

SPOTLIGHT

Slyne-with-Hest Newsletter - September 2026



Year 3 pupils from Slyne-with-Hest St Luke's Primary School give the new zip wire a big thumbs-up.

A Summer of Progress for Slyne with Hest

There is much to celebrate across Slyne-with-Hest this summer, with improvements to community facilities, significant investment in local assets and exciting opportunities taking shape for residents of all ages.

From new facilities at the Recreation Ground and investment in the Memorial Hall to improved community safety and plans for the future, the parish continues to benefit from the energy, commitment and support of local organisations, volunteers and residents.

Recreation Ground Improvements

One of the most visible improvements has been the installation of a new zip wire at the Recreation Ground. Officially tested by Year 3 pupils from Slyne-with-Hest St Luke's Primary School before opening to the public, the new equipment has quickly become a popular addition to the play area and is already being enjoyed by local children and families.

Alongside the new play equipment, improvements have also

Continued overleaf

In this newsletter you can expect:

What's On

Events, groups and notices

Where to Get Help

Local services and contacts

Community Profiles

Volunteers, clubs and initiatives

Get Involved

Table Tennis, Karate, Hesthogs

News

Box on the Bay, Tour de France, Mastermind, Recreation Ground and more.

Continued

been made to access and facilities at the Recreation Ground including repairs to the entrance gates and the creation of a new entrance, helping to improve safety, accessibility and the overall visitor experience.

Investing in the Memorial Hall

There has also been significant progress at the Memorial Hall, where the first phase of an ongoing programme of improvements has now been successfully completed.

Work to resolve longstanding damp issues in the stairwell area was finished on time and within budget. The project has restored the under-stairs storage area to full use, resolved drainage problems and eliminated the musty smell that had affected the space.

Major Grant Boost for Energy Efficiency

Perhaps the biggest news is the award of a major £19,000 grant from the Lancashire Environmental Fund. The funding will cover most of the cost of installing ceiling and under-floor insulation in the hall.

Together with contributions from Slyne-with-Hest Parish Council and Memorial Hall Committee funds, the project will help reduce heat loss, improve energy efficiency and enhance the hall's environmental performance, helping to secure its future as a valued community asset.



New gate on the Rec.

Fundraising Successes

The grant success follows a series of well-supported fundraising events held at the hall over recent months. Highlights included a packed Community Ceilidh, which provided a lively and enjoyable evening for all who attended, a foot-tapping night of jazz accompanied by an excellent selection of quality ales, and a popular Tabletop Sale.

Organisers are grateful to everyone who attended, volunteered and supported these and other events, all of which have made an important contribution to the fundraising campaign.

Supporting Community Safety

Community safety has also been enhanced with the installation of a new defibrillator at the Memorial Hall. Funded by the Parish Council, the unit replaces the previous defibrillator and ensures residents and visitors continue to have access to this vital lifesaving equipment. The Memorial Hall unit forms part of a wider network of registered defibrillators located throughout Slyne-with-Hest.

SPOTLIGHT CONTACTS

For editorial, community news, Made in Slyne-with-Hest & to share your local news, events, achievements and community stories:

shani.shaker@gmail.com

Advertising Enquiries:

don@clancunningham.org

General Enquiries:

clerk@slynewithhest-pc.gov.uk

Large Print Copies.

To request a large print edition of

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sjfaithfull@gmail.com

With Thanks To Our Print Sponsor

We are grateful to Local Choice for supporting the printing of Spotlight. Their generous contribution helps us continue delivering this free community newsletter to households throughout Slyne-with-Hest.

Helping Local Wildlife Thrive

The Hesthogs Highway project has also helped raise awareness of the challenges facing local hedgehogs and the simple steps residents can take to support them.

We were delighted to receive wildlife images from local resident Susan Andrews showing a hedgehog making its way through her garden under the cover of darkness.



A hedgehog captured on a wildlife camera in a Slyne-with-Hest garden.

The photograph is a timely reminder that these much-loved visitors are still living among us and that small actions, such as creating hedgehog-friendly routes between gardens, can make a real difference to local wildlife.

If you've created a hedgehog-friendly gap in your garden, we'd love to see it. Send us a photograph for your chance to win a Hesthogs Highway Street sign.

Tour de France Set to Pass Through the Area

Looking ahead, cycling fans will have something special to look forward to when the Tour de France passes through the area. Stage 2 of the race, taking place on 3rd July 2027, will see riders travel 223 kilometres from Keswick to Liverpool, passing through Lancashire and bringing world-class cycling right through Hest Bank.

The event is expected to attract spectators from across the region and provide residents with a unique opportunity to experience one of the world's most famous sporting events on their doorstep. Details will follow in future editions.

A map of the route of The Tour de France which will pass through Hest Bank in July next year.



Looking Ahead

Together, these projects demonstrate the ambition, commitment and community spirit driving positive change across Slyne-with-Hest. From improving local facilities and community safety to securing significant investment and supporting local wildlife, there is much to celebrate and plenty more to look forward to in the months ahead.



Diane Howe receives the Mastermind trophy from host Clive Myrie

A Mastermind Champion in our Midst

The residents of Slyne-with-Hest have every reason to feel proud following the success of local quizzier Diane Howe, who has been crowned the 2026 Mastermind Champion.

A member of Slyne-with-Hest Bowling Club, Diane secured the title with an impressive score of 28 points before holding her nerve in a tense tie-break to claim victory. She was presented with the prestigious Mastermind trophy by host Clive Myrie. To become the national champion of one of Britain's most respected quiz programmes is a remarkable achievement, reflecting the knowledge, dedication and determination Diane displayed throughout the competition. So, the next time you take part in a local quiz night, spare a thought – you might just be competing against the Mastermind Champion! Well done Diane from everyone in Slyne-with-Hest.

Your Memorial Hall is Just a Click Away

Reserving a space at Slyne-with-Hest Memorial Hall has never been easier, thanks to the launch of a new online booking system.

Whether you're planning a family celebration, community event, club meeting or children's party, you can now check availability and submit a booking request anytime, from the comfort of your own home.

Simply visit the Memorial Hall website, follow "On-line Booking" and then click on the **Calendar** tab to view available dates and times. Once you've found a suitable slot, complete the online booking request and you'll receive confirmation and access details by email.

The website also includes a handy **How to Book** guide and a **Frequently Asked Questions** section, providing everything you need to know about hiring the hall and its facilities. The new online system makes booking quicker, simpler and more convenient, helping you make the most of this fantastic community venue. Visit www.slynewithhest.org.uk to explore the new booking system and reserve your date today.

Made in Slyne-with-Hest

Do you run a business in Slyne-with-Hest? Our parish is home to a remarkable range of talent, expertise and entrepreneurial spirit. That's why Spotlight is launching Made in Slyne-with-Hest – a new regular feature celebrating the people behind the businesses that help our community thrive.

In each edition, we'll introduce a different local business owner, discovering what they do, how they got started, what inspires them and what they enjoy about working in our village. It's a chance to meet the people behind the businesses and celebrate the local economy.

By shining a light on local enterprise, we hope to encourage residents to support businesses on their doorstep and keep more spending within our local economy. If you'd like to be featured in a future edition, or know a local business owner with a story worth sharing, we'd love to hear from you, email: shani.shaker@gmail.com

Bold's Birthday

Bold coffee shop celebrates its 3rd birthday this September! On Saturday 19th September there will be a celebration at 2B Station Road, Hest Bank, LA2 6HP.



All Change for Hest Bank Signal Box

For generations, Hest Bank Signal Box has been a familiar landmark beside the West Coast Main Line. Now, after more than a decade standing silent, the historic building has begun an exciting new chapter as The Box on the Bay – a unique STEM (Science, Technology, Engineering and Mathematics) Education Centre for local school children.

Officially opened on 10 July 2026, the centre will introduce pupils from Lancaster, Morecambe, Heysham and Carnforth

to the worlds of railway engineering, signalling, rail safety and the natural environment, all from one of the area's most distinctive locations. Built by British Railways, the London Midland Type 15 signal box opened on 22 December 1958, replacing the original London & North Western Railway box on the opposite side of the tracks. During its working life, it evolved from a traditional 10-lever mechanical frame to a switch panel before closing on 27 April 2013.

Whilst the signalling equipment on the upper floor has since been removed, the ground floor still houses the relays and circuits controlling the adjacent level crossing. Perched beside the railway and just a short distance from Morecambe Bay, The Box on the Bay offers a classroom unlike any other. Alongside learning about Britain's railways pupils will also explore the Bay's wildlife, weather and coastal environment, bringing science, engineering and nature together in one remarkable setting.



The CRP team, Brian, Catherine and Max refurbishing the external staircase.

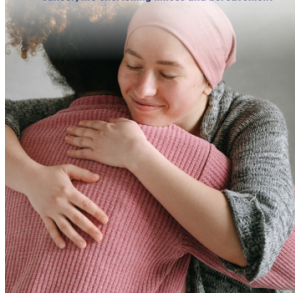


Inside the repurposed Signal Box.

The project has been led by the Leeds–Morecambe Community Rail Partnership with support from Network Rail, Avanti West Coast, Northern and TransPennine Express. Volunteers, local contractors and donated equipment have helped transform a redundant signal box into a vibrant learning space that preserves an important part of Hest Bank's railway heritage while inspiring future engineers, scientists and environmentalists.

CancerCare

We support local adults and children coping with cancer, life-shortening illness and bereavement



Local Support for Cancer and Bereavement

Have you been affected by a cancer diagnosis or a bereavement? Support is available. CancerCare is a local, independent charity offering free counselling and complementary therapies to adults and children in North Lancashire and South Cumbria who are affected by cancer, life-shortening illnesses and bereavement. We understand that when someone is diagnosed with cancer, the impact is felt by everyone around them. That is why our services are available, not only to the person with the diagnosis, but also to family members, friends and carers.

Support is offered in a calm, confidential space, at your own pace. If you are struggling after the loss of someone you love, we are here to help you process and move through grief. Our services include counselling, aromatherapy, reflexology and specialist massage, as well as creative support groups such as art, jewellery making and woodworking. These sessions offer gentle ways to connect, reflect and feel supported. CancerCare has centres in Lancaster, Morecambe, Kendal and Barrow. All of our therapists are qualified and experienced practitioners, and we also offer dedicated support for children and young people. If you feel you might benefit from our services, you are invited to get in touch. You can email our team at tct@cancercare.org.uk or call 01524 381820. A full list of our services is available at cancercare.org.uk.

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Building Confidence Through Karate

For many local families, St Martin's Junior Karate Club is more than a weekly class. It is a place where children build confidence, focus and resilience through steady, supportive training.

The club offers karate classes for children and young people aged 5 to 16, welcoming both beginners and those with previous experience. Sessions take place at Slyne-with-Hest Memorial Hall on Mondays and Wednesdays at 6pm.

Training combines practical karate skills with an emphasis on discipline, coordination and personal progress. The focus is on steady development in a supportive environment, rather than competition, helping children carry these skills into everyday life.

The club is affiliated with the Cobra Martial Arts Association and is led by Sensei Paul Turner and Sensei Chris Haggan, who together bring over 60 years of teaching experience. Safety, encouragement and positive behaviour are central to every session.

New starters are welcome at any time, and the first couple of sessions are free, allowing children to try karate with no pressure or commitment.

For more information:

Website: www.stmartinsjuniorkarateclub.co.uk

Email: info@stmartinsjuniorkarateclub.co.uk

Facebook: www.facebook.com/smjkc



Members of St Martins Junior Karate Club.

Local Champion Table Tennis in Slyne-with-Hest

Residents looking to improve their table tennis skills, or pick up a bat for the very first time, can now learn from one of the North West's leading players, right here in the village.

Multiple North West England Champion Matthew Westworth is offering professional coaching sessions at Slyne-with-Hest Memorial Hall for players of all ages and abilities. Matthew won the North West England Championships in 2023 and 2025 and was crowned Liverpool League Champion in 2025. A Lancaster University graduate (B.Sc.) and fully DBS checked coach, he combines high-level playing experience with expert tuition, helping players develop strong technique, confidence and match-winning skills.

Coaching is open to everyone aged seven and over, whether you're a complete beginner, a recreational player looking to improve or an aspiring competitor. Boys, girls, men and women are all welcome. Table tennis is a fun, sociable sport that can be played all year round. One-to-one coaching costs £25 per hour or £35 for a 90-minute session. Friends can also train together through dual coaching for just £12.50 per person per hour.

For more information, visit Matthew's Facebook page (scan QR code below) or contact him by phone or text on 07484 315298.





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£5 for adults, £2 for children.

There will be a bar, soft drinks, snacks and a raffle.

Tickets will be limited, so to avoid disappointment, please book
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This is a fundraising event for the hall



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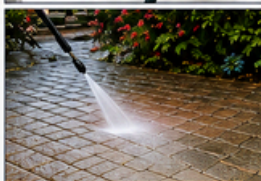
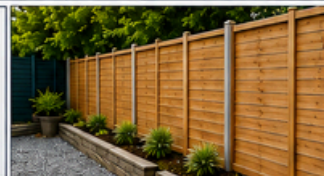
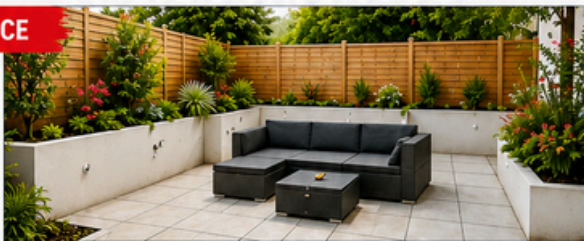
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Saturday 17 October 7.30pm Bar and Raffle

Put on those boots and come and join the fun! Everyone will be learning at the same time so don't be shy. Tickets are limited, so, to avoid disappointment, book ahead.

Tickets: £8 from either

<https://www.trybooking.com/uk/GSZP>

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or call 01524 956817

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Activities at the Church Hall

The Hall was built to replace a former hall which had passed its sell by date. It is now an energy efficient new build which provides resources for the churches and is available to the community and for individual bookings.

Email: swhchurchhall@gmail.com

Website: hallbookingonline.com/slynewithest



Childrens Groups	Junior Tennis Table	Mon 5pm - 6pm	Martin Wakelin martin@raquetstringer.co.uk
	Shining Stars Nursery Group	Tue 9am - 11am (term time)	Val Gill robertgill145@btinternet.com
	Baby Group	Thu 10.45am- 1.45pm	Lauren Hayton laurenhayton@outlook.com

Dance & Fitness	Pilates	Mon 9.30am -10.30am Wed 8.30am - 9.30am Thu 9.30am - 10.30am Fri 9.30am - 10.30am	Pam Knight knight.pam@googlemail.com
	Pilates	Wed 6.30pm - 7.30pm	Kym Walton kymwalton@hotmail.com
	Table Tennis	Mon 6pm - 7pm	Martin Wakelin martin@raquetstringer.co.uk
	Weights	Mon 8.30am - 9.30am Fri 8.30am - 9.30am	Pam Knight knight.pam@googlemail.com
	Zumba Toning	Thu 6pm - 6.45pm	Kate Kirkley kate.kirkley2@gmail.com
	Zumba Gold	Mon 10.45am - 11.30am Fri 10.45am- 11.30am	Kate Kirkley kate.kirkley2@gmail.com
	Zumba Gold Seated	Mon 11.45am - 12.30pm Fri 2.30pm - 3.15pm	Kate Kirkley kate.kirkley2@gmail.com

Community Interest & Support	Knit and Natter	Mon 2pm – 4pm	Brenda Mills brendamills1946@aol.com
	Food Collection and Coffee	Thu 10.30am – 12pm	Martin Wakelin martin@raquetstringer.co.uk
	Bible Study Group	Thu 10am – 11am	Martin Wakelin martin@raquetstringer.co.uk
	Body and Soul	Thu 2pm – 3pm	Val Gill robertgill145@btinternet.com
	Families @4	First Sun 3.30pm – 5.30pm	Martin Wakelin martin@raquetstringer.co.uk
	United Reform Church Services	Sun 11am - 1pm	Val Gill robertgill145@btinternet.com
	Ladies of Note	Wed 7.45pm – 9.30pm	Sandra Lumb sandlumb@hotmail.com
	Red Rose Harps	Alternate Tue 1pm – 4pm	Val Gill robertgill145@btinternet.com
	Hest Bank Ladies	First Tue 7pm – 9.30pm	Val Gill robertgill145@btinternet.com
	Parkinsons Support Group	Fri 12pm – 2pm	Patricia Howard path1946@icloud.com
	Bare Writers' Group	Alternate Tue 10am – 12pm	Allan Bolton abolton00@gmail.com
	WI	Third Thu 7.30pm – 9pm	Janet Alexander swhwipresident@gmail.com
	Art Classes	Wed 11am – 1pm	Jean Palmer jcpalmer123@icloud.com
	Mothers' Union Friendship Group	Fourth Wed 2pm – 4pm	Martin Wakelin martin@raquetstringer.co.uk

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Village Events September - December 2026

Church Hall

- Friday 20th Nov - times TBC - Talent Show

Memorial Hall

- Saturday 12th Sept 7.30pm - Beetle Drive
- Monday 5th Oct 7pm - Annual General Meeting (Small Hall)
- Saturday 17th Oct 10am - Table Top Sale, St Johns Hospice
- Saturday 17th Oct 7.30pm - Line Dancing Evening - A fundraiser for the Hall
- Saturday 18th Oct 10am - North Lincs Bridleway Society - Tack Sale
- Saturday 21st Nov 10am - Wolfwood Annual Xmas Fair
- Saturday 21st Nov 7.30pm - Bingo - A fundraiser for the Hall
- Saturday 5th Dec 10am - Christmas Coffee Morning & Fair with Santa
- Saturday 5th Dec 6.30pm - Stagestruck Bingo

Mobile Library

The mobile library visits Slyne-with-Hest every three weeks with stops at Hest Bank Memorial Hall and Arden Close, Slyne. The times and dates can change at short notice, visit the website lancashire.gov.uk/libraries/mobile-library/ for latest info.

Coffee Mornings at the Memorial Hall

Monthly coffee mornings are held at the Hall on the first Saturday of the month 10am - 12noon. Free entry. All welcome. Fundraiser raffle.



Autumn berries on the canal

Activities at the Memorial Hall



The Memorial Hall was built in 1922 as a living memorial to the soldiers of the village lost in WW1, for future generations to enjoy a sense of community through social activities. It is available for hire to the community and for individual bookings.

Email: shmh_admin@btinternet.com

Website: www.slynewithhest.org.uk

Remember you can now book the hall online, direct from the website.

Children's Groups	Little Sloggers Cricket Academy	Sun 8am - 11am	Ryan 07944900246
	SwH Infinity Preschool	Mon-Fri 9am - 4pm (term time)	01524 874331
	SwH Brownies SwH Guides (Scout & Guide HQ)	Wed 6.15pm - 7.30pm Wed 7.30pm - 9pm (term time)	Joyce 07534 380004
	SwH Cubs SwH Scouts (Scout & Guide HQ)	Thu 6pm - 7.30pm Mon 7.30pm - 9pm (term time)	Helen 07772 319814

Dance & Fitness	Pilates	Mon and Thu 9.30am – 10.30am	Kym 07721 408088
	FitSteps Fitness	Mon and Thu 10.30am – 11.30am	Kym 07721 408088
	St Martins Junior Karate Club	Mon 6pm – 7.30pm Wed 6pm – 8.30pm	Chris 07739 669326 Paul 07984 912668
	Morecambe Irish Dance Academy	Tue 4pm – 6pm	Shay 07852 515123
	Line Dancing	Fri 7pm - 10pm	beverlywalker81@gmail.com

Dance & Fitness	Scottish Dance Class	Tue 7.30pm – 9.30pm (Sep – May)	Graham 01524 67245
	Robinson Read School Dance - Juniors	Wed from 4.15pm Thu from 4.15pm	Karen 07729 798963
	Jennifers Dancers - Street Dance	Thu 4.45pm – 7.45pm	Jennifer 07970 096051
	Your Kinda Yoga - Chair Yoga	Fri 1.30pm – 2.15pm	Helen 07927 690256

Community Interest & Support	Over Sixties Club	Alternate Mon 2pm – 4pm	Mrs Western 01524 823988
	Parish Council	Third Mon 7pm (except Aug)	PC Clerk 07767 628999
	Good News for Everyone	Last Mon 7pm – 10pm	Ken 01524 822708
	Slyne with Hest Local History Group	First Wed 2pm – 3.30pm	Janet 07484 246777
	Community Coffee Mornings	First Sat 10am – 12pm	Doreen 01524 596817
	Matilda's Mission	Second Sat 10am – 12pm	Chelsie 07806 569270
	Prophetic Witness Movement International Morecambe Bay Branch	Quarterly Sat 3.30pm – 9.30pm	Diane 01524 855323
	Morth Lancs Bridleway Society	2nd Tue alternate months 7pm –9pm (Sep, Nov)	Karen secretary@nlbs.org.uk

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Sports Clubs	Tennis	clubspark.lta.org.uk/SlynewithHestTennisClub email:slynetennissecretary@gmail.com
	Football	Club Secretary, Dave Passant: 07830 142511
	Bowling	www.slyne-with-hest-bowling-club.org.uk Stephen Watkinson, email: stewockey@googlemail.com



Saturday 21 November, Eyes down 7.30pm

Doors open 6.45pm

£8 for 8 games prize bingo. Optional extra: 2 cash games and 1 stand up bingo! There will be a raffle and a bar so don't BYO please.

For info call 01524 956817, or shmh_admin@btinternet.com

Get your tickets on the door and don't forget your dabbers!

This is a fundraising event for the hall

The Thorns: A Small Home with a Big Heart



The staff and I would like to welcome you to the Thorns Retirement Home. We provide a happy and warm environment with excellent standards of care for people over the age of 65 years. Long or short term stays accepted. To contact us please: Telephone 01524 822558 or email us at:

info@the-thorns.co.uk

We look forward to meeting you.



PREMIER PERFORMANCE

Christmas Cantata

**Composed
by Dr David Lamper**

When: Sunday 13th December 2026
Where: Slyne-with-Hest Church Hall,
Shady Lane, LA2 6JG
Time: 3pm
Price: £15 or £12 Concession on the door

A vibrant new chapter is about to open for Carnforth and District Choral Society with the unveiling of a specially composed cantata by Dr David Lamper — a work crafted uniquely for the choir, the community, and the landscape that inspires them.

This original composition weaves together Dr Lamper's signature musical depth with themes that resonate deeply with the spirit of Carnforth, offering singers and audiences alike a rich, uplifting experience.

Expect soaring choral lines, expressive storytelling, and a sound world that celebrates both tradition and innovation. This is more than a performance: it's a cultural moment created *for* Carnforth, *about* Carnforth, and brought to life by the voices at the heart of its musical community



WE ARE RECRUITING

At Westmorland Homecare, we are on the lookout for enthusiastic, passionate individuals who want to progress in their careers and make a difference by helping care for others within the local community.

STAFF EVENTS

NO EXPERIENCE

GREAT PAY

BE VALUED

Our care is rated **OUTSTANDING**
by the Care Quality Commission (CQC)



Westmorland Homecare Lancaster & Morecambe
25 Brock Street, Lancaster, LA1 1UR | westmorlandhomecare.co.uk
lancaster@westmorlandhomecare.co.uk | Call us 01524 956240

:MEMORIAL HALL:



Saturday 5 December 10am – 2pm

Free entry to the fair and coffee morning.

Your child can meet Santa and receive a gift but must be booked to avoid disappointment.

Tickets £8 <https://www.trybooking.com/uk/GTLA>

01524 956817 or shmh_admin@btinternet.com

Watch noticeboards and social media for more information

This is a community fundraising event for the hall

