

**For the team at St John's**  
Call our church warden,  
Mrs Amanda Kay  
(5) 58851



**Baptisms, Weddings and Funerals:** contact Linda Brown at the Cartmel team office in Grange, open Tuesday and Wednesday 10am-12.30pm Friday 9am-1pm  
Tel (5) 35560 or email: [cptmoffice@gmail.com](mailto:cptmoffice@gmail.com)

### Sunday Services at St John's

begin at 9.30am except for the third Sunday in the month when a prayer service begins at 4pm. Occasionally we combine services with St Mary, Allithwaite

### Open for private prayer

Wednesday 10.30am-Noon  
Friday 2-3.30pm



**Lakeland Segway  
Tours at Cartmel**  
book online  
or phone (2) 61000

### Autumn at Holker Hall

#### Chilli Fest

Saturday 4th and Sunday 5th September  
**Autumn Splendour Tour & Tea with the  
Head Gardener**

Wednesday 21st October  
**Winter Market**

Friday 5th – Sunday 7th November  
[book online](#) or phone (5) 58328



**Surgery** (7) 15500 **Hospital (Furness)** 01229 870870 **Vet** (5) 32669  
**Pharmacy** (5) 58298 **South Lakeland Council** (7) 33333  
**NHS helpline 111 Police 101**

Church of St John the Baptist  
Station Rd, Flookburgh, Grange-over-Sands LA11 7JY



# The Little Link

## The Parish of St John the Baptist

serving Cark, Flookburgh, Holker and Ravenstown since 1900

Autumn 2021



### Steam Trains

Riding the Cumbrian coast 18th September and 4th October  
Excursion Carnforth to Chester, 25th September  
Call 0333 996 6720

## LAKELAND TRAILS 2021



Starting and Finishing  
at Cartmel Racecourse  
Saturday 18th September

Bring picnic!

## Activities and Events

Before joining any group or attending any activity or event, It is advisable to check in advance with the organisers or hosting venue for any changes

### At St John's

**Knit and Natter, Sew and Chatter** ... 10-11.30am, 2nd and 4th Wednesday (from 8th September). Call Janet (5) 58651

**Flookburgh Mothers Union** ... next meeting 2pm, 20th September. Call Janet (5) 58651

**100 Club** ... £1 per month for the chance to win a tenner or more. To join call Janet (5) 58651

**Gardening Evening** ... second Tuesday of every month at 6pm, working on the church grounds. Check in advance with Janet (5) 58651

**Rainbows and Brownies** ... meet in the church room during school term. For times see the church gate notice board

**Food Bank** ... whenever we are open, donations for the Grange food bank may be left in the boxes at the rear of the church

**Harvest Festival** is coming  
see St John's church noticeboard



**Macmillan Coffee Morning**  
St Mary's, Allithwaite  
10am-Noon  
Thursday, 30th September

### In the Community

**At Flookburgh Village Hall (FVH)** ... for news on groups, events and activities call Barry (5) 59075; **Book Club** ... 10am every Friday, call Barry (5) 59075; **Flookburgh Over 60s** ... 2pm every second Thursday beginning with AGM, 9th September; call Veronica (5) 59255

**Lower Holker Bowls Club** ... call Ron (5) 34063

**Sewing Classes** ... 10am every Friday at Lower Holker Village Hall (LHH); bring your own machine, places still available. Call Natasha 07901751197

**Yoga Classes by KS** ... currently 5pm Monday and 8.30am Wednesday at Holker Old School, Cark. Call Katie (5) 58841 or email: katie@ksyoga.co.uk

**Women's Institute** ... next meeting, 1.30pm, 6th October at FVH, all welcome; call Janet (5) 58651

**Walking for Health** ... 11am every Tuesday at the Cartmel Racecourse paddock and, for a shorter walk, 11am Thursday at Age UK store, Grange, near the station. Call Ewen Cameron 07929833528

**Age UK South Lakeland** ... activities (currently under review) in our area include lunch clubs, gentle exercise classes and, for men aged 50+, walking football. Call (7) 28118

### Westmorland County Show

Showground, Crooklands  
8th and 9th September  
Book online or call (5) 67804



The final  
**Grange Prom Art of 2021**  
Sunday 26th September  
from 10am

Do you have Information about groups, events or activities? Call Kim (5) 21305

## Burial Ground Appeal

our dedicated volunteer maintenance team needs new equipment which must be financed by the community; donations in an envelope marked 'burial ground' may be posted through the St John letterbox or handed to a member of the PCC



**CAs** Cumbria Action  
for Sustainability

### From the Parish Council

**Cold to Cosy Cumbria** ... offers free energy saving equipment to people in need and those on benefits. Hit the 'cafs' website or call 01768 216500

**Public Watering Place Charity**... grants for local people undertaking post 16 education. Visit the PC website, details below

**Cartmel Old Grammar School Foundation** ... grants for students aged 18-25 undertaking post A level study. Contact: mrcolinmilner@gmail.com

**Meetings** alternate between Flookburgh and Lower Holker Village Halls on the first Wednesday of each month except August. Members of the public are welcome to attend

### Contact Us

Parish Clerk, Lyn Prescott, 13 Church Walk, Flookburgh, LA11 7JX.  
Call (5) 58224 or email: lowerholkerpc@hotmail.co.uk

<http://www.lowerholkerparishcouncil.org.uk/>

