

ARNSIDE BROADSHEET

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THE ARNSIDE VILAGE WEBSITE – website for the local community! Let people know about your event or activity. Email: support@arnsidevillage.co.uk.

ARNSIDE HELPWAYS (07534 660 667) Requests for transport should be made between 9.00. and 10.00.a.m. if poss, giving at least 24 hours' notice. Nominal charge is made to cover car expenses

ARNSIDE WI Hall/ room to hire, kitchen available. (Call: Lindy Brough 761752)

ARNSIDE & ARNSIDE KNOTT WI (Sec:S. Jackson 761915) Mon 8th 7.30pm WI Hall. WOODLAND TRUST with Paul Littlewood. Competition: Wooden Ornament

ARNSIDE VILLAGE FUN DAY Sat 6th 2-4pm WI Hall. FREE entry and refreshments. FREE Bouncy Castle, Slide,, Face Painting. Music :MILLI YOUTH CHOIR. Treasure Map, Raffle, Tombola. All welcome

RBL Meeting Tue 23rd WI HALL 2.30pm

ARNSIDE BOWLING CLUB The Bowling Green is now open. We have Social Bowling Tuesdays and Thursdays 2:00New Bowlers very welcome. Come and give it a try. Sheila Fishlock (Sec.) 015395 62258

ARNSIDE SAILING CLUB Sailing courses for adults, ladies and children www.arnsidesailingclub.co.uk
5th Dandelion Trial (Folk), 12th Zero Fret Club (Gypsy Jazz), 27th Ian Bailey (Folk). All start 8pm. £5 entry

ARNSIDE COUNTRY MARKET (Sec Janet Kitchen 07974848410) Fri 9.30am - 12 noon WI. Home baked cakes, preserves, fresh fish, fresh eggs, plants, seasonal vegetables, home crafted cards, gifts, watercolours, jewellery, knitting, wood craft . Refreshments available.

ARNSIDE SIGHT ADVICE SUPPORT meets on Mon 15th at the Methodist Church Hall, 10.30-12.00 Open to all visually impaired people. Contact Tony Rees 761478

SIGHT ADVICE SOUTH LAKES: Drop-in at Arnside Surgery offering advice/guidance on sight loss,/visual awareness. No appointment required visit us on the 1st Thurs of every month or call us on 01539 769055.

AGE UK Seated Exercise Class, Arnside Methodist Church, Eileen Walters (761720) Tues 9.30-10.30am £2. Fri 10.30-12 £2.50 with refreshments

MINDS IN TUNE – Thurs 11th 2.00-4.00pm, Eileen (761720), Karen (762055) This Activity/Support group for

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.

people with memory problems, or dementia, and their carers now in its third year. Session at Arnside Methodist Church, starts with a choice of activities, followed by refreshments and will finish with some songs. Need transport, contact Eileen (761720).

BLACK SHEEP UKULELE BAND (762818) Thurs 6.30 for 7pm St James's Church £3 including refreshments. Band also available for hire.

VOLUNTEERS NEEDED AT SIZERGH CASTLE Indulge your passion for history and gain behind the scenes access to this fantastic building. .Tel:015395 69816 matthewsimonbrown@nationaltrust.org.uk

SCRABBLE FOR FUN (Fiona Stevens 762371) EI Wednesdays 7pm. All standards.

ARNSIDE SNOOKER CLUB (Phil Spring 761847) EI The Snooker hall is open 9am to 10.30pm Monday to Friday and 9am to 5.30pm Saturday.Regular groups: Open Club Night – Wed 7pm; Seniors - Mon & Tues 10am-12am. £1 and 20p meter

ARNSIDE BRIDGE CLUB - (George Crowther 781188) E.I Mon 1- 1.40pm Bridge for beginners 1.40 - 4.30pm Chicago Bridge (no partner required). Tues & Fri 6.45 for 7pm Duplicate Bridge (partners required).

ARNSIDE TABLE TENNIS GROUP(Neil Webster 762127, Bob Harrison 762638). EI Tues 7:30-9:30, Fri 2:00-4:00. 3 tables. Bats provided if required. Members £2, guests £3 (includes refreshments).

ARNSIDE COMPUTER GROUP & AGE UK SOUTH LAKELAND IT DROP IN (Sue Harrison 762638). EI Tuesdays 2:00 – 4:00 pm. Summer session dates: 16th July and 20th August. Weekly sessions will begin again from 10th September and not 3rd as previously stated.

ARNSIDE STITCH IN TIME DAYS FOR GIRLS (Anne 761800/Sheila 761317/Violet 745219) **Tues 2nd & 16th 11:30-4pm.** Stitch Knit &Natter Group at Methodist Church Hall, making reusable menstruation kits for girls & women in developing countries; plus knits for babies & refugees. Pop in for a cuppa at 3 NB no meetings August*

ARNSIDE PLAYGROUP (Ann 07765 693564) Arnside National School Church Hill Fri 9:30 - 11:25 am (term time). £7 per session Children 2 - 5 yrs.. Fun and friendly child development through play Drop in to a session.

FITNESS DYNAMICS CLASSES (Sam Horton 07886457563) Pilates,Zumba and more

YOGA FOR ALL (Cathy Lubelska 015395 34377)

TAI CHI (Tony Bennett 07747001907 text only) Thurs 2pm £8 per session. The Institute Silverdale

PILATES (Catherine Nixdorf 761811, 07899907424) W.I. hall Mon 10 to 11a.m. Wed 9.00 -10.00am

PILATES (Joanne Holgate) Thurs 9.30-10.30 am and 6.30-7.30pm Methodist Church jhpilates361@gmail.com,

LAMATA DANCE CLASSES (Yvonne Kelly 781980) E.I. Tues/Wed 4.30 -7.00pm Thurs 4.30 – 8.00pm Classes for children & adults tap, ballet, modern, & Acro. £4 lesson

AGE UK LUNCH CLUBS (Christine 761566) 12 for 12.30 Lunch prompt **Fri 5th** The Albion. **Wed 17th** The Ship. Advance booking essential. Please phone.

OTTO VOCE CONCERT 21st at Methodist Church 4pm. £8 per adult, children under 16 free. Proceeds to Days for Girls and choir funds. Refreshments, cake stall and raffle.

RELAX & REMINISCE (Diane Smillie 762341) Poetry and prose sessions designed especially for those with dementia and their supporter. **12th & 26th** and every fortnight. 10.30 – 11.30am Arnside E.I.

ARNSIDE YOUTH PROJECT T Just one meeting for AYP in July. Friday, **5th** Den Building on the Knott

ARNSIDE & SILVERDALE LOCAL FOOD FESTIVAL Sat 13th 11am – 3pm Gaskell Hall, Silverdale. Local stallholders- BBQ, fruit & veg, butcher's, fish, plants, Arnside Country Market, coffee, cakes, bar, jams, pies, bread, honey, ice cream, Arnside apple juice, cheeses free children's activities and prizes, tombola etc. **FREE ENTRY** Martin Humphrey 702185

POLICE DROP IN The local PCSO, Mark Leigh, will be in Arnside Library from 10 to 11 am on Tuesdays. New regular monthly drop in -an opportunity to raise issues with PCSO

ARNSIDE ARCHIVE open Wed E.I. 10am to 12 noon. Chair Sandy Felton, sandy.felton@btopenworld.com

BOOK AT BAYTIME – (Julie 762538) Wed 1 – 2.30pm Arnside E.I £3. Discover and discuss literature by reading aloud, or just listen. julie@readforlife.co.uk

ARNSIDE RAMBLERS (Sec: Marilyn Wright 760066)
RAMBLERS (Jan Mingay 01539562319) 3rd Appleby. 9th Linear Walk. 8.30 Pre booked members only. 16th Grey Friar (S). 24th Abbeystead Area
SCRAMBLERS (Kevin Mingay 01539562319) 9th Linear Walk. 8.30. 17th Cross Fell. 23rd Base Brown & the Gables
AMBLERS (Roger Mashiter 761686) 2nd Brown Robin. 9th Linear Walk: 8.30 Pre booked members only. 16th Far Sawrey. 22nd School Knott. 30th Feizor.
B AMBLERS (Jeff Swire 298069) Thu 4th Anne Jackson (761174) Tue 16th Diana Clark (761125)

AGE UK SOUTH LAKELAND - new Tablet Loan scheme for people who are isolated with no IT equipment. (Helen Prince hprince@ageuksouthlakeland.org.uk)

ARNSIDE ART GROUP - Thanks to all who visited art exhibition Raffle won by Aileen Prouting ticket 298

donations for BSAR £563.18 favourite painting was by Brenda Bainbridge

STORTH COMMUNITY TRANSPORT Transport provided for Storth residents to doctors, dentists, and hospital-etc, cost 45p per mile. Info or to book phone 07553213383 with as much notice as possible.

FLASH ART WORKSHOPS FOR SUMMER HOLIDAYS! Heron Corn Mill in Beetham has two weeks of fun and educational activities to offer kids each day 11am- 3.30pm, bring a packed lunch – £12 per day! Children under 7 years must be accompanied by an adult. Book early – Tel: 01539 564271E: info@heronmill.org

THE HERON THEATRE, BEETHAM 7.30pm All details from www.theherontheatre.com **July 5th** BOHEMIAN RHAPSODY (2018) [12A] 114mins **July 19th** COLETTE (2018) [15] 111mins **August 2nd** CAN YOU EVER FORGIVE ME (2018) [15] 106mins

ARNSIDE METHODIST CHURCH (Rev David Stretton 761397) Church open every day 10.00am – 4.00pm Disabled access between church hall and church. Sunday Services: 10.30am: **7th, 14th, and 21st. 28th** (Service at Levens Methodist Church) Praise & Prayer, Friday **5th** 7.30pm. Contemporary & Informal Worship Time with Kirkby Lonsdale Worship Band. Refreshments after Service. All Welcome. Monday Morning Friendship Group: Charity NORTH WEST BLOOD BIKES LANCS & LAKES. 10.00am Coffee 10.30am start. **8th** our AGM. No more meetings until Mon **9th** Sept If you live on your own and would enjoy some company, do join us. Info from Pam (761928) or Eileen (761720). **Busy Bees Toddler Group** Wed 1.30 – 3.00pm in term times (Sue 761542)

ST JAMES CHURCH: Contact details Churchwardens B.Hogg 761980, I. Service 762019. Every Sunday 8.00am BCP Communion. Sun **7th** 10.30am Holy Communion **Fri 12th 7.30pm Licensing of Rev Andrew Bryan Norman as Priest-in-Charge** Sun **14th** 10.30am Sea Sunday Service Sun **21st** 10.30am St James Patronal Festival Holy Communion Sun **28th 9.30am NEW TIME** Holy Communion. Wed in school term 9.15am School-church

OUR LADY OF LOURDES R.C. CHURCH –Priest: Rev Fr Philip Smith. Tel: 015395 32731

Forthcoming Events

Sat **3rd** August 2-4pm Arnside E.I. Beetle Drive. Raising money to sponsor/name a Guide Dog Puppy All welcome
Vintage on the Prom 14th Sept– Do you have a talent to showcase?

Contact Jane at poshsardine1@hotmail.co.uk

Items for August Broadsheet by 15th July Details may be left at the Spar, Silverdale Rd. Phil Fallows, Hairdresser, Or E-mail arnsidebroadsheet@hotmail.co.uk **PLEASE be concise**, write clearly include contact details & telephone number. Broadsheet can also be viewed on the APC website: www.arnsidepc.org.uk