



**17 Finkle Street, Kendal Cumbria, LA9 4AB  
Helpline 030 300 300 03**

# **SOCIETIES & CLUBS IN SOUTH LAKELAND**

We try to keep our information up-to-date. However, we do not always receive notice of changes and will be very grateful to hear of amendments or additions to the list.

For more information on events and activities in our area please visit our website [www.ageuk.org.uk/southlakeland/](http://www.ageuk.org.uk/southlakeland/) or visit our events diary on Compass eHub [www.compasshub.com/events](http://www.compasshub.com/events)

## **AMBLESIDE:**

- Ambleside & District University of the Third Age – wide variety of interest groups for socializing, learning, exercise or fun. Please contact through website <http://u3asites.org.uk/ambleside> or 015394 42511
- Ambleside Probus Club for retired or semi-retired professionals and businessmen over 55. Meets 1<sup>st</sup> & 3<sup>rd</sup> Monday in each month at 11am, Grasmere reading rooms in Ambleside. Contact 015394 35659
- Ambleside and District Art Society -Tuesday evenings 7-9pm at Ambleside Parish Centre. Contact 015394 34172.
- Ambleside and District Choral Society - Monday evenings, 7.30-9.30pm at the Parish Centre next to the church in Ambleside. Contact Michael Corin on 015394 33944.
- Evergreen Club. A series of talks, activities and trips. Every Wednesday during term time, 2-4pm at Ambleside Parish Centre. £2 per session. Contact Laura on 015394 34172.
- Rydal WI meet on the 2<sup>nd</sup> Tuesday of each month at the Ambleside Library at 7.00pm. Contact Cumbria and Westmorland Federation of WI on 01539 720 921 or Email on [cwfw@btconnect.com](mailto:cwfw@btconnect.com).
- Monthly Dementia Support Group- Held at the Parish Centre in Ambleside on a Tuesday morning from 10am-12pm.
- Ambleside Lunch Club – 2<sup>nd</sup> Wednesday of the Month at Temperence, contact Age UK South Lakeland on 01539 728118

## **ARNSIDE:**

Please also see Arnside Broadsheet Directory which includes information on the clubs and societies in Arnside.

- Arnside WI – Meet 2<sup>nd</sup> Monday every month except for August at Arnside WI Hall at 7.30pm. Contact Cumbria and Westmorland Federation of WI on 01539 720 921 or Email on [cwfw@btconnect.com](mailto:cwfw@btconnect.com)
- Arnside Art Group – Meets every Wednesday from September to May from 2pm – 4pm. Held at the W.I. on Orchard Road in Arnside. Membership is £25. Contact on [arnsideartgroup1@gmail.com](mailto:arnsideartgroup1@gmail.com)
- Scrabble for Fun – Meet on a Wednesday at 7pm – 9pm. Held in the Educational institute in Arnside. Contact Fiona Stevens 01524 762371.
- Arnside Lunch club – 1<sup>st</sup> Wednesday of the month at 12pm in the Fighting Cocks in Arnside. Contact Age UK South Lakeland on 015397 28118.
- Arnside Gentle Exercise Classes – Every Friday – Class 1 9.30 – 10.30am and Class 2 11.00 – 12noon at the Arnside Methodist Church

## **BARBON:**

- Lunesdale Patchworkers & Quilters' Group - Meet Tuesday at 2pm September to July at Barbon Village Hall
- Barbon Bridge Club – meets on a Tuesday afternoon 2pm-5pm and Wednesday evenings 7pm – 10pm. Held at Barbon Village hall. Contact Iain Bride on 015242 71125 or 077298 88829.
- Barbon WI - Meet 1<sup>st</sup> Tuesday of each month, 7.30pm at the Village Hall for further information contact Cumbria and Westmorland Federation of WI on 01539 720 921 or Email on [cwfwfwi@btconnect.com](mailto:cwfwfwi@btconnect.com)

## **BURNESIDE:**

- Woodturning - Every 3rd Saturday at the Bryce Institute.
- The Fabulous Bryce Street Strummers – Meet at the Bryce institute in Burneside. Held on each Monday at 7:30pm – 9:30pm contact [burneside74@gmail.com](mailto:burneside74@gmail.com) or 01539 741 582.
- Pick and Mix - 4<sup>th</sup> Thursday of the month in Burneside Church meeting room 2 – 4pm – Cost £2.  
'Pick' what you want to join in such as cards, dominoes, a craft activity, a board game, a quiz or just come for a chat; and 'Mix' with others over a hot drink and cake. Contact Nadine Scott on 01539 737566

## **BURTON–in-KENDAL:**

- Women's Institute - 2<sup>nd</sup> Thursday of each month, 7.30pm at Burton Memorial Hall. Contact Cumbria and Westmorland Federation of WI on 01539 720 921 or email on [cwfwfwi@btconnect.com](mailto:cwfwfwi@btconnect.com)
- Ladies Badminton – Tuesday 1.30 – 2.30pm Burton Memorial Hall
- Burton, Holme & District Local History Society – Held 3<sup>rd</sup> Monday of the month at 7:30pm at Burton Memorial Hall, contact Kath Hayhurst on 01524 781 613 or email – [kathhayhurst84@gmail.com](mailto:kathhayhurst84@gmail.com)
- Burton in Kendal Art & Craft Society – Weekly Art group each Friday morning at 9:30am – 12noon at Burton Memorial Hall.
- Craft group held every 2<sup>nd</sup> Monday on the month at 1:30pm – 4pm at Burton Memorial Hall. Contact Kath Hayhurst on 01524 781 613.

## **CARTMEL:**

- The Cartmel Wellbeing Walk is held every Tuesday leaving from Cartmel Racecourse Grandstand drive (not the main car park) at 11am. All standards of ability are catered for and walks will be organised on the day to suit individuals who turn up. There is no need to book in advance and attendance is free. Special clothing and boots are not necessary, but please dress for the weather and stout comfortable footwear is advised. The main walk normally lasts around one hour but shorter walks will be held to suit individuals. Please turn up at 10.45am on your first occasion to register. Contact Ewen Cameron on 07929 833528.

## **CASTERTON:**

- Women's Institute - Meets at Casterton Village Hall at 7.30pm on the 1st Wednesday of each month. Contact Cumbria and Westmorland Federation of WI 01539 720921 or email [cwfw@btconnect.com](mailto:cwfw@btconnect.com)

## **CONISTON:**

- Women's Institute - Meet 3<sup>rd</sup> Tuesday of every month 7.30pm at Institute Library. Contact Cumbria and Westmorland Federation of WI 01539 720921 or email [cwfw@btconnect.com](mailto:cwfw@btconnect.com)

## **CROOK:**

- Women's Institute - Meet 1<sup>st</sup> Wednesday each month, 7.30pm at Crook Memorial Hall. Contact Cumbria and Westmorland Federation of WI on 01539 720 921 or email on [cwfw@btconnect.com](mailto:cwfw@btconnect.com)

## **CROSTHWAITE / LYTH VALLEY:**

- Women's Institute - Meet 3<sup>rd</sup> Wednesday of each month, 7.30pm at Crosthwaite Memorial Hall. Contact Cumbria and Westmorland Federation of WI 01539 720921 or email [cwfw@btconnect.com](mailto:cwfw@btconnect.com)
- Short Mat Bowling Club - Tuesday and Thursday evenings 7.30-10pm October to March. Contact Janet Richardson 015395 68239
- Exchange - enjoy refreshments, buy fresh local produce, fair trade groceries, and browse through a book exchange. Wednesdays at 1.00pm at Argyles Memorial Hall.
- Lunch Club Damson Dene Hotel every 2<sup>nd</sup> Thursday of the month, to book a place phone Age UK South Lakeland on 01539 728118

## **DENT:**

- Dentdale WI - Meet 2<sup>nd</sup> Wednesday of every month, 7.15pm at Dent Memorial Hall. Contact Cumbria and Westmorland Federation of WI 01539 720921 or email on [cwfw@btconnect.com](mailto:cwfw@btconnect.com)

## **FLOOKBURGH:**

- Lower Holker WI – 1<sup>st</sup> Wednesday at 1pm. Held at the Flookburgh Institute and lower Holker Club Alternately. Contact the Cumbria and Westmorland federation of WI on 01539 720 921 or email on [cwfw@btconnect.com](mailto:cwfw@btconnect.com)
- Lunch Club Pheasant Inn, Allithwaite every 4<sup>th</sup> Friday of the month, to book a place phone Age UK South Lakeland on 01539 728118

## **GRANGE OVER SANDS:**

- Grange and District University of the Third Age. Wide variety of interest group for socializing, learning, exercise and fun. Contact through website <https://u3asites.org.uk/grange> or 01539 535879
- Grange over sands WI – 4<sup>th</sup> Thursday at 7:30am. Held at Grange Fell Golf Club, Grange Fell Road. contact the Cumbria and Westmorland Federation of WI on 01539 720 921 or email on [cwfw@btconnect.com](mailto:cwfw@btconnect.com)
- Gentle Exercise class – Held every Tuesday 2-3pm at the United Reformed Church. For more information, contact Age UK South Lakeland on 01539 728 118.
- The Grange-over-Sands Wellbeing Walk - held every Thursday leaving from the Windermere Road pay-and-display car park at 11am. All standards of ability are catered for and walks will be organised on the day to suit individuals who turn up. There is no need to book in advance and attendance is free. Special clothing and boots are not necessary, but please dress for the weather and stout comfortable footwear is advised. The main walk normally lasts around one hour but shorter walks will be held to suit individuals. Please turn up at 10.45am on your first occasion to register. Contact Ewen Cameron on 07929 833528 or at [e.cameron1@btinternet.com](mailto:e.cameron1@btinternet.com) for information.
- Lunch Club Grange Golf Club, 12 noon every 4<sup>th</sup> Thursday of the month, phone Age UK to book a place on 01539 728118

## HAWKSHEAD:

- Women's Institute - Meet 2<sup>nd</sup> Tuesday every month, 2pm in the Market Hall. Contact Cumberland and Westmorland Federation of WI 01539 720921 or email [cwfw@btconnect.com](mailto:cwfw@btconnect.com)

## HOLME:

- Holme WI – Held on the 2<sup>nd</sup> Tuesday of the month at 7:30pm. Held at the Parish Hall. Contact the Cumbria and Westmorland Federation of WI on 01539 720 921 or email [cwfw@btconnect.com](mailto:cwfw@btconnect.com)
- Holme Lunch Club – Held on the 2<sup>nd</sup> Friday of each month at 12pm at The Smithy Inn. Contact Age UK South Lakeland on 01539 728 118.
- Gentle exercise class – held on a Wednesday 11am – 12noon. Held at Holme Parish Hall, contact Age UK South Lakeland on 01539 728118

## KENDAL:

- Various activities at Beck Community Centre\_ [www.beckcommunitycentre.co.uk](http://www.beckcommunitycentre.co.uk)
- South Lakes U3A. Wide variety of interest groups for socialising, learning, exercise and fun. <https://u3asites.org.uk/south-lakes/contact>
- Dowkers Lane Bridge Club - Abbott Hall Social Centre, Dowkers Lane. <https://www.bridgewebs.com/kendal/>
- Kendal Women's Institutes:-
  - **Kendal Castle** – 2<sup>nd</sup> Monday at 7.15pm, Kendal Town Hall.
  - **Kendal Parr** – 2<sup>nd</sup> Monday of each month, Castle Street Community Centre at 7.30pm.
- Kendal Ewes – 2<sup>nd</sup> Thursday at 7pm at the Kendal Town Hall. Contact Cumberland and Westmorland federation of WI 01539 720921 or email them on [cwfw@btconnect.com](mailto:cwfw@btconnect.com)
- Mature Movers - Brewery Arts Centre, Tuesday 11:30 – 12:30pm. Contact the Brewery Arts Centre on 01539 725 133
- Gentle exercise class – Held on a Thursday from 10:30 - 11:30am. Held at the Kendal Parish Hall. Contact Age UK South Lakeland on 01539 728 118.
- Lunch Club – Hansens Ice Cream Parlour - held every 3<sup>rd</sup> Monday of the month. Contact Age UK South Lakeland on 01539 728118.
- Lunch Club – Kendal Golf Club - held every 2<sup>nd</sup> Tuesday of the month. Contact Age UK South Lakeland on 01539 728118
- Lunch Club – Kendal Rugby Club - held on the 4<sup>th</sup> Tuesday of each month at 12pm. Contact Age UK South Lakeland on 01539 728 118.

- Walking Football – Over 50's, Held every Tuesday from 3:30-4:30pm. Contact Age UK South Lakeland on 01539 728 118.
- Walking Netball – Held every Tuesday from 3:30-4:30pm at Kendal Leisure Centre in Kendal. Contact Age UK South Lakeland on 01539 728 118.
- Snooker, Pool, Dominoes and Darts Group – Held every Thursday from 1:30pm – 3:30pm at The Albion Social and Snooker Club in Kendal. Contact Age UK South Lakeland on 01539 728 118.
- Free Monthly Health Walk - takes place on the 1st Sunday of every month. 10:00am, outside Kendal Library, Stricklandgate. Walks last up to 60 minutes and always go at a pace which works for everyone. 'WalksnWags' walks are always suitable to bring a dog and cater for walkers of all abilities. Everyone is welcome, with or without a furry friend. All walks end with the opportunity to go for an optional cuppa at a dog friendly cafe in the town. Contact Walk Leader, Anne on 07790120553
- Boccia over 50's held every 2<sup>nd</sup> and 4<sup>th</sup> Friday of the month at Kendal Leisure Centre, to book a place contact Age UK South Lakeland on 01539 728118
- Walking Football over 50's held every Tuesday 3.30 – 4.30pm at Kendal Leisure Centre, to book a place contact Age UK South Lakeland on 01539 728118
- Bro Room CIC is a men's peer-to-peer mental health support group. Meetings held on Tuesdays 7pm to 9pm at the Castle Street Centre, Kendal. Any man over 18 can join by registering with us by emailing [broroomkendal@gmail.com](mailto:broroomkendal@gmail.com) after which they will receive a welcome email back with details of the meetings – attendance is free.
- Kendal IT Drop-in sessions every 1<sup>st</sup> and 3<sup>rd</sup> Wednesday at Kendal Library for more information contact Age UK South Lakeland on 01539 728118

## **KIRKBY IN FURNESS:**

- Becksides Ladies Supper Club - meet Wednesday evening in 7:30pm Kirkby village hall from September to May.
- Kirkby in Furness Lunch Club – Held on the 3<sup>rd</sup> Thursday of each month at 12pm at The Commercial. Contact Age UK South Lakeland on 01539 728 118.

## **KIRKBY LONSDALE:**

- Adult education classes in a wide range of leisure subjects at local venues, day and evening. Contact Sedbergh CDC 015396 21031
- Women's Institute – Meets on the 1<sup>st</sup> Wednesday of each month at 7:30pm. Held at the Lunesdale Hall, Bective Road. Contact The Cumberland and Westmoreland Federation of WI on 01539 720 921 or email on [cwfw@btconnect.com](mailto:cwfw@btconnect.com)
- Gentle Exercise Class – Held every Tuesday from 11am-12noon at the Beactive room at Lunesdale Hall. Contact Age UK South Lakeland on 01539 728118.

## **MILNTHORPE:**

- Coffee Morning - Every Friday at St Thomas Church Centre 10am-11.30am
- Mothers Union – 1<sup>st</sup> Wednesday of each month, 2pm at St Thomas Church Centre
- Beetham WI – 1<sup>st</sup> Tuesday of the month at 7pm. Held at the M-Hub in Milnthorpe. Contact The Cumberland and Westmorland Federation on 01539 720 921 or email-on [cwfw@btconnect.com](mailto:cwfw@btconnect.com)
- Gentle exercise class – Held every Tuesday from 10:30 – 11:30am at the Catholic Church Hall. Contact Age UK South Lakeland on 01539 728 118.

## **SEDBERGH:**

- Adult education classes in a wide range of leisure subjects at local venues, day and evening. Contact Sedbergh CDC 015396 21031 or [www.sedberghcdc.org.uk](http://www.sedberghcdc.org.uk)
- Women's Institute - Meet 2<sup>nd</sup> Wednesday of each month, 7.30pm at People's Hall. Cumberland and Westmorland Federation of WI 01539 720921 or email on [cwfw@btconnect.com](mailto:cwfw@btconnect.com)

## **STAVELEY:**

- Staveley Choral Mondays - meet on a Monday at Staveley Village Hall 7.00pm. Contact [staveleychoralsociety@gmail.com](mailto:staveleychoralsociety@gmail.com)
- Women's Institute- Meet 1<sup>st</sup> Thursday of every month, 7.15pm at Staveley Institute. Contact Cumberland and Westmorland Federation of WI 01539 720921 or email on [cwfw@btconnect.com](mailto:cwfw@btconnect.com)

## **ULVERSTON:**

- Furness University of the Third Age, for more information visit, <https://u3asites.org.uk/furness/home>
- Ulverston Leisure Centre 3G Pitch Walking Football, Fridays 11.30 – 1pm. Book via [hpactivities.com](http://hpactivities.com) or email [hannah@hpactivities.com](mailto:hannah@hpactivities.com)
- Ulverston Lunch Club – Held at the Sun Inn in Ulverston, Held on the 3<sup>rd</sup> Tuesday of each month at 12.15pm. Contact Age UK South Lakeland on 01539 728 118.

## **WINDERMERE:**

- Marchesi Centre, Holly Road runs events and activities for the over 50s and lets out rooms to local organisations. 015394 43411.
- Ambleside & District University of the Third Age – covers Langdale Valley, Hawkshead, and Windermere to Staveley with groups for socialising, learning, exercise or fun  
<http://u3asites.org.uk/Windermere>
- Women's Institute - Windermere WI meet 1<sup>st</sup> Thursday of every month, 7.30pm at the Marchesi Centre. Contact Cumberland and Westmorland Federation of WI on 01539 720 921 or email on [cwfw@btconnect.com](mailto:cwfw@btconnect.com)
- Windermere Scottish Country Dancing – Wednesday 10.00am - 12.30pm, at the Marchese Centre. For more information call 01539 443 411.
- Coffee & chat, held at the Marchesi Centre every Friday from 10am – 11:30am.
- Windermere Lunch Club – Held at Brockhole Café in Windermere, Held on the 1<sup>st</sup> Thursday of each month at 12.15pm. Contact Age UK South Lakeland on 01539 728 118.
- Windermere Chair-based exercise every Tuesday at 10.15am at Nine Oaks Housing Trust, to book a place phone 015394 44436

## Useful Websites/Information for South Lakeland Clubs & Societies

Ambleside online – Clubs in Ambleside – [www.amblesideonline.co.uk/clubs](http://www.amblesideonline.co.uk/clubs)

Arnside.co.uk – Property, events, News, Jobs in Arnside – [www.arnside.co.uk](http://www.arnside.co.uk)

Grange-over-Sands – Town Council Website – [www.grangeoversands.net](http://www.grangeoversands.net)

Women’s Institute – Find a WI - [www.thewi.org.uk/wis-a-z](http://www.thewi.org.uk/wis-a-z)

Sedbergh & District History Society Website – [www.sedberghhistory.org](http://www.sedberghhistory.org)

Visit Sedbergh – What’s on in Sedbergh – [www.sedbergh.org.uk/links/](http://www.sedbergh.org.uk/links/)

Windermere & Bowness Chamber of Trade – [www.wbcoft.org.uk](http://www.wbcoft.org.uk)

Hawkshead Village – Local information – [www.hawshead-village.co.uk/hawkshead/clubs](http://www.hawshead-village.co.uk/hawkshead/clubs)

Crosthwaite & Lyth Parish Website – Local information – [www.crosthwaiteandlyth.co.uk](http://www.crosthwaiteandlyth.co.uk)

Furness u3a Website – u3a information – [www.u3asites.org.uk/furness/home](http://www.u3asites.org.uk/furness/home)

South Lakes Walking Club – Club information – [www.slwc.weebly.com](http://www.slwc.weebly.com)

The Victory Hall Broughton in Furness – What’s on – [www.victoryhallbroughton.co.uk](http://www.victoryhallbroughton.co.uk)

Kirkby-In-Furness – Local information – [www.kirkby-in-furness.org](http://www.kirkby-in-furness.org)

Burton News – Collect from The Village Shop.

Information on local events can also be found in the publication “Grange Now” 015395 35453 or [Info@grange-now.co.uk](mailto:Info@grange-now.co.uk)

The Kirkby Caller is available from Kirkby Post Office.

Sedbergh Look Around monthly newsletter is available to buy from many shops in the area.

The Parish Pump is available from the Broughton and Ulpha Post offices