

### Contacting St John's

Vicar in Charge

Rev Mark Houston

call/text 07810655684

houstonmark15@gmail.com

Church Warden

Mrs Amanda Kay

Tel (5) 58851



### For Baptisms, Weddings and Funerals

at St John's or at St Mary's

contact **Rev Mark**

07810655684

houstonmark15@gmail.com



### Services at St John's

1st and 2nd Sunday ... 10am

3rd Sunday ... fellowship cafe church in the church room, from 3.30pm

4th Sunday ... benefice (joint) service rotated with St Mary, Allithwaite

5th Sunday ... see church noticeboard for this and for midweek prayers, other services and events

### Diddi Disciples

for pre school kids and their guardians

every Thursday, 10 - 11.30am

in St John's Room (term time only)

stories, play, snacks



### Autumn Concerts at St John's

**Bay Community Singers**

2.30pm, Sunday 20<sup>th</sup> October

**K Shoes Male Voice Choir**

7pm, Saturday 9<sup>th</sup> November



### Halloween at Holker Hall

26<sup>th</sup> and 27<sup>th</sup> October ... details soon

Surgeries (7) 15500 Hospital (Furness) 01229 870870  
Pharmacy (5) 58298 Post Office (5) 59342 School (5) 58434  
Vet (5) 32669 NHS helpline 111 Police Helpline 101  
Westmorland and Furness Council 0300 373 3300



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got info? call Kim (5) 21305 or email: bryankimbarb@gmail.com



# The Little Link

The Church of St John the Baptist

serving Cark, Flookburgh, Holker  
Ravenstown and Sandgate since 1777

AUTUMN 2024



left: flower arranger Joan Bentley with exhibits created at Flookburgh Village Hall  
right: musical entertainment at St John's Strawberry Fayre

### Save St John's

essential work, which cannot be funded by the existing congregation, is required if our parish church is to continue its work for the community

**donate online**

<https://www.justgiving.com/crowdfunding/StJohnsFlookburgh>

### Flookburgh Over Sixties

#### Autumn Coach Trips

Thursday 19<sup>th</sup> September ... Ormskirk Market

Thursday 24<sup>th</sup> October ... Barton Grange

Thursday 21<sup>st</sup> November ... Boundary Mill

Coaches pick up at 9.30am from the Square followed by Piggy Town Lay By.

Non members may apply three weeks before departure. Call Wendy (5) 58392





## What's On At St John's

**Knit and Natter, Sew and Chatter** ... From 10am, 2nd and 4th Wednesday mornings

**Flookburgh Mothers Union** ... 2pm, Last Monday of the month except Summer. Call Janet 58651

**Diddi Disciples** ... creative play with refreshments for pre school kids and guardians; Thurs 10am, term time only

**Food and Recycling Banks** ... whenever we are open, collection points at the rear of the church

## And In The Community

**Lower Holker 'What's App' Group** ... to join text Jeni 07722519889

**Coffee Morning** ... 10am every Friday at Flookburgh Village Hall (FVH); includes quiz, games and bingo. Call Barry (5) 59075

**Flookburgh Over 60s** ... 2pm every second Thursday at FVH. Call Veronica (5) 59255

**Flookburgh Community Food Club** ... every Monday at FVH; for info/join/register: <https://flookburghcfc.blogspot.com/p/food-club.html>; email: flookburghcfc@gmail.com

**The Burrow** ... family and child groups, every Tuesday 1.30-3pm, Flookburgh School and Nursery, Winder Lane. Groups alternate based on age of child. Call (5) 58434

**Sewing Classes (dressmaking and crafts)** ... at Lower Holker Village Hall (LHVH) bring own machine; Fridays 10am; call Natasha 07901751197

**Badminton and Table Tennis** ... Thursdays at LHVH. Sessions £1; to book call (5) 58304

**Lower Holker Bowls Club** ... experienced or beginner, all welcome. Call Ron (5) 34063

**Yoga Classes by KS** ... at Holker Old School, Cark. Call Katie (5) 58841 or email: [katie@ksyoga.co.uk](mailto:katie@ksyoga.co.uk)

**Tai Chi and Yoga Classes** ... at Lower Holker VH. For Tai Chi email: [r.barton5353@gmail.com](mailto:r.barton5353@gmail.com); For Yoga email: [kathrynajordan1@gmail.com](mailto:kathrynajordan1@gmail.com)

**Aerial Hoops Classes** ... at LHVH; to book email Debora: [hello@ootherblue.com](mailto:hello@ootherblue.com)

**Lower Holker WI** ... 1st Wednesday of each month, switching between LHVH and FVH; Sept at Flookburgh, Oct at Lower Holker, Nov AGM at Flookburgh. Call Ros 07387388078

**Car Boot Sales** ... every Sunday morning May – September on Cark Airfield

**BINGO** ... every Thursday at the Ravenstown Club, doors open 7.30pm

**Flookburgh Amateur Boxing Gym** ... adult, kids and ladies classes. Call/text 07766913572. Ladies contact Emily 07775591420

**Grange Shed** ... Yewbarrow Terrace, Grange. Open 10am – 1pm Monday, Wednesday and Friday; carpentry and craft for older men. Email: [thegrangeshed@gmail.com](mailto:thegrangeshed@gmail.com)

**Grange Active Travel Hub** ... free mobility scooter hire for prom trips; call (5) 55439

**Coffee Morning** ... every Wednesday, 10.30am, Grange Methodist Church

**Elevenses** ... cuppa and company, 10am to Noon, 2nd and 4th Tuesday, St Mary's, Allithwaite

**Wellbeing Walks** ... 11am Tuesday from Cartmel Grandstand; shorter walk 11am Thursday from the 'Pay and Display', bottom of Windermere Road, Grange. Call Ewen Cameron 07929833528 or email: [e.cameron1@btinternet.com](mailto:e.cameron1@btinternet.com)

**Grange Prom Art** ... stalls along the prom, every last Sunday, April to September

**Age UK Walking Sports** ... over 50s walking football and netball, 3.30pm every Tuesday at Kendal Leisure Centre. Call (7) 28118

**Age UK Lunch Club Cark** ... 4th Friday of the month at the Pheasant; call Liz on (7)28118



## Flookburgh Over Sixties

Next meeting, 2pm, Thurs 10<sup>th</sup> Oct  
Flookburgh Village Hall  
Kim Bryan will speak on  
'Made Up Nations'  
All welcome



## Lower Holker WI

2pm, 2<sup>nd</sup> Oct ... comedian Steve Swithins @LHVH  
2pm, 6<sup>th</sup> Nov ...  
AGM followed by  
'Jacob's Join' meal@ FVH  
all welcome



## Tuesdays 1.30-3pm

Flookburgh School  
and Nursery  
Call (5) 58434



## Friday Coffee Mornings

10am every Friday  
Flookburgh Village Hall  
bingo, raffle, quiz, coffee, tea



## Knit and Natter

10am, 2<sup>nd</sup> and 4<sup>th</sup> Wed  
St John's Church Room  
all welcome



## HOLKER HALL WINTER MARKET

1<sup>st</sup> – 3<sup>rd</sup> November  
book online  
or call 58328



## FAMILY FUN DAY

Saturday 21<sup>st</sup> September  
Ravenstown Club, Winder Lane  
BBQ, live music, games, bouncy  
castle, bar from 1pm  
proceeds to St Mary's Hospice



## New Table Tennis Club

starts soon at  
Lower Holker Village Hall  
For details email Rhona  
[r.barton5353@gmail.com](mailto:r.barton5353@gmail.com)



## From the Parish Council

The Parish Council will be considering the initial Westmorland & Furness Local Plan Consultation at the 3rd September meeting. The Local Plan will specify where housing and employment developments will take place and what infrastructure is needed. Residents are welcome to attend any Parish Council meeting and raise concerns about local issues.

Students can apply to the Public Watering Place Charity for a grant towards their further or higher education. Application forms are on the Parish Council website or available from the Parish Clerk and should be submitted by the end of October 2024.

Contact Us ... Parish Clerk, Lyn Prescott  
13 Church Walk, Flookburgh, LA11 7JX. Call 015395 58224

email: [lowerholkerpc@hotmail.co.uk](mailto:lowerholkerpc@hotmail.co.uk)  
[www.lowerholkerparishcouncil.org.uk](http://www.lowerholkerparishcouncil.org.uk)