

What's On in..... Grange, Allithwaite, Crosthwaite, Lyth Valley, Holker & Cartmel



Activities and Groups

*Our groups offer a wide range of activities.
Come along to stay healthy, make new
friends or even learn a new skill.*

Walking Football, Cartmel Priory
School, 6.30 - 7.30pm*

3, 10, 24 Feb, 2,
9 March

Walking Football, Tennis Centre,
Ulverston, 6.15 - 7.15pm*

17 Feb, 16, 23,
30 March, 6 April

Gentle Exercises, United Reformed
Church, Grange, 2.00 - 3.00pm*

11, 18, 25 Feb,
10, 17, 24, 31
March, 14, 21,
28 April

Gentle Exercises, Flookburgh Village
Hall, Flookburgh, 10.30 - 11.30am*

6, 20 Feb, 5, 19
March, 2, 16 April



IT Drop In, Grange Library, Grange,
2.00 - 4.00pm

Last Thursday of
the month

Falls Awareness Drop In, Grange
Library, Grange, 10.00am - 12noon

12 February

New Activities and Groups

Seated Dance Class, United Reformed
Church, Grange Over Sands,
2.00 - 3.00pm

Every
Wednesday
(Starting 1st April
until end of Sept
2020)

*Some of our groups & activities have a suggested donation, for more information or to book a place on one of our activities please call us on **01539 728118** and we will be happy to help.



Lunch Clubs

Our local lunch clubs offer a wide range of freshly cooked meals, it is the perfect opportunity to meet up with friends or make new ones. Bookings are required, so please contact our reception for help and more information.

Thornleigh Hotel, Grange
Over Sands

1st Wednesday of the
month

The Pheasant Inn,
Allithwaite

2nd Tuesday of the
month

The Damson Dene,
Crosthwaite

2nd Thursday of the
month

The Pheasant Inn,
Allithwaite
(Cark in Cartmel Lunch Club)

4th Friday of the
month

A warm and friendly welcome awaits you. To book your place, phone
01539 728118.



Volunteering

All volunteer roles require you to attend a half day induction and training specific to the role.

Retail Volunteers.

We're looking for friendly people who enjoy working as part of a team and will be happy to help our customers. A shop volunteer role can be very varied from assisting people, sorting and replenishing stock and working on the tills to creating visual displays on the shop floor. If you like all things retro help us pick out donated items and if you're bookworm we'd welcome you too.

Digital Champions

Digital Champions are a great team of people, who help demonstrate online shopping, teach basic IT skills, help out at IT Drop Ins and encourage older people to get online at their local surgery. It can also involve visiting a client in their own home to help them get started with IT to develop confidence in using a tablet or laptop. Introducing older people to the joys and opportunities of the digital world can be life changing for them. It could be for you too.

For more information on any of the volunteer opportunities, please call us on **01539 728118** or email **volunteering@ageuksouthlakeland.org.uk**. Please note that events and activities will not be running on Bank Holidays. Check out your local Age UK South Lakeland Shop or distribution point for the latest **What's on...**