

BURTON NEWS

THE VILLAGE NEWSLETTER

July 2025 Issue 359



CONTENTS

Editorial 2-3
Society Reports 4-5
Hall News 6-7
Parish Council 8-9
Story 10-11
Sport and Fitness 12-19
Vicar's letter 20-21

Church Services 22
Recipe 22
Water Update 23
It's a Date in Burton 24
Traffic News 28
Club Information 32-33

BURTON NEWS

Please send us your letters - articles - events - news - stories - recipes etc for publication

Send by e-mail to
burtonnewseditor@gmail.com

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Next Editorial Committee Meeting
15th July

LAST DATE FOR COPY
20th July for August issue

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www.burtonnews.org.uk
or our Facebook Page 'Burton News'

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EDITORIAL

Burton News are delighted to bring you a bumper 40 page July edition, reflecting yet again the vibrancy of the village and variety of events taking place.

Our cover shows Georgia Wilson lifting the women's Rugby League Challenge Cup trophy after captaining Wigan Warriors to success earlier in June. Huge congratulations to Georgia and the rest of the team on a terrific performance.

Elsewhere in this edition, we have an update from United Utilities on their proposals to give the village a long term solution to our water problems. They will start work this summer to replace over 1km of mains pipe, but this will mean digging up the road. Work is expected to be completed by November.

We have lots of news this month from the Parish Council. In particular they are updating our Emergency Plan. This is a chance for residents to volunteer their skills and equipment in case of emergency. The last time they needed to call on volunteers in this manner was during Storm Desmond. Please read their article and get in touch if you feel you may be able to help.

Last month's edition contained a contribution from the Secret Poet. We hope you enjoyed it. She is back this month with part one of a story that we will be serialising over the next few editions. Let us know what you think.

Please would readers note that letters & articles must include a valid name & address. This can be with-held from publication on request. We will not publish any anonymous letters, or material which, in the opinion of the Editorial Committee, is of an offensive or defamatory nature. BN reserves the right to edit letters & articles in the interests of magazine space.

We are very grateful to Kate Kettlewell and the team at the Royal Oak for hosting next month's charity quiz in support of Burton News. Please come along for what is always a great night, and you may even win a great prize in the raffle.

Did you know that you can take out a subscription to Burton News? Do you know someone who doesn't live in the village but would like a copy posted to their home every month? For just £15 per year, you will receive all 11 editions. If you would like to take out a subscription, please email us at the address on the previous page.

Do you have something to contribute to Burton News? We are still looking for a new member to join our committee to help shape the future of the newsletter. We also welcome any suggestions for future features and articles. Letters and announcements also welcome.

LETTERS TO THE EDITOR

THANK YOU

Just a little note of thanks to those that have shown support and sympathy to us after the recent passing of Roy (Dad).

The number of messages, cards, flowers and hugs that myself, Dave and Mum have received has been overwhelming at times and has been a great comfort knowing how many people he had left an impression on.

So thanks again.

Yvonne, Paul, Dave and families.

Dear Editor

I, and Jill Nicholson, from the Burton couch to 5km team eventually managed to run 5km and we have been keeping things going by doing the Morecambe Park run. If you have never tried a park run before, they happen all over the country, rain or shine, at 9am on a Saturday morning. It is a measured 5km course and individually timed but with a completely non-competitive atmosphere. Folk run with pushchairs, children, dogs and grannies; in times from 15 minutes to an hour and 15 minutes. The route goes out and back along the sea front from the car park at the Battery. It is completely free and staffed by very cheerful volunteers. You do need to register online first (very straightforward) in order to get sent your time. A great way to wake yourself up and enjoy the wonderful views of the Lake District (well, usually). Jill and I have two free spaces in the car (plus a dog, if wanted) and are happy to give a lift to anyone who wants to come along - let us know - WhatsApp or text (0781 642 7612).

Fiona Thexton

BURTON VILLAGE STORE - NORMAL OPENING HOURS

Monday - Friday

Shop: 6am - 8:30pm

Post Office : 9am - 5.30pm

Saturday

Shop: 6am to 8:30pm

Post Office: 9am to 12:30pm

Sunday

Shop: 7am - 8pm

Post Office: Closed

The views expressed within Burton News are not necessarily the views of the Editors or the Editorial Committee

POLICE REPORT

There is nothing to report for the area of Burton, (which is good)

Crime Prevention advice for this time of year.

Lock and secure your doors when you are enjoying the nicer weather in your garden. Remember it only takes a couple of minutes to enter your home and look for keys/wallets. Where do you place them when home from a busy day at work? On the side? Just in from the door?, thinking, "oh I will move them later"? And then forget after that first glass of water?

Please remember to hide in a drawer or in a secure place.

In the surrounding areas a couple of suspicious vehicles were reported to us, mooching around in the early hours. Please remember to take registration numbers and we can run further details, even if you only remember half of the registration number, and remember the make of the vehicle, we can still run it through our system.

I will be at the Memorial Hall on Saturday the 19th of July bringing the bike marking kit. We will be marking your bikes FREE of charge. Come along and have a chat regarding any issues you have.

Thank you

PCSO 5244 Mandy Coleman

BURTON MOREWOOD SCHOOL

An update from Burton Morewood School Governors.

As most of you may have noticed, during the last bout of storms to hit the village the large Willow tree outside the school sustained some serious damage. After a thorough inspection from a trained arborist, it is with a heavy heart that we have made the decision to have the tree removed. Unfortunately the core of the tree has become weakened over time and it is not safe to keep the tree in place. We can't risk the tree causing further damage to property or worse. The school won't feel the same without the tree in place but it is the correct decision for all concerned and we are going to explore a sculpture with the stump if it is possible.

Fiona Wood, Chair of Governors

Burton-in-Kendal Art and Craft Society For Demonstrations, Exhibitions, Talks and Workshops



The Art Group will meet each Friday 9:30am - 12 Noon BMH
The cost is £3 per session for members and £5 for non-members
The Craft Group meets 2nd Monday each month 1.30-4pm BMH £3

To join the Society contact the Treasurer Paula Firth.
Tel 01524 571997, email p.c.firth@hotmail.com or mobile:07488 328464 or

Chairwoman Kath Hayhurst
Tel:01524 781613 or email kathhayhurst84@gmail.com

Membership includes free programme of events, free art and craft entries to the exhibition and use of the Society library.

Burton Fellwalkers

Burton Fell Walkers aim to do three walks each month, except in December, when we have one festive outing.

New walkers are always welcome, and we offer a range of walk grades. Contact our Secretary Sarah Walker via the website <http://fellwalkers.burton.org.uk> or on 07947 069765.



Sun 6 July 1pm. Crook. 5 miles (easy)
Sat 12 July 8.30am. Blencathra. 7.5 miles (medium)
Wed 16 July 6.30pm. Scout Scar. <5 miles (easy)
Sat 26 July 8am. Far Easedale. 7.5 miles (hard)

Burton, Holme, and District Local History Society

Monday 21st July 2.00pm
Industrial Staveley
Andy Lowe

Members only.

A full programme is available on the website
www.localhistory.burtonweb.org.uk

Contact: Chairwoman and Programme Co-ordinator Kath Hayhurst.
Tel. 01524 781613 email kathhayhurst84@gmail.com
New members welcome.



News from Burton Memorial Hall

June was a busy month at the Hall, with our Annual General Meeting on the 3rd, at which we said goodbye to our Treasurer, Raegan Preston, and welcomed our new Treasurer, Margaret Carr. We also bade farewell to trustees Jane Lloyd, Jon Halligan and Stephanie Micklethwaite, the last having served on the management committee for more than 30 years. Their enthusiasm and advice will be much missed at our meetings. We also welcomed back to the committee Kath Hayhurst, who was previously one of our longest serving members, and we look forward to her input into the running of the Hall once more. The other officers elected were myself as Chair, and Chris Nolan as Vice-Chair. We still have vacancies for a Minutes Secretary and a Bookings Manager on the committee, so if you are comfortable using a computer and feel you could fill one of those roles, and be a part of the team that manages the Hall please do get in touch on 01524 781306.

On the 6th June our annual Fashion Show by Kitty Brown Boutique at Carnforth was a sellout and raised almost £500 for Hall funds, thank you to everyone who came along and supported it, and to the team from Kitty Brown for putting it on for us. The following weekend saw the sellout Summer Concert by the wonderful Burton Singers on the Saturday, and what a fabulous night of music they gave us. On the following day we welcomed the Antiques and Vintage Fair to the Hall, with a fascinating range of collectable items on offer, and a popup cafe selling cakes all day and hot lunches too - I missed out on trying their Homity Pie as I arrived too late for lunch, but it sounded delicious. Our regular coffee morning with Kingsharp in the car park on the 21st June rounded off a very busy month, these are becoming more and more popular, and the cakes always go down very well.

So, what do we have for you in July? The Antiques Fair will be back on Sunday 13th July, 10am-4pm, and I hope they save me a portion of that pie! And the coffee morning will be on Saturday 19th July from 10am until 11.30am with our usual delicious home-made cakes on offer. We will also have Cumbria Police in the car park from 10am until 12 noon the same day, with their bicycle marking and registering kit, so if you have a bike and would like to have it security marked and registered on the National Cycle Database for free please bring it along. The Database makes it easier to recover stolen bikes and have them returned to you. See <https://www.bikeregister.com/> for more details.

Anne Nichols, Chair of the Management Committee, tel: 01524 781306



Burton Lunch Club

Held at the Royal Oak, Burton every 2nd
Wednesday of the month. Come along and enjoy a

reasonably priced two course meal with tea or coffee in a friendly environment.

Please call Age UKSC to book on 01539 728118.

Age UKSC Information is available at the Coffee Morning and Book Drop on the 1st Monday of the month in the BMH 10am – 11am

BURTON MEMORIAL HALL 200 CLUB

Below are results of April 200 Club Draw:

FIRST PRIZE : £28 G. MORPHET

SECOND PRIZE: £17 S. MICKLETHWAITE

THIRD PRIZE; £12 G. SMITH

Anyone wishing to join the 200 Club,
please contact Katy Worsley on bmh200club@outlook.com
Or call 07946 617634

Cost £12 per number for a year (12 draws)

Why not buy a year's subscription to the 200 Club for £12 as a birthday gift for a family member or friend? If you already have a number, why not buy another and increase your chances of a win?



Burton Book Drop & Coffee Mornings

Monday 7th July



Burton Book Drop Coffee morning is held in BMH on the first Monday in every month (unless its a bank holiday) from 10:00 to 11:00. All proceeds go to help the upkeep of the Hall. This is an opportunity to come and have a coffee, cake and a chat, buy a second hand book and use our Book Drop. The Book Drop is a community library service provided by Westmorland & Furness Council but manned by village volunteers.

WI JUNE MEETING REPORT

For our June meeting several teams braved the weather and took part in a superb treasure hunt, solving 40 clues around the centre of the village. Who knew there was so much to see in such a small area?! Many thanks to those who put it all together. The competition was won by Betty Pricket with Alison Crowe coming second.

Roger Jones will be telling us tales of his life as a vet at our next meeting on July 10th. Not a member but fancy listening to what promises to be an entertaining evening? Then come and join us as a guest!

For more information please contact Jan Shepherd 07974412458

BURTON-IN-KENDAL PARISH COUNCIL

www.burton-in-kendal-pc.gov.uk

Clerk to the Council

Christine Davidson

Email: parishclerk@burton-in-kendal-pc.gov.uk

We hope it never happens again....

... but it is always good to "Be Prepared". This statement is especially true during a serious emergency and a Community Emergency Plan (CEP) always works best when you can quickly call on others to provide help, assistance and resources. As was the case during the COVID pandemic.

Burton-in-Kendal Parish Council is reviewing its Emergency Plan so it can respond quickly to extraordinary events, which may have a detrimental impact on the whole or part of the Parish.

The Council always hopes that this plan will never be needed, but it does make good sense to have proper contingency plans in place, just in case the Council needs to respond to an emergency.

As part of the CEP, the Council is creating an emergency contact register and is asking for volunteers to assist in such an emergency. The Council is looking for all sorts of skilled people, such as those with First Aid Skills, Four Wheel Drive Vehicle owners, chainsaw etc or anyone who has a skill that may be of use during an emergency. They are also looking for volunteers who just want to help during an emergency. If you think you can help please contact the Clerk by email with your name, contact details and how you would be able to help in an emergency.

Please note the register will be strictly confidential and no personal details will be made public. It would only be accessed by a designated response team, should the need arise.

PARISH COUNCIL SKETCH

This month's Parish Council meeting was held on 19th June in the hall, and contained an unprecedented level of debate which threatened to overrun the meeting, and delay everyone from getting home for their tea, more of which later in the article.

As usual the Parish Council deals with a range of different issues every month, and this meeting was no different. The meeting was attended by two representatives from United Utilities who were updating us on the plans to replace the water main that has burst repeatedly over the last 3 years. You can find out more about their plans on Page 23 of this month's Burton News.

The meeting was also attended by representatives of Burton Morewood School who are asking for the Parish Council to become members of the school which would involve the Council having some responsibility to step in and make decisions as a last resort if for some reason the Governing Body was unable to. The Council have agreed to discuss at a future meeting.

Vicky Hughes, our district councillor was in attendance, and updated the Parish Council on various issues including the access to a footpath at Church Bank Gardens, recycling matters, and funding for a lollipop person, all of which are ongoing and as yet unresolved. Vicky Hughes would like to encourage residents to join her working party to suggest improvements to the playground. Please get in touch if you can help.

Westmorland and Furness Council have recently conducted a public consultation on the future of recycling collections. The Parish Council are aware of some concerns that residents in the village have about the effectiveness of these collections, and in particular the mixing of different types of waste. In future it is hoped that we will move to a single wheelie bin for our all of our recyclables. One or two councillors hoped that these would be large enough to hold all of their glass bottle waste, as their consumption of prosecco currently warrants an additional trip to Asda's recycling facilities.

Finally to the big debate of the night, and the one which lead to deep concern that our tea was getting cold. Should there be an apostrophe in the phrase 'King's Coronation Bench' for the plaque which will be placed on said bench, and if so where should it go? The great minds of Burton Parish Council gave this matter their full attention. Passions were excited on all sides, as the brains trust went into overdrive. Panic began to set in as stomachs rumbled, until eventually it was decided that yes, we do need an apostrophe, and agreement was reached upon it's location. Let us hope that the engraver is able to follow the instructions accurately.

The next Parish Council meeting will take place on 17th July 2025 at 7.30pm. Anybody is welcome to attend, as long as you cope with the excitement.

Editor

A Tapestry of Life and Death

By the secret poet

Sally's bright face smiled out at everyone from the order of service. Her still raven black hair was up in a bun with four silver knitting needles criss-crossing through it, making her look a little like an ageing geisha girl. How she had laughed when she had first decided on the pose. She was determined that her funeral would be unique and surprise everyone. Her family and friends including her two adult children believed that she had lived a quiet and uneventful life – and until about six years ago, she had.

Sally had been brought up in the shadow of an exuberant sister and incredibly successful and sporty brother. Her parents too were outgoing, both being doyennes of a local amateur drama group that was renowned in the area for its raucous pantomimes. Looking back at her life, she recognised that she had often felt like a miserable wallflower living out her days at a never-ending party and indeed, when Ab Fab hit the TV screens, she immediately related to Saffy.

After school Sally joined the Civil Service as a clerk and stayed there, with a couple of breaks for her children, until she took early retirement after yet another restructuring. She had married Alex when she was 22. He had been manning the London Underground lost property office when she went to enquire if her copy of 'Hitchhikers Guide to The Galaxy' had been handed in. She believed she had left it on the District Line on her way to work. Thereafter, she liked to joke to anyone that was interested, although not many people were, that instead of finding her book, she had found a husband. Sally and Alex had a very humdrum but not unpleasant marriage until Alex suddenly died aged 51 of a heart attack.

Although it was completely out of character, Sally had been persuaded by a friend when she was a teenager, to visit a clairvoyant at a fair. They held hands nervously as they both went in together. Sally's friend, she was told, would become a human rights lawyer and travel the world living a long and very prosperous life, which is exactly what happened. Sally on the other hand, would work in an office, marry a conventional man and die aged 63. Sally was surprised that the clairvoyant was so specific.

After Alex had died and her children had left home, Sally found herself at a bit of loss. Although content with her own company, she recognised that she needed a new focus. As Sally wasn't gregarious, joining a group was out of the question. Perhaps she deliberated, she could take up running. She bought shoes and a sports bra and gave it a go. After two short sessions though, when Sally had heard a 10 year old boy laugh loudly as she jogged past say "cor dad, look at her tits bobbing up and down" she decided that running might not be for her after all.

'OK, that didn't work' Sally thought, 'so time for a rethink'. Over the next few weeks, she considered a range of activities including, after listening to some Bach, learning the cello. She was confident that these days you

could get lessons on YouTube and for a short while became quite excited. But her excitement soon waned. After wasting money on a sports bra, she was loathe to be too extravagant and spend even more on a cello if mastering it proved elusive. Also, she suddenly remembered, she couldn't read music, which she guessed was a fairly important component in the process.

Then one day Sally saw an article on the BBC news page which piqued her interest. It discussed how the UK was embracing Halloween and asked if this was a good or bad thing. Personally, Sally thought it was bad, as it was yet another excuse for commercialisation and she also objected to how it had pretty-well been imported from the States. Generally, she found Americans insufferable (apart from Jane Fonda, George Clooney and Tom Hanks) and had cheered inwardly when Hugh Grant as the Prime Minister in 'Love Actually' told the President of the United States to 'do one.'

But there in the photographs accompanying the article was a picture of village postbox covered in knitted ghosts, witches, ghouls and pumpkins. It was in a village on the edge of the Lake District, that she'd never heard of. An individual or a group of people from there knitted all sorts of figures and decorated their postbox with them. They had different themes depending on the time of year and the person or people that created them went out under cover of darkness to put everything in place and surprise and delight the villagers the next day. 'How exciting' Sally thought, 'how wonderful that only they know who they are. That's it, that's what I'm going to do, I'm going to become a secret yarn bomber.' YouTube quickly became her teacher and after quite a few mishaps with her knitting and crochet, she transformed into a proficient and even, some might say, a skilled master of her new found art.

As it was approaching Easter, she decided her first postbox topper would include Easter bunnies, baby lambs, daffodils and Easter eggs. She knitted ferociously from her spare room and was careful to make sure the door stayed shut, just in case any of her very few visitors peeked inside the room on the way to the loo. Secrecy was uppermost on Sally's mind. Nobody must ever know what she was doing. She quickly learned how to ensure her knitted figures would stay upright using a variety of props such as doll stands and yogurt pots.

On the last day of March Sally waited for darkness to fall and carrying her post box topper in a Tesco bag for life, she walked tentatively to the local post office, wearing her black anorak with its hood up. Sally's heart pumped rapidly as she experienced a range of emotions – excitement, nervousness, trepidation and fear. Within minutes she was there. After checking no-one was close by, she put her bag on the floor in front of the post box before rapidly whipping the topper out and sliding it carefully in to place, before stepping back to have a quick look. It looked good. Sally then hurried home. She opened her front door and whooped loudly before worrying that her next-door neighbour might have heard her. Putting those thoughts aside, she made herself a cup of tea before going to bed, where surprisingly she slept solidly.

RUGBY SUCCESS FOR GEORGIA WILSON

Burton-in-Kendal's rugby star Georgia Wilson led her team the Wigan Warriors to their first ever Women's Challenge Cup trophy! As captain, Georgia led from the front and put on a tremendous display, continuing a fine season for her and the club.

Wigan Warriors Women made history on Saturday 7th June, as they lifted the 2025 Betfred Women's Challenge Cup trophy.

In what was their first ever Women's Challenge Cup Final, as well as their maiden Wembley appearance, the Warriors put on a stellar showing – confidently beating current cup holders and rivals St Helens, 42-6.

Emerging powerhouses, Wigan, have gone on to establish themselves as genuine contenders in recent seasons, with all their hard work finally coming to fruition on Finals Day.

It was a truly professional performance from Denis Betts' side, with the Warriors racking up a formidable 18-0 lead in the first half as everything went to script for the Cherry & White.

The talented Warriors continued with what they'd started in the second half. Saints struggled to cope with how relentless and fast-paced the Warriors outfit were. It was to be Wigan's day in the capital. Throughout, a dangerous Wigan dominated – expansive in attack and aggressive in defence – ending St Helens' run of four straight Challenge Cups and ensuring that there would be a new name on the trophy in 2025.

Asked after the match about her feelings Georgia said "It feels absolutely unreal. All the girls are so happy and buzzing and I'm so proud of them all."

When asked about getting one over on local rivals St Helens Georgia said " We knew it would be a tough game, we are battered and bruised but we built tempo and stayed patient".

All of us at Burton News would like to congratulate Georgia on this tremendous success, and wish her the very best for the future. We just wish that we could have been at the party afterwards!

Get Your Bike Marked & Registered **FREE**



By **CUMBRIA POLICE NPT**

Date **SAT 19th JULY, 2025**

Time **10 AM - 12 NOON**

Location **BURTON MEMORIAL HALL**

BikeRegister deters cycle thieves and reunites stolen bikes with their owners.
Working in partnership with all UK police forces.

www.bikeregister.com

Facebook.com/BikeRegister

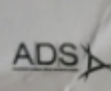
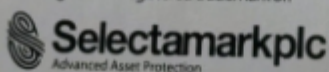
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Official Police Security Initiative

BikeRegister is a registered trademark of:





Shakespeare
in the Garden
at Leighton Hall
Thursday 24th July

*Leighton Hall,
Carnforth, LA5 9ST*

Tickets available at
www.leightonhall.co.uk

Adult £19, Child £11

Open Air – Rain or Shine!
Bring your own seat!

Grounds open for picnics
at 6.00pm,
play starts at 7.30pm

Walking Cricket Comes to Cumbria!

Age UK South Cumbria in partnership with the Live Longer Better in Cumbria programme are delighted to announce the first Walking Cricket sessions in the county!

Walking Cricket is a slower version of the game, designed so that anyone over 50 can take part regardless of their fitness levels. The group provides an opportunity for those with a love of the game to get out, get involved and meet like-minded people. Come along and give it a try on Monday the 7th of July at 2pm - 3.30pm, there is a suggested donation of £3. The sessions will take place every Monday at Heversham Sports Hall, LA7 7EH.

Help wanted! Do you have experience of the game and would be happy to share your knowledge? We are also looking for passionate individuals to volunteer to help run the group and keep it going throughout the year.

Please call us on 01539 728 118 or email admin@ageuksouthcumbria.org.uk to book your place or register your interest in becoming a volunteer for this exciting new venture.

BURTON THISTLE FC

Burton Thistle Senior training starts Monday 23rd June, down at our home pitch Curwen Woods at 6.15pm start. All players welcome 16 or over.

We are excited to announce that due to an amazing turn out at our open training sessions Burton Thistle will be fielding three teams into the Lancaster & Morecambe Service to Youth Football League for the 25/26 season.

During our off season we have been working hard behind the scenes to update our facilities down at the pitch with new senior dugouts being built and youth pitches being formed. We have also created an additional space for parking on the far side of the field to create a safer place for all.

Barry at Longlands continues his lengthy support of the club with him sponsoring new kits for the juniors and we have also new kit sponsors from Greenlands Farm Village and ND Plumbing & Heating Ltd.

Our new youth training kits have been kindly sponsored by BIK Systems, JW Roofing, CHC Group and Storth Machinery.

As with many sports clubs our fundraising is not only key for a financial reasons but also a wonderful way to bring the football families and the community together. We have a LOT planned for the 25/26 season starting with the 5-a-side football tournament at the Holme Howler.

The seniors will soon be starting pre-season friendlies as well as the annual Presidents Game to be played on the 26th July, all details of friendlies will be on our social media channels so please feel follow us and come down and show your support for the teams.



Saturday 12th July 25
1.30PM



HOLME SPORTS FIELD

5-A-SIDE FOOTBALL TOURNAMENT

£25.00 PER TEAM

**MAX 8 PLAYERS
PER TEAM**

**PLAYERS MUST
BE 16 & OVER**



To book use QR code or for more
info contact burtonthistlefc@gmail.com

PICKLEBALL

Grief v Writing and Pickleball

Grief was the catalyst to jumpstart my writing; sharing my voice with others has proven to be the ultimate healing balm, alongside the therapeutic dink of pickleball.

After losing both my youngest nephew followed soon after, by my only sister - Suicide and pancreatic cancer, both horrific ways for life to end. Outliving her youngest son, my sister, existing solely in the shadow of her own sorrow, depleted by grief. And now, the diagnosis . It broke my heart wide open.

I was broadsided by one rogue wave of grief after another - knocked down and pulled out into a vast sea of sadness, there have been months when I felt as if I would never see land. I didn't stand much of a chance against the fierce riptide that took me under and left me gasping for breath.

It was first a counsellor who advised writing therapy - emotions too raw and painful to verbalise, it helping to facilitate a gentle purging of emotions. When asked by our esteemed editor and fellow Pickleball legend if I would like to write a short article about the joys of Pickleball. Admittedly, I was nervous at first. "Just give it a go, it'll be 'a change', Annette. I hear the reassuring voice of my sister in my head. "It'll be 'a change' from you drivelling on about us", she goes on to say encouragingly.

So I settle into my first draft and try to ignore my own internal voice, AKA 'my surly sidekick' who snuck up out of nowhere, hitting me with unhelpful comments; "they will judge you", "you're not good enough ". Oh, and my personal favourite, "you're not even funny!!" And got stuck in, embracing "the change" with open arms (more like tightly coiled fists). It has become part of my 'mourning self-care' list; Meditation, writing, yoga from my 'train your brain' therapy list', Pickleball, Fusion Fitness, Pilates from my 'just do it' exercise list, followed by some sort of warm beverage involving turmeric, from my 'healthy eating' list. And yes, I will absolutely work on the 'Ration the wine' list.

It has breathed new life into my words, my confidence, and added some comic relief to my soul one word at a time. One dink at a time.

Annette Sayers
Burton Pickleball Dinkers

Pickleball and Mental Health

some of the benefits of the sport



 **NATIONAL SUICIDE
PREVENTION HELPLINE UK**
0800 689 5652

**Pancreatic
Cancer
UK**

Pancreatic cancer is the 10th most common cancer

Every day 28 people are diagnosed with the disease



More than half
of people diagnosed
with pancreatic
cancer die

**within
3 months**



Tough to diagnose

4 in 5

people are
diagnosed at an
advanced stage
(stage 3 and stage 4)



Tough to treat

1 in 10

people with
pancreatic cancer will
receive potentially
curative surgery



Tough to survive

Pancreatic cancer has
the lowest survival of
all common cancers,
with five-year survival

**less
than 7%**



Tough to research

only 3%

of the annual UK
cancer research
budget goes into
pancreatic cancer



1 in 2

people are
diagnosed with
pancreatic cancer
via an emergency,
such as A&E



Burton-in-Kendal **TENNIS CLUB**



Upcoming Events

New for this Summer is a pop-up Wednesday evening tennis social starting on **Wednesday 30th April at 6pm**. If you'd like to give it a try do *pop* along to the courts in suitable footwear and join in. If you're short of a racket, we can provide one for you plus some friendly coaching tips to help you to start/restart playing.



Tennis Leagues

The Summer Leagues are about to begin for those who wish to participate in them. Whatever your level of play you can join in with one of our teams or just come along for social tennis.

Social Tennis

Friday 10 - 11:30am, Sunday 2 - 3:30pm

Alternate Wednesday evenings in the Summer season. First dates: April 30th, May 14th, May 28th, June 11th all at 6pm.

Weather permitting!

Contact

For more information visit our Website, Facebook page or email: info@burtontennisclub.co.uk
website: www.burtontennisclub.co.uk

BURTON BOWLING CLUB

Burton in Kendal Bowling Club

Home Fixtures 2025 Season - July

Date	Home Team	Opposition	Time	League
Tues 1 July	Burton in Kendal A	v Victoria A	6.30 pm	Kendal League Div 1
Weds 2 July	Burton in Kendal B	v Arnside	7.00 pm	Morecambe League Div 3
Thurs 3 July	Burton in Kendal Vets	v Slyne A	2.00 pm	Veterans League Div 1
Tues 8 July	Burton in Kendal B	v Holme B	6.30 pm	Kendal League Div 1
Weds 9 July	Burton in Kendal A	v Slyne A	7.00 pm	Morecambe League Div 2
Thurs 10 July	Burton in Kendal	v Lune Road A	2.00 pm	Veterans League Div 1
Tues 15 July	Burton in Kendal B	v Milnthorpe A	6.30 pm	Kendal League Div 1
Weds 16 July	Burton in Kendal B	v Dolphinholme A	7.00 pm	Morecambe League Div 3
Tues 22 July	Burton in Kendal A	v Holme B	6.30 pm	Kendal League Div 1
Weds 23 July	Burton in Kendal A	v Parkside	7.00 pm	Morecambe League Div 2
Tues 29 July	Burton in Kendal B	v Holme A	6.30 pm	Kendal League Div 1

FITNESS IS FUN!

No time for exercise? Here's an important part of fitness that can be slotted in any time anywhere no matter how busy the daily schedule is.
Balance....beneficial for all people of all ages and activity levels.

Balance exercises are crucial for maintaining stability, co-ordination and preventing falls, especially as we age.

In short:

- they strengthen muscles that support the body;
- improve joint stability in ankles, knees, hips;
- enhance core strength, essential for maintaining good posture;
- improve co-ordination;
- better balance translates to better performance in physical activities/sports;
- there's a link between balance and cognitive function

So, who would have thought standing on one leg, [obviously making sure each leg gets equal time], which can be done any time anywhere could reap so many rewards?

Waiting for the kettle to boil? Stand on one leg.
Brushing your teeth? Stand on one leg,
Chatting on the phone? Stand on one leg

Increase the difficulty by raising the leg to the front, side or back;
Try closing your eyes [but make sure you are safe!!] Feeling a bit wobbly? Then hold on very lightly to something stable. Got great balance? Then try the exercise on an unstable base such as a wobble board, kneeling mat or cushion.
Have a family challenge....last one standing on one leg!
In short, balance exercises could improve your physical health, reduce risk of injury particularly by falling, and enhance overall quality of life by making daily tasks easier.

Have fun and don't forget to congratulate yourself as balance improves!

Jan Abbott

It's never too late to be fit for life.
It's your life----live it, love it.



Under His Wings

Dear Friends,

Take your dog through a field of sheep at this time of year and listen to the noise as lambs are quickly recalled to the safety of their mother's side! This desire to protect offspring is seen across the animal world and we feel it too.

When danger comes near, parents instinctively search for their little ones and wrap their arms around them. When children go missing, or when they begin to treat their parents as 'the enemy', the deeply-felt longing is to be able to hug them once again.

God thinks like that too. He speaks of 'finding' his child Israel in the desert and shielding and caring for him like a eagle spreading its wings over its young. (Deuteronomy 32:10-11)

And Jesus was the same. When he thought about how the people of Jerusalem had distanced themselves from him and his Father he wept for them. "O Jerusalem, Jerusalem, you who kill the prophets and stone those sent to you, how often I have longed to gather your children together, as a hen gathers her chicks under her wings, but you were not willing!" (Luke 13:34 19:41)



What could draw us back to our Creator when we know we have distanced ourselves from him? Does this powerful image of our heavenly Father's grief over his missing children, and his longing to gather you up again, move you?

And if you've never felt that God was a Father to you then take a look at the astonishing Bible account of Ruth. She was from the people of Moab who were no friends of God's people. Tragically widowed as a young woman she decides to count the people of her Israelite mother-in-law as her own. Boaz, who eventually marries her, declares: "May you be richly rewarded by the Lord, the God of Israel, under whose wings you have come to take refuge." (Ruth 2:12)

It was a homecoming to a home and a Father that she never knew she had!

Sincerely

Graham Burrows

July 2025 Services

Sunday 6 July

11am Morning Worship with Communion

Sunday 13 July

11am Morning Worship

Sunday 20 July

11am Morning Worship with Communion

Sunday 27 July

10am Joint Morning Worship at Holme

You are welcome to join us on Sunday mornings. Service times can be checked under 'Coming Up' on the 'Welcome' page of our website.

Open Church: The church is open to visitors every Friday and Saturday, 10am – 4pm. You are welcome to look around or to use the quiet to think or pray.

Services at our sister church, Holy Trinity Holme, are usually at 9am each Sunday.

St James Church, Burton

Vicar

Graham Burrows

St James Vicarage, Glebe Close, Burton

01524 781210 07740 622962

vicar@burtonandholmechurches.org

Warden

Brian Whalley 01524 782296

Administrator

Pat Whalley 01524 782296

admin@burtonandholmechurches.org

HOPE | EXPLORED

WHAT'S THE BEST FUTURE
YOU COULD EVER IMAGINE?

Hope Explored is an informal and relaxed three-week course. It's for anyone who wants to find hope, peace and purpose in life. It's completely free. You don't need to know anything about the Bible, and you won't be asked to pray or sing. You can ask any question you like, or you can just listen. Whoever you are, whatever you're thinking, Hope Explored is a place for you to discover the hope of a future that is better than you could ever imagine. Scan for trailer:



Wednesdays 7.30 – 9.00pm
6th, 13th and 20th August 2025

St James Vicarage, Glebe Close, Burton

Please get in touch if you would like to know more or to let us know that you are coming:

Graham Burrows 07740 622962

vicarburtonholme@gmail.com



Burton and Holme Churches
www.burtonandholmechurches.org

OTHER PLACES OF WORSHIP

Silverdale Methodist Church LA5 0RR, Rev. Emma Holroyd 01524 941266

St Mary's RC Church, Yealand Conyers, Father Peter Haughton 01524 732940
Times of Services can be found at www.ololcarnforth.org.uk

Warton Methodist Church, www.wartonmethodist.co.uk, 01524 732626

Yealand Quakers, 01524 781501 / 782052 / 732336

Preston Patrick Church, Junction 36 (The Church on the hill with the Cross)
Morning Worship 9.30am

RECIPE

This month we have a no bake, tray bake recipe. This recipe is loved by young and old especially those with a sweet tooth!

Fudge Squares

2 tablespoons golden syrup
175 grams butter
1/2 tin of condensed milk (approx 200gr)
110 grams soft brown sugar
225 grams digestive biscuits
225 grams chocolate

METHOD:

1) Place butter, sugar, condensed milk and syrup in a saucepan over a gentle heat. Bring mixture to slow boil then simmer for about 5 mins stirring constantly.
2) Crush the digestives to create fine crumbs, then mix with the caramel mixture and press into a 8 inch square traybake tin, that is lined with baking parchment.
3) When cool melt chocolate and spread over the fudge mixture. After the chocolate has set cut into squares.

Enjoy!

Jeanie Christian

WATER UPDATE: BURST-IN-KENDAL

Burton News has been continuing to fight the good fight against the might of United Utilities in our struggle to solve the long running issues of our interrupted water supply. You may remember earlier in the year United Utilities told us that we would need to wait until the new financial year started in April before we would be able to get some answers to our problems. BN has been chasing UU for an update, and we recently received this communication from their spokesperson:

"Apologies for the delay in coming back to you. We expect work to start this summer – we should have a clearer idea on a start date in the coming weeks once we've had the relevant confirmation from our contractors. I'll look to update you once we have more information."

However, at the most recent Parish Council meeting, United Utilities sent two representatives to explain that they will start work on replacing the damaged main on 14th July. They expect work to last through to November to replace over 1km of pipe. This will of course mean traffic disruption and temporary traffic lights at different points between Clawthorpe Business Park and Vicarage Lane at different points during that time. More details to follow in our next edition.

It has been great to see other people and groups getting behind our campaign. I'm sure that you have seen the most recent post box topper that has appeared in the village.

Keep up the good fight Burton! Editor.



IT'S A DATE IN BURTON - KATH HAYHURST

From the Lancaster Gazette, 10th April 1830.

Births, On Sunday ,the 28th ulto., at Burton House, Burton- in -Kendal, to the lady of William Waltham Atkinson, Esq., a son and heir.

A descendant of the family, Beith Atkinson, who reads Burton News in New Zealand, says 'the lady' was Anne Swainson from Lancaster. Her father, uncle and brother were 'In the Law' and she married a lawyer. Her brother William was appointed in 1839 by the Secretary for the Colonial Office (and the War Office) as the First Attorney General in New Zealand, and the only formal advisor to the Governor.

He retired from the post in 1856 - returning temporarily to Britain for a speaking tour, to promote migration to New Zealand. He died, unmarried in 1884. The Swainson family lived on Castlehill, in Lancaster from the mid 18th Century until recently.

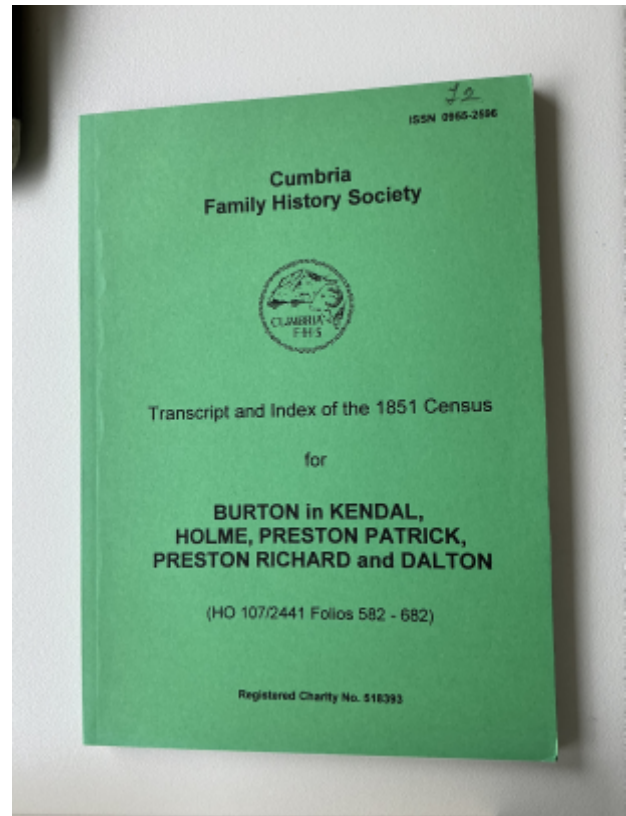
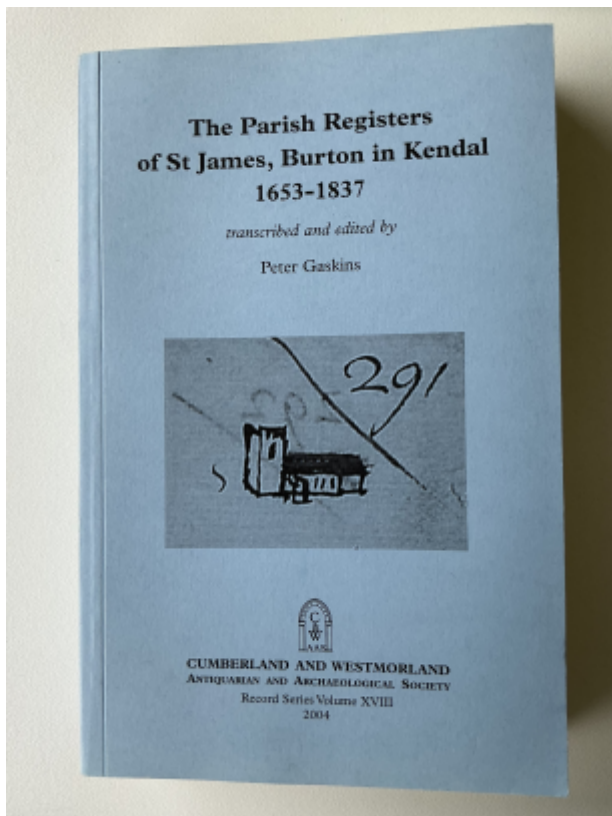
The 'son and heir' was William Marmaduke Langdale Atkinson, who died in 1837. He was the eldest of seven sons and one daughter.



HISTORY BOOKS FOR SALE

Three copies @ £15 each for C&WA&A Society via Kath Hayhurst.

Five copies @ £2 each for Cumbria Family History Society via Kath Hayhurst.
Tel.no 01524 781613.



ROYAL OAK

As the weather improves and we have longer daylight hours, why not pop to the Royal Oak and enjoy a refreshing drink and try out the new mouth-watering menu. Our delicious menu is served both lunch times and evenings. You can choose to eat inside or outside in the beer garden. Booking is advisable especially at weekends and bank holidays . Tel 01524 548797.

Just a reminder of opening times:

Mon/Tues 5-10pm, food served until 8.30 pm

Wed /Thurs 12-11pm, food served 12-3pm and 5-8.30pm

Fri/Sat 12-11pm , food served 12-4pm and 5-8.30pm

Sunday 12- close, food served all day until 7.30pm

The monthly quiz this month raised £220 which has been donated to St Johns Hospice. Thankyou to all that supported, a fun evening was had by all and thanks again to Kate and Annie.

Next month the quiz will be held on the Wednesday the 9th July at 8pm, monies raised will be donated to the Burton News.

Thankyou for your continued support .



Dallam School

Dallam Summer School

You're invited!

We are excited to announce our **three-day Summer School**, taking place from **Wednesday 27 to Friday 29 August**. This programme is designed to help our incoming Year 7 students build confidence, establish friendships, and familiarise themselves with the school site and routines ahead of the new academic year. We are also offering to Year 5 students to further develop connection with our feeder schools and wider community.

The Summer School will run in line with the **normal school day (8:50am-3:15pm)**, providing a familiar structure and rhythm. Each day will be split into **five sessions**, covering creative, academic, physical, and practical themes.

Wednesday 27 - Friday 29 August - 8:50am - 3:15pm.

£30 per day. Discounted rate of £75 for all three days.

Please bring a packed lunch. Snack and juice will be provided at break.

To Book

Contact Janet Hornby on 015395 65165 or
by email at j.hornby@dallamschool.co.uk



WE ARE HIRING AT THE TANNERY!

We are looking for reliable, competent and responsible individuals to join our growing team in a welcoming and well-resourced domestic setting in Burton-in-Kendal supporting a charming young male adult who has an acquired brain injury and epilepsy.

Rehabilitation/Personal Care Assistants (NVQ3 or equivalent) - £15.00 per hour (49hrs per week – 2 x 24.5hr shifts)

To provide a comfortable, rich, and fulfilling home and lifestyle whilst simultaneously supporting the young man in his rehabilitation and empowering him to maximize his potential and skillset.

General Assistants - £13.50 per hour (49hrs per week – 2 x 24.5hr shifts)

To work alongside the PCA's offering support as and when necessary and to support Housekeeping with domestic tasks.

Housekeeping Assistant - £13.00 per hour (18 hrs per week)

To assist the housekeeper with various domestic duties including general cleaning & laundry following COSHH and H&S regulations.

Casual contracts are also available.

For all posts driver with own car is essential / clean licence desirable. Client has his own vehicle. An enhanced DBS check will be carried out for these posts.

For further information or to apply please send a cover letter along with your CV to helen.looker@the-tannery.org.uk for the attention of Helen Looker.

TRAFFIC CONCERNS

As editor of Burton News, people often speak to me about issues that affect our village. One of the biggest concerns relate to traffic. However, there are so many different aspects to this, that I thought it would be worthwhile outlining some common concerns, and ask readers to get in touch with their own. This will enable us to work together to try to come up with some solutions, or at least ways in which we can campaign for improvements.

Many residents have told me that they are worried about the speed of vehicles through the village. I believe that some people have tried to campaign for a lowering of the limit to 20mph through the centre of village, but this has not led to any change. Is it worthwhile to look into this issue again? Is it also worthwhile trying to extend the 30mph limit further north out of the village past the Burton Thistle pitch, and maybe up to the junction with Holme?

Whenever there is a problem on the M6 traffic comes off the motorway and uses the village as a diversion. This causes chaos at times, and will only get worse once the roadworks start to replace the water main, and we have temporary traffic lights. I'm not sure what we could do to prevent this, but I believe that HGVs in particular should not be using the village unless delivering here. There are signs at the quarry telling lorry drivers of weight restrictions, but maybe there is a way that this could be enforced, or highlighted more clearly. Maybe CCTV cameras or similar would be able to detect offenders.

I know that parking remains an issue in the village. Many people have also complained about the lack of footpaths in certain places. Do you have a particular concern? Do you have a suggestion for how we could improve the situation, or a campaign to make our village safer? If so, please get in touch with Burton News, and we will try to be a focal point for any future campaigns.

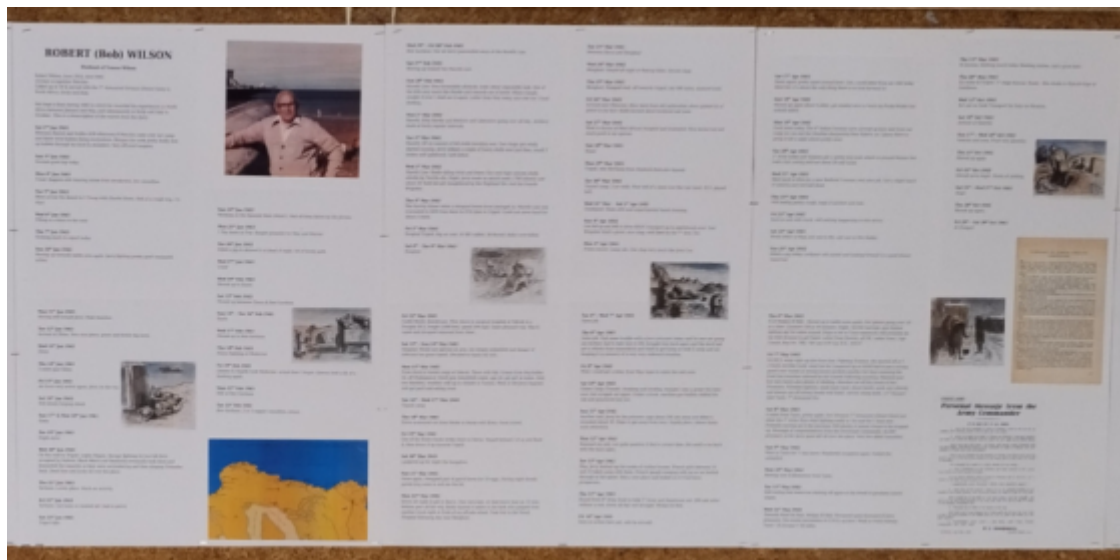
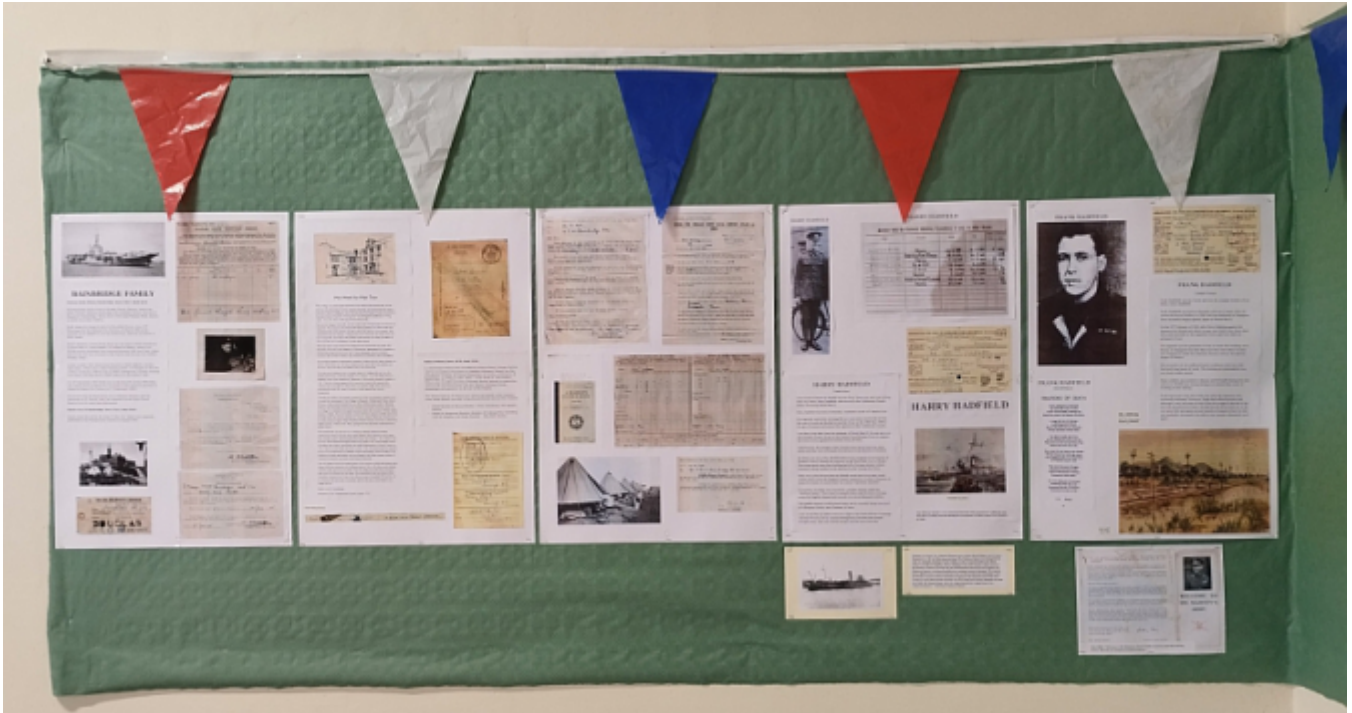
You can email your comments to burtonnewseditor@gmail.com

Editor

GRUNDYS TRUST

The Parish Council would like to draw your attention to the role of a charity that has funds to help people in the village. The objectives of the Charity are to consider the application of deserving people for the purpose of improving education, training or skills and for grants to people in adversity, illness, infirmity or old age. Applications are limited to persons who were born in, or who for the last ten years have lived in, the former counties of Lancashire and Westmorland. If you think that this charity would be able to help you, please get in touch with the Parish Council who can advise you how to access these funds.

VE DAY AT BURTON MEMORIAL HALL



Burton-in-Kendal
**Antiques &
Vintage Fair**

Sundays

15 JUNE; 13 JULY; 10 AUG;

No Fair in September

12 OCT; 9 NOV; 14 DEC.

Open 10am to 4pm

Cafe with home-made cakes

Burton Memorial Hall

Main St. Burton-in-Kendal LA6 1NA

- Free Parking & Entry -

Free B4RN WiFi

For info: Helen 07764309440

Burton Memorial Hall

COFFEE & CAKE

MORNING

in aid of Hall funds

Saturday 19th July

10am - 11.30am



Bike marking & registration in the carpark
by Cumbria Police NPT
from 10am - 12noon

Burton Memorial Hall is a charity registered in England & Wales, no. 505018



Burton Singers

A community choir based in Burton.
If you would like to join us then please contact
Val Still on 07799 246415



Burton Tennis Club

Welcomes new members www.burtontennisclub.co.uk
Social tennis / league matches
Enquiries - contact Jane tel. 07799105639
Or graham@burtontennisclub.co.uk



Fusion Fitness

Thursday 9.30 to 10.30 Burton Memorial Hall
Seated class Thursday 10.45 to 11.15
Contact Jan Abbott Mob: 07479524524
Email: janabbott9553@gmail.com



Burton Bowling Club

Club night each Monday at 6.30pm at green during season. Enquiries to Sue Miles 01524 781465



Ladies Badminton

Every Tuesday in Burton Memorial Hall 1.30pm to 2.30pm
If you would like to join please contact Sue Humphreys
01524 781596, or just turn up! £2 per session



Burton Amateur Dramatic Society

If you would like to join us either Acting or Back Stage please contact
Chair. Bob Parker 01524781772
Secretary. Jill Evans 007704514972



Burton Fellwalkers

At least 3 walks per month - of different grades. New members always welcome. To join please contact our Secretary: Sarah Walker 01524 923528
website: <http://fellwalkers.burtonweb.org.uk>



Milnthorpe Angling Association

Fly fishing on the River Bela & environs. For membership information please contact: John McKay, tel 07704 265953 e-mail milnthorpeaa@hotmail.com



Table Tennis Club

Adults & Juniors meetings at Burton Memorial Hall
Thursday evenings - Autumn to Spring each year
Enquiries to Martin on 07740 933463.



Circuit Training + HIT

Mon 6.15pm /Fri 6.15pm Burton Memorial Hall
Wed 6.30pm Burton Morewood School
Contact: John 01524 781707



Scottish Country Dance Group

Meets at Storth Village Hall on Tuesdays 7.30pm to 9.30pm. Beginners welcome. Contact Ainslie Dunnett on 07708 654390 ainslie.dunnett@btinternet.com or Pauline Hampson on 07706 697306 paulinehampson2016@gmail.com



Burton in Kendal Art & Craft Society

Craft Group 2nd Monday of the month 1.30pm. Art Group Fridays 9.30am -12pm. Workshop or Demonstrations most months
Chair: kathhayhurst84@gmail.com Tel 01524 781613
<http://burton-in-kendalartandcraft.weebly.com/>



Burton, Holme & District Local History Society

A year round programme of interesting talks & visits
Chair & Programme Secretary: kathhayhurst84@gmail.com or 01524 781613
<http://localhistory.burtonweb.org.uk>



Burton Womens Institute

Meetings held at Burton Memorial Hall on 2nd Thursday each month (except August).
To join contact Jan Shepherd on 07974 412458



Burton Knit & Natter

Every Wednesday BMH Club Room - 6.30pm until 8.30pm. Open to anyone to bring along knitting, crochet, tatting, embroidery etc. or help in making postbox toppers or village yarn bombing. Cost is just £2.00 per person per week incl. tea/coffee and cake.



Pickleball

Pickleball is a great way to exercise, have fun and meet new friends. We run a number of sessions throughout the week at various times to suit all. All sessions at Burton Memorial Hall £2 per hour. If you would like to find out more, please ring Jeanie Christian 07967 940818 to enquire. Beginners should contact Jeanie. Other sessions for more experienced players are run by Annette Sayers 07936434026 and Sarah East 07779994914

Call for Advertisers

Do you run a company offering services to residents of Burton? If so, would you like to advertise with us? If you get this newsletter then you know it is distributed each month (except Jan) to all households in Burton, Dalton and Clawthorpe.

Our rates are very reasonable, starting at £66 for a 1/8th page advert running for 11 editions (we produce 11 editions each calendar year). You do not have to run your advertisement for a full year but just for those months that are most appropriate to your business. If you do take a full year's subscription then, as an introductory offer, we will double the size of your advert for the first month.

Please contact the editors on burtonnewseditor@gmail.com for advice and full information about our charges and advertising size formats.

MORECAMBE BAY FOODBANK

We are still collecting for the Morecambe Bay Foodbank, if you have anything you would like to donate please would you pop them into one of the collection boxes at 4 Drovers Way. Thank you on behalf of those who are in need of your help

Milnthorpe Library

19 The Square, Milnthorpe LA7 7QJ

Monday: 2pm to 6pm

Wednesday: 2pm to 6pm

Friday: 10am to 1pm & 2pm to 5pm

Saturday: 10am to 12.30pm

Telephone 015395 63040.



We are still expanding this community led project, if you would like to know more about this project please email b4rn4burton@gmail.com.

Mike Iddon & Martin Sansby.
Burton-in-Kendal B4RN Champions

Useful Phone Numbers

Burton News Editors	01524 936501
Burton Post Office	01524 781828
Morewood School	01524 781627
Burton Nursery	01524 781627
Dallam School	015395 65165
QES, Kirkby Lonsdale	015242 71275
CrimeStoppers	0800 555 111
Police non-emergency	101
Kendal Library	01539 713524
Kendal Hospital	01539 732288
Lancaster Hospital	01524 65944

Council Switchboard

Westmorland & Furness 0300 373 3300

Annual Gift Subscriptions

If you know of anyone who may like to receive BN regularly each month, why not buy them an Annual Gift Subscription? For £12 within the UK they will receive a copy of BN each month (11 copies per year). A great way for family, friends and former residents to keep in touch with what's happening here in Burton. Interested? email burtonnewseditor@gmail.com.

Burton in Kendal Parish Council

Meetings

3rd Thursday of every month at 7.30pm
Members of the public are always welcome to observe. Each meetings includes an OPEN FORUM.

Planning applications:

Parishioners are asked to ensure they notify the PC as well as the planning authority of any comments or objections they have about any planning application within the parish.

Website:

Documents relating to the PC may be downloaded or read online here: www.burton-in-kendal-pc.gov.uk

For further information, contact:

The Clerk - Christine Davidson on 01524 782694

Next Meeting:

The next Parish Council Meeting will be on March 20th 7.30pm BMH

OUT OF HOURS PHARMACY SERVICE

Ash Trees Pharmacy

Market Street, Carnforth

Monday to Friday 8am to 10pm

Saturday 9am to 6.30pm

Sunday 9am to 6pm

Tel: 01524 727877 - Fax: 01524 730421

Burton-in-Kendal Voluntary Car Scheme

If you need transport to hospital, doctor, dentist, optician etc please contact Lynne Herd on 01524 781905. The scheme is still operating but has a reduced number of drivers so if you can spare some time as a driver you would be most welcome. Please contact Lynne for details.

Recycling Information

Customer Services Desk on
0300 373 3300
or by email to:

customer.services3@westmorlandandfurness.gov.uk

Waste Collection Dates

[https://
www.westmorlandandfurness.gov.uk/
bins-recycling-and-street-cleaning/
waste-collection-schedule](https://www.westmorlandandfurness.gov.uk/bins-recycling-and-street-cleaning/waste-collection-schedule)

Civil Registration Services Births, Marriages, Deaths

Registration of Births and Deaths is overseen by the Kendal Registrar's Office, based in County Hall, Kendal. Telephone 0300 373 3300 or email registration.service@westmorlandandfurness.gov.uk

Registrations may also be undertaken at Milnthorpe and Kirkby Lonsdale Libraries by appointment only, contact the Kendal Office to arrange an appointment. To arrange a marriage contact the Kendal Registrar. Opening times Mon - Fri, 9.00am to 4.30pm.

Council Highways Hotline
0300 303 2992

to report road, lighting or pavement

HELPLINES & LINKS

BULLYING: 0300 323 016

www.nationalbullyinghelpline.co.uk (at work, school, online)

www.kidscape.org.uk (childhood)

CHILDLINE: 0800 1111 (under 18's)

NSPCC: 0800 800 5000

www.nspcc.org.uk (children at risk)

SAMARITANS: 116 123

www.samaritans.org

SHELTER: 0800 800 4444

england.shelter.org.uk/ (homelessness)

STONEWALL: 0800 050 2020

www.stonewall.org.uk (LGBT+)

BURTON VILLAGE STORE - NORMAL OPENING HOURS

Monday - Friday

Shop: 6am - 8:30pm

Post Office : 9am - 5.30pm

Saturday

Shop: 6am to 8:30pm

Post Office: 9am to 12:30pm

Sunday

Shop: 7am - 8pm

Post Office: Closed

01524 781828



**You can contact Vicky Hughes as follows:
Westmorland & Furness Council:**

Burtlands

Station Lane

Burton-in-Kendal, Cumbria, LA6 1HR

Tel: 07785 923940

email:

Vicky.Hughes@westmorlandandfurness.gov.uk

Barton Tech Support

For all your computer needs

Desktops supplied / built to order /
upgraded / repaired

Laptops supplied / upgraded / repaired
Peripherals supplied / repaired if possible

Networks (wireless & ethernet)

Call Barry on 01524 781306

Email: bts@yobunny.co.uk

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Burton in Kendal 01524 782939

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or receive free lessons until you pass

Call Richard on

07990 506431

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Nobody likes doing homework so let
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Household: Painting - internal & external work;
Gutters - cleaning, painting & repairs;
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& fencing;
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pack assembly.

Give Neil a call on 01524 782177 / 07712 475863

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Removal. Massage, and Nails

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Calendar of Events

JULY

Art Group - meets most Fridays 9.30am to 12 Noon BMH (Visitors Welcome) £3

Craft Group - Second Monday each month 1.30pm-4pm BMH £3

Knit & Natter Group - meets each Wednesday 6.30pm to 8.30pm BMH (£2.00)

Warm Wednesdays - BMH 12.30pm

Sun 6th - Fell Walkers - Crook - 1.00pm

Mon 7th - Book Drop and Coffee Morning - BMH - 10am

Tues 8th - Burton Amateur Dramatic Society AGM - BMH - 7.30pm - contact Jill Evans 01524 782549

Wed 9th - Quiz - Royal Oak - 8pm

Thurs 10th - Women's Institute - BMH - 7.30pm

Sat 12th - Burton Thistle Football Club - Five-a-side tournament - Holme

Sun 13th - Antiques Fair - BMH 10.00am - 4.00pm

Tues 15th - Burton News Committee Meeting - BMH - 7pm

Wed 16th - Fell Walkers - Blencartha - 8.30am

Thurs 17th - Parish Council Meeting - BMH - 7.30pm

Sat 19th - Coffee and Cake (Including Bike marking) - BMH 10.00am - 12.00pm

Mon 21st - Local History Society - Industrial Staveley - 2.00pm Members only

Sat 26th - Fell Walkers - Far Easedale 8.00am