

**What's On in....
Arnside, Storth,
Sandside, Holme,
Beetham, Heversham,
Burton, Milnthorpe,
Levens & Natland**



**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.***

Gentle Exercises, Natland & Oxenholme Village Hall, 2.00 - 3.30pm*	Every Monday (Not 3rd Monday)
Gentle Exercises, Arnside Methodist Church Hall, 9.30 - 10.30am*	Every Tuesday
Gentle Exercises, Arnside Methodist Church Hall, 10.30am - 12noon*	Every Friday
Gentle Exercises, Christ the King Catholic Church, Milnthorpe, 10.30 - 11.30am*	Every Tuesday
Gentle Exercises, Holme Parish Hall, 11.00am - 12noon*	Every Wednesday
Gentle Exercises, Levens Methodist Church, 10.30 - 11.30am*	Every Wednesday
Walking Football, Dallam School 3G Pitch, 6.50 - 7.50pm*	Every other Thursday (From Sept to March)
Holme Crafters, Holme Parish Hall, 2.30pm*	17 Sept, 15 Oct, 19 Nov



IT Drop-In Sessions, Arnside Educational Institute, 2.00 - 4.30pm (There will be a donation for the Arnside Educational Institute of £2 for members or £3 for non members)

Every Tuesday

Tinnitus Drop In, Age UK South Lakeland, Finkle Street, Kendal, 10.00am - 12noon

Every Wednesday

Tinnitus Support Group, Castle Street Centre, 2.30 - 3.30pm*

2nd Wednesday

New Activities and Groups

Step out and Dance Project, Ceilidh, Victoria Hall, Grange, 2.00 - 4.00pm

27 Sept

(Booking Essential)

8 Week Beginners Mindful Meditation Course, Castle Street Centre, Kendal, 2.00 - 3.30pm*

23, 30 Sept, 7, 14,
28 Oct, 4, 11, 18
Nov

(Booking Essential)

Beginners Men U Can Cook, Athenaeum, Heversham, 1.30 - 3.30pm*

1, 8, 15, 22

November

(Booking Essential)

Step Out Tea Dance, Burton Memorial Hall, Burton-in-Kendal, 2.00 - 4.00pm

8 November

(Booking Essential)

*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.

The Albion, Arnside	1st Friday of the month
The Ship Inn, Sandside	3rd Wednesday of the month
The Kingfisher, Sandside (Storth Lunch Club)	2nd Thursday of the month
The Kings Arms Hotel, Burton in Kendal	2nd Wednesday of the month
The Smithy Inn, Holme	2nd Friday of the month
The Hare and Hounds, Levens (Levens & Heversham Lunch Club)	2nd Tuesday of the month
The Station Inn, Oxenholme, Kendal	3rd Tuesday of the month
Crooklands Hotel, Crooklands	Last Thursday of the month
Men's Lunch Club, Smithy Inn, Holme	4th Thursday of the month

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



Volunteering

All volunteer roles require attendance at a half day induction and training specific to the role.

Retail Volunteers

Our retail team are a fabulous group who are looking to welcome new volunteers in the Milnthorpe shop. As a volunteer you would be involved in chatting to customers, sorting and pricing donations, selling and receiving goods. Volunteering is a very flexible activity and can fit around peoples busy lives. You can volunteer for a morning or afternoon session it's a great way to get to know people and make new friends. It helps build your CV, whatever your age. It's also great fun and the funds raised go a long way to supporting older people in the area.

Digital Champion

A Digital Champion is someone who will help an older person become familiar with the digital world. Having access to the internet can help us stay connected with family and friends and reduce social isolation and loneliness. Volunteers can be involved in IT Drop Ins held locally in Arnside, digital events, home visits, and much more. 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...**