

**WRAYLY MAIL**                      **DECEMBER 2013**  
*Season's Greetings*

**DIARY DATES**

- Mon 2    Come for Coffee in the Sunday school at Wray, from 10am until 12 noon. It's a time to come and sit and chat or play a game of dominoes, while enjoying a morning coffee or tea with friends. Just come for a while or stay the whole time. It's open to all, both men, women and children too, so please come along and keep us company, a warm welcome awaits everyone, we'd love to see you there.
- Mon 2    Yoga in Wray Institute 7.30 p.m to 9.00 p.m. and on 9th December then finish for Christmas. Beginners and regulars are all welcome. Mats are provided. Wear loose or stretchy clothes and bring something warm to put on for relaxation. £5 per session. Tel: Kathy Cartledge 015242 61567.
- Fri 6    7.00 p.m. Wray with Botton Sports Committee Grand Christmas Raffle & Domino Drive, in Wray Institute.
- Sat 7    10.30 a.m. to 12 noon Christmas Coffee Morning in the Old School, Tatham Fells. Stalls, Raffle. Father Christmas will be coming. Proceeds for the Church of the Good Shepherd Tatham Fells.
- Sat 7    Please join us outside Wray Institute at 5.00 p.m. to switch on the Christmas Tree lights, sing a few carols and then enjoy tea and mince pies in the Institute. Any contributions received will be appreciated and will be donated to St John's Hospice.
- Sat 7    7.30 p.m. Tatham History Society, Edward Huddleston, 'Reading the local landscape Part II: Hills and Hollows', Old School, Tatham Fells, preceded by AGM. Non-members, £2. Membership details: Anne Wilson, Tel: 63399.

Society website: [www.tathamhistory.org.uk](http://www.tathamhistory.org.uk)

- Thurs 12 2.00 p.m. Wray Methodist Ladies meeting in the Sunday school room. Christmas programme by Kellet Ladies. Tea to follow, all ladies most welcome.
- Thurs 12 7.00 p.m. **Lowgill Over 60's Party** in the Old School. Supper followed by entertainment. RSVP to Mary (61534) or Liz (61230) by Monday 9th December.
- Fri 13 7.00 p.m. Wray Over Sixties Christmas Party.
- Sat 14 Hornby & District Ramblers. Meet 9.30 a.m. Hornby Car Park. Barbon, 5 miles, leaders Alan & Anthea Ashworth 21980.
- Mon 16 7.00 p.m. Carols by Candlelight, Wray Institute. Jacob's Join to follow. If possible bring a candle in a candle holder. This annual event is a delightful occasion and all are welcome.
- Wed 18 The Rotary Club of Lunesdale is bringing their annual Christmas Collection back to Wray and Hornby. Santa will be helping us riding on his sleigh throughout the villages. Our local Rotary Club uses all the money raised in this Christmas Collection for local charitable causes. Please come and meet Santa!
- Fri 20 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.

Advance Date: Monday 6th January 2014 - Come for Coffee in the Sunday School, Wray.

**Marie Curie Cancer Care**

Many thanks to all who gave so generously in the collecting envelopes around Lowgill and Ivah. We raised £118.88.

Mary Whitfield

## **Round the Houses. New Year's Eve**

Once again the hospitable people of Wray have come up trumps and we now have our 12 hosts for Round the Houses. The party starts at 4.00 pm and guests are reminded to take their own glasses with them.

Badges together with maps of all the venues will be available from 27th December from both the George & Dragon and the Post Office at a cost of £5.00. Do come along and enjoy!

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## **Babysitter Available**

If you need a babysitter during the festive period I shall be home from university from December 13th until the end of January. I can look after your children during the day or in the evening. Please give me a ring on 07826527137, Sophie Ellison.

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## **Wray Post Office Christmas Opening Times**

Monday 23rd December	7.00 a.m. - 6.30 p.m.
Christmas Eve	7.00 a.m. - 1.00 p.m.
Christmas Day	Closed
Boxing Day	Closed
Friday 27th December	7.00 a.m. - 6.30 p.m.
Saturday 28th December	7.00 a.m. - 1.00 p.m.
Sunday 29th December	8.00 a.m. - 12 noon
Monday 30th December	7.00 a.m. - 6.30 p.m.
New Year's Eve	7.00 a.m. - 1.00 p.m.
New Year's Day	Closed
Thursday 2nd January	7.00 a.m. - 6.30p.m.

There will be no newspapers on Christmas Day, Boxing Day and New Year's Day.

## **Orders now being taken for Christmas turkeys and other goodies from Bowland Meats.**

May we take this opportunity to thank all our customers who have supported us this year.

## **Church Services in December and early January**

### **December 1<sup>st</sup>, Advent Sunday**

9.00am	Holy Communion	Tatham
10.00am	Family Service	Wray
11.00am	Christmas Family Service <i>with Tatham Fells School</i>	Tatham Fells
6.30pm	Advent Evensong <i>a service for all six churches</i>	Leck

*9.30am Family Service – Melling, 11.00am Sung Eucharist – Tunstall*

### **December 8<sup>th</sup>, Second Sunday of Advent**

10.00 am	Holy Communion	Wray
11.00am	Morning Service	Tatham
2.15pm	Evensong	Tatham Fells

*9.30am Holy Communion – Melling, 11.00am Sung Eucharist - Leck*

### **December 15<sup>th</sup>, Third Sunday of Advent**

8.00am	Holy Communion	Wray
9.30am	Holy Communion	Tatham Fells
10.00am	Family Service	Wray

*9.30am Morning Service - Melling, 11.00am Sung Eucharist – Tunstall*

### **December 22<sup>nd</sup>, Fourth Sunday of Advent**

11.00am	Holy Communion	Tatham
6.30pm	Village Carol Service	Wray
6.30pm	Carols and Traditional Readings for Christmas	Tatham Fells

*11.00am Sung Eucharist – Leck, 4.00pm Christingle Service - Melling*

### **Tuesday December 24<sup>th</sup>, Christmas Eve**

5.00pm	Nativity Service	Wray
6.30pm	Crib and Carol Service	Tatham
11.30pm	Midnight Communion	Tatham Fells

*4.00pm Crib and Carol Service – Tunstall,*

*11.30 pm Midnight Eucharist – Melling*

### **Wednesday December 25<sup>th</sup>, Christmas Day**

10.00am Family Communion Wray

*9.30am Family Eucharist – Leck, 11.00am Family Eucharist – Tunstall*

### **December 29<sup>th</sup>, First Sunday of Christmas**

11.00am Family Communion Tatham Fells  
*a service for all six churches*

### **January 5<sup>th</sup> 2014, Feast of the Epiphany**

9.00am Holy Communion Tatham  
10.00am Morning Service Wray  
11.00am Family Service Tatham Fells

*9.30am Family Service – Melling, 11.00am Sung Eucharist –Tunstall*

Church Contacts:

*Revd Mark Cannon, Wray Vicarage ( 21030)*

*Readers: Ann Dawson (62936), Peter Osborne (61029),*

*Mary Winter (21784)*

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### **Wanted for Malawi Trip**

For my forthcoming Malawi trip in January I would be very grateful for the following items to take out there:

- \* Good childrens shoes up to age 13.
- \* Empty bubble containers (I can't take liquid)
- \* Small sewing kits.
- \* Wooden puzzles
- \* Jigsaws (small)
- \* Small dictionaries

Anything from the above will be gratefully received by the childrens orphanage in Malawi.

Thankyou, Eller Everett (015242) 22214. We can collect.

## **(Bentham Medical Practice)**

### **IMPORTANT INFORMATION REGARDING YOUR MEDICAL RECORD**

Under the powers of the Health and Social Care Act 2012 (HSCA) NHS England has the power to direct the Health & Social Care Information Centre (HSCIC) to collect information from all providers of NHS care, including general practices. Confidential information from your medical record plus identifiers such as your NHS number, date of birth, post code and gender, but not your name, will be collected automatically on a monthly basis from our computer system.

The reason for collecting this information is so the NHS can improve the services it offers and offer the best possible care for everyone. Sharing information can help improve understanding, locally and nationally, of the most important health needs and the quality of the treatment and care provided by local health services. It may also help researchers by supporting studies that identify patterns in diseases, responses to different treatments and potential solutions.

Information can also help to:

- \* Find more effective ways of preventing, treating and managing illnesses;
- \* Guide local decisions about changes that are needed to respond to the needs of local patients;
- \* Support public health by anticipating risks of particular diseases and conditions, and help the NHS to take action to prevent problems;
- \* Improve the public's understanding of the outcomes of care, giving them confidence in health and care services; and
- \* Guide decisions about how to manage NHS resources fairly so they can best support the treatment and management of illness for the benefit of patients.

The HSCIC will collect the data and store it securely in line with the law, national guidelines and best practice. Any reports it produces will never identify particular people.

It may also share the data it collects with third party organisations such as research bodies etc. Although it may charge an administration fee for this it will not actually sell data.

Do you have a choice?

Yes. If you do not want information about you to be collected by the HSCIC then you should inform Bentham Medical Practice who will put a marker on your record that will prevent any data collection from the practice.

If you are happy for the HSCIC to collect data but not to pass it on to third party organisations then, again, you can ask the practice to amend your record accordingly.

The HSCIC also collects patient identifiable data from other NHS organisations such as local hospitals. You cannot prevent this collection.

You should be aware that in certain situations, such as where there is a statutory duty to share information, a court order or an overriding public interest in disclosure, Personal Confidential Data may be collected with or without your consent.

If you don't do anything then your data will be collected automatically!

If you would like to see more information on this then go to:

<http://www.nhs.uk/NHSEngland/thenhs/records/healthrecords/Pages/care-data.aspx>

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### **The Garden Room at Greenfoot Gardens, Wray. 015242 21184**

Helen and Ann invite you to our late night shopping evenings on Wednesday 20th November and Wednesday 4th December from 5.00 p.m. onwards.

Come and enjoy relaxed local shopping with a complimentary glass of mulled wine.

Beautiful gifts include: Candles by Melt, Luxury toiletries by Made in Heaven and Pringle and Fairweather, Santoros gorjuss range for girls, plus many more unusual and affordable ideas.

Karen will be open at the TeaRooms on both evenings - 015242 22496.

We are now taking orders for Christmas trees and Wreaths.

Christmas Greetings - Once more we will be wishing our friends and neighbours a "Happy Christmas" using the Board 'posted' outside the George & Dragon, Wray. A donation will be given by those sending the greetings to St John's Hospice in lieu of doing individual cards. This amount will be added to our Advent Raffle which runs through December. Tickets are 50p and it gives you 24 chances to win. Also look out for the Christmas tree light switch on (Saturday December 7th) when there will be carol singing and mince pies! All in a very good cause!

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### **Pilates classes for Beginners and Improvers**

Developing posture, mobility, fitness and wellbeing for details of local venues and times, contact **Anne**

\***015242 22425 or 07935803370**

\* email [anne.pilates@yahoo.co.uk](mailto:anne.pilates@yahoo.co.uk)

Classes beginning and continuing January 2014.

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### **Rotary Club of Lunesdale**

Rotary District 1911's current District Governor's preferred charity for this year is to identify where defibrillators are in all the District's local areas if possible and to establish how accessible they are. He is keen to increase the number of defibrillators in our communities and to support the essential work of our First Responders and our Search and Rescue teams. The Ambulance Service is not aware of the location of all the defibrillators in our area and has asked for our help to identify them all. The Rotary Club has partnered with Cumbria County Council on this project as the Council Chairman has made a similar appeal. Please contact: [lunesdalepresident@gmail.com](mailto:lunesdalepresident@gmail.com) or <http://www.lunesdale.org.uk/> if you can help with information concerning the location of defibrillators in your community.

Thank you to everybody who made a donation for Children in Need at Booths store in Kirkby Lonsdale on 15th November.

The Rotary Club meets on Thursday evenings at the Castle Inn, Hornby. For further information about Rotary please contact the email address given above.



J. Wright & Sons would like to wish all our customers a Merry Christmas and a Happy New Year.

Regards, Jon Wright

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Again for 2013 I will continue to support the St John's Hospice Christmas Card appeal at the George & Dragon so just in case you thought you might get a card!! please have a great Christmas and Happy New Year - Cath H x

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Dear Friends, I will be supporting the St John's Hospice Christmas Card appeal at the George & Dragon again this year rather than sending individual cards so just in case you miss the card and my best wishes at the pub - Merry Christmas and a Happy New Year - Dawn (Irvine).

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We would like to wish all our friends a very Merry Christmas and a Happy New Year. Love from Sheila & Tony Sedgwick

(This year we are supporting the St John's Hospice appeal and making a donation in lieu of Christmas cards)

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FOR SALE:

**Ideal Christmas Presents**

Electric Guitar (Stratocaster Style) and Fender Practice Amp. £50

Yamaha Keyboard PSR-E303. £50

Tel: 015242 21345

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FOR SALE:

Gents Salomon "Evolution 6.0" ski boots, size 8 (26.5), suit beginner/intermediate. £10

Gents Kilmanock ski jacket, size m. £8

Gents Weise Dynaster 4 season armoured motorcycle jacket, hardly used, size s/m. £45

Gents Frank Thomas Gore-Tex winter motorcycle boots, size 8, used once only. £35

Golf Clubs - Full set of American made gents Slotline golf irons (r/h), very good condition. £75.

Tel: 015242 61070

FOR SALE:

PS3 with games 23. 1 is GTA5 with book, plus extras £150

PS2 with 6 games and extras. £50 ono

Blue party gazebo tent size 3 x 4m. Airwave. Never been used still in box. £50

Tel: 07821864501 or 015242 22120

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**The Old School, Tatham Fells** for bookings and enquiries please contact Gillian Middleton 62367. **Regular users** please make sure you book your dates ahead with Gillian to avoid any clashes.

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The Wray Institute telephone number is 22311. Frank Gretton is the Caretaker.

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**Office Development - Strands Barn, Hornby.**

**UNITS TO LET**

**For further details please contact**

**Shirley - 015242 63139**

**[www.strandsbarn.co.uk](http://www.strandsbarn.co.uk)**

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**LVCP - Cherry Picker For Hire** for all those hard to reach places. Safer than a ladder, cheaper than scaffolding. Operates from 240v household supply. Quiet and pollution free. Can supply generator if no power available. Will fit through 1.8m gap. Total height 12 mtrs. (40ft.) Total outreach 3.8 mtrs. Total weight 1.75kg. Simple to operate. Can be hired by the day, week or weekend. We deliver and collect. Ring for our special rates.

Tel: Mob. 07530515362. Day - 015242 21759. Evening - 01524 401706.

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**TUFFETT** - Upholstered footstools and coffee tables individually made to any size and height from Tiny Tuffetts for children (great presents) to large sofa tables. Lovely fabrics or you can supply your own. Hand-turned legs in solid oak, beech or mahogany. Advertised in Country Living Magazine and trade stands at Great Yorkshire, Westmorland and Lowther Shows. Enquiries to Sue Marsden, 63030 or 07836 500091. [www.tuffett.co.uk](http://www.tuffett.co.uk)

**Charles Fox - Painter & Decorator.** Local, award winning, professional painter and decorator, City and Guilds qualified NVQ Level 3. Interior, exterior, domestic and commercial work undertaken. All jobs completed to the highest standard. Contact Charles on 07817836539 or 015242 21528 to arrange a free no obligation quote. email - charles 285@hotmail.co.uk

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**Paul Byrne plumbing and heating,** all aspects of plumbing and heating, Boiler service and breakdown, full bathroom installation, gas safe registered. No job too small. 07748985478 or 015242 41416

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Ian Sedgwick - Parish Lengthsman. Do you require any jobs doing at home or in your garden? Grass cutting, Tree Pruning, Landscaping or Fencing? House Clearance or Building Works? Also Moleing & Pest Control. Call for competitive quote 07738492041 or 015242 21627

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**Taylor Environmental Groundworks Ltd.** Moorland specialist. Low ground Pressure 360 tracked excavator. Fencing. Site preparation. Drainage. Pond and bog creation. **Tel: Robert Taylor 015242 62998 or mob. 07736699513**

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**Jonathan Buss - Painter & Decorator** - All types of work undertaken. Serving the area for the last 6 years. Free quotes. Tel:015242 51809 Mob: 07956582565

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

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P. McLachlan - Plastering, Pebble Dashing, Damp proofing (Sovereign approved contractor), Roof work. All general building maintenance. No job too small. For friendly service Tel: Paul (01524) 730563 or Mobile 07581534317

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Mark Routledge **PLUMBER** from bathroom alterations to leaking taps, no job too small. Ring Mark on 07900 558 835 or 01524 34942

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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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**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, Hornby Butchers oven ready meals, Bentham Bakeries bread, cakes & pies and Thomas Moss for fruit & 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 a.m. to 12 noon Tel: 21253

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### **Temptations Craft Boutique, 31 Main Street, Bentham.**

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

[www.temptationsbentham.co.uk](http://www.temptationsbentham.co.uk) Over 400 Patchwork fabrics, Dressmaking fabrics and patterns, Haberdashery, zips, beads, ribbon, etc. Knitting yarn & patterns, Craft books. **Classes in patchwork, sewing, knitting and crochet. We now sell brother sewing machines .**

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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](http://www.greenhallridingcentre.com)**

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**Graham Walker - Local Handyman. Home Maintenance & Repairs**

Painting, Decorating, Floor & Wall Tiling. Friendly, Reliable & Quality Service. No job too small. For free estimate with no obligation call Graham on 015242 22511 or Mob: 07432096057

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**Telford Building Ltd.** Stonework, Brick/Block Work, Indian Flagging, Paths, Patios, Repointing Work, Extensions, Roofing, Floor sealing, Mini Digger work. No job too small. Friendly service. Tel: m. 07971387678 or 015242 21908

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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

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**BUTLER INTERIORS-** Suppliers and installers of quality German kitchens, bedrooms and bathrooms. A local family firm with over 15 year's experience and our reputation built upon recommendations. **Visit our showroom by appointment.** Unit 3, Low Mills, Mill Lane, Low Bentham, LA2 7DA. Tel: 015242 63388.

E-mail: [mark@butlerinteriors.co.uk](mailto:mark@butlerinteriors.co.uk) Website: [www.butlerinteriors.co.uk](http://www.butlerinteriors.co.uk)

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**Tony Sedgwick - Joiner** Windows, Doors, Conservatories and much more ..... Free estimates given.

Tel: 015242 21759 (Workshop) or Mobile 07976787300

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Stephen Hewitt - Fencing, Timber Work, Dry Stone Walling, Hedge Laying. 015242 61281 or 07582668510

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**Hash Browns is now Blossom & Co Ltd** - For all your Gifts, Cards, Helium balloons, Jewellery, Toys and much more. Come and see our wide range of Carpets, Vinyl's, Karndean flooring and made to measure Blinds. Please ask about our free measuring service, we even take away your old carpet when we fit the new one. Mandy and Margaret welcome customers old and new, to have a browse, a natter or even a brew.

**The Average Cabbage** - Locally and naturally grown vegetable, salad and herb plants. All from organic seed and peat free/low peat compost, without the use of chemicals or pesticides. Available from Spring 2014.

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**Three Borders Pantry, 20 Main St., High Bentham, 015242 63347**

Tasty, wholesome and imaginative food prepared daily from fresh ingredients. Open for breakfast, Hot Lunches, Quiche, Sandwiches, Salad Boxes and homemade cakes. Mon. to Fri. 730am to 2pm. Now with tables. Bespoke catering also available. Follow us on Facebook & Twitter

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**T. Cowgill & Sons, Plumbing & Heating Engineers, established 1920. Bentham 015242 61294**

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**'The Barber's Shop' - High Bentham**

Rachel and Alison would like to offer a warm welcome to our light and spacious salon on Station Road. No appointment needed (except Thursday mornings) for any enquiries ring: 07851464433 or 07761725744 or just pop in.

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**Stitch Embroidery and Print Services for Work Sports or Leisure Wear.** No minimum order and quick turnaround time. **Contact: Sarah: mob 07788545123 email: sarah@stitchembroidery.uk.com www.stitchembroidery.uk.com**

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J. Wright & Sons - Building & Joinery - Roofing Contractors, 28 Wennington Road, Wray. 015242 21976 or 07980444221

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**Odd Job Man.** Do you require help with any jobs you have been meaning to do but simply have'nt the time? Grasscutting, general pruning, weeding, general clearing. Just give me a call , quotes available. Ask for Edd 015242 21793

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**Snapped Branch Tree and Garden Services** - All aspects of tree care undertaken. Fully insured. Please contact Carl Jones 07888753503/ 015242 30303 to discuss your needs. Based in Bentham.  
carl@snappedbranch.co.uk      snappedbranch.co.uk

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**Made in Wray - Bespoke Wooden Products and Services. Help is at hand.....**My full range of wooden garden products include raised manger planters, log stores, ground/wall planters, trough boxes & re-cycling bin stores - all made to order especially for you.

**Property & Garden Maintenance Services** - Trustworthy, local and committed to providing quality service and customer satisfaction with help when and where you need it for the jobs you don't have time for or if you need another pair of hands. Jobs from general maintenance to mowing, painting and powerwashing - anything and most things. Full details of my products and services can be found on my website or on my flyers which are available from Wray PO, Greenfoot Garden Centre & Hornby Butchers. Or please call Cath Halstead on 07702 824913 or email [enquiries@madeinwray.co.uk](mailto:enquiries@madeinwray.co.uk)

I would like to wish all my Made in Wray customers best wishes for the festive season and all the very best for 2014 - Thank you for your support - Cath x.

Free Made In Wray 2014 calendar is now available from Wray Post Office ..... also on display are my new oak Table Runners and Platter Boards.

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**Come for Coffee in the Sunday school room at Wray** is a collection point for the Morecambe Bay Food Bank. They are forward planning for winter and Christmas and would like to take this opportunity to ask us to consider donations of the following items: Sponge pudding (tinned), Pot Noodle, Cup a soup, tinned hotdogs, instant mash, instant custard, fruit juice (UHT), seasonal items, biscuits, squash/cordial, toiletries, toothpaste, soap, shower gel. For more details see their website: [morecambebay.foodbank.org.uk](http://morecambebay.foodbank.org.uk)      Thanks.

## **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. (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>



