

YOGA, HEALTH & WELLBEING

Pilates, Ayurveda & Yoga

Rebecca Edwards

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pilates-yoga-lakedistrict@hotmail.com



Sway With Me

Led by

Emily Davies

07933144007

emily.d1307@gmail.com

Facebook: emilymoves

Instagram/Twitter: @_emilymoves

Seated Dance class aimed at ages 65+

Wednesdays 10:45-11:45am

St Oswald's Church Meeting Room

£5 per session (Pay As You Go)

Benefits include...

- Mobilising the joints
- Activating the muscles
- Stimulating the mind
- Socialising with others

...in a positive and encouraging environment.



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June

Platinum Jubilee Bank Holiday

2nd Jun to 3rd Jun 2022

A two day bank holiday in the UK to celebrate the Queen's Platinum Jubilee. Replaces the Late Spring Bank Holiday.



The Queen's Platinum Jubilee Weekend

2nd Jun to 5th Jun 2022

Celebrations for the Queen's 70th Jubilee.

See local events to join in the celebrations!

Sausage Roll Day

5th Jun 2022

Eat a sausage roll today!

World Environment Day

5th Jun 2022

The United Nations' principal event for encouraging worldwide awareness and action for the protection of our environment.

Bike Week

6th Jun to 12th Jun 2022

Organised by Cycling UK, this is an annual opportunity to promote cycling and show how cycling can easily be part of everyday life.

Child Safety Week

6th Jun to 12th Jun 2022

Organised by the Child Accident Prevention Trust to promote safety issues for children.

World Oceans Day

8th Jun 2022

Event organised by The Ocean Project to raise awareness of the oceans and the living creatures that make their home there.

Worldwide Knit in Public Day

11th Jun 2022

Go public and let everyone just how much you love to knit.

Father's Day

19th Jun 2022

Celebration of fathers in the UK, the US and most of Europe and many other parts of the world.

Summer Begins

21st Jun 2022

National Writing Day

23rd Jun 2022

A day for everybody across the UK to put pen to paper, unleash their imagination and make their voices heard.

World Refill Day

24th Jun 2022

World Refill Day is a global public awareness campaign to prevent plastic pollution, help people live with less waste and help make single-use plastic a thing of the past.

Wimbledon Fortnight

27th Jun to 10th Jul 2022

Annual international tennis championship held in Wimbledon, UK.



St. Oswald's Church, Burneside & District ADVERTISING PAGES 2022

BREWERIES

Handsome Brewery

Bowston Bridge

Bowston

LA8 9HD

03448480888

Facebook: Handsome at Bowston Bridge



Manufacturers of award winning beers and craft lagers to the trade or available in bottles direct from the brewery.

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Karen & Dave

Burneside

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OPENING TIMES

	Lunch	Tea/Supper
Wed	11.30-1.15	4.30-7.00pm
Thurs	11.30-1.15	4.30-7.30pm
Fri	11.30-1.15	4.30-8.00pm
Sat	11.30-1.15	4.30-7.00pm

GARAGES

David Greenbank
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GARDEN MAINTENANCE

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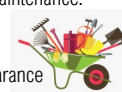
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Kendal

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For advertising enquiries please contact

Liz Bingham 726550

e-mail lizbingham@talktalk.net

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BURNSIDE POST OFFICE

Found in the church side corridor

Mondays, Wednesdays & Fridays 9am-1.45pm
(except Bank Holidays)

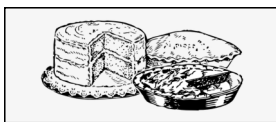


- Mail
- Bill payments
- Banking
- Motor Taxation

SHOPS

E & J G Seward

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Burnside
LA9 6PY
01539 722045
Bakers and Confectioners



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OPENING TIMES

Monday-Saturday 7am-8pm
Sunday 7.30am-7.30pm

General Groceries
Off licence
Papers
Lottery
Hermes Parcelshop

SOCIAL CLUBS

Burnside Cricket Club

Hollins Lane
Burnside
LA9 6QL



01539 729910

Private Hire

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