.

She puts out knitting that's always befitting to the season or time of the year. Her aim is to thrill and show off her skill and also to bring some good cheer.

At the start of the day, when the moon drifts away and the town folk slowly awaken, upon going outside, they are filled with great pride at her spectacular knitted creation.

The post-box is themed, and fence posts all teamed to reflect a relevant topic.
A magnificent sight and a gorgeous delight, a tableau that's almost hypnotic.

My inconspicuous gran, who is always deadpan leads a life we could never have predicted. She's a sly one indeed, as she bombs in brown tweed, she's a knitter who's truly addicted.

Royal Oak Burton

Thankyou to everyone for continuing to support the pub and we hope you are enjoying the new facility in the village and have made use of our beer garden during the wonderful weather.

This month at the quiz night, we raised £258, which was for the MUGA, a fun night was had by all and thanks again to our hosts Kate and Annie, who did a fabulous job. The next quiz night is the 4th June at 8pm, we will be raising money for the local hospice.

On the 7th June we have a singer, Matty Gough, who will be entertaining us from 8-10pm. So come and enjoy the tunes and a drink. We are serving delicious lunches and wholesome evening meals as well as continuing with the hot drink and cake deal. Booking is advised to avoid disappointment on 01524 548797.

Further updates and information can be found on our website and social media pages. We look forward to welcoming you.

The Royal Oak Team

WE ARE HIRING AT THE TANNERY!

We are looking for reliable, competent and responsible individuals to join our growing team in a welcoming and well-resourced domestic setting in Burton-in-Kendal supporting a charming young male adult who has an acquired brain injury and epilepsy.

Rehabilitation/Personal Care Assistants (NVQ3 or equivalent) -£15.00 per hour (49hrs per week – 2 x 24.5hr shifts)

To provide a comfortable, rich, and fulfilling home and lifestyle whilst simultaneously supporting the young man in his rehabilitation and empowering him to maximize his potential and skillset.

<u>General Assistants - £13.50 per hour (49hrs per week – 2 x 24.5hr shifts)</u>

To work alongside the PCA's offering support as and when necessary and to support Housekeeping with domestic tasks.

Housekeeping Assistant - £13.00 per hour (18 hrs per week)

To assist the housekeeper with various domestic duties including general cleaning & laundry following COSHH and H&S regulations.

Casual contracts are also available.

For all posts driver with own car is essential / clean licence desirable. Client has his own vehicle. An enhanced DBS check will be carried out for these posts.

For further information or to apply please send a cover letter along with your CV to helen.looker@the-tannery.org.uk for the attention of Helen Looker.

BURTON SPORTS COMMITTEE

Wow, a massive thank you to everyone who supported our Egg hunt. We were very fortunate to have good weather and estimated around 90 kids looking for eggs on the school field. The craft table was busy, and the face painting was a big hit! There were many smiling faces and great to see so many people staying and enjoying time with their friends and families. We had lots of great entries in the competitions and some difficult decisions were made.

The competition winners were:
Decorated Egg: Halle and Khali
Easter Bonnet: Evelin and Khali
Garden in a box: Beck and Emily
3 cupcakes: Beck and Michaela

We are still looking for ideas for our big kids day out and would like to start planning that soon to avoid everywhere being booked up. A great chance for the older kids of the village to meet up and have fun away from the school environment.

Following the success of our last event, we are still looking for additional helpers, to give as much or as little time as you can. To get bigger and better, we need a greater variety of help with different opinions and ideas of things we can do.

Don't forget our events happening later in the year:
Family treasure hunt - Dalton woods – September - TBC
Big kids day out - September - TBC
Christmas bingo - Nov/Dec - TBC
Children's Christmas parties - Dec - TBC

Keep an eye out on FB for updates and send us your messages, alternatively email us on our new address; bcsccumbria@gmail.com we look forward to hearing from you.

WESTMORLAND COUNCIL

Have your say on waste and recycling options:

Residents are being invited to share their views on options for future waste and recycling services in Westmorland and Furness.

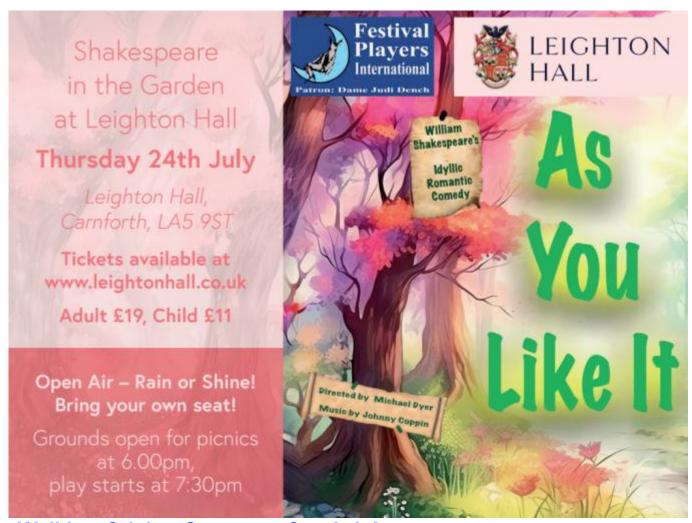
Following on from the first-stage 'Community Conversation' engagement in November and December, Westmorland and Furness Council is now seeking people's thoughts on options such as the sizes of containers, frequency of collections and full or partial subscription charges for green waste collections.

The results of this new stage of community consultation will be used to help finalise the design of the new-look services – with the first changes being rolled out before the end of the year.

For more information about the options complete the Options Consultation Survey.

https://www.surveymonkey.com/r/wasteoptions





Walking Cricket Comes to Cumbria!

Age UK South Cumbria in partnership with the Live Longer Better in Cumbria programme are delighted to announce the first Walking Cricket sessions in the county!

Walking Cricket is a slower version of the game, designed so that anyone over 50 can take part regardless of their fitness levels. The group provides an opportunity for those with a love of the game to get out, get involved and meet like-minded people. Come along and give it a try on Monday the 7th of July at 2pm - 3.30pm, there is a suggested donation of £3. The sessions will take place every Monday at Heversham Sports Hall, LA7 7EH.

Help wanted! Do you have experience of the game and would be happy to share your knowledge? We are also looking for passionate individuals to volunteer to help run the group and keep it going throughout the year.

Please call us on 01539 728 118 or email admin@ageuksouthcumbria.org.uk to book your place or register your interest in becoming a volunteer for this exciting new venture.

KITTY BROWN FASHION

SHOW

Burton Memorial Hall

Registered charity 505018 England and Wales

Friday 6th June 7:30pm Doors open 7:00pm

£5 includes glass of wine, fizz or soft drink

Bar and Raffle

Tickets available from Anne on 01524 781306 or at Warm Welcome Wednesday at the Hall from 12.30-4.30pm.



BURTON PICKLEBALL CLUB

Pickleball v Menopause

I've managed to vehemently deny getting stiffer with age, challenging friends who suggest "It's just part of menopause" until suddenly – what on earth? – I can't touch my toes, and I'm hobbling to the loo in the wee hours, hunched and grumbling to myself about why the hell at 51, I'm hobbling.

I used to complain, continually, that 'I'm freezing'! Now, I traverse from cold to a million degrees at a moment's notice.

It's like I fell asleep in the artic and I woke up in the Sahara without an ounce of lubrication left in my body (except for the copious amount of tears that dispense themselves freely at the sign of anything remotely cute or cuddly on Facebook). Gone are the days of seeking out glamorous Vajazzles, now I'm seeking out the tube of Vagisil.

I've always fancied myself in pretty decent shape – "mildly athletic", even. Now I'm using "hunched", "grumbling" and "hobbling" in the same sentence. Have I been delusional all along?

Upon hearing me moan about my rapidly shortening arms or, as I like to think/hope, my later life leg growth spurt, the guy scanning my gym card suggested I take a cardio class.

"Cardio? "I'd rather leap out of an airplane," I say. "At least there'd be a cool breeze."

"Or you can do Bikram," he goes on with a confused look upon his juvenile face. "You'll work up a good sweat."

Hot yoga! Is he having a laugh? I'm menopausal, I think. Why would I pay money to sweat even more? If only I could donate a few litres.

I'm sure there is a better way to keep limber and put my toes back into reach. And there was, and it's fun. PICKLEBALL!!

'Yeah, yeah, yeah', I hear you mutter, 'I bet you still sweat though'.

Well unless I give up caffeine and alcohol, the hot flushes are here to stay for a while longer, but at least I can now touch my toes and have had a good laugh with the other Picklers getting that ability back.

Annette Sayers

Fitness Is Fun!

Next in our fitness regime is strength training -using body weight to build up muscle mass, endurance and strength which can then support us as we carry out our day to day activities

Benefits of regular strength training can build lean muscle which burns more calories; it may reduce the risk of injury or falling and it may help to decrease blood pressure.

In short strength training may increase quality of life especially as you age. To get the best results start slow and focus on **doing the exercises correctly.** You don't need any special equipment...your own body weight and gravity will work wonders. AND you need very little space or time! Here's a sequence of classic body weight exercises that will give all the major muscles a workout, but do please check on correct form before launching into

Squats. Especially for glutes, quads and hamstring. Keep your back straight and chest open, knees going in same direction as feet!

lots of repetitions!

Reverse fly. Targets shoulders and upper back, but make sure the movemed very controlled in lift rather than swing your arms up.

Lunges. Another for glutes, quads and hamstrings with hip flexibility and balance thrown in.

Press ups . For chest arms and core. Start with push ups against a wall or work top if you need to, then progress to the floor with knees bent [as illustrated] and finally to a full press up . Again, correct technique is important.

Glute bridges. Working glutes, hamstrings, lower back and core. Can stay in bridge, or lower and raise the hips.

1

Do each exercise for 30 seconds if you can, without a rest in between exercises and repeat the whole sequence twice....a grand total of 5 minutes.

Combining weight training with cardio is great for brain health too....what's not to love.

Jan Abbott

It's never too late to be fit for life. It's your life----live it, love it.



Burton-in-Kendal

TENNIS CLUB



Upcoming Events

New for this Summer is a pop-up Wednesday evening tennis social starting on Wednesday 30th April at 6pm. If you'd like to give it a try do pop along to the courts in suitable footwear and join in. If you're short of a racket, we can provide one for you plus some friendly coaching tips to help you to start/restart playing.



Tennis Leagues

The Summer Leagues are about to begin for those who wish to participate in them. Whatever your level of play you can join in with one of our teams or just come along for social tennis.

Social Tennis

Friday 10 - 11:30am, Sunday 2 - 3:30pm Alternate Wednesday evenings in the Summer season. First dates: April 30th, May 14th, May 28th, June 11th all at 6pm. Weather permitting!

Contact

For more information visit our Website, Facebook page or

email: info@burtontennisclub.co.uk website: www.burtontennisclub.co.uk

BURTON BOWLING CLUB

| Burton in Kenda | al Bowling Club | | | | |
|------------------|-----------------------|---|--------------------|---------|------------------------|
| Home Fixtures 20 | 025 Season - June | | | | |
| Tues 3 June | Burton in Kendal A | v | Hale | 6.30 pm | Kendal League Div 1 |
| Weds 4 June | Burton in Kendal A | v | Quernmore A | 7.00 pm | Morecambe League Div 2 |
| Thurs 5 June | Burton in Kendal Vets | v | Trimpell | 2.00 pm | Veterans League Div 1 |
| Tues 10 June | Burton in Kendal A | v | Holme A | 6.30 pm | Kendal League Div 1 |
| Weds 11 June | Burton in Kendal B | v | Bay Mixed | 7.00 pm | Morecambe League Div 3 |
| Tues 17 June | Burton in Kendal A | v | Burton in Kendal B | 6.30 pm | Kendal League Div 1 |
| Weds 18 June | Burton in Kendal A | v | Carnforth A | 7.00 pm | Morecambe League Div 2 |
| Tues 24 June | Burton in Kendal B | v | Levens A | 6.30 pm | Kendal League Div 1 |

BURTON TABLE TENNIS CLUB

The final of the Kendal & District Table Tennis League (KDTTL) Knock-Out Cup was held at Burton on Wednesday, April 30th. The winners were Natland B who defeated Crook B, 5-1, in an entertaining final. The match was followed by the KDTTL End of Season Presentation Evening at which the winners of the 2 divisions and various other awards were presented. The event was hosted by Burton Table Tennis Club, refreshments and light snacks were provided and the kitchen was brilliantly managed by Margaret Burton. Tony March collected the Division 1 Runners-up awards on behalf of Burton A, who finished second to Natland A. Burton C were Runners-up in Division 2, just 4 points behind a young and talented Natland E team and their awards were collected by John Fitzgerald, who also collected the first ever 'Top of the Averages' trophy for Division 2, having won 36 of his 39 singles matches, at a win % of 92.3%.

Division 2 of the Spring Junior League completed at Natland on April 22nd. Burton TTC had 2 teams in this division and Burton Beavers, represented by Louis Gwillim and Zach Martin, finished 2nd in this 8-team division and left with the silver medals. Burton Bears, who rotated between 3 players, Hugo Robinson, Toby Craig and Eben Johnson, finished 6th. Louis also collected the 'Best Player' award, having finished top of the averages, having won 19 of his 20 singles matches at a win rate of 95%!

The Thursday evening adult social sessions have now paused for the summer break and will resume on Thursday, September 11 th @ 6.00. Similarly, the Thursday early evening Junior Coaching sessions will break for the summer following the final session on Thursday, May 22nd.

During the 2024/25 season, 17 players have represented the Club in the KDTTL Senior League, 15 people have attended the Adult Social sessions, and 9 children have attended Junior Coaching. Thanks are due to Martin Wakelin for leading the Junior Coaching sessions.

Table tennis will resume at the Burton Table Tennis Club at the beginning of September, starting with match practice for Senior League players on Wednesday, September 3rd @ 7.00. Have a great summer!

From the vicar ... www.burtonandholmechurches.org

At the Top

Dear Friends,



What would you say is most needed for a country, or a family, to thrive? Hard work and enterprise? Law and order? Compassion and kindness?



These are all good in their proper place but we're wrong to assume that we human beings can fix our problems on our own, without reference to the God who designed us and runs our world. That would be like assuming that any problems with our car can be fixed from the driving seat without lifting the bonnet. The problem, and the answer, goes deeper.

If God has more than a little to do with our thriving or not-thriving then I suggest that our most-needed list should be topped by these:

First, **Grace**. In the Bible this means not 'graceful' but rather the undeserved kindness of God. He gives or withholds (as he chooses) – rain, crops, business success, family happiness, good government, military strength, health, sanity, and life itself. Since every breath we take is a gift from God it follows that no person, family or nation can survive or thrive without our Creator's gracious giving. No man has ever given to Him but every man receives all he has from Him.

And second, **Faith**, which is not the ability to believe in unfounded myths but simply means 'trust'. Faith is the conviction that God is trustworthy and so we can rely on every word of his Word, the Bible. We like to think that we live in a scientific age where we have personally proved all facts but in reality nearly everything we know comes from the testimony of those who we trust.

Faith is the natural partner to grace. God gives; faith is the holding out of our hands to receive. Faith takes us from grumbling to gratitude, from self-justification to confession of our faults, from self-sufficiency to dependence on God's provision, from pride to humility, from disobedience to obedience, from worry to trust.

Even if you've never done this before why not ask God to give what you need, and to give you the open hands of faith to receive his gift? Ask for yourself, for your family, for our nation. Jesus tells us that God his Father loves to give good gifts like the best of fathers. (Matthew 7:7-11)

Sincerely

Graham Burrows

June 2025 Services

Sunday 1 June

11am

Sunday 8 June Pentecost 11am Morning Worship

Sunday 15 June Trinity Sunday Morning Worship with Communion 11am

Sunday 22 June 11am Morning Worship

Sunday 29 June

10am Joint Morning Worship at Burton

Morning Worship with Communion

Graham Burrows St James Vicarage, Glebe Close, Burton 01524 781210 07740 622962 vicar@burtonandholmechurches.org

St James Church, Burton

Warden

Vicar

Brian Whalley 01524 782296

Administrator

Pat Whalley 01524 782296 admin@burtonandholmechurches.org

You are welcome to join us on Sunday mornings. Service times can be checked under 'Coming Up' on the 'Welcome' page of our website.

Open Church: The church is open to visitors every Friday and Saturday, 10am 4pm. You are welcome to look around or to use the quiet to think or pray.

Services at our sister church, Holy Trinity Holme, are usually at 9am each Sunday.



OTHER PLACES OF WORSHIP

Silverdale Methodist Church LA5 0RR, Rev. Emma Holroyd 01524 941266

St Mary's RC Church, Yealand Conyers, Father Peter Haughton 01524 732940 Times of Services can be found at www.ololcarnforth.org.uk

Warton Methodist Church, www.wartonmethodist.co.uk, 01524 732626

Yealand Quakers, 01524 781501 / 782052 / 732336

Preston Patrick Church, Junction 36 (The Church on the hill with the Cross) Morning Worship 9.30am

Why become a Parish Councillor?

If you've never been to a parish council meeting before, you may be forgiven for thinking that parish councillors are a group of people who meet now and then in a draughty village hall. If, however, you live in a community where something 'big' has happened, you'll know that when people in the community need support and guidance, it is sometimes the parish council that is turned to.

By becoming a parish councillor you become someone your community will look to for help, guidance and support a community leader with the power to influence decisions for the benefit of the people you serve. Seeing your community change for the better, as a result of decisions you have helped make, is something that can give you a sense of achievement and pride.

How much time does it take up?

Councils usually meet once a month for the council meeting, to which members of the public are also invited. Meetings may last two or three hours, depending on the agenda set for the meeting to discuss. There are some committees to deal with specific subjects, such as budget and finance issues. In addition to the regular meetings, councillors are required to attend other meetings representing the council, for example acting as a representative on an outside body, community activities or helping develop a new project for the community. Such meetings won't happen every day, so it's not going to take over your life.

How long does a parish councillor serve for?

Once elected, parish councillors sit on the council for a maximum of four years. If they then want to stay in the post they can stand for re-election. Many of Burton-in-Kendal Parish Councillors have served for almost 20 years. Applicants should note that Councillors are expected to attend regular meetings and any additional meetings as may be arranged, and to represent the electors of Burton-in-Kendal in raising and discussing those issues of interest and concern on which the Parish Council is empowered to act.

Am I eligible to be a Parish Councillor?

You have to be:

- a British subject, or a citizen of the Commonwealth or the European Union
- over 18 years of age

Additionally you have to be one of the following:

- a local government elector for the council area for which you want to stand
- have during the whole of the 12 months occupied as owner or tenant any land or other premises in the council area or within 3 miles of it for the whole period
- have during that same period had your principal or only place of work in the council area or within 3 miles of it for the whole period.

You cannot stand for election if you:

- are subject of a bankruptcy restriction order or interim order.
- have, within five years before the day of the election, been convicted in the United Kingdom of any offence and have had a sentence of imprisonment (whether suspended or not) for a period of over three months without the option of a fine.
- you work for the council you want to become a councillor for (but you can work for other local authorities, including the principal authorities that represent the same area).

You don't have to be connected to a political party.

If you do become a parish councillor you will have to sign up to the Code of Conduct.

Don't take our word for it! The best way to find out what it's like to be a parish councillor is to talk to someone who's doing it now.

Come along to a parish council meeting, or speak to one of our councillors and find out what they think of the job.

IT'S A DATE IN BURTON - KATH HAYHURST

From the Lancaster Gazette:

Valuable Rectorial Tithes For Sale.

To be sold by Auction at the house of Mrs Burnie, the sign of the Royal Oak Inn, at Burton-in-Kendal, on Tuesday the 4th August at 6 o'clock in the evening. All the Rectorial Tithes within Burton, Holme and Dalton.

The tithe barn for Burton was at Clawthorpe Hall, the land 1,080 acres. The land at Holme was 1,232 acres, together with an Allotment set out for the erection of a tithe barn.

The like in Dalton was 1,787 acres with a tithe barn. The site of the barn can be seen on old maps, opposite the lower Lodge at the entrance to Dalton Hall.

Kath Hayhurst.



Summer Conference and Annual General Meeting

Saturday, 7 June 2025

Burton Memorial Hall, Burton-in-Kendal (in the centre of Burton Village, Post Code LA6 1NA)

Registration. 9.45 Mike Winstanley, Charity, the Poor Law and Workhouse - when all else failed. 10:15 11.15 Morning tea/coffee and biscuits. Graham Whalan, The history of amateur musical theatre in the South Lakes 11.30 from 1890 to the present day. Lunch - sandwiches, cakes, tea/coffee. 12.30 Cumbria FHS Annual General Meeting. 13.30 Ian Tyler, The Drowning of Haweswater. 14.00 Afternoon tea/coffee and biscuits. 15.00 Christopher Tinmouth, A History of Furness Abbey: The Power & the Glory. 15.30 Closing address and depart. 16.30

Conference fee: £22 (per person), includes refreshments, lunch and talks. There is no charge for members attending only the AGM.

Booking for the Conference

If you would like to book a place or places, please either send a sterling cheque made out to 'Cumbria Family History Society' to: Fiona Bishop, 37 Linnet Grove, Kendal, Cumbria LA9 7RP. Enquiries: publications@cumbriafhs.com. If you require a receipt, please enclose a stamped, addressed envelope.

Or pay by BACS: Account name: Cumbria Family History Society. HSBC. Sort code: 40 33 05. Account No: 81044966

Please also give Fiona the following information by post or email:

Full names for conference badges.

Your postal address, email address and telephone number.

Any dietary requirements.

Burton-in-Kendal Antiques & Vintage Fair

Sundays
15 JUNE; 13 JULY; 10 AUG;
No Fair in September
12 OCT; 9 NOV; 14 DEC.

Open 10am to 4pm

Cafe with home-made cakes

Burton Memorial Hall

Main St. Burton-in-Kendal LA6 1NA

- Free Parking & Entry Free B4RN WiFi

For info: Helen 07764309440

BURTON SINGERS

Burton Singers invite you to join them for their summer concert 'Feeling Good - Songs for a Summer's Evening' on Saturday 14th June at 7:30pm in Burton Memorial Hall. Doors open at 7pm.

The songs that the choir are performing, under the expert arrangement and lead of Val Still and Stuart Wicks, will include energetic, Jazz and Latin, inspirational and reflective pieces some of which are new and some which are familiar.

As always, some of the money from ticket sales will go to the choir whilst the other part will go to local charities. After our last winter concert one of the charities we donated to was Rosemere Cancer Foundation. At a presentation of the donation a representative of the Rosemere Cancer Foundation told the choir about how the money could be used to fund research, as well as assisting local patients by funding training of staff and making latest treatments available. We are proud to say we have raised £15,884 so far for charities from our concerts.

PLEASE NOTE!!

Tickets are NOT available from Burton Village Store.

To get your tickets come to a 'pop up' table selling tickets for £12 cash on SATURDAY 24TH & 31ST MAY & 7TH JUNE 10am to midday at BURTON MEMORIAL HALL. TICKETS available from choir members. There will be some available on the door.



| 8 | Burton Singers | A community choir based in Burton. If you would like to join us then please contact Val Still on 07799 246415 |
|-----|---------------------------|--|
| | Burton Tennis Club | Welcomes new members www.burtontennisclub.co.uk Social tennis / league matches Enquiries - contact Jane tel. 07799105639 Or graham@burtontennisclub.co.uk |
| R | Fusion Fitness | Thursday 9.30 to 10.30 Burton Memorial Hall Seated class Thursday 10.45 to 11.15 Contact Jan Abbott Mob: 07479524524 Email: janabbott9553@gmail.com |
| 八 | Burton Bowling Club | Club night each Monday at 6.30pm at green during season. Enquiries to Sue Miles 01524 781465 |
| * | Ladies Badminton | 01324 701390, or just turn up: £2 per session |
| (6) | Burton Ama Dramatic So | otage please contact |



Burton Fellwalkers

ack Chair, Bob Parker 01524781772

Secretary. Jill Evans 007704514972

At least 3 walks per month - of different grades. New members always welcome. To join please contact our Secretary: Sarah Walker 01524 923528 website: http://fellwalkers.burtonweb.org.uk



Milnthorpe Angling **Association**

Fly fishing on the River Bela & environs. For membership information please contact: John McKay, tel 07704 265953 email milnthorpeaa@hotmail.com



Table Tennis Club

Adults & Juniors meetings at Burton Memorial Hall Thursday evenings - Autumn to Spring each year Enquiries to Martin on 07740 933463.



Circuit **Training** + HIT

Mon 6.15pm /Fri 6.15pm Burton Memorial Hall Wed 6.30pm Burton Morewood School Contact: John 01524 781707



Dance Group

Scottish Meets at Storth Village Hall on Tuesdays 7.30pm to 9.30pm. **Country** Beginners welcome. Contact Ainslie Dunnett on 07708 654390 ainslie.dunnett@btinternet.com or Pauline Hampson on 07706 697306 paulinehampson2016@gmail.com



Burton in Kendal Art & Craft Society Craft Group 2nd Monday of the month 1.30pm. Art Group Fridays 9.30am -12pm. Workshop or Demonstrations most months
Chair: kathhayhurst84@gmail.com Tel 01524 781613 craft.weebly.com



Burton, Holme
& District
Local History Society

A year round programme of intesting talks & visits Chair & Programme Secretary: kathhayhurst84 @gmail.com or 01524 781613 http://localhistory.burtonweb.org.uk



Burton Womens Institute

Meetings held at Burton Memorial Hall on 2nd Thursday each month (except August). To join contact Jan Shepherd on 07974 412458



Every Wednesday BMH Club Room - 6.30pm until 8.30pm. Open to anyone to bring along knitting, crochet, tatting, embroidery etc. or help in making postbox toppers or village yarn bombing. Cost is just £2.00 per person per week incl. tea/coffee and cake.



Pickleball

Pickleball is a great way to exercise, have fun and meet new friends. We run a number of sessions throughout the week at various times to suit all. All sessions at Burton Memorial Hall £2 per hour. If you would like to find out more, please ring Jeannie Christian 07967 940818 to enquire.

Call for Advertisers

Do you run a company offering services to residents of Burton? If so, would you like to advertise with us? If you get this newsletter then you know it is distributed each month (except Jan) to all households in Burton, Dalton and Clawthorpe.

Our rates are very reasonable, starting at £66 for a 1/8th page advert running for 11 editions (we produce 11 editions each calendar year). You do not have to run your advertisement for a full year but just for those months that are most appropriate to your business. If you do take a full year's subscription then, as an introductory offer, we will double the size of your advert for the first month.

Please contact the editors on burtonnewseditor@gmail.com for advice and full information about our charges and advertising size formats.

MORECAMBE BAY FOODBANK

We are still collecting for the Morecambe Bay Foodbank, if you have anything you would like to donate please would you pop them into one of the collection boxes at 4 Drovers Way. Thank you on behalf of those who are in need of your help

Milnthorpe Library

19 The Square, Milnthorpe LA7 7QJ

Monday: 2pm to 6pm Wednesday: 2pm to 6pm

Friday: 10am to 1pm & 2pm to 5pm

Saturday: 10am to 12.30pm

Telephone 015395 63040.



We are still expanding this community led project, if you would like to know more about this project please email b4rn4burton@gmail.com.

Mike Iddon & Martin Sansby. Burton-in-Kendal B4RN Champions

Useful Phone Numbers

Burton News Editors 01524 936501 **Burton Post Office** 01524 781828 Morewood School 01524 781627 01524 781627 **Burton Nursery** Dallam School 015395 65165 QES, Kirkby Lonsdale 015242 71275 CrimeStoppers 0800 555 111 Police non-emergency 101

 Kendal Library
 01539 713524

 Kendal Hospital
 01539 732288

 Lancaster Hospital
 01524 65944

Council Switchboard

Westmorland & Furness 0300 373 3300

Annual Gift Subscriptions

If you know of anyone who may like to receive BN regularly each month, why not buy them an Annual Gift Subscription? For £12 within the UK they will receive a copy of BN each month (11 copies per year). A great way for family, friends and former residents to keep in touch with what's happening here in Burton. Interested? email burtonnewseditor@gmail.com.

Burton in Kendal Parish Council

Meetings

3rd Thursday of every month at 7.30pm Members of the public are always welcome to observe. Each meetings includes an OPEN FORUM.

Planning applications:

Parishioners are asked to ensure they notify the PC as well as the planning authority of any comments or objections they have about any planning application within the parish.

Website:

Documents relating to the PC may be downloaded or read online here: www.burton-in-kendal-pc.gov.uk

For further information, contact:

The Clerk - Christine Davidson on 01524 782694

Next Meeting:

The next Parish Council Meeting will be on March 20th 7.30pm BMH

OUT OF HOURS PHARMACY SERVICE

Ash Trees Pharmacy

Market Street. Carnforth

Monday to Friday 8am to 10pm Saturday 9am to 6.30pm Sunday 9am to 6pm

Tel: 01524 727877 - Fax: 01524 730421

Burton-in-Kendal Voluntary Car Scheme

If you need transport to hospital, doctor, dentist, optician etc please contact Lynne Herd on 01524 781905. The scheme is still operating but has a reduced number of drivers so if you can spare some time as a driver you would be most welcome. Please contact Lynne for details.

Civil Registration Services Births, Marriages, Deaths

Registration of Births and Deaths is overseen by the Kendal Registrar's Office, based in County Hall, Kendal. Telephone 0300 373 3300 or email registration.service@westmorlandandfurn ess.gov.uk

Registrations may also be undertaken at Milnthorpe and Kirkby Lonsdale Libraries by appointment only, contact the Kendal Office to arrange an appointment. To arrange a marriage contact the Kendal Registrar. Opening times Mon - Fri, 9.00am to 4.30pm.

Recycling Information

Customer Services Desk on 0300 373 3300 or by email to:

customer.services3@westmorlandandfurness.gov.uk

Waste Collection Dates

https://

www.westmorlandandfurness.gov.uk/ bins-recycling-and-street-cleaning/ waste-collection-schedule

Council Highways Hotline 0300 303 2992

to report road, lighting or pavement

HELPLINES & LINKS

BULLYING: 0300 323 016

www.nationalbullyinghelpline.co.uk (at

work, school, online)

www.kidscape.org.uk (childhood)
CHILDLINE: 0800 1111 (under 18's)

NSPCC: 0808 800 5000

www.nspcc.org.uk (children at risk)

SAMARITANS: 116 123 www.samaritans.org SHELTER: 0808 800 4444

england.shelter.org.uk/ (homelessness)

STONEWALL: 0800 050 2020 www.stonewall.org.uk (LGBT+)

BURTON VILLAGE STORE - NORMAL OPENING HOURS

Monday - Friday Shop: 6am - 5:30pm Post Office : 9am - 5.30pm Saturday

Shop: 6am to 5:30pm Post Office: 9am to 12:30pm

Shop: 7am - 12 noon Post Office: Closed



You can contact Vicky Hughes as follows: Westmorland & Furness Council:

Burtlands Station Lane

Burton-in-Kendal, Cumbria, LA6 1HR

Tel: 07785 923940

email:

Vicky.Hughes@westmorlandandfurness.gov.uk

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Calendar of Events

JUNE

Art Group - meets most Fridays 9.30am to 12 Noon BMH (Visitors Welcome) £3

Craft Group - Second Monday each month 1.30pm-4pm BMH £3

Knit & Natter Group - meets each Wednesday 6.30pm to 8.30pm BMH (£2.00)

Warm Wednesdays - BMH 12.30pm

Sun 1st June - Fell Walkers - Black Combe - 9.00am

Tues 3rd June - Burton Memorial Hall AGM - BMH 7.30pm

Friday 6th June - Fashion Show - BMH 7.00pm

Sat 7th June - Local History Society - Summer Conference and AGM - BMH 9.45am

Sat 7th June - Garden Games - Holy Trinity Holme - 2.00pm

Wed 11th June - Fell Walkers - Hutton Roof - 6.30pm

Sat 14th June - Burton Singers - Summer Concert - BMH 7.00pm

Sun 15th June - Antiques Fair - BMH 10.00am - 4.00pm

Mon 16th June - Local History Society - 'Holme Park Quarry' by Roger Jones - BMH 7.00pm (Members Only)

Tues 17th June - Burton News Committee Meeting - BMH 7.00pm

Sat 21st June - Coffee and Cake (Including Kingsharp) - BMH 10.00am - 12.00pm

Sat 28th June - Fell Walkers - Staveley 8.40am