

Coniston and Crake Valley News



Coniston
&Crake
Churches

January 2025 www.conistonandcrakechurches.co.uk

Rusland Valley Horticultural Society Ltd

POTATO DAY



Sunday 19th January 2025

Greenodd Village Hall

10am - 2pm

Sale of 120+ varieties of seed potatoes, fruit bushes & trees,
seeds, onions, flower bulbs and tubers and more!

(supplied by Brighter Blooms Nursery, Preston)

& **Home made soup and cakes!**

Admission £1 (children free)

See Brighter Blooms website for lists of produce available:

www.brighterblooms.co.uk

The Coniston and Crake Valley Benefice

“To Grow, Witness and Love Like Jesus”

Serving the parishes of Colton, Coniston and Torver, Egton cum Newland and Lowick with Blawith

| | | |
|---|---|------------------------------|
| Revd Brian Streeter The Vicarage, Penny Bridge. LA12 7RQ | vicar@conistonandcrakechurches.co.uk <i>Brian works for Filling Station on Thursday Brian's rest day is Friday</i> | 01229 861668 07505 048736 |
|---|---|------------------------------|

SAFEGUARDING OFFICER

| | | |
|-----------------|---|--------------|
| Juliet Caldwell | safeguarding@conistonandcrakechurches.co.uk | 07884 232281 |
|-----------------|---|--------------|

MAGAZINE EDITOR

| | | |
|-----------------|---------------------------------------|--------------|
| Juliet Caldwell | editor@conistonandcrakechurches.co.uk | 07884 232281 |
|-----------------|---------------------------------------|--------------|

ADMINISTRATORS

| | | |
|--------------|---------------------------------------|--------------|
| Marion Swift | 2admin@conistonandcrakechurches.co.uk | 01539 521337 |
|--------------|---------------------------------------|--------------|

| | | |
|-----------------|--------------------------------------|--------------|
| Juliet Caldwell | admin@conistonandcrakechurches.co.uk | 07884 232281 |
|-----------------|--------------------------------------|--------------|

| |
|--|
| <p>To contact any of the Churchwardens, pastoral team, retired clergy or lay ministers please call or email the Administrators.</p> |
|--|

Churches in Coniston and the Crake Valley

St Andrew's Church, Coniston LA21 8EN

St Luke's Church, Torver LA21 8AZ

St Luke's Church, Lowick LA12 8EE

Holy Trinity Church, Colton LA12 8HF

Church of St Mary the Virgin, Penny Bridge LA12 7RQ

Tottlebank Baptist Church, Colton LA12 8HY

Welcomes you to our Sunday services from 10.30 to 11.30am followed by refreshments, and midweek prayer meetings on Wednesdays at 7.30pm. The church building is usually open daily 10am – 4pm for visitors and for private prayer. For further information contact Chris and Margaret Hamps, hampsc@outlook.com

Coniston Methodist Church, Coniston LA21 8ER

The Sunday morning service is at 11.00am and a warm welcome awaits you. For further information contact Joyce Holland on **015394 41594**.

St Francis of Assisi Church of the Sacred Heart, Coniston LA21 8AW

Mass is held on Thursdays at 10.30am and Saturdays at 5.00pm. For further information contact Father Matthew Jacob on **01229 779673**.

Church Services for January 2025

| 5th Epiphany | | | |
|--------------------------------|---------|-------------------------|---------------------|
| St. Luke Torver | 9.30am | Winter Breakfast | Hazel Bowness |
| St. Luke Lowick | 9.30am | Holy Communion | Rev Brian Streeter |
| St. Mary Penny Bridge | 11.00am | Holy Communion | Rev Brian Streeter |
| Coniston Methodist | 11.00am | Holy Communion | Rev Grace Cauldwell |

| 12th First Sunday of Epiphany | | | |
|---|---------|------------------------|--------------------|
| Holy Trinity Colton | 10.00am | Morning Worship | Pam Priestley |
| St. Andrew Coniston | 11.00am | Holy Communion | Rev Brian Streeter |
| St. Mary Penny Bridge | 11.00am | Healing Service | Rev Harry Welch |
| Coniston Methodist | 11.00am | Morning Worship | Andrew Lockley |

| 19th Second Sunday of Epiphany | | | |
|--|---------|-----------------------------------|------------------------------------|
| Tottlebank Baptist Church | 10.30am | Service of Christian Unity | Richard Henry & Rev Brian Streeter |
| Coniston Methodist | 11.00am | Service of Christian Unity | Christians Together in Coniston |

| 26th Third Sunday of Epiphany | | | |
|---|---------|-----------------------------|-----------------------|
| St. Luke Lowick | 9.30am | Methodist Service | Rev David Newlove |
| Holy Trinity Colton | 10.00am | Holy Communion | Rev David Bickersteth |
| St. Andrew Coniston | 11.00am | Holy Communion (BCP) | Rev Brian Streeter |
| Coniston Methodist | 11.00am | Holy Communion | Rev David Newlove |
| St. Luke Torver | 7.00pm | Torver Junction | Rev Brian Streeter |

Christians Together in Coniston prayer dates

January 21st: 4-6pm drop in session in St Andrew's.

February 12th: Prayer and Fasting day with 3-5pm drop in prayer session in St Andrews. Pray where you are, fast as you can.

Pray for the village community in all aspects, Chris Clark and his work in with children, youth and the wider community, and the unity of purpose, worship and witness across the three congregations.

Alex Stewart (chairman, Christians Together in Coniston)

Tottlebank Baptist Church warmly invites you to our Saturday Specials led by Richard Henry

The next is on **Saturday 25th January** and the topic "Do we have to talk about sin? Genesis 3.

10:15am Refreshments and Fellowship

11:00am Praise and Worship followed by Bible Teaching

Finish at 12.30pm

Pastoral Letter from the Rev^d Harry Welch

Dear friends,

Happy New Year to you all. At the beginning of a New Year there are thoughts of fresh starts and new beginnings with plans perhaps for a new diet, or to move house, or change job or all three! The Bible records one beginning but from two perspectives. The first, the opening lines in Genesis, "In the beginning God created the heavens and the earth." The second, the opening lines of St John's Gospel which refers to the first beginning but explores the mystery of creation and its source of life, placing Jesus Christ, The Word, at the centre of the creation miracle.

In the opening verses of Genesis we hear of the source and cause of creation. How creation was born out of an empty universe and, by progression, the world, the sky and land the wildlife and the human race came into being. Many dismiss this account because they concentrate on the 'how' rather than the 'who' behind creation. In Genesis we have an overview of God's hand upon our tiny planet on which He delicately balances nature to sustain life on earth and gives to humankind the spirit, mind and body to discover God's thoughts after Him.

In these opening verses people of faith discern sense and purpose in what others call chance and accident. In Genesis 1 a phrase is repeated after each act of creation; the phrase is "And God saw that it was good". The Creator stands back to survey His handiwork and is pleased with what He sees. Then after human beings were created, we are told, "God saw all that He had made, and it was very good". Not just 'good', in the completion of creation God declares what He has created as being, Very Good. In fact, so good He sent His Son Jesus Christ to call His creation - His people - home to Him; this St John records in his gospel, "For God so loved the world that He gave His only Son that whoever believes in Him shall not perish but have eternal life." For we all have gone astray and fallen short of the glory of God, and we all need the saviour Jesus Christ.

What do you believe God thinks of you as this New Year begins? That you are very good? We are all part of the Master's plan, be we atheist, agnostic or believers or somewhere in-between. God has made us the crown of His creation; we complement the world in which we live and the world is a better place for it.

If we know our place in God's plan, if we have acknowledged our need of a Saviour and surrendered to Him, receiving His gift of Jesus as our Saviour and Lord, then we will know what place we hold in His Father's heart; and knowing this means we can face whatever the coming year brings, because we do not face it alone, but in the company of the Creator of the universe; now living in the hearts of all who receive His Son, men, women and children, and that has to be Very Good.

Happy New Year to you all,

In Him, Harry

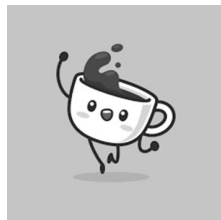
From the Registers

St. Mary, Penny Bridge, 7th December, Wedding of Deborah Louise Inman and Adam James Casson

St. Andrew, Coniston, 11th December, Interment of Ashes - Millicent (Millie) Coward

Holy Trinity, Colton, 14th December, Funeral of Donald Arthur Wroe

Around the Parishes : Colton



Bouth Village Hall Coffee Mornings 2025

Filter Coffee or Tea with Biscuits: £2 Donation

10.30-12.30

An event for residents and non-residents alike

Next coffee morning: **Wednesday January 22nd**

Colton Parish Council News

Best wishes to you all for 2025!

A big thank you to everyone who donated as part of the Colton Christmas Food Bank appeal; together we donated 42.2kg of food, which equates to 100 meals.

You can continue to support the Foodbank either by leaving food donations at local supermarkets or by making online financial donations. See <https://barrow.foodbank.org.uk/>

Colton Parish Council Community Grant Scheme is open to community groups based in Colton or supporting people from the Colton area, including village hall committees, WIs, schools and other local groups. We give small, one-off grants to help your group make a difference in the local community. There's no deadline. We'll assess your application at the meeting after you submit it. Previous examples of grants awarded include money to help a local resilience group buy basic equipment so they can help vulnerable people when bad weather or power cuts affect the community; a contribution toward the printing costs of the Coniston and Crake Valley News; money for a gazebo for local activities in Bouth; and a contribution to the Green Sparks Riverside Noticeboard.

For details and an application form see:

<https://coltonparishcouncil.org.uk/wp-content/uploads/2023/02/Grant-awarding-policy-and-application-form-October-2022.pdf>

Our next meetings are 7pm Monday 20th January at Finsthwaite & Lakeside Village Hall and 7pm Monday 24th February at Rusland Reading Room. All welcome!

Egton cum Newland

St Mary's Coffee Morning, December

On the 7th December we held a coffee morning in Greenodd Village Hall to raise money for our church. The numbers were down slightly and we missed some faces due to illness, we wish them well. The stalls had lots of lovely items for sale and we thank everyone for their donations. We are grateful to the stall holders who cheerfully give of their time for this event and to the coffee drinkers, all of you created a wonderful friendly atmosphere! Despite the weather we raised the amazing amount of £608, our thanks go to you all for your fantastic support.

Jean and the team

The date of the next **Egton with Newland, Mansriggs and Osmotherley Parish Council** meeting is Tuesday 7th January, 7pm at Greenodd Village Hall.

Coniston & Torver

Rainfall, Garden House, Coniston - November 2024

Total - 193.9mm (7.6ins)

Wet days - 18

More than 1mm on 12 days

Wettest day - 22nd - 80.6mm (3.2ins)

Frost on the 11th, 12th, 13th, 19th, 20th & 27th

Snow on the 22nd

Coniston Community Lunch

Our Monday lunch dates for this season are:

20th January 2025 17th February 2025 17th March 2025

We will be meeting in the Institute Reading Room at 12.30pm as usual where we will be serving a two course lunch plus tea and coffee.

We expect no payment, but a small donation would be welcome to help cover our costs.

Please confirm your attendance by phoning or texting **Helen** on **07583 371275** or email **e.glaister013@btinternet.com**, also please let us know if you have any dietary requirements or need help with transport.

We are always grateful for additional support so please get in touch if you can offer help either on the day in the kitchen or providing food.

Best wishes from the Community Lunch Team, we look forward to seeing you.

Lunch and Dominoes

Wednesday January 8th at 12.30pm in Coniston Institute Reading Room.
Do come along and join us for soup/roll and a pud, tea/coffee, followed by dominoes.
All for £5. To book a place, ring **Jean** on **015394 41617**, by the Monday before.
Everyone welcome.

BURNS NIGHT CEILIDH at 7.30 pm **SATURDAY 18TH JANUARY 2025** **at the Coniston Institute** **£25 per person (including meal)**

Our live band will play ceilidh music and talk us through some traditional ceilidh dances. You can join in the dancing or just enjoy the live music. This event will take place a week before the actual Burns Night, dictated by the availability of the Cornerstone Band who have entertained us so well on previous occasions. We'll serve traditional Scottish fare including haggis (traditional or vegetarian) with neaps and tatties plus a wee dram to wash it down.

Please book your place as soon as possible from **Derek Adams** by email **no1@dsadams.co.uk** or phone **07973 179805** or phone **Anne Hall** on **07771 988518**. There are just 45 tickets available. Your place will be confirmed on receipt of payment.

This event will be organised by Coniston and District International Twinning Association

Lowick

Lowick Parish Council.

Your Council would like to wish everyone a Happy and Prosperous New Year.

Due to a County wide increase in complaints about bad behaviour from tourists our Community Police will be increasing rural patrols next year as part of their "operation enhance" initiative. Please report all incidents to the police on 101 or W&F Council.

Your Lengthsman, Archie Workman, will be repairing both of our bus shelters and clearing gullies and roadside footpaths where he can.

In November your council attend a meeting with Fibrus, who are surveying the Ulverston area in preparation for their overhead Fibre To The Home network installation. They told us, if you have received an invitation to the meeting a pole near your property will soon have a fibre distribution connector attached to allow Internet Service Providers to connect full fibre broadband to your home. If you are interested please register at: <https://fibrus.com/availability/>

The next Lowick Parish Council meeting will be on **16th January** at 19:30 in the Lowick Community Hall, everyone is welcome to attend.

Reports



Mothers' Union

Coniston Mothers' Union members were represented at four events to close 2024.

The first began with all members present plus husbands, as a thank you to them for our absences, at a Christmas lunch at the Manor House, Oxen Park. All enjoyed their meals in a relaxed atmosphere with plenty of conversation. November 30th saw the Coniston banner paraded in Carlisle Cathedral for the end of triennium service which was led by the Bishop of Penrith. His sermon related to St Andrews' calling with no training or warning unlike our calling to the MU today.

The Deanery carol service at St Mary's, Dalton was centred on the journey from Nazareth to Egypt led by Father Tom. Members read the lessons and were able to look at the Christmas trees which were present for the festival. Tea followed in true MU tradition. The last event of the year was an invite to Dalton's MU branch Christmas celebration, which began with a choice of delicious pies followed by apple crumble. A modern take on the Christmas story was read before games and another chance to visit the beautiful Christmas tree display all made by local groups for different charities, the theme was a song.

2024 is going to be a hard act to follow, with our three very different outings and interesting meetings, but on January 27th we meet to plan our programme for the coming year.

For more information contact **Kay 015394 41559**.



Egton WI

Happy New Year to all our readers, here's to 2025. 🍷🥂

We ended 2024 with our Christmas party in the village hall where our committee put on a lovely spread for us all to enjoy.

During the evening members were able to do a quiz and were then entertained by the committee performing a couple of songs/skits. Initially nine rapping Santas were on stage then with a quick change of outfits and props gathered they sang "The first day after Christmas.....". Good job that some of us don't mind making fools of ourselves in order to entertain others!

We now look forward to the new year with a new exciting programme of speakers. The subjects covered vary from "gardening with bees", "painting on silk" and "pearls of wisdom" to name but a few.

Remember ladies, we meet on the second Tuesday of each month starting at 7.30pm so do come and give us a try. Our first meeting therefore will be on **Tuesday 14th January** when Rebecca Barker will be telling us about the farming scholarship she won and her subsequent time spent farming in New Zealand. Hopefully see you there.

Gill

Coniston WI

Coniston WI meet on the third Tuesday of the month at 7.30pm in the Reading Room. Each Tuesday we meet for sewing and crafting, the first Tuesday of the month we walk usually from the bus shelter at 1pm. We have an Environment team, a Walking Team, an Events Team, the Over 70's trip and lunch team and a Diary team. Something for everyone. New members are welcome, just come along to any meeting.



43rd Annual Coniston 14 Race.

The 43rd Coniston 14 race will take place on Saturday 29th March. A road closure to protect the safety of the runners will operate between Coniston and High Ground in both directions from 10.50 until 11.20. There will also be a closure on Lake Road to coincide with the return of the runners. The race starts at 11.00 and runners need to complete by 14.00 after which the course is no longer covered by marshals.

Our race attracts many kinds of runners; those wanting to keep fit, to train for marathons, to raise money for their chosen charities, to compete against friends or improve their personal best times.

The lively BLAST Furness band will again give the runners a rousing welcome back to the finish at John Ruskin School.

We are always pleased to have extra marshals to help on the day. Please contact the race director, Janette Braithwaite: janettemaude@hotmail.com if you wish to volunteer.

Each year the Coniston 14 Committee makes donations to support the work of about 30 local organisations, charities and clubs.

For further information and entries for the race visit: <https://www.coniston14.co.uk>

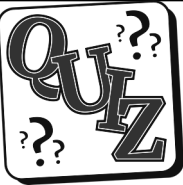
Girl Guiding

Thank you to everyone who in any way helped to provide items or donations for our 2024 Girlguiding Shoebox Appeal. 1778 boxes were made in Park House and another 300 were taken to Wrexham for packing. The 2025 appeal has started: knitters and sewers are busy making scarves, hats, mittens, and hopefully we will have lots of sewers making pencil cases, or little bags with handles. If you can sew a drawstring, or a buttoned or press-stud pencil case, we would love to hear from you. We need about 1200. The first wagons have arrived in Bosnia and Romania with some of our boxes. Thank you again **Judith Myers;** [email jandzmyers@gmail.com](mailto:jandzmyers@gmail.com)



Girlguiding in Hawkshead welcomes young members from age 5 to Rainbows, age 7 to Brownies and 10 year olds to Guides; or if you would like to volunteer anywhere in Cumbria South, please visit www.girlguiding.org.uk and I will be in touch.

Local Quiz



Here is the first in an occasional series of quiz questions about our area. This one is loosely geographical – if you need some hints before you turn to the answers, the Ordnance Survey Explorer or Landranger maps would help. Answers on page 20.

1. Which is the highest tarn of the four around Coniston Old Man/Dow Crag?
2. Which long distance footpath passes Beacon Tarn and where are it's northern and southern ends?
3. What metal was won from the mines around Coniston?
4. How many Torver Commons are there?
5. The Walna Scar Road starts from Dixon Ground in Coniston. Which hamlet does it lead to?
6. Arthur Ransome called it Wild Cat Island – what is its actual name?
7. What is the name of the tarn through which the River Crake flows?
8. Can you solve these anagrams? They are all hamlets in Lowick and Colton parishes.
 - Goat dowe
 - Knear pox
 - A chew int kite
 - Bake and heard
 - Birdy hage
 - Katten bolt
 - Cat phill
9. How many public routes (footpaths, roads, bridleways) converge on Colton Church (or converge within $\frac{1}{4}$ of a mile of the church)?
10. How many road bridges are there over the River Crake?

If anyone would like to prepare a quiz for a future edition of the magazine, please do send it to the Editor. Any topic welcomed.

Farmers Arms January events



- 7th Jan- Printmaking Evening Class, 6-8pm 6 sessions £160
8th and 9th- Pottery Evening Class, 6-8pm 6 sessions £180
9th- Furniture Restoration Evening Class, 6-8pm 6 sessions £180
11th Jan- Make Your Own Noodle Bowl, 10-4pm, £60
18th Jan- Rag Rug Day Course, 10-4pm, £50
18th Jan- Drawing Club, 10-1pm, £7
NEW! 19th Jan- Peg Loom Half Day Course, 10-2pm, £30
25th Jan- Bookmaking and Letterpress, 10-4pm, £50
25th Jan- Burns Night Dinner and Poetry, £28
1st Feb- Stool In A Day Workshop, 10-4pm, £80
15th and 16th Feb- Stained Glass Weekend Course, 10-4pm, £120

Cumbria Youth Orchestra

Join Cumbria Youth Orchestra, and gain experience working with professional musicians. You'll be led by professional conductors, and tutored by a team of professional music teachers.

The orchestra explores music from different musical periods and genres, providing an opportunity for young musicians to join together outside of their usual education setting, and play music with like-minded young people.

Rehearsals take place at weekends and in some school holiday times, working towards informal and more formal concerts.

In the 24/25 season the main projects are Adventures in Space and Time, conducted by CYO Alumnus Joe Davies, and DISCO Orchestra with Tim Crooks who has led similar experiences at Glastonbury!

To join you must either attend a Local Authority or Academy school, or live in Cumbria. You would usually be aged 11 – 19 and playing your instrument above grade 4 standard.

The Youth Orchestra are particularly seeking applications from Strings players, Trumpet, Trombone, Clarinet, Oboe and Bassoon. The next rehearsals are at Trinity School Carlisle on 12th & 19th January; and at UCC Penrith, 5th April. There are also plans for a Disco Orchestra 21st-23rd July (Venue tbc)

CYO is part funded through the @Cumbria Music Hub as part of higher level progression programmes. There is a £160 fee with 50% and 100% remissions available.

Cumbria Music Hub is led by Westmorland and Furness Council, the Lead Organisation for the Music Hub.

www.cumbriamusic hub.com To apply please fill in this form: **<https://forms.office.com/e/EP3KFCaKV4>** or email us at **MusicService@WestmorlandandFurness.gov.uk**

NEWS FROM THE LAKE DISTRICT NATIONAL PARK



**Lake District
National Park**

In early November, the Authority Members and Senior Management met for a 2-day workshop, where they reviewed the current state of the Park and developed the 5 year plan for the future of the Park, embracing its key directives. 1: **Vibrant communities and prosperous economy**, embracing, affordable housing, amenities, and safeguarding rural jobs. 2: **Sustainable Transport**, getting to and around the park, for visitors and residents 3: **The Future of Forestry and Farming**, including grants and support. 4: **Dealing with climate change** and getting to Carbon zero. 5: **A park for everyone**, increasing access and diversity. The plan will be reviewed and agreed by the Board and the Partnership and will filter down into local area plans. *OR the Members and Senior Officers met at an annual workshop to discuss and form the next 5 year Park plan.*

On 3rd December, there was a meeting between Senior Management of the Park, Rangers and Members and over 9 local Parish Councils to discuss relations and clarify the role of the Park. The major issues that were discussed, were Planning, Enforcement, Housing and Visitor Management. On the Planning side, it was clear that there was a misunderstanding of the role of the Park and how planning rules are set and indeed the planning and decision process. In terms of Enforcement, the Park is in 29 out of over 300 Planning Authorities and top in National Parks. The most serious cases take time and court cases easily run into tens of thousands of pounds. Any fines issued go to the State, not the Park. Post lockdown the number of enforcement cases increased 6-fold and the team is currently working through this backlog. It was agreed to create improved training for Parish Councillors on Planning. In terms of housing, the Park is committed to facilitating the build of 1200 affordable or local need housing by 2035. How this could be achieved was discussed.

The final topic was about Visitor Management and behaviours. The park has Parking enforcement officers and through the Tactical Visitor Management Group, work with other agencies to relieve parking problems, such as pop-up car parks and ticketing and there are local area plans and officers available to deal with problems such as littering and fly camping.

There was a genuine enthusiasm for future meetings and improving ways of collaboration between the National Park Authority and the local Councils.

If you have any queries about planning, there is an advice service from 9:30am to 12:00 weekdays, where you can talk to a Duty Planner, call **01539 724555**.

If you have problems with issues, such as fly camping, trespass, bad behaviours, littering etc. contact **help@lakedistrict.gov.uk**. For more criminal activity, contact the Police. *Please do not upload this address to social media as it causes spam to overwhelm the system.*

Alternatively, contact me, **ian.wharton@lakedistrict.gov.uk**

Ian Wharton

Welcome to the Rawdon-Smith Trust

The Rawdon-Smith Trust has owned the bed of Coniston Water since 1964. It is a charity and uses the fees collected from moorings and jetties for the benefit of local communities around the lake. It regularly supports voluntary bodies and charities including the Coniston Institute, local churches and village halls, the Coniston Sports and Social Centre, the Women's Institute, special activities in schools, the Ruskin Museum, St Mary's Hospice, and the Coniston Mountain Rescue Team.

The Trust also owns properties near the lake and these are managed to encourage quiet recreation and conservation. There are five Trustees, a Lake Warden, a Secretary and a Treasurer. They meet four times a year to consider grant applications.

A new website, <https://rstcharity.uk>, provides more information on the work of the Trust and there are now online application forms for moorings and grants. The next meeting of the trustees is on Tuesday 4th March.

Oxen Park News

Carthouse Community Cinema

The logo for Oxen Park Cinema Club is a dark rectangular box with a white dotted border. The text "Oxen Park Cinema Club" is centered in white within the box.

January films

Tuesday 7th - *Zone Of Interest* 7.30pm

Saturday 18th - *Dune Part Two* 7.30pm

4th February - *Past Lives* & SUPPER SPECIAL **6.30pm**

Book early to secure a seat. www.oxenparkcinemaclub.org.uk

Friday fund-raising presentations

In aid of the Oxen Park Reading Room. All at The Carthouse Cinema 7.30pm. All £5 with a raffle.

email Carol McNeill to book a seat but pay on the door. crlmcneill@gmail.com

10th January - Karen Hanks with *'Riding for The Disabled'*

24th January - *'Farming Life for a Wife'* - A panel of female farmers reflect on today's farming challenges with a Q & A

7th February - *'Tim Stead, Magician With Wood'*, a film about the amazing wood sculptor. Sponsored by Ed Mills.

Green Sparks News January

Save the date! Saturday 1st February, Spark Bridge Village Hall. Join us for a cuppa and a chat about what's happening with our new riverside notice board and all things green and sustainable.

Rural Energy Saving Grants are grants available to install energy saving/efficiency measures in rural properties - there's a link to check eligibility form here www.ruralenergysavinggrants.com, but include things like older people, older boilers, and properties that are off the gas grid.

The grant is designed to improve homes with an energy rating of E or below. We generally see an upgrade to a 'B' rating upon installation completion. All measures, including wall/loft insulation, solar panels and heating systems are fully funded, including our service and the installation, for qualifying homes.

It is estimated that there are presently 30,000+ homes in Cumbria which may qualify.

In the absence of any benefits, homes can also qualify where one household member has:

1. A cardiovascular condition (e.g. stroke, heart disease);
2. A respiratory disease (e.g. asthma, COPD, emphysema)
3. Limited mobility (e.g. arthritis)
4. Immunosuppression (a weakened immune system for a variety of reasons including diabetes, steroids or chemotherapy)

Or

The combined gross annual household income is under £31,000.

Get in touch to share your news, information about local green and sustainability activities or to join our email list greensparks.sparkbridge@gmail.com

ROOKHOW NEWS

RAINFOREST TALK AT FINSTHWAITE



'Restoring our Rusland Temperate Rainforest' talk on Thursday 16th January at 6 for 6.30pm. A talk by Marion Brown and Helen Bailey about the exciting project to protect and restore our local woodlands with a spotlight on Quakers' Wood at Rookhow. Admission £3 including tea/coffee and biscuits. Seating is limited. To reserve your place please contact John Whitley (jpw1940@yahoo.co.uk)

RECONCILIATION & CONFLICT TRANSFORMATION WEEKEND AT ROOKHOW

Booking is now open for our first retreat of 2025: 14th-16th March, a weekend exploring reconciliation and conflict transformation to become more equipped as reconcilers in our personal contexts. Using some of the learning in the Journey of Hope pilgrimage and other useful tools and models for working well with conflict. We'll also draw on natural inspiration from Quakers' Wood.

18 spaces. You can stay at Rookhow or go home each night and join us for all the sessions and meals. Contact Sue Nicholls, Rookhow Development Manager for more information and to book a space. Email- contactrookhow@gmail.com Tel: **07377 971783**

OPEN DAYS

1st & 3rd Fridays 10am-4pm throughout Winter. One of our friendly guides will be happy to show you around the site and tell you about Rookhow's history. Free admission with tea/ coffee and homemade cakes.

QUAKER MEETINGS AT ROOKHOW

All are welcome to join us for Quaker Meetings for Worship at Rookhow:

1st Wednesdays 7.30-8pm

1st & 3rd Fridays 12.30-1pm

SAVE THE DATE! 7th June

Rookhow will be celebrating its 300th anniversary on Saturday 7th June. More news soon about a day of celebrations at Rookhow.

Brantwood News and Views



Brantwood re-opens after a Winter Closure on Wednesday 8th January.

The House and Gardens will be open from 10.30am to 3pm Wednesday to Sunday, The Terrace Café will be open from 10am to 3pm Wednesday to Sunday.

Afternoon Concert

Sunday 19th January at 2pm: Ben Schoeman - Piano

We are delighted to be welcoming Ben Schoeman back to Brantwood as part of our 2024/5 series of piano recitals in the wonderful setting of Brantwood's period Drawing Room. The ambiance of a private drawing room affords the opportunity to meet the musicians and observe at close quarters the technique, interpretation and expertise of their performance in this most exquisite of venues.

London-based pianist, Ben Schoeman is a Steinway Artist. He was awarded the first prize in the 11th UNISA International Piano Competition in Pretoria, the gold medal in the Royal Over-Seas League Music Competition in London, the contemporary music prize at the Cleveland International Piano Competition, USA, the Standard Bank Young Artist Award, and the Huberte Rupert Prize for achievements in Classical Music from the South African Academy for Science and Art (SA Akademie vir Wetenskap en Kuns).



He has given solo, chamber music and concerto performances in concert halls over the world, including the Carnegie Hall in New York, Wigmore, Barbican, Cadogan, LSO St Luke's and Queen Elizabeth Halls in London, the Konzerthaus in Berlin, the Gulbenkian Auditorium in Lisbon, the Fondazione Cariplo Auditorium in Milan, the Cape Town City Hall, and the Romanian Athenaeum in Bucharest.

www.benschoeman.com Seating limited to 40. Tickets £20 (includes interval drink). Booking essential.

Exhibitions and Curator's Talks

Blue Gallery exhibition: Emissaries of the Land, an exhibition of works by Kurt Schwitters (1887 – 1948) and Derek Hyatt (1931 – 2015), curated by Michael Richardson and first exhibited at Art Space Gallery, London in 2023. The 'conversation' between these two artists takes an unexpected twist, as it now comes to the former home of John Ruskin, who joins the meeting. On show from until 2nd March 2025.

*****Join Brantwood's Director Howard Hull for a Curator's Talk on 'Emissaries of the Land'*****

Wednesday 15th January 11.30am & Wednesday 29th January 11.30am

Approx 30 min tour and talk. Free with admission.

Severn Studio exhibition: "View from a Boat; A Kayaker's Journey on Coniston Water Throughout the Seasons" by Yorkshire-based artist, Penny Hunt. This exhibition of paintings and sketches affords a view of the waters of the lake itself, the stillness and mist rising early in the morning, the choppy waters on windy days and the changing light on the banks throughout the year. On display until 28th February

For full details of all our exhibitions, events and bookings, please visit our website **www.brantwood.org.uk**. Contact

enquiries@brantwood.org.uk or call **015394 41396**

Tackling your finances - small changes with big effects

Sometimes tackling your finances can feel overwhelming, but small steps can make a big difference, and planning ahead helps you feel in control of your spending.



A quick way to understand where your money goes is to keep a spending diary for a week, then make a simple weekly or monthly budget. Have regular money check-ins where you review your finances to see what's working and if anything needs adjusting.

Prepare for predictable future expenses, like council tax, car costs, TV licence, Christmas and birthday presents, or upcoming big events like moving house. They all need to go in the budget. Putting a bit aside each month can make these expenses easier.

If you are worried about falling into debt, or already can't pay your bills, talk to South Lakes Citizens Advice. They can advise you on any benefits, grants or financial support that you might be eligible for, and help you to deal with your debt.

Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or any other problems. How to access:

Call 015394 46464 (9.30am – 2pm, Monday – Friday)

• **Adviceline: 0808 2787 984 (9am - 5pm, Monday – Friday)**

email advice via the submission page on our website
www.southlakescab.org.uk

Parish Prayer Diary January 2025

1st: On the threshold of a New Year, we recommit ourselves to God's Kingdom service, confident that He is able to do immeasurably more than all we ask or imagine, according to His power at work within us.

2nd: Pray for people rebuilding lives and communities after the recent storms.

3rd: Pray Christians in Syria will find refuge in God and trust Him through changing times. Pray the promises of the new leaders will lead to greater stability and reconciliation for all Syrian people.

4th: Pray for those who lost jobs or businesses in 2024, and for all who feel under pressure in their work; praying for new hope in 2025 and easing of financial pressures on families.

5th: **Sunday, the first day of the week**

May our heavenly Father, who manifested His only Son to the peoples of the earth, grant that we who know Him now by faith, may at the last stand in His presence and behold His glory face to face.

6th: Pray for our local Parish Councillors.

7th: Pray for children and students returning to schools, colleges and universities this week. Pray also for all teaching and non-teaching staff.

8th: Pray our local Parent & Toddler groups.

9th: Pray for all ecumenical leaders seeking to give fresh vision to the churches of personal discipleship and collective mission.

10th: Pray for *Christians in Parliament*, an All-Party Parliamentary Group which exists

to support MPs and staff in their work in the Houses of Parliament.

11th: Pray for greater action to address the current relationship between sport and gambling.

12th: Sunday, the first day of the week

At the river Jordan, our Father God, revealed Jesus as His Son: may we who have received Jesus as Saviour and Lord, know ourselves to be God's beloved children, empowered by Grace to be faithful to our calling.

13th: Pray for The Bible Society translating Bibles worldwide so people can read God's Word for themselves in their own language.

14th: Pray for children, and adults, with special needs, and their families.

15th: Pray for the Open Doors *World Watch List* launch today; a unique opportunity for MPs and the public, to hear from persecuted Christians abroad who are serving the Lord through their churches and communities.

16th: Pray for the local Voluntary Social Car Scheme and the drivers who offer their time and transport for this valued local service

17th: Pray for journalists at home and abroad exposing human injustice and exploitation, often at personal emotional or physical cost.

18th: Pray for those housebound because of age or infirmity and are dependent on Social Services, other agencies or family members to meet their daily needs.

19th: Sunday, the first day of the week

May our God of glory, nourish us with His Word - the bread of life, and fill us with His Holy Spirit that through us the light of His glory may shine in all the world.

20th: Pray for the USA's President Inauguration ceremony today and his new term of office.

21st: Pray for those working within HM Prison Services as officers and in healthcare, managerial support and administrative roles.

22nd: Pray for Refuge, the country's largest provider of specialist services empowering women, and their children, to live without violence, abuse and fear.

23rd: Pray for those who live and work in the communities of Gawthwaite, Woodgate and Subberthwaite.

24th: Pray for all influencers; may they influence honourably, in righteousness and subject to God, who alone is sovereign.

25th: Pray for medical staff in hospital, general practice and community settings.

26th: Sunday, the first day of the week

As we come to worship may we focus on Jesus, give Him all our anxieties and problems and recommit ourselves to His service.

27th: Pray for the inter-denominational Church across our nation working to bring God's Kingdom values into their local communities.

28th: Pray for Alpha course participants exploring life and the Christian faith.

29th: Pray for those awaiting hospital appointments or results of medical tests.

30th: Pray for all who suffer persecution for their faith, for courage, comfort and strength, not only to withstand suffering but also to bear witness for the glory of Christ.

31st: Pray for the United Nations and its peacekeeping forces throughout the world. Pray for their safety and their efforts of promoting peace in tough conflicts.

Quiz Answers

1. Blind Tarn 560m (Low Water 550m)
2. The Cumbria Way, Ulverston to Carlisle
3. Copper
4. 3: Torver High Common, Torver Low Common and Torver Back Common
5. Seathwaite
6. Peel Island
7. Allan Tarn
8. Anagrams:
 - Wood Gate Oxen Park
 - Ickentwaite Bandrake Head
 - Hay Bridge Tottlebank
 - Picthall
9. 7: the road, byway from Colton, footpaths from Oxen Park, High Longmire and Ridding Side, byways from Burn Knott and Old Hall Farm.
10. 6

From the Editor:

A big thank you to all our contributors, distributors and advertisers as well as the groups who have supported us financially in 2024, and best wishes for a peaceful New Year.

A handful of our regular advertisers have retired this year but we've also got some new businesses in the ads pages - please do take a look and try to support these local companies and tradespeople when you can.

Please send items for the February magazine by **15th January** to **editor@conistonandcrakechurches.co.uk** or phone **07884 232281**.

Readings for January 2025

| | | |
|------------------|--------------------------|-----------------------|
| 5 th | Isaiah 60.1 - 6 | Matthew 2.1 - 12 |
| 12 th | Acts 8.14 - 17 | Luke 3.15 - 17, 21-22 |
| 19 th | 1 Corinthians 12.1 - 11 | John 2.1 - 11 |
| 26 th | 1 Corinthians 12.12 - 31 | Luke 4.14 - 21 |

J F Hornby & Co
CHARTERED ACCOUNTANTS

More than just **Accountants**



FINANCIAL LIFE PLANS

CAPITAL GAINS TAX

TAX PLANNING

RESEARCH TAX CREDITS

PROPERTY TAX

COMPANY FORMATION

INHERITANCE TAX

CLOUD ACCOUNTANCY

PAYROLL

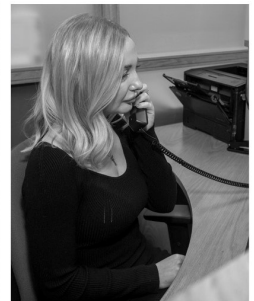
BUSINESS HEALTH CHECKS

ACCOUNTS

MANAGEMENT INFORMATION

VAT

CASH FLOW & PROFIT FORECASTS



It's not just business, it's personal

Daltongate Business Centre • Ulverston • Cumbria • LA12 7AJ
Tel: 01229 588077 • email: jfh@jfhornby.com • www.jfhornby.co.uk



GEORGIE ROBSON

Acupuncture



Call or email to book, or to schedule a 15 min discovery call

07791006173

Georgierobsonacupuncture@gmail.com

f Georgiethacupuncturist **@**



I have treated conditions such as:

| | | |
|--------------------|-----------------------|------------------|
| Lower Back Pain | Stress & Anxiety | Sports Injuries |
| Plantar Fasciitis | Long Covid Symptoms | Migraine |
| Menopause Symptoms | Women's Health Issues | Eczema |
| | | Fertility Issues |

Greenodd Village Hall

Coffee mornings/evenings, music shows and more

Find out what is going on in Greenodd Village Hall

www.greenoddvillagehall.co.uk

We are on Facebook... search for Greenodd & Penny Bridge Village Hall



ANTHONY CLARKE
FUNERAL DIRECTOR

Independently caring for families in the Crake Valley and surrounding areas for over 40 years.

015395 31481 (24h.) | www.agclarke.co.uk

Heydays



Care & Support Services

015395 52548

Your personalised alternative to residential care

LIVE-IN CARE

Enjoy living independently at home for longer

- Remain at home close to friends, family & your local community
- Peace of mind that your trusted, fully-trained carer is with you day and night
- Full support from our professionally managed team with care plans and regular assessments

Contact our friendly team:

Call us: 015395 52548

Email: info@heydayscare.co.uk

View our website: heydayscare.co.uk

Trevor Clarke

Building Contractor

For all building, plastering and roofing call for free estimate

Tel 01539 530316 or 07881 628191

Email: trevorclarke1064@gmail.com

Genki 元気
Sports Therapy

Treatment for acute and persistent pain Based in Ulverston, home visits possible, please enquire.

Tel: **07507 719202**

Email: genkispportstherapy@gmail.com

Book online or for more info: www.genkispportstherapy.co.uk

Advertise your business here from £59.50 for 12 months. Discount for non-profit organisations. Contact the Editor editor@conistonandcrakechurches.co.uk



Brown & Murray

Wills, Lasting Powers of Attorney, Probate

Offices in Millom & Barrow-in-Furness

Free no obligation home visits available in: Coniston, Hawkshead, Broughton-in-Furness & Furness Peninsula

Authorised & regulated by Council for Licensed Conveyancers

Please note, this firm are holding all the Wills and deeds for Thomas Butler & Son which closed in Broughton-in-Furness in December 2018.

Janette Carroll – Licensed Probate Practitioner

Tel: 01229 820021

E-mail: jcarroll@brownandmurray.co.uk

Brown & Murray Legal Services Ltd

Oxen Park Cinema Club

The Carhouse Community Cinema

Enjoy film in comfort and style
bring a drink over from The Manor
book seats online at:

www.oxenparkcinemaclub.org.uk

Everyone welcome

M Bigland Pest Control

Agricultural * commercial * domestic

All aspects of pest control

- Rodents/Moles/Wasps/Insects
- ULV decontamination

Lowick Green

Tel: 07425 172432

m.bigland@gmail.com

Foot Guru

Foot Healthcare Practitioner
Dip CFHP MPS Pract RGN

Mobile Appointments

- Nail trimming
- Verruca & fungal nail treatment
- Removal of callus & corns
- Ingrowing Nails
- Diabetic Foot Care

Catherine McAlister
07488 340795

Chris Parker

GARDENING SERVICES — All general gardening work undertaken, grass cutting, hedge cutting, flagging and patio laying

PARKER & SON

07552 189116 / 07837 712377

6 North Lonsdale Terrace, Ulverston
Gskchrisparker1968@outlook.com



Professional Carpet & Upholstery Cleaning



Cleans, disinfects and applies anti-static coating

Safe for use on wool carpets

Guaranteed not to stretch, shrink or split seams

Low moisture and noise levels

Leaves no resoiling sticky residues

Environmentally friendly

Fully insured

We move your furniture

**We are an independent, local company
serving South Lakes and Furness Peninsula**

Call today for a free, no obligation quote

01229 230821 07747 043919

www.revivecarpets.co.uk

The bitterness of poor quality remains long after the sweetness of low price is forgotten (Benjamin Franklin 1706 - 1790)

Torver Schoolroom

**Hall and kitchen to hire from £7/hour
Warm and well equipped
Convenient location**

Contact Juliet on **07884 232281** or email
bookings

@conistonandcrakechurches.co.uk

*www.conistonandcrakechurches.co.uk/torver
-schoolroom-bookings*

Timber Hitchings Professional Tree Care

Local professional and reliable tree
surgeon

**Please don't hesitate to contact us
regarding any tree related issue.**

07917 116939

**www.timberhitchings.co.uk
timberhitchingsptc@gmail.com**

MBSG Electrical Services

EV Chargers, Landlords' Safety
Certificates, EICR, Testing and
Inspection. New Fuseboards / Consumer
units and Distribution Boards. Central
Heating Controls, Wired or Wireless and
Smart controls. Auxiliary / Emergency /
Generator Switchovers, for those
inevitable Power Cuts / Losses. Garden
Lighting and Controls. Small jobs
undertaken, fully qualified, registered &
insured, Napit & OLEV approved
installer.

All aspects of electrical work
undertaken. Tel: **07831 007646**

www.MBSGElectrical.co.uk

MBSGElec@outlook.com

Ian Whiteway

Bookbinding and Restoration

Antiquarian to modern

Please ring Nibthwaite **01229 885024**

iamdmwhiteway@yahoo.co.uk

Also books bought pre-1970

SOLID FUEL SUPPLIES

In South Lakeland

Coal & Smokeless fuel deliveries

Domestic & business customers

Please call or message for details

07488 372851 or **01229 230041**

slsf24@icloud.com

We have tonnes & tonnes of experience

Sam Clarke

Joinery Manufacturer

Traditional box sash windows,
staircases, hardwood doors

Wood machining & woodturning

Spray finishing

e-mail **sam.clarke.5555@gmail.com**

Tel: 07789 591619

CHIMNEY SWEEP

Est 1992

Competitive rates, Fully insured

Distance no object

For all your open fires, stoves and solid
fuel Agas

015394 45117

07763 145594

Andrew Backhouse Chimney Sweep Ltd

THE RED LION

Lowick Bridge - 01229 885366

YOUR FRIENDLY LOCAL

A warm welcome awaits
from Steve and Lucy

Open every day Monday - Friday 5-10pm

Saturday & Sunday 12-10pm

Good food served every day 5.30 - 8pm

plus Saturday and Sunday 12 - 2.30pm

QUALITY REAL ALES

HERBAL MEDICINE

NATURE'S REMEDY.

For consultations and prescriptions, just get in touch.



Based in Torver call : 07810 023 493

e : ctupper@pobroadband.co.uk

www.dr.catherinetupper.co.uk

Crakeside Fish & Chips

Greenodd, LA12 7RE

Winter opening:

Tuesday to Saturday 11.30am - 2pm,

4.30 - 7pm

Sunday & Monday closed

M T Wood & Sons Roofing Contractors

All aspects of
roofing . slating . tiling

25 year manufacturer's warranty with all

Topseal Flat Roofs

Estimates free

01229 861020 07843 603617

SKY-ARB - Arb Machinery Engineer

Based in Spark Bridge but can travel to
customer.

Work on Timberwolf, Forst, Fsi,
Workyquad, Avant, etc.

Any other machinery can be discussed.

Call Andy on **07864 958846**

Josh Foster

Coppice Merchant

Hurdle & cleft oak fencing,

Firewood, kindling & charcoal

Woodland and landscape management

Bespoke craft and coppice courses

e-mail coppicemerchant@gmail.com

Tel: **07597 962365**

Chris Clinch

Property Maintenance

Kitchens & Bathrooms, joinery,
electrical and all aspects of
property maintenance.



07952 778608

Dave Pearce Tree Services

Tree work including

Dismantling & Pruning

Woodland management

Firewood processing & supply

Tel **01229 861137**

07753 472229



ambleside opticians

local independent community
eyecare

eye examination and contact lenses

glaucoma & cataract screening

diabetic eye examinations

emergency eye care service

Tel: **015394 31331**



Lowick Community Hall

Looking for a venue for your classes, meetings or parties?

Our hall is warm, spacious, versatile and *offers great value* with its low carbon heating, comfortable surroundings, green areas and large car park.

Our charges are £20 for up to two hours and £5 per subsequent hour.

Children's parties are £35 for up to four hours which includes use of small tables and chairs plus toys.

Weekly hourly classes have a reduced rate and we are available for whole day events.

Free Wi-Fi and data projector are available to all users.

Outside catering contact on request.

Our on line calendar for availability and bookings www.lowick.org.uk

For more information contact Rob Dove on 07724 451560



Coffee house *and* Restaurant

Brantwood, East of Lake,

Coniston, LA21 8AD 015394 49025

theterrace@brantwood.org.uk

Home-made light snacks & lunches

using locally sourced ingredients

Seating indoors or out with lake view

Free parking. Dogs welcome

Bespoke catering for our weddings, events,

groups & private parties. Licenced-

www.brantwood.org.uk

Coniston Carers

Providing domiciliary care for age 18+

in Coniston, Torver and Hawkshead

Established over 25 years

Contact Elaine or Brenda on

Tel: **015394 41868**

Wilkins Chimney Sweep Est 1895

HETAS Trained Police Checked

£5m Insurance

Caps and Cowl's Fitted

Appointments booked immediately

Tel: **01768 758 111**

Precision Tree Services

Based in the Lake District Tel: **07730 276279**

www.precisiontreeservices.co.uk

Certified & Insured - Tree Felling - Pruning - Hedge Cutting

On-site Firewood Processing

Paul Livesey - Arborist

Coniston Co-operative Society Ltd

YEWDALE RD, CONISTON Tel: **41247**
www.conistonco-op.co.uk

Traditional Village Store

Great range of food and wines
all at competitive prices.
coniston.coop@outlook.com



Coniston and Torver Dairy

Hawkshead Old Road, Coniston

Local milk in bottles, eggs, butter, cream
and yoghurt.

Locally grown potatoes and vegetables
We deliver locally on Tuesday, Thursday
& Saturday

Opening hours: Mon, Tue, Fri, Sat:
7.30am - 3.00pm
Tel **015394 41609**

Black Beck Farm, Bouth Caravans and Camping

Holiday Caravans Shepherd's Hut
Glamping Lodges Gypsy Bow Top
Camping area with electric hook-ups
Tents, touring caravans and motorhomes
welcome

www.blackbeckfarmholidaycaravans.co.uk

Tel: **01229 861284**
yewbarrowview@yahoo.co.uk

Chris Harrison (Landscapes)

All types of stone walling, fencing, patios.
Grass cutting, hedge cutting
Pick-up and trailer hire
stone delivered from the quarry
Tel **Lowick 07739 027632**

**Wooden Floor
Sanding and Finishing Ltd**
contact Adam on **07483 855937**
or email
adamhughes0482@gmail.com

THE FLOWER BASKET

Hawkshead Old Road, Coniston

Flowers for every occasion, delivered locally
Open 7.30am to 3.00pm except Weds and
Sunday



Contact Anne on
015394 41609

Janet Smedley
M.C.S.P., H.C.P.C. Registered



Chartered Physiotherapist

Phone: 07831 219849 • janet@jesphysio.co.uk

Get the Care You Need

www.jesphysio.co.uk

Unit C, Dixon's Court, 101 Lake Road, Ambleside, Cumbria LA22 0DB

Saunders & Son

— Funeral Directors —



Established over 100 years

Tel **015395 32566**
07580 863585

24 hour availability

liam@saundersfunerals.com
www.saundersfunerals.com

Now providing Golden Leaves Funeral Plans

Regular events

| | | |
|--|--|-----------------------------|
| Monday | Knitting and Stitching, 7pm | Greenodd Village Hall |
| Monday | Basketball, 7 - 8pm | Coniston S & S Centre |
| Monday | Short Mat Indoor Bowling, 1 - 3pm, no experience needed | Greenodd Village Hall |
| 2 nd & 4 th Friday | Tottle-Art: Art Group 10.30am - 12.30 | Tottlebank Baptist Church |
| Tuesday | Coffee and Chat, 9.45 - 10.45am | Greenodd Village Hall |
| Tuesday | Coniston CAMEO 2 - 4pm | Coniston Institute |
| Tuesday | Youth Club age 11 & over 7 - 9pm | Coniston S & S Centre |
| Wednesday | Parent and Toddler Group 9.30 - 11.30am (term time only) | Coniston S & S Centre |
| Wednesday | Beginners Pilates, 4.30pm | Greenodd Village Hall |
| Wednesday | Lowick Parent & Toddler Group 9.30 - 11.30am (term time only) £1.50 | Lowick Community Hall |
| Wednesday | Community Lunch, 1pm sharp, £7.50 | Farmers Arms, Lowick |
| Thursday | "Young at Heart" exercise and lunch, 11am £5 (term time only) or just come for lunch at 12 noon. | Coniston S&S Centre |
| Thursday | Volunteer Day 9.30 - 3.30pm | Brantwood Gardens |
| Thursday | Zumba 6.30pm with Valentyna | Coniston Primary School |
| Thursday | Netball Skills 6.30 - 7.30pm | Coniston S & S Centre |
| 2 nd Tuesday | Egton WI, 7.30pm | Greenodd Village Hall |
| 2 nd Tuesday | Ulverston Repair Café 6.30-8.30pm | Croftlands Community Centre |
| 3 rd Tuesday | Coniston WI, 7.30pm, | Coniston Institute |
| 1 st Wednesday | Charity Quiz, 8pm, £3 per person | Coniston S & S Centre |
| 1 st Wednesday | Prayer Hour - 10 - 11am | St Mary's, Penny Bridge |
| 3 rd Wednesday | Coffee Morning 10.30am - 12.30pm | Bouth Village Hall |

What's On Guide - January

| | | |
|------------------------|--|---------------------------|
| 7 th | Egton cum Newland Parish Council 7pm | Greenodd Village Hall |
| 7 th | Film: Zone of Interest, 7.30pm | Carthouse Cinema |
| 8 th | Prayer Hour, 10 - 11am | St Mary's, Penny Bridge |
| 8 th | Lunch and Dominoes, 12.30pm | Coniston Institute |
| 10 th | Talk - Riding for the Disabled, 7.30pm | Carthouse Cinema |
| 15 th | Curator's Talk, 11.30am with Howard Hull | Brantwood |
| 16 th | Talk: Restoring our Rainforest, 6pm see p 15 | Finsthwaite |
| 16 th | Lowick Parish Council 7.30pm | Lowick Comm Hall |
| 17 th | Concert: Angie Palmer & Bill Buckley, 7.30pm | Water Yeat Village Hall |
| 18 th | Film: Dune Part 2, 7.30pm | Carthouse Cinema |
| 18 th | Burns Night Supper see page 8 | Coniston Institute |
| 19 th | Potato Day 10am see page 2 | Greenodd Village Hall |
| 19 th | Concert: Ben Schoeman, 2pm see page 16 | Brantwood |
| 19 th | Concert: Shane Cook & the Woodchippers, 7pm | Coniston Institute |
| 20 th | Community Lunch, 12.30pm see page 7 | Coniston Institute |
| 20 th | Colton Parish Council 7pm | Finsthwaite & Lakeside VH |
| 22 nd | Bouth Coffee Morning 10.30am | Bouth Village Hall |
| 23 rd | Talk: Prehistoric Furness, 7pm | Water Yeat Village Hall |
| 24 th | Discussion: Farming Life for a wife, 7.30pm | Carthouse Cinema |
| 25 th | Burns Night and poetry | Farmers Arms |
| 27 th | Mothers' Union planning meeting | |
| 29 th | Curator's Talk, 11.30am with Howard Hull | Brantwood |
| 1 st Feb | Green Sparks event | Spark Bridge Village Hall |



CONISTON INSTITUTE

Sunday 19th January

Tickets £15 online @ conistoninstitute.uk

Box office : 07789591619

Doors 7:00pm Performance 8:00pm

No bar bring your own drinks & snacks

WATER YEAT VILLAGE HALL

PRESENTS

Angie Palmer and Bill Buckley

Friday 17th January, 8pm

£15 either cash or card on the door or in advance with

www.wegotickets.com/wateryeatvillagehall

Doors open at 7.30pm, café/table seating
No bar – bring your own drinks and nibbles
www.e-voice.org.uk/wyvh

Bob Harris has called Angie ‘one of Britain’s greatest singer songwriters’ and she has played on his shows numerous times. Her albums all gained four and five star reviews in the music press. A talented guitarist and vocalist with a range that can at turns go from Joni Mitchell clarity to Janis Joplin growl.



Prehistoric Furness – an illustrated presentation



by Dan
Elsworth from
Greenlane
Archaeology

Thursday 23rd
January, 7pm
for 7.30 start.

Discover the lives of the first permanent inhabitants

£5 entry, including tea/coffee on arrival.

www.e-voice.org.uk/wyvh