

DIARY DATES

- Mon 1 7.00 p.m. to 8.00 p.m. '*One hour for me and God*' at 'Hindlea', Millhouses. A warm invitation is extended to anybody who is thinking of taking a further step in their faith. For some, this may lead to confirmation. The next meeting will be on Monday March 15th. For more information ring Mary Winter on 21784.
- Wed 3 2.00 p.m. **Joyful Noise** in Wray Church. All pre-schoolers and carers welcome.
- Thurs 4 **Yoga** in Wray Institute this Thursday and every Thursday (except 18th March). 8.00 p.m. to 9.30 p.m. Mats provided. All welcome.
- Sat 6 **Coffee Morning** at High Bentham Town Hall, 10.00 a.m. to 12 noon. Held by The Friends of Tatham Fells School in aid of their Outdoor Development Fund. Books, Cakes and much more. Please come along and support.
- Mon 8 Wennington Parish Council Meeting, 7.30 p.m. in Wennington Hall School.
- Tues 9 7.30 pm Tatham Fells WI at the Old School, Lowgill. A cookery demonstration by Margaret Anderson – 'Easter Cookery'. Competition: Four Easter biscuits. Visitors most welcome.
- Wed 10 Wennington & District W.I. Joint meeting at Tunstall.
- Thurs 11 Northwest Air Ambulance Charity Night at The Bridge Inn, Lower Tatham at 7.00 p.m. Raffles, Tombola, Promise Auction - many items to bid for, His and Her Mountain Bikes,

Digital Television, and much more. If you can help with prizes or promises please contact Dot, Peter or Bernadette on 015242 21326. Thank you for supporting this essential service.

- Fri 12 **Wennington & District W.I. Annual Cheese and Wine Supper. This is a charity evening in respect of the Help for Heroes Fund.** 7.30 p.m. in Wray Institute. Tickets: £6 to include cheese and biscuits and crudities plus glass of wine/ soft drink. To make this evening a success **we need your help.** Please come along on the night to have a good time with lots of fun whilst supporting this worthy cause. We hope to raise a large amount of money so please buy a ticket or two and if you could donate a raffle prize we would be so grateful.  
**Tickets are on sale now. Ring Margaret Wring on 015242 21363 today.**
- Sat 13 Hornby District Ramblers. The walk will be in the Thurnham area. Approximately 4/5 miles, led by Peter & Ann Shaw (21090). Meet on Hornby Car Park at 9.30 a.m. Bring a packed lunch and suitable footwear. No dogs allowed.
- Sat 13 2.00 p.m. Tunstall, Melling, Leck Churches. **Grand Jumble Sale** in Ingleton Community Centre. Entrance 20p. Tombola, Raffle, Cake Stall.
- Sat 13 7.30 p.m. **Tatham Fells Village Society - Quiz Night** in the Old School, Lowgill. £4 including light supper. All welcome.
- Tues 16 2.00 p.m. Wray Over Sixties in Wray Institute. The speaker will be Mrs. E. Cottam from Gressingham. 'Wool from raw to finished product'. Visitors very welcome.
- Tues 16 7.30 p.m. Tatham Parish Council Meeting in the Old School, Lowgill.

- Tues 16 Tunstall, Melling, Leck **Quiz Night** at the Highwayman, Burrow at 7.00 p.m. Tickets £12.50 supper included. Tel: 015242 74280.
- Wed 17 7.30 p.m. in the Old School, Lowgill. Did you miss the live performance? Do you want to see it again? Do you wonder what goes on at Tatham Fells W.I.? Come and see the film of the year! **Fashion, Facts and Fun - the last 100 years.** Tickets £4 to include wine/soft drinks and nibbles. Admission by ticket only. Please ring 015242 64876 to reserve yours.
- Fri 19 8.00 a.m. to 11.00 a.m. Waste Paper Collection at Lairgill Car Park, High Bentham in aid of N.S.P.C.C.
- Fri 19 Countryside Society, 7.45 p.m. in Hornby Institute. Andrew Lowe will give an illustrated talk on “Building on Tradition”.
- Wed 24) **The Hornby Occasionals - The Yeoman of the Guard or**  
 Thurs 25) **The Merryman and his Maid.** by W.S. Gilbert & A.  
 Fri 26) Sullivan. At the Hornby Institute. Tickets: Adults £5.00  
 Sat 27) and Children £3.00 available from Hornby Institute (015242 22227) from Monday, 1st March.
- Mon 29 7.30 p.m. Ewecross Historical Society in High Bentham Town Hall. Andrew Birley - Vindolanda. Membership for the year £5. Visitors are welcome at £2 each evening.

Advance Dates:

Thursday 1st April 2010. Cinema night at Tatham Fells School showing Alvin and the Chipmunks 2. Fun for all the family, starting at 6.00 p.m. Advance tickets only. Please call Lisa Oliver-Hannis on 07590 838883 for more details.

Saturday 17th April 2010. 7.30 p.m. St James the Less Church, Tatham are delighted to welcome the “Brewers Apron”. A local choral group with a

passion....”for singing in harmony.” An evening filled with something for everyone - folk songs, madrigals, readings and spirituals together with a diversion through sacred and contemporary pop tunes and much more. Tickets £12 to include a delicious supper and a glass of wine, available from: Linda Kirkby 21486 or Phyllis Holt 21433. (Book early - tickets limited.)

Saturday 22nd May 2010. Invitation to breakfast at Wray Institute.

**Proceeds to North West Air Ambulance.** £6 per person, all ages.

Sittings - 9.00 a.m., 10.00a.m., 11.00 a.m. Come and enjoy breakfast with friends. Raffle and cake stall.

Raffle prizes and contributions will be most appreciated. Breakfast tickets available for sale from April 2010. Contact Dawn for further details on 07771514814 or 015242 22049.

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### Wray Chapel

Ladies Meeting - Anniversary. 11th March at 2.00 p.m. Speaker - Mrs. Jan Leighton, Morecambe. Tea to follow. All ladies welcome.

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**To celebrate and support Sports Relief, Lancaster Adult Learning is offering FREE taster sessions at Hornby Institute during the week beginning 15th March. All the sessions promote health and well-being.**

Tuesday 16th March. 1 - 3pm. **Gentle Tai Chi.** A therapeutic exercise based on gentle movement which helps generate a sense of well-being and relaxation.

Thursday 17th March. 7 - 9pm. **Reflexology.** Reflexology stimulates the body's own healing capacity via the reflex zones on the feet. It's effective in relieving many conditions such as insomnia, migraine, sinus disorders, asthma and stress related conditions. It is a gentle way of relaxing, balancing and harmonising the body.

Friday 19th March. 10 am to 12 noon. **Save a Baby's Life.** An important course for every parent and carer - you never know when an emergency may occur and it's essential to be prepared if it does.

Saturday 20th March 1.15pm to 3.15pm. **Herbal Medicine.** Herbal medicine is a simple but highly effective way of supporting the body with its unique ability to heal itself. Discover the array of herbs which can be used to restore the body's balance and strengthen the immune system.

Please telephone The Adult College, Lancaster on 01524 581269 to secure a place; alternatively come along on the day.

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## **WRAY SCARECROW FESTIVAL 2010**

### **Important information for residents of Main Street**

As the festival in our village continues to grow, so does the need for safety measures. Following the last two years events and the traffic and pedestrian volumes involved, the police have requested that a temporary road closure be instigated for Main street for the peak times of **10.00 to 16.00 on 1st, 2nd and 3rd May.**

This road closure will be through Lancaster City Council and under the provisions of sec.21 of Town police clauses act 1847 which allows for temporary closures for events such as ours. It applies to vehicular traffic only and will be from the junction with Wennington road to the Tea Rooms. A diversion route will be signed for vehicles wishing to pass through the village that will take them along Agnes Ing Lane.

The signs will be erected at 10.00 a.m. each day and removed at 4.00 p.m. The 'barrier' at Wennington road will be staffed continually.

Please be reassured that access remains open for all residents on Main street to park and get their vehicle out during the closure. Pedestrians are not affected.

*If you need to move through the closure for access:*

- \* Be aware that pedestrians may not know you are approaching - they will think the road is totally free of vehicles.
- \* Please move very slowly - 10 mph max.

- \* Put your hazard lights on.
- \* **Think children**
- \* Use the diversion route or go via Butt Yeats and School Lane for the bottom of the village.

If you have any concerns please contact me directly on 07966 330991

Thanks for your continued support and patience.

Dave Forshaw, on behalf of the organising committee.

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The contact number for Wray Institute is 015242 22311.

The caretaker is Frank Gretton. It is also the number to use when you want to book the Institute or stalls for Wray Fair/Car Boot Sale.

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### **TATHAM HISTORY SOCIETY - *This Remote School* - book reprint**

Bronwen Osborne has agreed to a reprint of her book *This Remote School*, first published in the 1980's. It portrays life at Tatham Fells School between its opening in 1875 and its move in 1961 to the present site, using the school Log Books as its main source. The new impression is published by the society at £6 (£5 to THS members), and printed by Sedbergh Toy Library, who will receive £2 for every copy sold. ORDER DEADLINE is 15th March.

For an order form, go to [www.tathamhistory.org.uk](http://www.tathamhistory.org.uk) or phone Anne Wilson on 63399.

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### **Wray Primary School Field**

We are happy for people to use the school field, but please pre-book and make arrangements with the School Secretary (Kay Burrow) 015242 21337.

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## **Victoria Institute, Caton**

**Try IT.** Sometimes, computers and the Internet are seen as something just for young people, but they do have something for everyone and can make a genuine difference to the lives of older people. Many of our Silver Surfers” use the IT Room to keep in touch with friends and family, go shopping, enjoy hobbies, and much more. You don't need your own computer to get started, just call into the Institute to have a chat about what the internet can do for you. With a little training anyone can go 'online', even those who have never used a computer before. Judy will be there to help you.

**IT Courses.** We are taking reservations for our popular IT Courses which start again after Easter. We have three levels to suit a range of knowledge and experience from complete beginners to those wanting a more detailed understanding of Microsoft Office Packages. Our Beginner and Improver programmes cost £65 (2 hour sessions for 10 weeks) and Improver Plus is £42 (2 hour sessions for 6 weeks). Good value for money, and our friendly tutors make learning a lot of fun too. For more information or to book your place, please phone Judy on 01524 771733 between 9.30 a.m. and 3.30 p.m. weekdays.

**Drop-In Services.** Many people use our services including checking emails, photocopying, printing documents, and reading the local papers over a cup of coffee. Opening times are 9.30 a.m. - 3.30 p.m. weekdays (01524 - 771733), so please come and visit.

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The family of Margaret Mary Read wish to thank all relatives, friends and neighbours for their support and kindness to her during her lifetime. Their presence at her funeral and many messages of sympathy received were a great comfort. A special thank you to Canon Norman Dawson for a lovely service, Robert for his touching tribute, Jimmy and Stephen for their efficient funeral arrangements and Julie for her excellent catering. Thank you all.  
Margaret, Kenneth and families.

I would like to thank everyone for the good wishes, cards and gifts following my stay in the Royal Lancaster Infirmary. I am feeling so much better now, and really appreciate all the kindness shown by friends and neighbours.

Many thanks, Di Turner

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FREE: Well rotted horse manure. Tel: 015242 22176 or 07821050816

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FOR SALE:

Small Frigidaire Freezer (20" cube) £28

Ring: 015242 21082

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FOR SALE:

Breville Deluxe Juicer. Good as new. £25 ono

Tel: Kate 64963, 07802 440106

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FOR SALE:

Mountain bike, well looked after and comes with bike lock and pump.  
£50 ono

PS2 & games, £30 (£10 more and you get a small TV)

Tel: 07821864501

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FOR SALE:

Silver Cross Linea Freeway pram, red & grey plus Ventura car seat which fits on the chassis, climate pack and change bag, was £400 when new, very good condition. £150

Lindam play pen. £30

Assorted rubber stamps for cardmaking, scrapbooking & embossing, from £1 each, some brand new.

Ring: 21588

**1st Responders** needs lots more new recruits to keep the service running. Are you an able bodied person with access to a vehicle, who is willing and able to give some time to your community? Training in resuscitation techniques will be provided.

What does it entail:

1. You and your partner (wife, husband, close friend, etc.) agree to be on call for one day or one night however often is convenient.
2. During that time you stay within the call area together with the kit and carrying a bleeper. You are NOT confined to your home and if covering a night you can go to bed.
3. You answer the call as quickly as possible and help the patient until the ambulance arrives. They then take over. (Time taken approx. half an hour).
4. 1st Responders are not called out to gory accidents, only to possible heart attacks, strokes, choking, fainting etc., where immediate help can make a tremendous difference to a patients recovery.

We live in a healthy area so the number of callouts is very light, most likely only two or three a year if you are doing one shift a week.

INTERESTED? Then please call Ros Nicholson on Hornby 21886 or Ray Fox on Hornby 21528. Please do it NOW.

Our area includes:- Melling, Wennington, Wray, Farleton and Hornby.

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### **Three x12 Day Coach Holidays for 2010**

**Oberammergau Passion Play** - Places are still available on two trips to Austria and Bavaria which include a performance of the Passion Play at Oberammergau in Germany. Leaving from this area on 5th June & 5th July, we travel on by N.S. Ferry overnight from Hull to mainland Europe. There is no overnight coach travel. The holidays are half board throughout, and we have secured Grade A1 passion play theatre tickets. (£1195.00 based on two sharing)

### **Spain Catalonia & Barcelona**

A new destination for us this year is Spain. We depart on August 24th and 9.

travel south to catch the ferry from Dover to Calais. Our main Hotel is at Rosas, and has it's own private beach area. The holiday is half board except for the first night, and a full touring programme including a trip to Barcelona is included in the holiday price of £695.00 (based on two sharing).

For more details please contact Susan Adams on 015242 61182

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If anyone would like to visit the Wray village website it can be found at [www.wrayvillage.co.uk](http://www.wrayvillage.co.uk)

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**Old School, Lowgill** The Old School is a moderately sized village hall behind the Church of the Good Shepherd, Lowgill and is in a beautiful setting surrounded by fields. It is an ideal location for meetings or parties of a moderate size seating around 40 people. The new kitchen is well equiped and there is a good parking area outside. Rates on request. Equipment e.g. tables, chairs, crockery, cutlery also available for hire at very reasonable rates. Bookings/enquiries - Gillian Middleton Tel: 62367.

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### **Church News**

In the second half of the season of Lent, leading up to Easter, we have a number of special services to which everyone is warmly invited.

March 14<sup>th</sup> is Mothering Sunday and we have Family Services at 11.00 am at both Tatham and Tatham Fells. There will be flowers for children to give to their mothers, and the school children will be involved in the service at Tatham Fells.

On March 21<sup>st</sup> we have a special service with our young people, this will be at St James, Low Tatham, at 6.00 pm and all are welcome. Anyone wishing to be involved in this Youth Service should get in touch with Mary Winter (21784) as soon as possible.

Holy Week begins on Palm Sunday, March 28<sup>th</sup>. British Summer Time begins on this day too and so clocks go forward by an hour.

As well as the usual services on Palm Sunday there are special services on Maundy Thursday and Good Friday, details of these are given below. Then, on Easter Day, the greatest feast day in the Christian year, we have services of Holy Communion at all our churches.

Our Lenten lunches continue on Thursdays from 12noon to 1.30pm.  
March 4<sup>th</sup> - Greenfoot, Wennington, Mr & Mrs Des O'Brien (21573)  
March 11<sup>th</sup> - The Ridges, Higher Tatham, Mrs Doreen Hope (62055)  
March 18<sup>th</sup> - Tatham House, Wray, Mr & Mrs Mark Rowland (22484)  
March 25<sup>th</sup> - Brackenbottom, Lowgill, Mr & Mrs Eric Baker (64865)  
Do join us for a gourmet selection of soups and cheeses and help us to raise money for charity.

### Services in March

#### **7<sup>th</sup> March, Third Sunday in Lent**

|          |              |                |
|----------|--------------|----------------|
| 8.00 am  | Tatham       | Holy Communion |
| 11.00 am | Wray         | Holy Communion |
| 2.15 pm  | Tatham Fells | Evensong       |

*9.30 am Melling Family Service 11.00 am Tunstall Holy Communion*

#### **14<sup>th</sup> March, Mothering Sunday**

|          |              |                |
|----------|--------------|----------------|
| 8.00 am  | Wray         | Holy Communion |
| 11.00 am | Tatham       | Family Service |
| 11.00 am | Tatham Fells | Family Service |

*9.30 am Melling Holy Communion 11.00 am Leck Holy Communion*

#### **21<sup>st</sup> March, Fifth Sunday in Lent – Passion Sunday**

|          |              |                |
|----------|--------------|----------------|
| 9.30 am  | Tatham Fells | Holy Communion |
| 11.00 am | Wray         | Family Service |
| 6.00 pm  | Tatham       | Youth Service  |

*The Bishop of Blackburn will be visiting Tunstall, Melling and Leck, and there will be just one service there, at 11.00 am at Tunstall.*

## Services for Holy Week and Easter

### March 28<sup>th</sup>, Palm Sunday

|          |              |                 |
|----------|--------------|-----------------|
| 8.00 am  | Wray         | Holy Communion  |
| 9.30 am  | Tatham Fells | Morning Service |
| 11.00 am | Tatham       | Holy Communion  |

*9.30 am Melling Holy Communion 11.00 am Leck Family Service*

### April 1<sup>st</sup>, Maundy Thursday

|         |        |                |
|---------|--------|----------------|
| 7.00 pm | Tatham | Holy Communion |
|---------|--------|----------------|

*(with special music and readings)*

### April 2<sup>nd</sup>, Good Friday

|          |              |                     |
|----------|--------------|---------------------|
| 11.00 am | Wray         | Children's Workshop |
| 12 noon  | Wray         | Devotional hour     |
| 2.00 pm  | Tatham Fells | Devotional hour     |

### April 4<sup>th</sup>, Easter Day

|          |              |                |
|----------|--------------|----------------|
| 8.00 am  | Wray         | Holy Communion |
| 11.00 am | Tatham       | Holy Communion |
| 2.15 pm  | Tatham Fells | Holy Communion |

*9.30 am Melling Holy Communion 11.00 am Tunstall Holy Communion*

### **Church Contact List:**

|                            |                        |
|----------------------------|------------------------|
| Wray Churchwarden:         | Mark Rowland (22484)   |
| Tatham Churchwarden:       | Phyllis Holt (21443)   |
| Tatham Fells Churchwarden: | Carole Butcher (63095) |

Readers: Ann Dawson (62936), Peter Osborne (61029), Mary Winter (21784)

Clergy: Canon Norman Dawson (62936). Canon Robert Hannaford (7437)

**Richard Hope - Wooden Gates. Specialist in Design, Manufacture and** installation of Wooden Entrance, Garden and Field gates. Robert Hall Farm , Lower Tatham. Tel: (015242) 61455. [www.woodengates.net](http://www.woodengates.net)

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**TEMPTATIONS- 31 Main St., High Bentham.**

For: Clothing, Underwear, Post surgery bras, Swimwear, Nightwear, Hosiery, Knitting Wool, Haberdashery, Cash's Name Tapes, Sewing Machine Repairs & Service, Sewing Alterations & Repairs, Household Linen, Dolls House Miniatures.

TEL: 61868

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**Sole to Soul has a new home!**

You will find us on Grasmere Drive, in the New building opposite the entrance to the car park.

As well as Chiropody/Podiatry, Reflexology, Massage and Healing, we now also offer Food Intolerance testing, Detox Footbaths, Medical Herbalism, Naturopathy, Counselling, EFT - and with more to come.

There are also a variety of courses and workshops available as well as therapy space to let and a room for classes and courses and workshops. Please contact us for information.

Our phone number is still 015242 63067 and the web address is [www.sole-to-soul.net](http://www.sole-to-soul.net).

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**T. & P. Sedgwick. Windows, Doors, Conservatories.**

**Mobile: 07801441754 / Workshop 015242 21759**

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P. McLachlan - Plastering, Pebble Dashing, All general building Maintenance. No job too small. For friendly service Tel: Paul (01524) 730563 or mobile 07814149706

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Mark Routledge **PLUMBER** from bathroom alterations to leaking taps, no job too small. Ring Mark on 07900 558835 or Katherine Edge 01524 34942

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**Jonathan Buss - Painter & Decorator. 015242 51809 or 07956 582565**

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**M H RESTORATIONS - SANDBLASTING SERVICES**

Specialists in Stone & Brick Cleaning, Wet & Dry Blasting, Industrial & Domestic, Steel Work, Graffiti Removal, Cleaning on or off site. Plant & Machinery. Jobs of all sizes undertaken. TEL: 015242 21929.  
Mob. 07794079939

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**Massage for Health and Relaxation - The Smithy, Lodge Lane, Wennington: Stressed? Sore muscles? Suffer from headaches? Is everyday life becoming more of a challenge? Or perhaps you prefer to be pampered? Massage; Reflexology, Thermal Stone Therapy and Indian Head Massage treatments. Mobile/workplace visits possible. For further details and appointments please contact Sarah Rycroft. Tel: 015242 21166**

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**WRAY POST OFFICE-The local shop for magazines,cards,stationery, wines and spirits, cigarettes, fresh produce, local Bowland sausage and bacon. Small selection of mince, stewing beef, lamb & pork. Fresh bread, sandwiches, pies and cakes. Fax machine @ 25p a copy. Opening Times: Monday to Friday - 7.00 a.m. to 6.30 p.m.**

**Saturday - 7.00 a.m. to 4.00 p.m.**

**Sunday - 9.00 a.m. to 12 noon TEL: 21253**

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**Trading Post - Animal Feed Store. We supply a wide range of feed, bedding & accessories for all animals including, farm, horses, dogs, poultry, birds & pets. Also fishing bait & tackle. Free delivery to Wray and local area. TEL: 01524 781268**

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**Greenhall Riding Centre, Tatham.**

**\* Riding lessons. \*Hacking. \* Children's farm rides.**

**All now available by fully qualified instructor.**

**Telephone Rachael on: 015242 61594 or 07817918234**

**www.greenhallridingcentre.com**

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## **Steven Foster (CITB reg) Landscape & Groundworks.**

Retaining walls, flagging, turfing, Gravel gardens, site clearance, ponds, Drainage and groundworks, Digger, tractor and trailer work.

Free phone: 0800 955 8780      [www.FostersLandscapes.com](http://www.FostersLandscapes.com)

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## **Bridge House Farm Tea Rooms, Wray. Tel: 015242 22496**

Open Tuesday to Sunday 10.00 a.m. to 4.00 p.m.

“Wednesday Special” 2 course meal for £6.50. Sunday Roast Dinner

Served every week. WiFi access available.

Having a party? Let us help with your catering. Come and pick up a menu for our takeaway buffet food. All made to our usual high standards.

Tel: 015242 22496

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## **G. Walker - Local Handyman. Home Maintenance & Repairs,**

Painting, Decorating, Floor & Wall Tiling, Gardening. Friendly, Reliable & Quality

Service. No job too small. For free estimate with no obligation call

*Graham on 015242 22511 or Mob: 07704454264*

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Flat Roofing, Fibre Glass Roofing, Slate/stone Roofing, Velux Skylights supplied and fitted, Insurance work, Storm damage, Like for like quotes and a friendly service. TEL: 015242 22146, Mob. 07971387678 – Rod.

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**Kitchen Installations North West Ltd** - suppliers of German Kitchens by “Schuller”. A local family firm with over 15 years experience and our reputation built upon recommendations. **Kitchens - Utilities - Studies.**

Replacement work surfaces in laminate, granite, zodiac and encore. We provide a complete installation service which includes joinery, building, plumbing, electrics, floor and wall coverings. **Visit our showroom by Appointment. Unit 3, Low Mills, Mill Lane, Low Bentham.**

Tel: 015242 63388/61236 or 07831 151839.

email: [mark@kitcheninstallationsnw.co.uk](mailto:mark@kitcheninstallationsnw.co.uk)

[www.kitcheninstallationsnw.co.uk](http://www.kitcheninstallationsnw.co.uk)

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**Yoga** - Every Thursday 8.00 p.m. to 9.30 p.m. in Wray Institute. Mats provided. All welcome. £5. Enquiries - Kathy Cartledge Tel: 61567

**The Pottery** - Workshops, Drop in, Commissions, Parties. Greenlands Farm Village, Tewitfield, Carnforth LA6 1JH. Tel: 01524 784197  
email: [wyn@wynabbot.com](mailto:wyn@wynabbot.com)

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**Woodwork Tuition.** Come and make furniture with Iain Robertson (formerly of Spout House, Lupton). Tables, cupboards, long case clocks, etc. Beginners welcome. Tel: 015242 61410, m: 07773606364.  
Lower Thrushgill, Wray. visit: [www.woodworking-tuition.co.uk](http://www.woodworking-tuition.co.uk)  
Bookshelves made to order.

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**The Bowen Technique** is now available from Kate Lewis at Sole to Soul, Bentham. A gentle holistic treatment, Bowen can be used to treat most conditions including back and joint pain, sciatica, sports and accident injuries, fibromyalgia, M.E. and reduces stress.

**For more information pick up a leaflet from Wray Post Office or Tel: 61070.**

***Special Offer - Book three treatments and save 50% on the third treatment.***

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### **Copy Date for the Wrayly Mail**

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

**wraylymail@woodengates.net** by the 14th 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.** Please could a name and contact number accompany each item. Please indicate if you do not wish your entry to be published online. (Diary Dates can also be put in tin if preferred).

If you would like a page on the village website please email [chris@wrayvillage.co.uk](mailto: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>

