

Community Alarms South Lakeland

Community Alarms is a long established company covering South Lakeland and Furness. Their objective is to help people keep their independence whilst staying in their own home.

Their discreet alarms are worn as small, lightweight pendants around the neck and if there is a problem, the wearer simply presses the red button. The only requirement for setting up the alarm is a standard telephone line with an electric socket nearby where you can place a neat and compact unit. Electricity costs are negligible and if there is a power cut, the unit will still continue to work for up to 8 hours.

So, with just a little help from friends, family or neighbours, help can be at hand at the press of a button. At least two contact telephone numbers will be needed to set this up. If a wearer falls or feels poorly the aim is to get someone with them as quickly as possible so a next door neighbour would be ideal. A contact is not expected to lift or perform any first aid, simply to open the door, assess the situation and offer comfort until professional help arrives.

During an average week Community Alarms enables at least forty people in South Lakeland and Furness to call for help and assistance. They can give a no obligation demonstration and if an alarm is urgently needed Community Alarms will try and visit on the day or within a day of enquiry. You will not be tied into a long term contract and equipment, installations and maintenance visits are free. Special rates for hospice patients.

If you think Community Alarms might be able to help you or a friend or family member give them a call on Kendal 01539 735805. Don't wait for the accident to happen.



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Allithwaite Running Club

Well my New Year's resolution is to try to get a more regular update into Grange Now. If your resolution is to take up or improve your running we would love to meet you at one of our club nights (Mondays and Thursdays at 6.15pm at the Allithwaite Community Centre).

We welcome runners of all abilities and tailor sessions to suit whoever comes along, so if you are an absolute beginner looking for support in starting out, have a running event in mind and want to train with other runners, or already run why not come along and join us? Training is free – if you would like further information please ring Jim on 32879 or Andrew on 07967 735560.

Since our last update we have already welcomed a lot of new members of all abilities. Already they are achieving great things. Very well done to Mark Walker for his first Brampton to Carlisle road race and to all those who take part in the Ulverston 10k and the Langdale Christmas pudding run. Congratulations also to our dedicated team of ladies who have put the men to shame by turning up and running in all weathers when the men have wimped out and stayed at home. We look forward to meeting new members in 2012.

Cycle for Charity

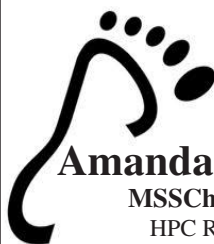
Children's charity Action Medical Research is looking for cyclists to sign up for its Ribble Valley 100 bike ride this summer (formerly called Cross Pennine 100).

The event takes place on Sunday July 1st. There will be a choice of a 100-mile or a shorter 100 km circular setting out from Clitheroe, Lancashire. It is a very scenic course from the Ribble Valley into the Yorkshire Dales taking in the beautiful areas of Bowland, Gisburn Forests, Malhamdale and Ribblesdale. For more information about the Ribble Valley 100 to register visit their website www.action.org.uk/ribble100

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Sunrise Cottage Tearooms raffle

Sunrise Cottage tearooms held a raffle over the Christmas and New Year period with proceeds going to the new Radiotherapy Unit at Westmorland General. A total of £196 was raised.

The winners were: Chris Gregson (Hamper). Mrs Ward (Uplands voucher). Nicole Bennett EJs Hair voucher. Chris Bold Sunrise Cottage Tearooms voucher. Tricia Fruit Hamper. Rosemarie Wilkinson Harmony Salon voucher. Joyce Turner Coffee Care Cafetiere. Ms Waitson Hairdryer from Robinson Electric. Many thanks to local businesses for the donation of prizes.

Sunrise Tearooms ask Mrs Ward to get in touch as the phone number supplied is incorrect.

Sumptuous Cark Cream Tea

On Sunday 5th February between 2pm-4pm at Lower Holker Village Hall in Cark-in-Cartmel a London Marathon runner, Lyz, is organising a delicious Cream Tea, welcoming all local residents and visitors.

The Cream Tea will be raising funds for Help the Hospices as part of Lyz's fundraising effort for the London Marathon in April 2012. Suggested donation is £2.50 per person. All welcome!

Charity Quiz Night

Three local ladies running the London marathon in April are inviting teams to join them at a Charity Quiz night at the Royal Oak in Cartmel on Thursday 23 February, starting at 7.30pm.

For a great night out, come along and help raise funds for their chosen charities; Great Ormond Street Hospital, Help the Hospices and WellChild. Suggested donation per team is £5. Entry on the night or ring 36118 to book your table.

Ian Pithers MCFHP DIFPHT MAFHP

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