

For the time being there will only be the online version of the monthly Wrayly Mail at www.wrayvillage.co.uk

Copy Date. Any items for the monthly Wrayly Mail can be emailed by the 20th of each month to: wraylymail@woodengates.net

Church Services during August

August 2nd Eighth Sunday after Trinity

9.30am	Morning Worship	Tatham Fells
11.00am	Holy Communion	Tunstall

August 9th, Ninth Sunday after Trinity

9.30am	Morning Worship	Melling
11.00am	Holy Communion	Tatham

August 16th, Tenth Sunday after Trinity

9.30am	Morning Worship	Wray
11.00am	Holy Communion	Leck

August 23rd Eleventh Sunday after Trinity

9.30am	Holy Communion	Tatham Fells
11.00am	Morning Worship	Tunstall

August 30th, Twelfth Sunday after Trinity

9.30am	Holy Communion	Melling
11.00am	Morning Worship	Tatham

September 6th, Thirteenth Sunday after Trinity

9.30am	Holy Communion	Wray
11.00am	Morning Worship	Leck

Church Contact: *Revd Mark Cannon, Wray Vicarage (21030)*

Lune Valley Swimming Pool to re-open soon....

LVCS is delighted to announce that the Lune Valley community swimming pool in Hornby is scheduled to officially re-open with a new timetable on Monday 31st August.

In the meantime, despite being regularly maintained and monitored during lockdown, work is required to bring the pool up to the high standards necessary to provide a safe environment for all and to apply staff training and social distancing protocols. In view of this and subject to current legislation and official advice we are hopeful that the pool can be opened for pre-booked public use during the last full week in August, prior to the official re-opening, running with lower numbers and/or private bookings in order to raise revenue and test operational efficiency.

Please help us to get our community pool back in the swim, we'd love to see you!

For further details, bookings etc. please check:

website : www.lunevalleypool.com Facebook – lune valley swimming pool

email: poolmanager@lunevalleypool.com

Direct pool line telephone: (015242) 805666

Lune Valley Community Society Ltd. Charity no. 1176086

Hornby Pensioners' Association

Just a short message from us this time to say that nothing has changed since last month. We are still keeping our fingers crossed for our Autumn Tints trip in October. We will let you know either way in next month's edition. Irrespective of that, this year's subs will be carried over to cover 2021 membership.

Enjoy the (hopefully) summer weather. Take care and stay well. We hope to see you all soon.

Forest of Bowland Area of Ourstanding Natural Beauty - Press

Article

A trip to the countryside can provide endless opportunities for making – and re-living – happy memories, as well as being great for our physical and mental wellbeing.

There are times though, when a visit to the great outdoors isn't possible and at those times, the Forest of Bowland AONB team hopes their new online resources will come in handy.

The *Days to Remember* project aims to encourage older people and those living with dementia, alongside family members and carers, to enjoy a "virtual" exploration of this beautiful area.

The newly launched web page has everything from tips and resources for making your own Great Outdoors memory box; to links to puzzles, quizzes and colouring sheets and a relaxing guided meditation.

Sandra Silk, Forest of Bowland Project Officer said, *"Last year we worked with Lancashire County Council's Heritage Learning Team to produce a Great Outdoors memory box full of activities designed to trigger positive recollections and encourage conversations about past countryside visits and adventures. Unfortunately, this part of LCC's loans service is temporarily on hold so the new web page is our way of sharing some of those ideas online."*

Activities include Bowland wildflower "playing cards" which can be downloaded and printed; a series of images from around the AONB, which can be used to make up a photograph album; recordings of the calls of Bowland birds, including the iconic curlew and lapwing, plus ideas for other resources to spark happy memories.

The web page also includes a guided meditation written and narrated by Helen Leece of the Gathering Fields Retreat near Abbeystead. Based on the sights and sounds of a Bowland meadow in summer, the twenty minute audio, which includes natural sounds and simple music, is designed to offer some gentle relaxation.

"Ultimately, we would like to help people experience Bowland in a variety of ways", said Sandra, "whether that be through improving signposting and access so that people have the confidence to explore for themselves, or through offering guided sessions and activities. In the meantime, we hope our online suggestions will help people stay connected to nature."

The Days to Remember web page can be found at <https://www.forestofbowland.com/days-remember> and more information about the project is available by emailing Sandra at sandra.silk@lancashire.gov.uk or by calling 07973 923142.

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