

ARNSIDE BROADSHEET

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NEW! ARNSIDE REPAIR CAFE Free talk: What is a Repair Cafe and how does it work? by Karen Bentley-Brown from Kendal Repair Cafe **7.30 pm Wed 18th** in the JN Hall, El **MEETING** for anyone interested in being involved in the Repair Cafe. **Mon 30th 10 - 11 am** Kent Room El. Alison Sandford 07735 851481 or ali@thesandfords.plus.com

HERON CORN MILL summer programme includes: Mill tours; Foodie Fridays; Crafternoons and Powsowdie. For details see www.heronmill.org or email: info@heronmill.org

ARNSIDE & ARNSIDE KNOTT WI - Mon **9th** Speaker - Rachel Keller - 'The Scourge of Our Times' – Ultra Processed Foods – Swaps for healthier meals. All welcome non members £3 <https://www.arnsidewi.co.uk>

ARNSIDE WI & VILLAGE HALL To raise funds for roof repairs - Table Top Sale **7th** 10am - 2pm. Antiques, Bric a Brac, Puzzles, Household, Books, Toys, Jewellery, Tools, Hardware. £1 entry. All welcome. Refreshments available. Cash/cheques only please.

ARNSIDE & SILVERDALE PHOTOGRAPHY CLUB El Thursdays 7.30pm Talks on a variety of subjects & competitions. Contact robjackzn@aol.com

ARNSIDE COMPUTER GROUP El: Tues 2pm – 4pm Chris Kirk@ 2pm followed by individual help and a quiz. All levels of ability catered for Bring your laptop, tablet and phone. El members £3, non members £4.. Eileen 761720.

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

ARNSIDE BUS SERVICES: Mon-Sat to Kendal; Tues-Morecambe. Buses leave promenade at 9.30am. Kirkby Lonsdale Thurs leaves the promenade at 7.45am. Timetables at bus stop. Return journeys check with driver.

ARNSIDE ARCHIVE AUTUMN EXHIBITION: Sat 12th 10am to 4pm "The People who made Arnside", a look at the families and individuals who helped Arnside prosper and grow. Entry £3 inc tea/coffee

ARNSIDE BOWLING CLUB Come and have a try, all ages welcome. Bowls and instruction available. Social bowling Tuesday, Friday & Sunday from 2.00pm or by arrangement. Contact Sheila Fishlock 015395 62258.

ARNSIDE SIGHT ADVICE GROUP meets Mon **16th**, 10.30 -12.00 M.Ch. Hall. All visually impaired people welcome £3 Transport available 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 El every 2nd Thursday. Lunch 12.30pm for 1.00pm, followed by a speaker. Contact Mike Marczynski 07710 154463 mikemarczynski2@gmail.com

ARNSIDE COMMUNITY CAFÉ El brews, biscuits & banter Mon 10.15am - 11.30am. Sue van Eijkern 07813 639297

ARNSIDE STITCHERS Wed **18th** 1.00pm - 4.00pm El. We sew, knit, crochet and craft. Contact Marj: 01524 762634

Arnside Broadsheet is run, edited, typed & distributed by many volunteers for the benefit of the local Arnside community. It is a non-profit organisation, printing costs are met entirely by donations from local organisations, groups, individual residents and the Arnside Directory.

ARNSIDE LADIES CHOIR Friday **13th** September. Contact: 01539 731719 t-fleming@talk21.com

ARNSIDE BRIDGE CLUB El. **Mon:** Bridge for Beginners:1pm -1.40pm, Chicago Bridge:1.40pm- 4.30pm. No partner necessary. **Tues & Fri** Duplicate Bridge: 6.45pm for 7pm. Partners required. Phil Hine 761086 or 07768 570900 or www.bridgewebs.com/arnside

ARNSIDE ART GROUP Wednesdays 2.00pm-4.00pm at the WI. Contact paul.beverly57@gmail.com

BADMINTON AT THE EI Mondays 7.00pm-9.00pm new members welcome. Jon Race 01539 564119 jonrace@btinternet.com for juniors or Cath Grayson 01524 76134 / cathgrayson@hotmail.co.uk

THE ARNSIDE EI provides grants to help local young people participate in educational, musical and sporting pursuits. There's support available for university students on degree courses and to local organisations for specific projects. Further information can be found on the AEI website or email on arnsideei@btconnect.com

ARNSIDE MUSIC FESTIVAL Sat **7th** Tower Farm. Local bands, food & fun available all day 12 noon - midnight. Tickets £20 under 16's free. Available online from TryBooking.co.uk or Arnside House. All profits to charity

ARNSIDE & DISTRICT NATURAL HISTORY SOCIETY: **Tues 3rd**– wading birds at Middleton Sands & Sunderland Point with Mike Johnson; **Sat 14th** - Ashmeadow family day with Basil Herwald – children welcome; **Tues 24th** - Mosses and Liverworts at Gait Barrows with Clare Shaw www.arnsideanddistrictnhs.co.uk for more info

ARNSIDE TENNIS CLUB. Social sessions weekdays from 9.30am. Wed from 6pm; Sun from 3pm. Coaching with LTA accredited coach, James Wright. Pay & play available for non-members. Email amandajanedeakin@icloud.com or visit www.arnsidetennisclub.co.uk

ARNSIDE HIGHLIGHTS Creative Highlights, Needle Felted Herdwick Sheep Sun **22nd** 1030am, £35 (+ fee) **EI** Learn the art of needle felting with Teesdale Felt. Tools provided. Tel 079800 77084 Book online at <https://highlightsnorth.co.uk/event/creative-highlights-needle-felted-herdwick-sheep/>

THE BLACKSHEEP UKULELE BAND El Thursday 7.15pm for 7.30pm - 9.15pm. Contact: 07416 033929 / 07789 315753 or assykes@gmail.com.

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

ARNSIDE RAMBLERS; Varied walks at differing levels Sec :Dawn Hancock 01524 730223 further info arnsideramblers20@gmail.com www.arnsideramblers.co.uk

ARNSIDE STITCH IN TIME / DAYS FOR GIRLS TEAM Lin on 07780 002227 arnsidestitchintime@gmail.com. Tue 3rd & 17th 10am - 3pm El. (AGM 1:30pm on 17th) We make reusable menstruation kits & knits for women, girls & refugees. New members or visitors always welcome..

ARNSIDE YOUTH GROUPS Fridays at El. Years 7-9
6.00pm-7.30pm / Year 10+ 7.45pm-9.30pm. Contact:
rosiebrown@keyprojectcumbria.onmicrosoft.com

AgeUK Seated Exercise Class: M.Ch. Friday 10.00-
11.00am. Followed by coffee £2.50. Gentle exercise for
mobility, strength & balance. Eileen 761720.

GENTLE YOGA CLASS WI Tues 10.00am -11.00am £7
per session. All welcome, starts again on Tues 10th
Contact Jo: 07760 863318 or yogawithjomail@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 El. Contact Sam Horton
sam@fitnessdynamics.co.uk or 07886 457563.

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

MOVING DANCING & RELAXING El Fridays 10.00am -
11.15am melliebeing@gmail.com or 07745 849714
Dr Melanie Brierley (Registered Somatic Movement
Educator and dance & health artist).

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

ARNSIDE MARITIME SINGING FESTIVAL in aid of RNLI
Mon 26th BH Singing on Pier 1PM - 4pm. In Sailing Club
1pm - 10pm Tickets www.arnsidesailingclub.org.uk

ARNSIDE SAILING CLUB Wed 18th 7.30pm Talk by
Rachel Bodenham Clipper Round the World Race(free)
WATERSPORTS Adult Beginner 2 day Course 14th & 17th
Youth Improvers 8th, 15th, 22nd Adult Improvers 12th, 15th, 26th,
Racing September 1st, 7th, 21st, 29th

ARNSIDE METHODIST CHURCH Rev Tiras Dainty-Share
01524 963716 www.arnsidemethodistchurch.org.uk
Church open 10am - 4pm. Bookings contact Pam 761928.

Sunday Services 10.30am Morning Service live streamed
on YouTube. No service 8th as we are at St Thomas'
Reflective Service 15th 4pm. Circuit Service 22nd at 4pm
**MONDAY EVENING BIBLE STUDY, 2nd and 4th Mondays
7.15 – 8.45pm** We will be exploring Paul's letter to the
Galatians. An open invitation to all who want to join and
explore God's Word.

THURSDAY MORNING BIBLE STUDY restarts 12th
10 – 11.30am. For further info contact Pam (761928)

PRAY TOGETHER: WEDNESDAYS 7.00pm in the church
hall. Prayer requests can be left in the prayer corner at the
back of the church.

MONDAY FRIENDSHIP GROUP 2.00– 4.pm 16th first
meeting due to Chapel Lane being resurfaced 2nd – 4th.
£2 includes tea/coffee and cake. Lifts available, contact
Pam (7619 28) or Eileen (761720). Everyone welcome.

THANKS to all who supported our Strawberry Tea, in
August, which raised £558.45 in aid of St John's Hospice.

ARNSIDE CHRISTIANS TOGETHER MONTHLY MANNA
A time of food, conversation, and fellowship; sharing

questions and insights around the Christian faith. Friday,
6th, 12.15 - 1.30pm @ St. James' - bring some lunch.
**MESSY CHURCH, A JOINT VENTURE OF THE
METHODISTS AND ANGLICANS** –Fri 13th 3.30 - 5.30pm
at the Methodist Church. Fun for families: – activities,
learn more about Jesus and share a simple meal.

OUR LADY OF LOURDES CATHOLIC CHURCH Open
daily 10.00am-4.00pm. **Mass & Holy Communion** 5.30pm
every Saturday & 10.00am Thursdays. All welcome.
Fr. Philip Smith 015395 32731, ctkollcc@gmail.com or
www.kentestuarycatholicchurches.co.uk

ST JAMES CHURCH: Priest-in-charge, Rev. Andrew
Norman 015395 62355 revdabn@gmail.com / Curate:
Revd Hannah Wallace 449035 revhannahwallace@gmail.com
Church open for private prayer every day 9am to 5pm.
Services: Sun 1st 8am Holy Communion (BCP) 9.30am
Parish Communion; Sun 8th United Kent Estuary Service at
St Thomas' Church, Milnthorpe (*no services at St James*);
Sun 15th 8am Holy Communion (BCP) 9.30am Worship
Together; Sun 22nd 8am Holy Communion (BCP) 9.30am
Parish Communion (Junior Church); Sun 29th 8am Holy
Communion (BCP) 9.30am Parish Communion (Junior
Church). Morning Prayer every Wed 8.15am School
Church – every Wed 9am during term time.

ARNSIDE FAIRTRADE GROUP Sat 14th coffee morning
in Arnside Sailing Club 10.00am - 12 noon. Admission
£1.50 including tea/coffee and biscuit. **SUSTAINABLE
ARNSIDE** are holding another plant, produce, preserve
and pot SWAP event on 14th, joining the Arnside Fairtrade
group coffee morning. Collect what you want for just £1.
No need to bring anything but we'd be grateful for any
spare plants, produce etc helenthompson66@hotmail.com

ARNSIDE LIBRARY LINK open Monday - Friday 9.00am
– 7.00pm. Saturday 9.00am - 5.30pm. Email
janet.sherwin@cumbria.gov.uk or 01539 713524.

ARNSIDE PARISH COUNCIL 7.15pm Cemetery Chapel
2nd Monday of month. All welcome to attend & speak.
www.arnsideparishcouncil.co.uk for agenda & minutes.

ROOMS AVAILABLE TO HIRE EI: 01524 762828 or email
arnsideei@btconnect.com; **WI:** Lindy Brough 01524
761752 or Arnside.village.hall@gmail.com **Arnside
Sailing Clubhouse** 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

BUSY BEES Baby & Toddler Group. Wednesdays
10.00am-11:30am. Methodist Hall during term time. All
babies, pre-school children, parents/carers welcome. 50p
per session. Sue 01542 761542

HERON THEATRE Brochure of events up to Christmas
available outside the theatre. Details of all events on
website www.theherontheatre.com Booking open for all
events up to March 2025 via our website or Ticketsource.

DEADLINE FOR BROADSHEET ENTRIES for October:
15th email: broadsheet@arnsidevillage.co.uk or for more
detailed notices or messages send to the Arnside village
website: support@arnsidevillage.co.uk.

ARNSIDE BROADSHEET – For donations to the
Broadsheet (cash or cheque) post to Broadsheet
Treasurer, c/o 53 Silverdale Road, Arnside.

EI: Educational Institute; M.Ch: Methodist Church; WI: WI & Village Hall;