

DIARY DATES

- Mon 1 **Come for Coffee**, a lovely community get-together in the Sunday school room at Wray Methodist Chapel. 10am to 12 noon. It's open to all, a warm welcome awaits. Come for Coffee is a collection point for Morecambe Bay Foodbank. Any suitable non-perishable food you can give will be gratefully received. For more details see their website morecambebayfoodbank.org.uk
- Mon 1 and 15th. Youth Club every two weeks in Wray Church. For more details contact Mary Winter 21784.
- Mon 1 and on 15th and 29th, Yoga in Wray Institute at 7.30pm. £5 per session, mats provided. Details Kathy Cartledge 015242 61567.
- Tues 2 Joyful Noise start of the new term in Wray Church with a special session of songs and movement for pre-schoolers. Come at 9am or when you've dropped off your older children at school. For more information ring Mary Winter 21784.
- Tues 2 7.30pm Wray Community Bookgroup in the George & Dragon. Our book for discussion is "Their Eyes were Watching God" by Zora Neale Hurston.
- Tues 2 and each following Tuesday. 11am, Wennington & District WI Coffee & Chat at Wray Tearooms. Non members very welcome.
- Wed 3 Upholstery Class in the morning or afternoon at Lower Tatham Church. Continues every Wednesday. Come regularly or occasionally. Tuition, tools and equipment provided. Details Sue Marsden 07836 500091.
- Thurs 4 and every Thursday, come and sing with **Wenning Voices**, from 7.30pm to 9.30pm at St. James the Less Church, Tatham. Experience the pleasure of singing with others. £2 per week, includes tea/coffee, biscuits. Just come along when you can.

- Fri 5 9.30am to 12 noon Wray Toddlers in Wray Chapel Sunday School room and each following Friday. All parents, carers and small children welcome.
- Fri 5 Movie Night at St, James the Less Church, Lower Tatham. Doors will open at 7pm with the film starting at 7.30pm. Please register your interest to receive information on this and forthcoming films to moviesinthepews@gmail.com
- Sat 6 10am to 4pm, Book Fair in Hornby Institute. A wide range of second-hand, out-of-print and antiquarian books for sale, also classical CD's, ring Gerry Cotter (01524 752968 for details.)
- Sat 6 7pm to 9pm, Drop-In, monthly youth club for ages 9 - 11 in Wray Methodist Chapel Sunday School Rooms. Fun, games, tuck shop. 50p per session.
- Mon 8 Holy Trinity Church, Wray, Harvest Supper in Wray Institute at 7pm. Traditional two course meal (with vegetarian option) followed by auction of Harvest produce. Tickets: £7 adults, £3 children from F. Hartnup 21465, S, Rowland 22484. All welcome.
- Tues 9 7.30pm at The Old School, Lowgill, Tatham Fells WI **Annual Meeting with Sales Table and Domino Drive.**
- Wed 10 7.30pm Wennington & District WI in Wray Institute "*Drama Night*". Visitors very welcome.
- Thurs 11 2pm Ladies Meeting at Wray Methodist Chapel. Sue Clapham, followed by refreshments. All very welcome.
- Fri 12 After School Club in Wray Church until 4.45pm, please either accompany your children or arrange for another adult to be in charge of them.
- Fri 12 7.30pm Wray Bingo is back! The Cubs and Scouts from Wray will be running the event. We look forward to seeing you there. Akela (3rd Hornby Cubs)

- Sat 13 Hornby District Ramblers, Flasby Fell near Gargrave, 5 miles. Meet at 9.30am in Hornby Car Park. Leader Peter Edge, 22176.
- Sat 13 7.00pm Tatham Fells Village Society, at the Old School, Lowgill, **Harvest Supper and Domino Drive - Fun for all the family.** £7.50 for adults and teenagers, £3 for children. All welcome.
- Mon 15 7.30pm Ladies Cookery Demonstration in Wray Methodist Chapel Sunday School room. Grace Holland is coming again and will give us a cookery demonstration and a short talk. All ladies very welcome.
- Tues 16 2.00pm Wray Over Sixties in Wray Institute. Jenny Paull will give a talk entitled “Quakers in Lancaster”. Non members are very welcome.
- Fri 19 7.45pm Countryside Society in Hornby Institute. Mike Gosling will give an illustrated talk on “Lichens of Lancashire”
- Sat 20 10am to 12 noon Hornby & District Sheepdog & Sheepshow Society **Annual Coffee Morning** in Wray Methodist Chapel Sunday School room. Adults £1.50, children (over 5) 75p. Cake and produce stalls. **All proceeds for the Lune Valley Swimming Pool.** Everybody welcome. For more details contact Margaret Wright 015242 21652.
- Sat 20 7.30pm, **Leyland Brass Band** at St. James the Less Church, Tatham. Tickets are £15 which includes light refreshments, available from Sue Wood 015242 21170 and Rita Murphy 07962 710078 or email: friendsofstjamesthelesschurch@gmail.com
- Sat 27 Hornby District Ramblers, Holker Hall, 8 miles. Meet at 9.30am in Hornby Car Park. Leader Peter Edge 22176.

Advances Dates

Saturday 3rd November 2018. Coffee Morning, Wray Church.

Saturday 3rd November 2018. Drop-In monthly youth club for ages 9 - 14 in Wray Chapel Sunday School rooms. 7pm to 9pm. Fun, games, tuck shop. 50p per session.

Saturday 10th November 2018. Tatham History Society, 7.30pm in St. James the Less Church, Tatham. Dr. Andrew White 'The History of Hornby Castle and Village'.

Saturday 1st December 2018. Christmas Lunch 12 noon for 12.30pm in Wray Institute. Friends from the Chapel invite all those who live in Wray village who are 60 years or over.

Upholstery Classes (Saturdays) - enjoy learning new skills

One-day workshops on Saturdays at Ashleys, Tatham. Make a footstool or headboard in a day. For beginners or the more experienced. All equipment provided.

Please email for further details - sue@tuffet.co.uk

Wray Pre-School and Forest School is Outstanding

I am very proud to share that in our Ofsted inspection on 29th June we were rated as outstanding in all areas of our Pre-School and Forest School provision. Well done and thank you to all of the team and committee for your hard work which has led us to be recognised in such a positive way.

We still have some places left for 2 - 5 year olds for Pre-School and 3 - 5 year olds for Forest School. We also now offer extended hours for 3 - 5 year olds to provide wrap around care to fit in with the working day. If you would like to find out more please email: wraypre-school@hotmail.co.uk or call 07909797861,

Many thanks.

Alice (Pre-School Manager)

Church Services in October

October 7th, Nineteenth Sunday after Trinity

9.00am	Holy Communion	Tatham
9.30am	Harvest Festival Service	Tatham Fells
9.30am	Harvest Festival Service	Wray
6.30pm	Harvest Songs of Praise	Tatham Fells

9.30am Morning Service – Melling, 11.00am Holy Communion - Leck

October 14th, Twentieth Sunday after Trinity

9.30am	Holy Communion	Wray
11.00am	Morning Service	Tatham
2.15pm	Evening Prayer	Tatham Fells

11.00am Harvest Festival Communion – Tunstall

October 21st, Twenty First Sunday after Trinity

8.00am	Holy Communion	Wray _
9.30am	Morning Service	Wray
9.30am	Holy Communion	Tatham Fells

11.00am Holy Communion- Melling, 11.00am Morning Service -Leck

October 28th, Twenty Second Sunday after Trinity

9.30am	Morning Service	Wray
9.30am	Morning Service	Tatham Fells
11.00am	Holy Communion	Tatham

11.00am Morning Service – Tunstall

Church Contacts: *Revd Mark Cannon, Wray Vicarage (21030) Readers: Ann Dawson (62936), Peter Osborne (61029), Mary Winter (21784)*

The Old School, Tatham Fells. For bookings and enquiries please contact Gillian Middleton, 61307. **Regular users** please make sure you book your dates ahead to avoid any clashes.

**“You are only as young as your spine is flexible” Joe Pilates
Pilates at Wray Methodist Hall. Autumn 10 week Term starts on
Tuesday 2nd October**

9.30 - 10.30am Improvers - gentle pace

5.45 - 6.45pm Improvers - moderate pace

7.00 - 8.00pm Improvers - active pace

* Other daytime and evening venues - Caton, Melling, Bentham

* 1 - 1 sessions available

* For full details and to reserve a place please call Anne 22425 or
07935803370 or email anne.pilates@yahoo.co.uk

Flu Vaccinations - 2018 Starting 8th October 2018

Bentham Surgery. There will be two Saturday morning clinics between 9.00am and 12 noon on 27th October and 17th November. No appointment necessary, just turn up and check in at reception.

There will also be evening clinics at Bentham in October, **by appointment only**. Ask reception for details.

Ingleton Surgery. Mondays, Tuesdays and Thursdays from 8th October for 4 weeks. 10.00am to 12 noon, no appointment necessary. Just turn up and check in at reception.

Following instructions from NHS England we will be offering two types of flu vaccination this year. This is the first time we have had to do this and it is out of our control. It is advised that everyone over the age of 65 years has the adjuvant trivalent flu vaccination and anyone under 65 years old and suffers from any of the conditions listed below will receive the quadrivalent vaccine.

Heart Disease, Diabetes, COPD, Chronic Kidney Disease, Asthma (on daily treatment), Chronic liver Disease, Obesity, Pregnant Women

Plus at risk children and all children born between 1/9/2014 and 31/8/2016.

If you are unsure whether you are entitled to have a flu vaccination please phone the surgery on Bentham (015242) 61202.

If you miss your vaccination please inform reception. You can have your vaccination any time over the winter period but the sooner the better.

Sports and Remedial Massage

For everyday aches and pains, sports related issues and general wellbeing. Available in your own home or at my treatment room.

Pelvic floor rehabilitation and strength training for women

For women concerned with general pelvic floor strength and those with issues such as pelvic dysfunction due to bladder weakness, pregnancy, menopause. **Call Katy on 07785314155**

High West End, Cross Lane, Low Bentham, LA2 7ES
Sportsmassagebykaty@outlook.com

The Wray Institute Committee wish to thank Anne Marshall and her team of helpers for organising The Produce Show; their hard work was much appreciated.

Judith Wrigley

This is a big "Thank you" from Clearbeck Garden to all who have helped or visited this year in making the Open Garden such a financial success. £3,246 was sent to the NGS for their designated charities and £1,639 was raised for the NSPCC and the Church of the Good Shepherd by donations for refreshments. Without the help and support of many friends the 837 visitors over the four days could not have enjoyed the garden as much as they did.

We are grateful to you all.

Bronwen & Peter Osborne

On behalf of Tatham Church a big Thank you to all who supported their recent Grand Jumble Sale. The Jumble poured in and the buyers flocked in. The atmosphere was buzzing with bargains galore. Thank you also to our fantastic team of helpers - the amazing total of £1,420 was raised for Church.

FOR SALE:

2 seater Stressless Eldorado Sofa with reclining back. Beige plush cushioning. w. 154cm, h. 100cm, d. 85cm. seat height 43cm. £150

Tel: 015242 61383 or 07969422358

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Sole to Soul, Holistic Podiatry/Chiropody and Therapy Centre. Grasmere Drive, Bentham LA2 7JP Tel: 015242 63067
Web address - www.sole-to-soul.net & email -enquiries@sole-to-soul.net
We offer a wide range of Therapies & Treatments, Seminars, Courses, and Workshops to promote Health and Wellbeing.

Stephen Hewitt - Fencing, Timber Work, Dry Stone Walling, Hedge Laying. 015242 62095 or 07582 668 510

Wray Post Office and Village Store, your local shop for newspapers, magazines, cards, stationery, soft drinks, cigarettes, beers, wines and spirits. Fresh local produce including Bowland sausage & bacon, Craven Bakery and Thomas Moss for fruit and vegetables.

Opening times: Monday to Friday - 7.00 a.m. to 6.30 p.m.

Saturday - 7.00 a.m. to 1.00 p.m.

Sunday - 8.00 am to 12 noon

Tea, Coffee and snacks also available

Tel: 015242 21253

Richard Hope - Wooden Gates. Specialist in Design, Manufacture and installation of Wooden Entrance, Garden and Field gates. Robert Hall Farm, Lower Tatham. Tel: 015242 36126. www.woodengates.net

Temptations Craft Boutique, 31 Main Street, Bentham.

Tel: 015242 61868. email: temptationsbentham@yahoo.co.uk

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B & W Funerals Ltd - Funeral Director, James G Macdonald. Tel: 015242 61370. Mobile: 07758002260. We are an independent company and are members of the N.A.F.D. 24 hour service, Private Chapel of Rest. 39 Main Street, Ingleton, Carnforth. Office Tel: 015242 41293

J. Wright & Sons - Building, Joinery, Roofing Contractors. 015242 21976 - 07980 444 221 jwrightandsons@gmail.com

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Products - For the full range of my own bespoke handmade wooden Garden Planters and solid oak handcrafted products search madeinwray.co.uk or find us on facebook at made in Wray.

Services - Jobs from maintenance to mowing, painting to powerwashing. Trustworthy, local and committed to providing quality service and customer satisfaction. Fully insured registered business.

Please call Cath on 015242 36233 or 07702 824913 or email enquiries@madeinwray.co.uk

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BSC Dip IHM and Body Massage, 2nd Degree Reiki Practitioner, Member of the Guild of Holistic Therapists.

Gala Concert organised by Lune Valley Refugee sponsorship with Bibi Heal International Soprano. 'Song, Opera and all that Jazz', kindly hosted by St. Margaret's Church, Hornby. **Sunday 14th October at 6pm**
An evening of fun and joy on behalf of the resettlement of a Syrian refugee family in our location. There will be a retiring collection for donations to this cause.

Lune Valley Community Swimming Pool Opens to Critical Acclaim -it's not fake news!

After 18 months of closure and last minute snags the refurbished and the UV filtered Hornby swimming pool opened to the general public on Monday 3rd September. Just in time for the new school year and already attracting a great deal of enthusiastic support and impressive visitor numbers.

'Superb, fabulous, welcoming - a great family pool, the freshwater quality is fantastic'. etc. - just some of the comments to date!

Don't take our word for it, come and see for yourself. The new pool management team of Chris and Scott are looking forward to meeting you all. A seven day timetable and pricing is available at the pool and updated on the website, as new sessions are added, along with other details.

New bookings are flooding in and we welcome suggestions for any sessions from 'learn to swim - all ages; specialist training, fitness sessions to social and family parties'. Lots of new ideas - just let us have your thoughts.

Apart from improved visitor numbers we still need to raise funds to cover the exceptional leakage repair costs and loss of revenue prior to re-opening. The unique 'Tag a Tile' promotion - which was launched at the Hornby Sheep Show in Wray - garnered almost £600 over the open weekend. It is available to Lune Valley residents and means that you can identify with your pool by 'tagging' a tile in your name, family members and/or friends. The £1.00 Tile sponsorship Certificates can be purchased at the pool.

But of course the main funding source is the Stakeholder Pledge without which we would not have been able to transfer ownership to the community. We shall shortly be calling in this vital financial support and if you are thinking about it please let us know and we can explain the stakeholder pledge option.

Thankyou all again for your generosity, patience, understanding and dedicated voluntary work without which none of this would have been possible..... Of course it's still early days and sadly like all rural facilities; pubs, shops, cafes, post offices, buses etc. the golden rule has to be 'use it or lose it'.

It's been a gruelling few months for all of us but together we've done it - we are back in business! Everything is going swimmingly so far and your support and encouragement has made it all worthwhile.

Sincerely,
LVCS Ltd.

Facebook - **lune valley swimming pool** Swimming Pool Tel: **01524 805666**
email: **poolmanager@lunevalleypool.com**

Hornby Pensioner's Association

Autumn Tints Trip. Kath will be in Reception at Hornby Institute on Tuesday mornings to take bookings and payment for the trip on 9th October. The coach will leave Hornby at 10am (Caton shortly thereafter). We will stop at Sedbergh for an early lunch, and then tour in the Wensleydale & Swaledale area. We aim to get back to Hornby by 5pm. The cost is £6 to members and £8 to non-members. This is the last of our trips for 2018, but Kath is already working on arrangements for next year. We are very grateful to her for all her hard work on our behalf.

Potato Pie Supper. To be held at 7pm on Tuesday 13th November. Cost £8, payable in advance. Kath will be taking bookings and payment in Hornby Institute Reception on most Tuesday mornings.

Games Evenings. The committee has unanimously agreed that, from the beginning of October, we will simply charge a flat rate of £2 per head for these evenings. Excellent value for money, surely! So why not join us in the Institute for a pleasant evening of whist or dominoes at 7pm on Saturdays 6th and 20th October? Everybody very welcome.

Copy Date for the Wrayly Mail

ONLY Diary Dates (as they are free) can be emailed to:

wraylymail@woodengates.net by the 13th of each month.

ALL other items are collected from the tin in Wray Post Office on the 15th of each month. Business advertisements £2 per month, announcements etc. £1. Cheques should be made payable to Wray Institute. Please could a name and contact number accompany each item (Diary Dates can also be put in the tin if preferred).

If you would like a page on the village website please email **chris@wrayvillage.co.uk** or if you would like a link to your own website on ours just ask. A link back to us is the only payment required.
<http://www.wrayvillage.co.uk>

