

# ARNSIDE BROADSHEET

JUNE 2024



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**ARNSIDE BROADSHEET** – thanks for donations from our clubs, societies and from individuals. Donations always welcome to keep the Broadsheet going. For donations to the Broadsheet (cash or cheque) post to Broadsheet Treasurer, c/o 53 Silverdale Road, Arnside

**ARNSIDE COMPUTER GROUP** EI Tues:2-4pm Regular sessions. Refreshments followed by individual help and quiz EI I members £3 non members £4 Eileen 01524 761720.

**Arnside and District Natural History Society.** For details see: [www.arnsideanddistrictnhs.co.uk](http://www.arnsideanddistrictnhs.co.uk)

**ARNSIDE WI - The Swing Commanders** coming to Arnside - **22<sup>nd</sup>** 7.30 pm - Tickets £18 – Bring your own refreshments. Liz 01524 762740 – or Joan 07878 732960 to book tickets. Part of fund raising for the roof

**ARNSIDE BUS SERVICES:** Mon – Sat Kendal; Tues- Morecambe; Thurs- Kirkby Lonsdale. Buses leave promenade at 9.30am EXCEPT Thursday which leaves before 8.00am. **Check timetables at the bus stop. Return journey check with the driver.**

**ARNSIDE ARCHIVE** –Wednesdays 10.00 – 12.00 EI. Email: [arnsidearchivegroup@gmail.com](mailto:arnsidearchivegroup@gmail.com) to arrange visit. See website for local history, picture collections & items of interest: [www.arnsidearchive.org.uk](http://www.arnsidearchive.org.uk)

**HERON CORN MILL** programme of events 2024 is now available. 13th The Mills of Ulverston - booking essential. See [www.heronmill.org](http://www.heronmill.org) or email: [info@heronmill.org](mailto:info@heronmill.org)

**ARNSIDE SIGHT ADVICE GROUP** meets Monday 17<sup>th</sup> at 10.30am - 12.00pm M.Ch Hall. All visually impaired people welcome. £3. Contact Tony Rees 01524 761478.

**ARNSIDE COUNTRY MARKET** Fridays 9.30am-12.00pm WI. Local home baking, crafts, plants, preserves, seasonal fruit & veg. Free entry. All welcome. Refreshments.

**ARNSIDE PROBUS** Meeting every 2nd Thursday at EI. Lunch 12.30 for 1pm, followed by a speaker. Contact Mike Marczyński 07710154463, [mikemarczynski2@gmail.com](mailto:mikemarczynski2@gmail.com) for further details.

**ARNSIDE SNOOKER SOCIAL GROUP** EI Monday & Tuesday mornings 9.00am to 12.00pm. Contact the EI office if you are interested in joining this friendly group.

**ARNSIDE STITCHERS** Sessions restart in September. Marj: 01524 762634 or [hartsop97@gmail.com](mailto:hartsop97@gmail.com)

**ARNSIDE COMMUNITY CAFÉ** - EI. Monday 10.15am - 11.30am. Come along for brews, biscuits and banter. Enquiries: Sue Gibbs 01524 762460.

**ARNSIDE BRIDGE CLUB EI. Mon:** Bridge for Beginners:1.00pm -1.40pm, Chicago Bridge:1.40pm-4.30pm. No partner necessary. **Tues & Fri:** Duplicate Bridge: 6.45pm for 7.00pm. Partners required, Phil Hine 01524 761086 or 07768 570900 details see: [www.bridgewebs.com/arnside](http://www.bridgewebs.com/arnside)

**ARNSIDE ART GROUP** Wednesdays 2.00pm - 4.00pm at the WI. Contact [paul.beverly57@gmail.com](mailto:paul.beverly57@gmail.com)

**BADMINTON AT THE EI Mon 7.00pm-9.00pm** new members welcome. For juniors please contact: Jon Race 01539 564119 / [jonrace@btinternet.com](mailto:jonrace@btinternet.com) or Cath Grayson 01524 76134 / [cathgrayson@hotmail.co.uk](mailto:cathgrayson@hotmail.co.uk)

**ARNSIDE TENNIS CLUB** Membership available. Social sessions weekday mornings from 9.30am; Wed from 6.00pm; Sun from 3.00pm. Coaching with LTA accredited coach, James Wright. Pay & play available for non-members. Email [amandajanedekain@icloud.com](mailto:amandajanedekain@icloud.com) or visit [www.arnsidetennisclub.co.uk](http://www.arnsidetennisclub.co.uk)

**JUNCTION 36 PHOTO CLUB** camera club all levels EI Thursday at 7.30pm. Annual subscription £40. Contact Rob Jackson: [robjackzn@aol.com](mailto:robjackzn@aol.com)

**THE BLACKSHEEP UKULELE BAND** EI Thursday 7.15pm for 7.30pm - 9.15pm. Contact: 07416 033929 / 07789 315753 or [assykes@gmail.com](mailto:assykes@gmail.com).

**ARNSIDE RAMBLERS; SCRAMBLERS; AMBLERS; B AMBLERS** Four Levels of walks from gentle three-mile strolls to ten-mile treks scrambling & fell tops. Dawn Hancock 01524 730223 or [arnsideramblers20@gmail.com](mailto:arnsideramblers20@gmail.com) or [www.arnsideramblers.co.uk](http://www.arnsideramblers.co.uk) for more information.

**SCRABBLE AND OTHER GAMES** EI 7.00pm - 9.00pm for friendly games. First session free, then £3 per week, tea/coffee provided. Fiona Stephens 01524 762371.

**ARNSIDE STITCH IN TIME / DAYS FOR GIRLS TEAM** Lin on 07780 002227 [arnsidestitchintime@gmail.com](mailto:arnsidestitchintime@gmail.com). Tuesday 4<sup>th</sup> & 18<sup>th</sup>, 10.00 -3.00pm at the EI. We make reusable menstruation kits & knits for women, girls & refugees. New members or visitors always welcome.

**BEETHAM COMMUNITY BAND** Saturday morning from 10.30am at St Michael & All Angels Church. No audition or experience needed. We are a group of like-minded people having musical fun. Learn to play an instrument. For details call Tess on 07725 580095 or just pop in to see us.

**SUSTAINABLE ARNSIDE'S BIG GREEN SWAP** EI 10<sup>th</sup>.15 - 12.00. Any spare plants, seedlings, or anything 'green' can be swapped for free. The event is held to celebrate **The Great Big Green Week**, a national event.

**ARNSIDE YOUTH GROUPS** Fridays at EI. Years 7-9 6.00pm-7.30pm / Year 10+ 7.45pm-9.30pm. Contact: [rosiebrown@keyprojectcumbria.onmicrosoft.com](mailto:rosiebrown@keyprojectcumbria.onmicrosoft.com)

**AgeUK Seated Exercise Class:** M.Ch. Fridays 9.30am-10.30am & 11.00am-12.00pm. £2.50. Gentle exercise for mobility, strength & balance. Eileen 01524 761720.

**GENTLE YOGA CLASS** WI Tues 10.00am -11.00am £7 per session. All welcome. Contact Jo: 07760 863318 or [yogawithjomial@gmail.com](mailto:yogawithjomial@gmail.com)

**YOGA BEGINNERS / INTERMEDIATES** Mondays 6.00pm WI. Contact: Andy 07471 201191.

**PILATES Joanne Holgate 07970 243711** Thursdays 9.30am -10.30am & 6.30pm - 7.30pm M.Ch Hall.

**PILATES Catherine Nixdorf 01524 761811 or 07899 907424** WI Mondays & Wednesdays 10.00am-11.00am.

**PILATES** - Improve posture, gain strength & move more freely Thursdays 10.30am at EI. Contact Sam Horton [sam@fitnessdynamics.co.uk](mailto:sam@fitnessdynamics.co.uk) or 07886 457563.

**WALK-FIT & TONE - Low Impact, fun exercise to music** Thursdays 9.30am at EI. Contact Sam Horton as above.

**MOVING DANCING & RELAXING** EI Fridays 10.00am-11.15am [melliebeing@gmail.com](mailto:melliebeing@gmail.com) or 07745849714  
Dr Melanie Brierley (Registered Somatic Movement Educator and dance & health artist).

**ARNSIDE TABLE TENNIS GROUP** EI Tuesdays 7.30pm-9.30pm & Fridays 2.00pm-4.00pm. Informal play, club bats available. EI members £3 session, visitors £4. Diane Clubb 01524 761299 / Neil Webster 01524 762127. All welcome

**ARNSIDE METHODIST CHURCH** Rev Tiras Dainty-Share 01524 963716 [www.arnsidemethodistchurch.org.uk](http://www.arnsidemethodistchurch.org.uk)  
Church open 10.00am – 4.00pm, door closed to retain heat. Bookings for Church and/or hall contact Pam 01524 761928. Sunday Services at 10.30am. Reflective service 16<sup>th</sup> at 4.00pm. Sunday morning service streamed on YouTube. No service 9<sup>th</sup> as at Beetham. Pray Together: Wednesdays 7.00pm M.Ch Hall.

**OUR LADY OF LOURDES CATHOLIC CHURCH** Open daily 10am - 4pm. **Mass & Holy Communion** 5.30pm every Sat & 10.00am every Thurs. All welcome.  
Fr. Philip Smith 015395 32731, [ctkollcc@gmail.com](mailto:ctkollcc@gmail.com) or [www.kentestuarycatholicchurches.co.uk](http://www.kentestuarycatholicchurches.co.uk)

**ST JAMES CHURCH:** Contact Details: Priest-in-charge, Rev. Andrew Norman 015395 62355 [revdabn@gmail.com](mailto:revdabn@gmail.com) / Curate: Revd Hannah Wallace 01524 449035 [revhannahwallace@gmail.com](mailto:revhannahwallace@gmail.com) Church open for private prayer every day 9.00am to 5.00pm. **Services:** 2<sup>nd</sup> 8am Holy Communion; 9.30am Service of the Word; 9<sup>th</sup> 10.30am United Kent Estuary Mission Community Service at St Michaels and All Angels, Beetham; Sun, 16<sup>th</sup>: 8am Holy Communion, 9.30am Parish Communion with Junior Church; 23<sup>rd</sup>: 8am Holy Communion 9.30am Parish Communion; 30<sup>th</sup>: 8am Holy Communion; 9.30am Parish Communion with Junior Church. **Morning Prayer** every Wednesday 8.15am. **School Church** – every Wednesday 9am during term time.

**ARNSIDE LIBRARY LINK** open Monday - Friday 9.00am – 7.00pm. Saturday 9.00am - 5.30pm. Email [janet.sherwin@cumbria.gov.uk](mailto:janet.sherwin@cumbria.gov.uk) or 01539 713524

**ARNSIDE PARISH COUNCIL** 7.15pm Cemetery Chapel 2<sup>nd</sup> Mon of month. Public welcome to attend & speak. [www.arnsideparishcouncil.co.uk](http://www.arnsideparishcouncil.co.uk) for agenda & minutes

**ROOMS AVAILABLE TO HIRE EI:** 01524 762828 or email [arnsideei@btconnect.com](mailto:arnsideei@btconnect.com); **WI:** Lindy Brough 01524 761752 or [Arnside.village.hall@gmail.com](mailto:Arnside.village.hall@gmail.com) **Arnside Sailing Clubhouse** [arnsidesc.secretary@gmail.com](mailto:arnsidesc.secretary@gmail.com)

**ARNSIDE HELPWAYS** for medical appointments only. Leave details on:07534 660667. New drivers welcome—leave details on phone or email Do not use the email address for transport requests). [wood.edge@btinternet.com](mailto:wood.edge@btinternet.com)

**SUSTAINABLE ARNSIDE.** Are you interested in local efforts to reduce damaging climate change and environmental degradation? To find out more about our community-led group in Arnside trying to make a difference email [p.bates@lancaster.ac.uk](mailto:p.bates@lancaster.ac.uk)

**ARNSIDE SOLAR.** Are you interested in installing solar panels on your roof but don't have the money to do it? Sustainable Arnside are considering setting up a community interest company to install solar panels at minimal cost to eligible householders, but we need to gauge the potential level of demand first. If this is something that might interest you please send a message to [p.bates@lancaster.ac.uk](mailto:p.bates@lancaster.ac.uk)

**MIDSUMMER CRAFT FAIR** W.I. and Methodist Halls. 29<sup>th</sup> & 30<sup>th</sup> 10:00 – 4.00 Admission free. Refreshments available. Raising money for Children's Playground."

**ARNSIDE BOWLING CLUB 8th** are holding a Village Fun Day where 6 teams from the village compete. Spectators welcome. New members welcome. Sheila Fishlock 015395 arnsidebowlingclub.co.uk

**ARNSIDE CHORAL SOCIETY** Summer concert 'Sing to Save Lives' 22<sup>nd</sup> 7.30. St. Thomas Church Milnthorpe Philip Stopford Missa Deus Nobiscum & Captain Noah and His Floating Zoo Tickets £16 includes a donation to RNLI Lifeboats. Online or from a Choir member [www.arnsidechoralsociety.co.uk/](http://www.arnsidechoralsociety.co.uk/)

**MONDAY FRIENDSHIP GROUP** 2.00– 4.00 3<sup>rd</sup> Board Games, Bocca etc. 17<sup>th</sup> "A Family Treasure" bring and share. £2 includes tea/coffee and cake. Lifts available, contact Pam (761928) or Eileen (761720). All welcome.

**BUSY BEES Baby & Toddler Group.** Wednesdays 10:00 – 11:30. Methodist Hall during term time. All babies, pre-school children, parents/carers welcome. 50p per session, (Sue 761542).

**Arnside Christians together MESSY CHURCH Methodists and Anglicans** 14<sup>th</sup> 3.30 – 5.30 Meth Ch Fun for families: – activities, learn more about Jesus and share a simple meal. **MONTHLY MANNA** 7<sup>th</sup> 12.15 – 1.30 @ St James' - bring your own lunch.

**Arnside RNLI invite you to a Quiz Night** 12<sup>th</sup> 7pm £2:50 Bar, wine raffle and Quiz in Sailing Club. Prizes. Teams of up to 6

**COMMUNITY Catalysts** Offer care and support in the South Lakes. EI 4<sup>th</sup> 9:00 – 2:00 Do you have a passion to support people? Find out more at our drop in session Contact [jade.gibson@community.catalysts.co.uk](mailto:jade.gibson@community.catalysts.co.uk) 07435 943 933 [www.facebook.com/ComCatsSouthLakesandEden](http://www.facebook.com/ComCatsSouthLakesandEden)

**DEADLINE FOR BROADSHEET ENTRIES for July:** 15<sup>th</sup> email: [broadsheet@arnsidevillage.co.uk](mailto:broadsheet@arnsidevillage.co.uk) or for more detailed notices or messages to the Arnside village website: [support@arnsidevillage.co.uk](mailto:support@arnsidevillage.co.uk).