

Brain of Beetham Quiz

This month our Quizmaster Clive Holden asks us all about "The Animal World"

Which creature:

1. Is furry, though it suggests not ?
2. Provides a venue for golfers ?
3. Is not to be trusted ?
4. Is a pious potato fryer ?
5. Is a bit of a pest ?
6. Is the least bulky cat?
7. Is a deadly sinner ?
8. Does not hold an interesting conversation ?
9. Is only a feline ?
10. Is easily amused ?
11. Man's neighbour, though it keeps its distance ?
12. Fifteen to one in Argentina ?



Answers to the January edition 'Reptiles and Rodents' quiz:-

- 1) Mickey Mouse was originally named Mortimer Mouse.
- 2) Accept alligator or crocodile. (see you later...).
- 3) Crocodile (tears).
- 4) Boa constrictor; (feather boa).
- 5) An adder.
- 6) Monitor (lizard).
- 7) Serpent (old musical instrument.).
- 8) Moccasin/Mocassin (venomous snake).
- 9) Hare (of Burke and Hare).
- 10) Mouse - as for a computer.
- 11) Jerboa, also known as a desert rat.
- 12) Lemmings, suspected of committing mass suicide.
- 13) Dormouse, at the Mad Hatter's party.
- 14) Woodchuck (N. American rodent).
- 15) Shrew - she who was tamed by Petruchio



CONTACTS FOR THE PARISH OF ST. MICHAEL AND ALL ANGELS, BEETHAM

Priest-in-Charge	The Revd Andrew Norman	015395 62355	revdabn@gmail.com
Assistant Curate	The Revd Hannah Wallace	01524 449035	revhannahwallace@gmail.com
Licensed Lay Minister	Vivien Stirrup	015395 64320	vstirrup7@aol.com
Licensed Lay Minister	Chris Roberts	015395 63019	lainyandchris@aol.com
Vice Chair/Churchwarden	Brian Smalley	015395 64778	b.e.smalley@btinternet.com
Churchwarden	Dianne Lomax	015395 62648	diannelomax@btinternet.com
Churchwarden/Gateway	Jenny Marks	015395 62559	jenny.marks@btinternet.com
PCC Treasurer	John Lomax	015395 62648	j.d.lomax@btinternet.com
Beetham C of E School	Abi Johnson	015395 62515	head@beetham.cumbria.sch.uk

Please do be in touch with Andrew you would like to receive the parish email, if there is any support or encouragement he can offer, if you would have any questions about services church life or the Christian faith, or if you would like anyone or anything remembered in prayer. He would be very pleased to hear from you.

THE GATEWAY

PARISH MAGAZINE OF
ST MICHAEL & ALL ANGELS, BEETHAM

FEBRUARY 2024

www.beethamstmichaelandallangels.co.uk

'WHAT THE WORLD NEEDS NOW IS LOVE SWEET LOVE,
NO NOT JUST FOR SOME, BUT FOR EVERYONE'

Hal David and Burt Bacharach.

There was a time, in a Land Far Far Away when it was considered that using the phrase "well THEY love themselves...." was a common put down towards the perceived person they felt had narcissistic tendencies. So as it is St Valentine's Day soon I thought it fitting that we should talk about.... no not Bruno of Encanto fame (though I was sorely tempted).... but of love.

At the moment the World really does need some love and kindness. There seems to be a global famine regarding those vital ingredients. However there has been for some time a shift in thought that, like charity, love should begin at 'home'. Loving and caring for oneself first equips us with the 'tools' to love and care for others in the way you would wish to be cared for. When nursing, it was always my guiding principle to treat others as if they were my loved ones or indeed myself. 'Treat as you would like to be tret' was my mantra.

So what does self love actually [NO, NOT A FILM] mean? According to Jeffrey Borenstein of the Brain & Behaviour research foundation, amongst so many other researchers:-

'SELF LOVE IS A STATE OF APPRECIATION FOR ONESELF THAT GROWS FROM ACTIONS THAT SUPPORT OUR PHYSICAL, PSYCHOLOGICAL AND SPIRITUAL GROWTH. SELF LOVE MEANS HAVING A HIGH REGARD FOR YOUR OWN WELL BEING AND HAPPINESS. SELF LOVE MEANS TAKING CARE OF YOUR OWN NEEDS AND NOT SACRIFICING YOUR WELL BEING TO PLEASE OTHERS....'

By now I can hear cries of, "well that is just being selfish...". Think about it. Resentment festers over time at what is perceived as kindly sacrificing your own needs and wants never being acknowledged, or reciprocated by the beneficiary of your relentless benevolence in your times of need. Self love is not about being selfish or self indulgent. When you prioritise your own well being, over time a sense of balance, contentment and resilience is achieved. Love is not based on how many 'likes' on social media we get, or hoards of faceless digital 'friends' we may think we have.

Love for yourself spreads like ripples across the World pond. It begins with family and friends, your local community, and picks up momentum creating waves of compassion and understanding upon the seas of confusion and strife. I can see that this may seem a bit 'out there', even a bit hippy / been there tried that in the 60s [not I as I was a mere babe]. There is so much scientific research that supports this - specifically where mental health is concerned - where the seeds are planted. So let's plant some good seeds that will yield the crops we need, and nurture them with kindness and love. We can make the World a better place; it is achievable. We have nothing to lose by starting in this month of chocolates, cards, flowers and tokens of love, to really find out what love really is, starting with loving yourself.

**'OH LISTEN, LORD, IF YOU WANT TO KNOW
WHAT THE WORLD NEEDS NOW IS LOVE, SWEET LOVE.
IT'S THE ONLY THING THERE IS JUST TOO LITTLE OF.....'**

A classic tune with a timeless message. Let us be the change we want to see.

Happy Valentine's Day

With love and kindness.....always

Tess Rowlands



Letter from The Curate

VaLENTine

It's not happened for 6 years and, before that for 73 years... This year, Ash Wednesday falls on 14th February - the same date as Valentine's Day of course. A day of religious observance and romance, a day of prayer and present-giving, a day of fasting and feasting! How can these two occasions be marked well together? For some, this seeming clash won't be a problem. For some, one may be more important than the other, and some may not wish to acknowledge either at all. Others may wonder how to do the two justice.

Valentine's Day is supposedly a day of love, although it's not clear why St Valentine is associated with romance. (It could possibly be because 14th February is the traditional day in medieval belief when birds mated?! Another possible explanation given is that he, as a priest, married a lot of couples when single men were being sent off to war). In modern times, the day is an opportunity for couples to show their love for one another and for hidden love to be (anonymously) declared by a question mark in a pink and red shiny card. (Do people still do that?)

Of course, Ash Wednesday is the first day of Lent as we begin the journey towards the cross of Good Friday (and the empty tomb of Easter Sunday!). It is a day when Christians commence a 40 day period of prayer, penitence and fasting. Church tradition on this day can include having a cross made from ash drawn on one's forehead as a sign of penitence. To accompany this action, words are said to encourage repentance at the beginning of this holy season: 'Turn away from sin and be faithful to Christ.' People are reminded of the good and narrow way that Jesus provided for us to walk in when he gave himself in love upon the cross for our sakes'.

On reflection, it seems that Valentine's Day and Ash Wednesday could go quite well together. There may be many differences, but at the heart of them both is LOVE. As we think of the great love that God has for us all through Jesus Christ, we also celebrate the love people have for one another. In John's Gospel, these words of Jesus are recorded –

I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another. By this everyone will know that you are my disciples, if you have love for one another. (John 13:34-35)

So, if you're lucky enough to have received a box of chocolates on 14th February (anonymous or not!), and you're wondering whether to enjoy or abstain, know that, whatever you choose, you are loved. God is love, and His love is never ending.

In love,
Hannah



St Michael & All Angels Beetham
Ash Wednesday Service
14th February at 7pm, in Beetham Church
Eucharist service with hymns and imposition of ashes
or
10am in St James' Church, Arnside
All welcome at either service



Friends of Beetham Church

Shrove Tuesday Supper & Quiz Night Tuesday 13th February

Heron Corn Mill Barn, 7 for 7.30pm

Cottage pie and Pancakes, & wine included

Tickets £15 from Dianne (015395 62648)

Get your team in training and brush up your trivia
for the 2024 challenge from Quizmaster Clive!



**Please join the churches of
the Kent Estuary in a
Mission Community
Joint Service
on Sunday 3rd March
in Arnside Methodist Church**



**Please note there will be no Morning
Service at Beetham that day, but there
will be Evensong at 6pm**



Kent Estuary Youth Project
Bank Staff workers
JNC Youth Work scale up to pt 14

As part of its expanding range of youth provision, KEY is now recruiting bank staff workers to support our growing team working in Milnthorpe and the surrounding villages in South Lakeland. We are especially seeking people with availability for our after school sessions. Visit the www.thekeyproject.org.uk For more information on KEY and for an application pack email: baverstock271@btinternet.com



**KEY- PROVIDING YOUTH ACTIVITIES AND SUPPORT
IN THE KENT ESTUARY AREA**

JOIN US FOR AN OPEN EVENING

**MONDAY 26TH FEBRUARY 5-7PM
@M:HUB, BEETHAM ROAD,
MILNTHORPE**

**WE ARE LOOKING TO RECRUIT ADDITIONAL
VOLUNTEERS, BANK STAFF, AND TRUSTEES
POP IN TO HEAR ABOUT WHAT WE DO
AND MEET OUR YOUNG PEOPLE, STAFF AND
VOLUNTEERS**

For more information email
baverstock271@btinternet.com
visit our website
www.thekeyproject.org.uk

Light
refreshments
will be
available!

Beetham Church Electoral Roll 2024

The Church electoral roll is re-issued every year, ahead of the Annual Parochial Church Meeting (APCM) in April. Existing members of the Electoral Roll only need to complete the form every six years (which will fall next year, 2025). If you would like to join the roll as a new member this year please fill in a form and return it to the Electoral Roll Officer, Jenny Marks.

Please note that living in the Parish or regularly attending church does not qualify you to vote at the APCM unless you complete this form. This enables you to vote at the APCM for members of the Parochial Church Council and the Deanery Synod.

The current list and forms are available in church and new members are invited to join for 2024. The form can also be downloaded at:-
www.beethamstmichaelandallangels.co.uk/?Links

Help Wanted. Part-time rewarding job with flexible hours. Excellent opportunity to meet new friends, be part of a great team and have fun. No experience necessary. Apply to St Michael & All Angels, Beetham

Beetham Church Vacancies

Would you like to have a say in the running of our church? If so, you may be interested in becoming a Churchwarden or joining our Parochial Church Council

This year we are in an unusual situation where several posts will become vacant at the Annual Parish Meetings in April, due to current post-holders having extended their normal term during the pandemic. All three churchwardens (Dianne Lomax, Brian Smalley and Jenny Marks) will be stepping down; Elizabeth Rocke will be standing down as PCC Secretary; and Sue Smalley will be standing down as Safeguarding Officer

- ♦ **The three Churchwardens** are elected at the Annual Vestry Meeting by members of the parish each year, and are the Bishop's local representatives. They are members of the congregation and automatically become ex officio members of the PCC. Their responsibilities are laid down in Church Law dating back to the 13th century, and they fulfil an important role in lay participation in the life of the church. Churchwardens are elected for one year only (but can be re-elected if they wish up to a maximum of 6 years)
- ♦ **PCC members** are elected at the Annual Parochial Church Meeting by members of the church electoral roll. The PCC is collectively responsible for the care of the church and the finances, and members represent both the church and the parish at our 6 PCC meetings each year. PCC members are elected for a term of 3 years. The role of **PCC Secretary** is generally allocated to a PCC member at the first meeting of the year, and could become a split role for 2 people
- ♦ **The Safeguarding Officer** is an essential role in the life of the church. It is an independent role that does not necessarily require the post-holder to be a member of the PCC

Please do consider if you can assist with any of these roles. All provide a fascinating insight into the working of the church and a rewarding opportunity to help protect and build the future of our church. These posts may seem a little daunting, but existing post-holders do other voluntary roles that they will be continuing after stepping down from the roles listed above, so these particular roles are not as time-consuming as you may think. Details of each of the vacancies will be available in church during February, and please take the time to read through the leaflets and talk to the existing post-holders. It is very much about teamwork and remember there will always be someone around to help you!

Beetham Band

'GRATITUDE IS THE MUSIC OF THE HEART, WHEN ITS CHORDS ARE SWEEP BY THE BREEZE OF KINDNESS' *Unknown*

It has been a month of musical recuperation for your small but perfectly formed Community Band. With many viruses whizzing about, the inclement weather and general tiredness, we decided to take break. We return to practice on the first Saturday of February. You are, as always, very welcome to join us.

As many of you may know, buying music is expensive. We have been very fortunate in having musical contacts that are happy to share. That also gives us a chance to try before we buy, as music is not the easiest fabric to alter. During our time as a developing band we have had support from someone whom many did not know. He shared arrangements with us and indeed arranged for us on a couple of occasions, although we had not asked that of him. So it was very sad when we heard that he had passed away.

Derek Buckland Evers, aged 91, was originally from London. He did not live locally but knew of us from another band member. Music reaches out far and wide, connecting people and places. Derek had been an RAF bandsman. When he relocated after his RAF duties he was a member of three separate bands on the Fylde Coast. Whilst with these bands he composed and arranged music for them all. He played most instruments - brass, woodwind and drums. His musical knowledge was immense and was indeed his life. As you can imagine he had so much to talk about and loved to chat, liberally peppered with his great humour.

So imagine my delight and sense of honour as I learnt he had left our little Community Band four large boxes of music! I have recently delved into the first box to find some absolute treasures which will keep us busy for a very long time. It will also keep his memory alive and I for one am grateful for that and for our connection to him through music. I speak for us all when I thank his lovely wife for passing them on.

You know me by now and my belief in the power of music. Just hearing the birds warming up in the wings for spring lifts everyone's spirits regardless of who and where they are. So why not try and see what music can do for you. I am always happy to answer any questions and promise that by expressing an interest, you will not be strapped to an instrument and forced to sign a contract. Our ethos stands. No stress here in Beetham Community Band.

I'M GRATEFUL THAT MUSIC HAS BEEN A PLACE WHERE I'VE FOUND FREEDOM

Valerie June

Much love and kindness, Tess Rowlands, 07725580095

Beetham Church Handbell Ringers

After a busy December, the handbell ringers continued their performances in January with two more 'gigs'. The first was at Crook WI on 3rd January where we were able to entertain the members after their post-Christmas lunch with carols for them to sing along. This was followed by a hands-on session for them to have a go, which they did with great enthusiasm and success

On 23rd January we were invited to give a talk and ring for the Dignity in Dementia Monthly Meeting at the Abbot Hall Social Centre in Kendal. After performing music from the 60s and 70s and from a number of Musicals, there was a lively Q&A session about the handbells and towerbells. The group members were then encouraged to come and have a ring, and were quickly able to pick up a rendition of Frere Jacques to great applause from the remaining audience

Thank you and well done to both groups, and to the handbell ringers

She's Behind You!

On Saturday 30th December the Beetham Bellringers & Co went on a trip to Barrow to see Beetham's very own Fairy Godmother, Julie Edwards, in pantomime. Julie was starring in *Jack and the Beanstalk* at the Forum Theatre throughout December and this was her last performance of the panto season, so too good an opportunity to miss

The show was spectacular, with amazing costumes and sets, and the audience joined in all the fun with cheering and booing in (nearly) all the right places. Even more fun was had with one of our ringers - Dennis - becoming an unsuspecting star of the show after being singled out by the Dame to be her 'boyfriend'. A great time was had by all, and huge congratulations to Julie!



Candlemas

Snowdrops are flowering everywhere around the Parish, and they are also known as Candlemas Bells as they appear around the time of the Feast of Candlemas on 2nd February. Candlemas celebrates the Purification of the Virgin Mary and the Presentation of Christ in the Temple forty days after his birth

The name Candlemas was originally 'Candle Mass', where candles to be used in the forthcoming year are blessed, symbolising Christ lighting the way for his followers. This was a reference to the Gospel of Luke, where it is recorded that Simeon blessed Christ in the Temple as "A light to lighten the Gentiles, and the glory of thy people Israel" - words that are used in the *Nunc dimittis* that is sung each week at Evensong. The extinguishing of the candles represents the pain and suffering that was to come, so that Candlemas celebrates both looking back at Christ's birth and the joy of Christmas, but also looking forwards to Christ's death on the cross

The Feast of Candlemas will be celebrated at St Michael & All Angels on Sunday 4th February at the 11am Eucharist and with a special candlelit Choral Evensong at 6pm, to which all are welcome

Candlemas marks the end of the forty days of Christmastide, and the Christmas trees and indoor and outdoor Nativity cribs will be taken down for another year



School Corner

This month our youngest children have been learning all about space. They have been dressing up in different space costumes, making papier mache planets, reading books about space and learning all about Neil Armstrong and Tim Peake. Children have also been using the Beebots and new Robot Mice to give commands to visit different planets.

Children in Years 2 and 3 have been learning about Edinburgh. They have used maps to locate Edinburgh and identify its location in comparison to where we live and within the British Isles. In art children are using the work of Stephen Wiltshire to inspire cityscapes using line drawings of Edinburgh Castle. They have also been reading the book 'The Owl who was Afraid of the Dark' and will soon be writing their own chapter for the book.

Our Years 4, 5 and 6 class are learning all about the Romans. They have been looking at Boudicca and her revolt against the Romans, designing catapults as well as reading the book 'Escape from Pompeii' writing first person accounts of the eruption of Vesuvius.

Sports Cool Lancaster have been delivering after school clubs on a Tuesday this year. Before Christmas we had Ultimate Frisbee and this term we have Fencing. The children have been learning skills of speed and agility before using the fencing equipment.

We welcomed Dr Wise into school from Lancaster University. She used the story of Hansel and Gretel to inspire engineering projects for the children to problem solve and work together. These included making contraptions to carry a map and send a map down a wire to a house. Children designed, tested and evaluated their designs in a truly inspiring morning.

The school did suffer some minor damage in storm Isha. A few of our sheds lost their felt and the fence on the school field was demolished. We would like to say a huge thank you to Holme Park Quarry and MPA Hire for providing a temporary fence.

Our first fund raising event of the year was held in school mid-January - a quiz night with pie and peas supper. Thank you to everyone who attended and to those who made the event happen. The FOBS made over £250 from the evening!

Next month we have many things to look forward to including celebrating Candlemas, holding our film night and our oldest children will be visiting Ribchester to learn more about the Romans.

Best wishes, Abi Johnson



Beetham WI ~ 'Bowling' into 2024

We began the New Year with a Ten-pin Bowling session at Silverdale Holiday Park where there was much fun and laughter as we competed in teams. More members came to watch then we all enjoyed refreshments together in the café.



Later in January, a group visited the People's Gallery at Kendal Museum to view the photographic exhibition entitled 'Forty Farms' by British Life Photographer of the Year, Amy Bateman. She is a Kendal based farmer and tells her unique story through her images. The group thoroughly recommend seeing this exhibition.

Our next session will be in The Wheatsheaf on Tuesday 8th February 2-4pm when we have a member of the South Lakes 'Simply Repair' team coming to give us a talk about what they do by reducing waste, sharing skills, improving wellbeing and building a community. Guests are very welcome to join us – just a small charge for refreshments.

More details about our WI can be obtained by emailing The Secretary at beethamwi@gmail.com or see information on our Noticeboard in Beetham village.

theWI
INSPIRING WOMEN



presents
"Tenebrae"
Music for
Holy Saturday



Saturday 30th March, 4pm
at St Johns Church, Silverdale

A short concert, conducted by Gawain Glenton,
of music by Gesualdo, Victoria and others

Retiring collection



Beetham WI

are next meeting in

The Wheatsheaf

on

Thursday 8th February 2024

at 2 - 4 pm

to hear about the

**South Lakes
Simply Repair**

A talk by Karen Bentley-Brown

Guests very welcome to join us

for a small charge which includes Tea/Coffee & Biscuits

For more information contact: The Secretary

email: beethamwi@gmail.com



MILL TOUR & DEMONSTRATION

Friday 1st March, 11.30 - 1pm

BAKING WITH KATE

Wednesday 21st February, 12.30 - 3.30pm

CRAFTING WITH ERIKA

Monday 5th February, 1 - 4pm

CRAFTERNOON

Tuesday 20th February, 1 - 4pm

POWSOWDIE

Wednesday 27th February, 11am - 2pm

WRITE BY THE RIVER

Friday 14th February, 11am - 3.30pm

Heron Corn Mill, Mill Lane, Beetham, LA7 7PQ
015395 64271 - info@heronmill.org - www.heronmill.org

Beetham Village Facebook

**A dedicated facebook group
for Beetham village**

Search for

"Beetham Village Cumbria"

**Would you like to sing with
Kendal South Choir?**



Singing is fun and good for you, with proven benefits for:

- ♦ Mental health ~ Reduces stress and boosts confidence
- ♦ Physical health ~ Exercises lungs, heart & upper body muscles
- ♦ Brain function ~ Music helps to slow cognitive decline
- ♦ Social life ~ You're guaranteed to make great friends!

We welcome all singers without audition. Music reading is useful, but not essential - come and learn with us! You will receive support from members, and excellent guidance from our Music Director, Geoffrey Field, who can help you find where your voice lies. Don't worry if you haven't sung since school - just bring enthusiasm and a tuneful voice.

Rehearsals are always fun, and we welcome singers from all over the South Lakes. We meet on Tuesdays at 7.30pm in Kendal, with free parking nearby. We are now rehearsing for our next concert 'Rejoice!' in May. You are welcome to join us for a free trial period. Visit our website or Facebook to find out more about us

kendalsouthchoir.weebly.com



Beetham Parish Council

The next monthly meeting will be held in
Beetham CE School

Monday 5th February at 7pm

Members of the public are welcome to attend
Minutes of previous meetings and details of the
Councillors can be found at www.beethampc.co.uk

St Michael & All Angels Beetham

**Candlemas
Choral Evensong**
Sunday 4th February at 6pm
A candlelit service of music to celebrate Candlemas
All are welcome

the HERON theatre
February What's On

Friday 9th Feb ~ 'Are you there God? It's me Margaret' (Film)

Sunday 11th Feb ~ Rosamund Brass (Sunday Music)

Saturday 17th Feb ~ Dos Almos (Spanish Music)

Friday 23rd Feb ~ Quentin Crisp : Naked Hope (Drama)

Friday 1st March ~ 'Mission Impossible: Dead Reckoning Part 1' (Film)

Book tickets online www.theherontheatre.com
email: boxoffice@theherontheatre.com ~ tel: 015395 64283

Evening performances start at 7.30pm; Sunday Music 2.30pm
Doors open 45 minutes before performance. Refreshments available

The Heron Theatre, Stanley Street, Beetham, LA7 7AS

PILGRIMAGE
To the Shrine of
Our Lady of WALSINGHAM
22nd-25th April 2024

A residential visit to the Anglican Shrine of Our Lady of Walsingham, Norfolk - a place of pilgrimage for Christians for almost 1000 years. The shrine welcomes thousands of visitors each year who come to share in shrine services, use the time for quiet reflection and personal devotion, and enjoy the excellent food and hospitality in the company of fellow pilgrims.

For more information, or to book, please contact Mark Latimer on 07927 020299 or Brenda Pearce (01229) 831295 or email opendyapson@btinternet.com



Kent Estuary
24 Hours.
Competitive Rates

Local family private hire
company founded in 1979

All drivers, male and female, have
level 2 nvq in road vehicle
passenger driving and are fully
licensed with SLDC.
We pride ourselves in having a
friendly and reliable service

For a quote please contact us on
015395 62917 or
07974 108501



Important message for advertisers

Now that Gateway is back to both paper and online circulation we aim to contact each advertiser individually for your ongoing requirements. Do please let us know if there are any details you would like us to change.

And to other local business, would you like to advertise? Annual costs can be as low as just £20! To book space call John on 015395 62648 or email j.d.lomax@btinternet.com

Collectable and contemporary
BOOKS BOUGHT
015395 35125
Single items or whole collections
Will travel to view (from Allithwaite)
P.B.F.A. member

LUNESDALE HOUSE
RESIDENTIAL
RETIREMENT HOME
Hale, nr Milnthorpe
015395 - 63293
Registered with The National Care
Standards Commission

PLUGGED IN
ELECTRICIANS
Customers first - Transparent pricing
Clear communication
01524 932 524
pluggedinelectricians.co.uk

C. M. SIGNS
Your local time-served
sign-writing specialists
015395 - 63000

MARK ECCLES
ME Electrical Contractors
All aspects of electrical work undertaken
07866 510 079

Graham Pooley
WINDOW CLEANER
1 Castle Riggs, Kendal
01539 - 721981

NEIL TAYLOR
Painter, Decorator
& Paperhanger
Tel: 015395 - 64411
Mobile: 07778 - 467521

IAN BRADSHAW
INTERIOR & EXTERIOR PAINTER
& DECORATOR
015395 62089
07968 390396

**Robb Home improvements
and Landscaping**
Specialising in fencing, stone walling,
paving, garden rooms, lawns and
water features
Bespoke garden design and build
Free estimates
Call 07954336176 or 07871878101

MARTIN
PAINTER & DECORATOR
07881 895909
01524 61834
martin.painting.decorating@gmail.com

Join The Friends
of Beetham Church
by picking up a form in church
or downloading from our
website, and supporting our
fundraising to maintain this
historic church

Lakeland & Lunesdale
Physiotherapy &
Sports Injury Clinic
Milnthorpe

015395 64727
clinic@physio-sportsinjuries.co.uk
www.physio-sportsinjuries.co.uk

HIGHGATE
VETERINARY
CLINIC
01539 721344
www.highgatevets.com
173 Highgate, and Unit 1 Beezon Rd
Trading Estate, Kendal
Friendly, caring & professional team

LAKELAND HEARING
WWW.LAKELANDHEARING.CO.UK
✓ Phone calls
✓ Repairs to your hearing aids
✓ Battery sales ✓ Accessory sales
✓ Remote adjustments of your hearing aids*
Do get in touch and let us
know how we can help
01524 824594
info@lakelandhearing.co.uk
*subject to a compatible hearing aid

The Wheatsheaf
BEETHAM
FOUNDED 1609
www.wheatsheafbeetham.com
stay@wheatsheafbeetham.com
015395 64652

Open
Wednesday
to
Sunday
11am 'til late

Flowers for all occasions
Woodlands Nurseries
Crooklands
01539 567273

Gas & Oil Boiler,
Gas Fire Repairs & Maintenance
015395 - 63562
MARK N. SHAW

Chaplows Heating Services
Boiler Services
GAS OIL LPG
015395 - 63017
07831 - 223140

TONY GIBSON
SPECIALIST IN:
- STONEMASONRY -
- PLASTERING -
- ALL ASPECTS
OF BUILDING -
015395 64702
07815 888 564
www.tgibsonbuilderscumbria.co.uk

HAIRSTOP
2b Mainstreet, Milnthorpe, LA77PN
HAIR SALON
015395 63586
www.hairstopmilnthorpe.co.uk

L. M. Baverstock
Ophthalmic Opticians
The Square, Milnthorpe
015395 - 62633

SOUTH LAKELAND AGE UK
For lunch club and exercise
class details go to
www.ageuk.org.uk/southlakeland/activities-and-events
Helpline : 030 300 30003

ageUK

T.T. CARPETS
RED BARN
HARMONY HILL
MILNTHORPE
015395 - 62898

Irene Taylor Hearing
- Specialist hearing aid advice
- Earwax removal by microsuction
- iPhone compatible hearing aids
- Invisible hearing aids
- Hearing protection for shooting,
motorcyclists & musicians
- TV & telephone accessories
- Home visits
Salt Pie Lane, Kirkby Lonsdale, LA6 2BH
015242 73589
Est. 1980 ~ Registered with hcpc
www.irenetaylorhearing.co.uk

FOOTCARE AT HOME
Tracey Garrett BSc MInstChp
Nail trimming ~ Ingrown nails
Corns ~ Callus ~ Diabetic foot
Care and advice
For Home Visit tel 07766 167018

Heydays
Care & Support
Services LTD
Providing outstanding
homecare since 2011
We can help with the following & more:
* personal care * dementia care * shopping
* meal prep * companionship * domestic help
Covering South Lakes & Lancashire including
Levens, Milnthorpe, Sedgwick, Heversham,
Beetham, Storth & surrounding villages
www.heydayscare.co.uk

THE CREATE ESCAPE
CUMBRIA
**COOKERY AND
CREATIVE
WORKSHOPS**
IN CUMBRIA
A TRUE ESCAPE
FROM THE EVERYDAY
At The Create Escape, we deliver fun, inspiration,
relaxation and laughter, in a beautiful farmhouse
location, nestled in the stunning landscape of
South Cumbria.
GIFT VOUCHERS &
GIFT EXPERIENCE BOXES
AVAILABLE ONLINE
WWW.THECREATEESCAPE.ORG.UK

PARKIN and JACKSON
Monumental Masons
New Memorials
Second Inscriptions, Repaints,
Regilds and Renovations
Visit the showroom on
14 APPLEBY ROAD, KENDAL LA9 6ES
Telephone: 01539 722838
Free estimates & brochure on request
www.parkinandjackson.co.uk
email: info@parkinandjackson.co.uk

HOUGHTONS
HOME IMPROVEMENT CENTRE
Park Road, Milnthorpe
T: 015395 63904
Open 7 days
Trade & Retail
Large stock areas covering
Commercial & DIY Power Tools
Hardware
Electrical & Household Goods
Gardening Tools & Equipment
Sheds, Seeds & Soil
Fencing & Paving
Timber, Plumbing, Glass, Key Cutting
Paints, Wallpapers & Decorating sundries
Paint Mixing Service
Gifts & Cards for all occasions

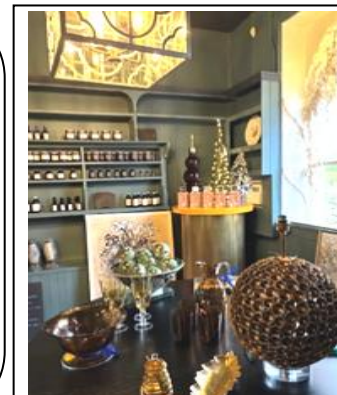
FISHWICKS
FUNERAL SERVICE
Established 1935
Beetham Hall Beetham LA7 7BQ
015395 63108
www.fishwicksltd.co.uk
Independent Family Run Firm
24 Hour Service
Golden Charter Prepaid Funeral Plans
Private Chapels of Rest
KIRKBY LONSDALE
015242 71400
RUXTONS OF KENDAL
01539 722299
EDMONDSON LONGMIRE
The Chapel Glebe Road
Bowness on Windermere LA23 3HB
015394 43427
Golden Charter
SAIF

HALE GARAGE CO
(Practical Automobile Engineers)
Established 80 years
Main A6 Road, Hale, LA7 7BH
New & Used Car Sales Service & Repairs
Full Dealer Computerised Diagnostics Equipment
MOT Testing, Body Repairs, Tyres
Batteries, Exhausts & all your Motoring needs
Free collection or loan car service
015395 - 62173 / 62839

WOODSIDE WALKS
Dog Walking & Day Care Service
Fully Insured
GPS Collars
10 Yrs Experience
Countryside Walks
Contact Theo on 07880 237033
to discuss your requirements

March deadline for The Gateway
The deadline for contributions for the
March edition is noon on
Monday 26th February
Please send articles to the
editor, Jenny Marks
Email: jenny.marks@btinternet.com
View this and past editions of
The Gateway online at
beethamstmichaelandallangels.co.uk

Sustainable
Gardening Services
SOUTH LAKES
WOODSIDE GARDENER
WG
Sustainable Gardening
RHS QUALIFIED
WWW.WOODSIDEGARDENER.COM
INFO@WOODSIDEGARDENER.COM
07533623208 / 07557343508



Edith Anice
Leslie welcomes you to her
interiors shop in the Old
Beetham Post Office
Shop opening times-
Thursday, Friday &
Saturday 10am-4pm
Leslie is planning to open the
upstairs café in March. See the
shop noticeboard for details or
Instagram @edithanice

MOSSDALE
SERVICE STATION
A6, Hale Moss
tel: 01524 781381
Petrol, Car Wash
Nisa Store open
6am (Sunday 7am) - 8pm
Wines & Beers, Fresh Produce,
Groceries, Hot & Cold Drinks,
Papers, National Lottery

