

## A KNOCK AT THE DOOR

Saturday 21st May  
Show 1: 5.30pm  
Show 2: 7.30pm

A Knock at the Door is an intimate show from Live History - a historical theatre company which specialises in bringing site-specific, audience-involved productions to museums and historic sites across 10 different countries.

The show combines living history, escape room, and choose your own adventure elements to create a unique and exciting visitor experience, so be sure to think carefully before making any decisions!

For adults & children over 11.

Tickets £10 per show



## AUGUST

### FLASH ART WORKSHOPS

Monday 1st August: Eco Printing

Tuesday 2nd August: Wand Making & Magic Stuff

Wednesday 3rd August: Pimp My Shoes

Thursday 4th August: Pinhole Cameras

Friday 5th August: Minecraft Artworks

Saturday 6th August: Minecraft Artworks

Sunday 7th August: Junk Journals

10.30am - 3.30pm daily

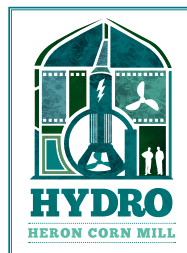
This summer Heron Corn Mill presents seven days of workshops for children themed around arts & crafts, where there'll be a different fun-packed activity every day!

Please visit [heronmill.org/whats-on](http://heronmill.org/whats-on) for more information.

Spaces limited to 20 children per day, booking required.

£15 per child, per day, or £100 for the full week.

No unaccompanied children under 7



Heron Corn Mill is a grade II\* listed 18th century working water-powered corn mill. It lies on the banks of the River Bela on the edge of the Arnside and Silverdale AONB close to the South Lakes / Lancashire border. We are open to visitors 11:00am - 4:00pm Wednesday to Sunday with refreshments available in the barn.

There is a car park and toilet facilities on site with wheelchair access to the barn and the mill.

Our Mill Shop also stocks a diverse range of gifts and items, from books to bread bags, and mugs to tea towels. Our freshly milled stoneground flours are also available all year round!



**Heron Corn Mill, Mill Lane, Beetham, Milnthorpe, Cumbria LA7 7PQ**

For bookings please use the contact number or email below, unless otherwise stated.

t: 01539 564271

e: [info@heronmill.org](mailto:info@heronmill.org)

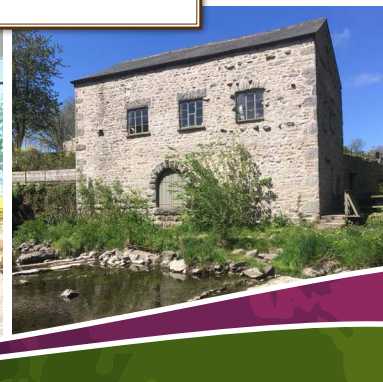
w: [www.heronmill.org](http://www.heronmill.org)

f /HeronMill

t @heronmill



# HERON CORN MILL Spring & Summer PROGRAMME 2022



Funding raised by  
**The National Lottery**  
and awarded by the Heritage Lottery Fund



LOTTERY FUNDED

## COMMUNITY GROUPS

Due to the ongoing pandemic, places at all of our community groups and walks will be limited. If you would like to book a place for any of the sessions please email [info@heronmill.org](mailto:info@heronmill.org) or call 015395 64271 unless otherwise stated.

All sessions will be as COVID safe as possible, with PPE provided and social distancing in place where necessary.

All dates subject to change in accordance with government guidelines.

Please visit [heronmill.org/whats-on](http://heronmill.org/whats-on) for up to date information about upcoming events.

## CRAFTERNOONS

Tuesday 8th February	Tuesday 22nd February
Tuesday 8th March	Tuesday 22nd March
Tuesday 5th April	Tuesday 19th April
Tuesday 10th May	Tuesday 24th May
Tuesday 7th June	Tuesday 21st June
Tuesday 5th July	Tuesday 19th July

1.00pm – 4.00pm

Join Kerry for Crafternoons, a FREE drop-in workshop and social group held in the barn.

The group is for older people to meet up and try new crafts, exchange ideas or just enjoy a good natter and a cup of tea! Spaces at each workshop will be limited to 12, so booking is essential.

Please email [andy@heronmill.org](mailto:andy@heronmill.org) to reserve a place.

FREE ENTRY & REFRESHMENTS

## POWSOWDIE

Wednesday 16th February
Wednesday 16th March
Tuesday 26th April
Monday 16th May
Monday 20th June
Tuesday 12th July

11.00am – 2.00pm

Musician Luke Crookes and baker Kate Maddock invite you to Powsowdie – a project aimed at older people in the community, which combines food and music for themed lunchtime sessions of fun and reminiscence!

A hearty and nutritious lunch will be provided by Kate and her team of volunteers, while music from Luke will be used to aid relaxation and encourage the sharing of stories.

FREE ENTRY



## HANDS-ON

Baking with Kate & Ann

Wednesday 2nd March

Monday 11th April

Wednesday 11th May

Crafts with Erika

Monday 14th March

Thursday 28th April

Monday 2nd May

1.00pm – 4.00pm

Hands-On workshops are aimed at elderly people, people with dementia and their carers, wheelchair users and older people unable to stand for long periods of time, working at table-height on a variety of small projects.

Each workshop will be led by tutors who have experience working with older people or people with dementia.

FREE ENTRY



## TRAILS & TALES: HERITAGE WALKS

Wednesday 20th April

Wednesday 25th May

Wednesday 15th June

1.00pm – 3.00pm

Discover the folklore and customs of the local area, with these guided walks around the Arnside and Silverdale AONB!

Join Iain to discover more about the traditions of this spectacular landscape, and hear about the strange stories and weird sightings which have been written into local lore! The walks cover medium terrain and are suitable for families.

FREE ENTRY, DONATIONS WELCOME



## REGULAR EVENTS

### MILL TOURS & MILLING DEMONSTRATIONS

Friday 6th May

Friday 3rd June

Friday 1st July

Friday 5th August

11.30am – 1.00pm

Beginning in May, join Stuart and his team of volunteers on the first Friday of the month to learn all about our historic water mill, then watch as our traditional millstones grind rye, wheat and spelt grain into our wholemeal flours!

Tickets: Adult £5.00 / under 16s FREE



## MARCH

### THE BEETHAM PANCAKE RACE

Tuesday 1st March

11.30am – 1.00pm

Join us for the return of the historic Beetham Pancake Race, and in the true spirit of the tradition only women aged 16 or over can enter!

The winner will receive a medal from judges Phil and Damo, and all entrants will be treated to a pancake lunch.

Anyone interested in entering should get in touch for a copy of the rules.

Entry: £3 per person



## APRIL

### GOOD FRIDAY SPECIAL

Friday 15th April

11.00am – 4.00pm

This Good Friday sees the return of our popular Easter egg hunt for children, which takes place in and around the mill with fabulous chocolate prizes up for grabs!

There'll also be plenty of fresh bread and hot cross buns for sale courtesy of our Bread of Heron team, and a variety of stalls selling cakes and other locally produced goodies!

The Easter egg hunt will take place hourly and will be limited to 25 children at a time.

Easter egg hunt: £2 per child



## MAY

### NATIONAL MILLS WEEKEND

Saturday 7th & Sunday 8th May

Talk: 2.00pm – 4.00pm

On Saturday 7th May, local history enthusiast Pete Capasso invites you to an illustrated talk about the history of Beetham, Milnthorpe and the local AONB, as he delves into a fascinating collection of images from around the area.

The Sands Amateur Radio Communications Group will also broadcast from the mill over the weekend, and our resident miller will be on hand providing mill tours on both days.

Talk tickets: £5 each includes coffee and cake

