

Coniston and Crake Valley News



Coniston
&Crake
Churches

July 2025 www.conistonandcrakechurches.co.uk

Reverend Joanna Henson

Easter Sunday is always a particularly joyful time for Christians as we turn from the sadness of Good Friday to the celebration of Jesus' resurrection from the dead. The service this year at Colton was particularly special because it marked the end of Joanna Henson's public ministry amongst us. She has been a faithful servant over many years first as a Lay Reader and then as an ordained minister. At a time when she had retired from work and 'could put her feet up' she answered God's call and took on the academic and practical work necessary in order to be ordained and serve in this Benefice. Rachel Tarr put it into words as she said that Joanna had 'married their children and baptised their grandchildren!' Many of

you, in the community, will also remember the gentle and sensitive way that Joanna handled the funeral services of loved ones.

At the end of the Easter service she was presented with flowers and an Easter egg which had inscribed on it the words 'He is risen'. It was the living Lord Jesus Joanna first committed herself to as a young girl and who has been her strength ever since.

The current vicar in the Benefice, the Reverend Brian Streeter, said that *"Joanna has always been a willing and active member of the ministry team. She eagerly contributed to and supported the work with children and young people, including in our local schools. I am sure that Joanna and Bob will continue to be active in our church family in the bottom of the valley, but they can now take life a little bit easier"*.

We look forward to the next chapter in Joanna's ministry and service to our communities.



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

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Churches in Coniston and the Crake Valley

To contact any of the Churchwardens, pastoral team, retired clergy or lay ministers please call or email the Administrators.

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 July 2025

6th	Third Sunday after Trinity		
St. Luke Torver	9.00am	Bikers' Breakfast	Hazel Bowness, Linda Inman, Val Towndrow & CMA
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	Morning Worship	Paulette Bissell
13th	Fourth Sunday after Trinity		
Holy Trinity Colton	10.00am	Holy Communion	Rev David Bickersteth
St. Andrew Coniston	11.00am	Holy Communion by Extension	Pamela Hull
St. Mary Penny Bridge	11.00am	Healing Service	Rev Harry Welch
Coniston Methodist	11.00am	Holy Communion	Rev Grace Cauldwell
20th	Fifth Sunday after Trinity		
St. Luke Torver	9.00am	Holy Communion	Rev Brian Streeter
St. Andrew Coniston	11.00am	Morning Worship and Baptism	Rev Brian Streeter
St. Mary Penny Bridge	11.00am	Morning Worship	Pamela Hull
Coniston Methodist	11.00am	Morning Worship	Alex Stewart
27th	Sixth Sunday after Trinity		
St Luke , Lowick	9.30am	Methodist Service	Rev Grace Cauldwell
Holy Trinity , Colton	10.00am	Morning Worship	Pam Priestley
St. Andrew Coniston	11.00am	Holy Communion	Rev Brian Streeter
St. Luke Torver	7.00pm	Torver Junction	Rev Brian Streeter
Coniston Methodist	11.00am	Morning Worship	Dare Holland

Tottlebank Baptist Church - warmly invites you to our Saturday Special

The next one is on Saturday 26th July, 10.15 am - 12.30 pm - the title is "Jacob's Grasp" (Genesis 25:19-34). All welcome.

Pastoral Letter from Pam Priestley

Dear All,

A few evenings ago we watched a television programme in which Jamie Oliver, the well known chef, talked about his life with dyslexia. He talked about his school days and how things that seemed so easy for others, such as reading and writing, were so difficult for him. The recollection of that has prompted him to start a campaign to enable young children to be screened for dyslexia but also for teachers to have more training in teaching neurodiverse children rather than using the same academic pattern for all.

A few days before I watched that programme I was preparing for an 'all age service' on the theme of Pentecost, when the Holy Spirit was given to the disciples. It struck me as never before, when I looked at the text, how God used 'pictures' to communicate mind-blowing truth. There was no lecture on the theology of the Holy Spirit as they sat in a classroom but the disciples 'saw' flames of fire and they 'heard' a rushing wind. A 5 year old in the service could see (and did) that when he blew a toy windmill the fans went round and his 11 year old cousin could explain that you couldn't point to the wind but you could see what it did.

Jesus taught through stories and picture language knowing that all would be able to understand. He pointed to the soil at the wayside, to the lilies of the field, to bread being baked. Jesus was passionate about the message he was giving - a message for all, young and old, clever and simple, rich and poor. The people who listened found that they could begin to see and understand and trust Jesus. In fact, his fiercest criticism was towards those who wanted to make truth complicated and wordy so that ordinary people felt defeated and marginalised.

On the day of Pentecost people saw quite clearly the difference the Holy Spirit had made in the disciples. May our passion and 'campaign' in the church today be to speak clearly and show the love of Jesus in our lives.

Love, Pam

Around the Parishes : Colton

Don't forget....

Colton Church coffee morning

Saturday July 19th, 10am -12noon

Bouth Village Hall

Cake Stall prior to the draw of the Annual Raffle

£1 entry includes coffee and biscuits.

Colton Parish Council News

The room was packed for the annual parish open meeting held at Finsthwaite & Lakeside Village Hall with guest speaker Gavin Capstick, Chief Executive of the Lake District National Park Authority. Thank you to Gavin, everyone who came along, who submitted a question and who helped make the meeting a great success.

Underlying all the questions raised was the theme of how LDNPA can work alongside communities to achieve a balance between the needs of local people, supporting sustainable and thriving communities and LDNPA's statutory purposes of conserving and enhancing the natural beauty, wildlife and cultural heritage of the National Parks; and promoting opportunities for the understanding and enjoyment of the special qualities by the public.

It was good to hear Gavin talk about building a broader based economy that will enable people to live and work locally; and to hear about LDNPA's commitment to tackling climate change. But Gavin was honest about the obstacles, the lack of resources and the limitations of the Park Authorities Powers.

The way forward seems to be working with partner organisations, including communities, businesses and the local authority.

Additional issues raised by people who came along included:

Tackling social isolation, loneliness and mental health

Improving our roads and lanes – and fixing potholes; please note we can all report these problems using the link from this webpage <https://www.westmorlandandfurness.gov.uk/parking-streets-and-transport/streets-roads-and-pavements>

The impacts, positive and negative, of large events on small communities

Litter and dog fouling

A longer report from our meeting will be on our website soon. To share your views on these and any other issues that affect local people, please get in touch.

20mph Consultation

Make sure you have your say on this initiative. Go to <https://www.westmorlandandfurness.gov.uk/> and search **20mph consultation** or call into one of the local libraries for details. The consultation closes on 18th July.

New Parish Clerk

We are delighted to welcome our new Clerk, Shelley Muldoon. Shelley has been working alongside our locum clerk, Beth Workman, for the last few weeks and will take over the role from 1st July. The contact details remain clerk@coltonparishcouncil.org.uk or 07761 485956 (please email if you can, but if you can't, please call and leave a message).

Join us at our next meeting 7pm Monday 21st July at Rusland Reading Room. All welcome! Please note we do not have a meeting in August but please come and talk to us at our stand at Rusland Show on Saturday 16th August. See <https://coltonparishcouncil.org.uk/>

Lowick

Lowick Parish Council

Paul Forshaw from United Utilities has agreed to attend our meeting in July to updated us on the new pressure management system recently installed on the mains water supply at Lowick Bridge, and to discuss the recent work to the leak on the Fell Road on Lowick Common. We hope as many parishioners will attend as the last time he visited.

Your councillors have distributed a Lowick Newsletter survey asking Parishioners for their thoughts and feedback on how to spend the legacy left to them in Nigel Lord's will. Nigel's expressed wish is that this should be used for the benefit of all parishioners of Lowick Council. Your ideas will be discussed at the next Council meeting on 17 July 2025.

It has been brought to our attention that Fibrus intended to implement their planned erection of telegraph poles carrying overhead fibre broadband along the public highway across Lowick Common before discussing this with the landowner, This falls under permitted development rights so does not require full planning permission. The Landowners are in discussions with Fibrus and the work has been put on hold, they are keeping us informed on progress. We have discussed this with Hyperfast Networks External Stakeholders Manager and are hopeful that a satisfactory compromise can be achieved. The installation in other areas of our Parish is still progressing but the hold on this part of the network will delay areas which require its connectivity first.

We have learned of an environmentally focused Woodland Management Project within our Parish which is being developed with The Forestry Commission and Woodland Trust. The councillors discussed the summary of the report submitted to The Lake District National Park Authority and are very much in favour of the development and its ethos to protect and cultivate a small parcel of woodland in The National Park from over-commercialisation whilst actively encouraging the local wildlife.

Two Planning applications were accepted on condition that their development complied to the Lowick Parish Plan.

Your councillors were all extremely disappointed to hear that the LDNPA have served an enforcement order for the removal of the small tool shed near Lowick Green, despite the vast majority of parishioners being in favour of its purpose.

Our Clerk intends to retire in the near future so we are looking for someone to take over her duties. A full job description is available, please contact lowickpc@outlook.com if you are interested. We should also like to hear from you if you are interested in becoming a councillor.

Our next Meeting will be at the Lowick Community Hall on the 17th July 2025 at 7:30 pm everyone is very welcome to attend.

Egton cum Newland

Alecia Karr, Pink Tribute: Saturday 19th July,

Disco & Live Performance

8-11pm. Tickets £12, call **07949 587710**



The Crake Valley Friendship Club's next outing is on 16th July.

We are going to Caledonia Park at Gretna, followed by a cruise on the Ullswater steamer.

Spare seats are available to non-members at a cost of £18 (steamer will be extra). Contact Anne on 01229 861278.

Greenodd Mobile Post Office is now only open on Tuesday mornings 9am -12.30pm.

Duck Race



Save the date for the famous

SPARK BRIDGE DUCK RACE

August 10th at 2pm

Coniston & Torver

John Ruskin School class of 75 Reunion Night

Coniston Social Club, Saturday 19th July

If you've had any connection to the school since it opened in the 60s please come along and join the celebrations.

Bring your friends for a fabulous summer's night of live music and dancing from 9pm

Donations on the door. All profits will go to John Ruskin School HSA

For more information text/WhatsApp **Helen on 07583 371275**

Listening to views in Coniston

In the next few weeks, Chris Clark, Coniston's Children, Youth and Community Worker, will again start to walk around every house in Coniston and surrounding area, to ask how people are feeling about village life and whether they think there is

anything the community needs. He will be accompanied by one or two village locals and will be carrying identification! He very much looks forward to meeting you and to hearing what you have to say.

Chris can be contacted at: conistoncommunityworker@gmail.com or 07594 775046

Coniston Cooperative Society

The CCS Committee has been working with Matthews Benjamin to remedy the lack of a tenant in the shop at 5 Yewdale Road. Now it looks as if issues have been resolved and hopefully the shop will be occupied soon, and on a long-term contract. The 'Bluebird' banner will be removed and activity inside will be evident. Help from Co-operatives UK is ongoing and should lead to new Rules of Governance for members to approve.

Rainfall, Garden House, Coniston - May 2025

Total - 176.3mm (6.9")

Wet days - 11

More than 1mm on 10 days

Wettest day - 28th - 58.5mm (2.3")

Slight frost on the 6th

Torver Parish Council

The annual audit has been completed successfully. At its meeting of 19th June, councillors considered, approved, and signed the annual accounts. There is still a vacancy for a councillor, and anyone interested should contact the Chair, Peter Wolf, for further details.

The success of the VE Day celebration was noted, and thanks expressed to all those involved in its organisation.

Reports



May Mothers' Union Report

Members of Coniston Mothers' Union met on Ascension Day which their worship reflected by using readings and prayers from various sources for the day.

Following reports, notices and ideas for their 120th birthday next year, all members gave accounts of people or things that had influenced them during their lives. These ranged from books to TV plays, letters about war work, parents, grandparents, and teachers, which promoted much discussion and memories of childhood.

Their next meeting is an outing to Piel Island, Rampside, Barrow, after being invited to Dalton to help members celebrate their 110th birthday.

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

New Saturday Orienteering series for young families

Once a month on Saturday afternoons starting on 13th September at Water Park Woods near Lowick. There are also events most Wednesday evenings with courses for beginners and families.

Find out more and sign up via www.Lakeland-orienteeing.org.uk

Rush hat making Course Saturday 19th July

This is a one day course, open to all, no prior skills or experience necessary.

So, if you would like to make your own summer sun hat from rush, which I harvest myself, then you will be most welcome. It makes a very light weight yet durable hat.

Round top or Boater style

Venue – Water Yeat Village Hall

Cost - £85 (includes a simple veg lunch)

Timings 9.30 - 5.30

More details and how to book please go to my website www.oakswills.co.uk

Any queries please contact me on Owenjones2008@btinternet.com

Or **077 877 12434**

Egton WI

Our June meeting with flower arranger Norma Halpin got us off to a great start. She enthralled us both with her flower arrangements but also with her rhetoric, how she combines the two is a skill in itself. Her beautiful arrangements were then raffled off so several members went home very happy.

Our tea party followed on the Saturday with 64 sitting down to a splendid spread provided by our committee members. We received some lovely comments from our guests and THANK YOU SO MUCH for your continued support. We hope to have raised around £450 profit (due to your generosity) which will go to the dementia nurses at the Hospice.

At the end of the month we have a trip to see David Ryland near Penrith where we can view his gardens, watch a demonstration then have a cream tea, all sounds good to me. This will be followed by our MP Michelle Scrogam visiting Greenodd Village Hall to give us an insight to her first year in parliament. This has been organised by our county but as it is to be at "our home" we will assist with the soup lunch prior to her talk. More on that next month.

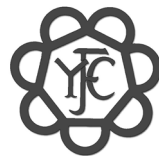
Our July meeting on Tuesday 8th sees Steve Cove coming to give us a talk entitled "History beneath your feet". If you fancy coming along to discover the answer to that and to try us out you will be made very welcome, ladies.

For further information contact **Gill** on **07519 144799**.

theWI
INSPIRING WOMEN

Lowick Young Farmers Club

Over the past few months, Lowick Young Farmers have been exceptionally busy preparing for Field Day 2025. This year's event was kindly hosted by the Thompson Family, Grayrigg YFC at Poppy Farm, Selside, on Saturday 24th May.



In the lead-up to Field Day, our members took part in 'Pre-Field Day competitions' including Stock Judging, Tug of War, Karaoke, Woodwork, Sewing, Photography, and many more. Each of these contributed to the club's overall Field Day score and showcased the diverse talents of our members.

Despite the weather not being quite what we had hoped for, everyone had an enjoyable day. From fancy dress catwalks as the Ugly Sisters to Flower Arranging, Country Dancing, and Egg Throwing, the enthusiasm of our members shone through.

The standard of competition across all categories was outstanding, and every member should be incredibly proud of their efforts. A special congratulations goes to those who qualified for Northern Area Weekend, with particular recognition for our Junior Tug of War Team, who secured 1st place after months of dedicated training. This year's Northern Area Weekend will take place on Saturday 14th June at Low Beckside Farm, Mungrisdale, kindly hosted by the Ernest Cook Trust. We wish all our members the very best of luck!

As the Young Farmers' calendar draws to a close, we reflect on what has been another remarkable year for Lowick YFC. Since hosting Field Day at Nettleslack Farm just 12 months ago, time has flown by!

We recently held our Annual General Meeting on Wednesday 4th June at Lowick Community Hall, where current, past, and supporting members gathered to celebrate the year's achievements. We extended our thanks to the outgoing officers for their dedication and welcomed new faces into leading roles within the club.

As I step into the role of Chair, I know I have big shoes to fill. However, with the support of a committed team, I am confident that the year ahead will be another great success for Lowick Young Farmers.

Hayley Simpson

Chairwoman



Green Sparks News

The Cumbria Climate Assembly has published an inspiring, powerful and challenging set of recommendations for action by individuals, communities, politicians and businesses. See <https://zerocarboncumbria.co.uk/leading-change/cumbria-climate-assembly-recommendations/#recommendations>

Peatland restoration You can read a new local report about the importance of peatland restoration for nature recovery, flood management and tackling climate change, here: [https://www.westmorlandandfurness.gov.uk/sites/default/files/2025-04/Why is Peatland Important.pdf](https://www.westmorlandandfurness.gov.uk/sites/default/files/2025-04/Why%20is%20Peatland%20Important.pdf)

Improving our lakes and rivers Recent heavy rain has contributed to yet another deluge of sewage into our lakes and rivers. To keep up to date see:

South Cumbria Rivers Trust <https://scrt.co.uk/>

Swimfo: bathing water quality monitoring <https://environment.data.gov.uk/bwq/profiles/>

Love Windermere Partnership <https://lovewindermere.co.uk/>

Save Windermere Campaign <https://www.savewindermere.com/>

For advice if you have a **septic tank** see: <https://content.freshwaterhabitats.org.uk/2015/02/Septic-Tank-WEB.pdf>

Upcoming free webinars on Zoom from Future Proof Cumbria (previously CAFs) include:

Behind the Seams: The Hidden Cost of Cheap Clothing 6pm 10th July

Unpacked: Electric Vehicles 7pm 14th July

And young people looking for a future role in tackling climate change can sign up for the **Changemakers of Tomorrow: Youth Climate Leadership Programme**. Places are limited so contact Future Proof Cumbria as soon as you can.

For details and booking see <https://cafs.org.uk/events/>

Keep in touch and share news and information by emailing us at greensparks.sparkbridge@gmail.com

Update from the National Trust in the South Lakes



There's so much going on at National Trust properties this summer.

At **Beatrix Potter's Hill Top** there's a new display **Pets to Page: The Tale of Two Bad Mice**. Go on a journey from inspiration to conservation, with Beatrix Potter's newly conserved dolls' house at the heart of the story, which recently featured in BBC Two's Hidden Treasures of the National Trust, Series 3 Episode 1. See original artwork, animations, and a new display in the Scullery, charting Beatrix Potter's work with the National Trust to preserve the Lake District. This is available from 15 Feb–2 Nov, 10am–5pm. Also, this summer - storytelling and short yoga sessions in the orchard and a celebration of Beatrix's Potter's birthday. See website for dates.

Wray Castle

Summer of Play kicks off on 28th June and stretches across the summer holidays. Designed for families and children of all ages, Wray's outdoor spaces will become zones of activity. Enjoy outdoor games and get creative.

Wray grounds tours run at 10.30 and 2.30 every day where you can learn more about the castle and grounds at Wray.

Since November 2024, the Castle has been closed to allow for a **major refurbishment programme**, including urgent and essential conservation, roof and repair works, fire protection, security upgrades, and rewiring. This work is part of our commitment to preserving the building for future generations. The parkland, grounds, car park, and toilets all remain open, with seasonal outdoor activities continuing. Joey's Café is also open daily 9.30 to 4.30.

The **Historic Steam Yacht Gondola** at Coniston Pier

Summer is the perfect time to experience steam in action with a peaceful lake cruise aboard this heritage vessel. Take the Mountain Cruise at 10.50, Heart of the Lake Cruise at 12 noon or Full Lake Cruise at 2pm on Coniston Water. Ticket charges apply, 10% discount for NT members.

Exciting New Venture - Tabitha Twitchit's Bookshop

A new standalone National Trust second-hand bookshop named Tabitha Twitchits, will open in August in the former Beatrix Potter Gallery in Hawkshead. The building was permanently closed as the Beatrix Potter Gallery at the end of 2022 due to environmental challenges affecting the collection. By opening Tabitha Twitchit's Bookshop, we will ensure the building is once again useful and supportive of the local community and businesses in Hawkshead.

Interested in volunteering at Tabitha Twitchit's? Visit the National Trust volunteering hub to register your interest www.myvolunteering.nationaltrust.org.uk

We now need a lot of second-hand books! If you or anyone you know has any books that need a new home, please think of us! Books for donation can be dropped off at Hill Top or let us know and we can arrange collection call 01539 436269 or email hilltop@nationaltrust.org.uk

Our work in the South Lakes

Windermere West Shore: Harrowslack

As part of our nature restoration work and our visitor management plan, work has been taking place on the Windermere West Shore just beyond the NT Harrowslack car park. New fencing has been installed on the lakeshore past the cattle grid at Strawberry Gardens to support revegetation of this area of lakeshore which has become vulnerable to erosion because of visitor pressure over many years. Additional work includes changes to the lakeshore laybys to manage parking more effectively. The National Trust, along with other partners, are working on several additional measures to manage the anti-social behaviour which can on occasion occur.

Coniston & Little Langdale

To support our visitor management around Cathedral Quarry, improvements have been made to waymarking providing signposted routes, from Tilberthwaite and Hodge Close car parks as well as through Stang End and Slater's Bridge. There has

also been work to manage erosion issues to footpaths around Slaters Bridge and a webpage on the National Trust website offering information to manage visitors' expectations and help them plan a visit.

Contact us

If you have any queries or would like further information, please contact southlakes@nationaltrust.org.uk

Water Yeat Village Hall

2025 Autumn talks programme

Thursday 18th September – A talk about Lowick Common with Nigel Gilligan

A journey through Lowick Common led by local Naturalist Nigel Gilligan, to show the wealth of creatures and plants this mixed habitat nature reserve supports, a lowland of heath, grassland and fen areas which are home to a range of specialist species. Its dotted with ponds containing the rare medicinal leech.

Thursday 30th October - a talk by Andy Lowe - Power from the fells

Many of you will have heard Andy talk before, his passion and knowledge about the cultural history of the Lake District is not to be missed.

Thursday 20th November - A talk by Dan Elsworth - Ulverston foundries and their products.

An insight into what was made, where and when. We are pleased to welcome back Dan for another fascinating historical talk.

<https://e-voice.org.uk/wyvh/>

Doors open at 7pm for a 7.30pm start

All talks are £5 entry, including tea/coffee/biscuits on arrival.

BRANTWOOD NEWS AND VIEWS

Our two new exhibitions continue in the Blue Gallery and Severn Studio: **THE GREAT TREES OF CUMBRIA** - Exhibition of Drawings by Tony Galuidi in the Blue Gallery continues until 10th August. **WILD OF WING** by Rachel Singleton in the Severn Studio until 28th September.

During July we have two outdoor theatre performances by Illyria in our lakeside meadow.

Friday 11th July 6.30pm The Merry Wives of Windsor by William Shakespeare. Running time (approx): 2hrs 20mins (inc 20 minute interval). Suitable for all ages. Tickets can be booked through Illyria: <https://www.ticketsource.co.uk/illyria/t-xmkmmpz>

Tuesday 22nd July 6.30pm The Wind in the Willows by Kenneth Grahame, adapted by Oliver Gray. Running time (approx): 1hr 40mins (inc 20 minute interval). Suitable for ages 5+ (younger children also welcome!) Book through Illyria: <https://www.ticketsource.co.uk/illyria/t-dvzvvyko>

The logo for Brantwood, featuring a stylized 'B' with a series of vertical lines of varying heights to its right, resembling a mountain range or a stylized 'm'. Below this graphic, the word 'Brantwood' is written in a serif font.

For both performances, gates open 5.30pm. Please bring seating/rug. Tickets: Adults £18; Students £10; Children (4-16) £10 (under 4s free). Well-behaved dogs on leads are permitted. Venue is NOT wheelchair accessible. Coniston Launch will be running a service to and from each performance.

From 23rd July our **Go Wild! Wednesdays** family events are back for the Summer Holidays. Full details of activities can be found on the website.

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**.

The Farmers Arms/Grizedale Arts

Changing faces: since the last newsletter we have welcomed a fantastic new Bar Manager Murray – a local chap (from Askam-in-Furness), who really, really knows his beer (and his philosophy). Murray has made a HUGE impact already, ensuring we source the best supplies, creating a great atmosphere and generally going down a storm! Murray is making some great changes, introducing a range of new seasonal spritzes (using fresh ingredients from our gardens and locally produced spirits, just £8 a pop) and freshly pickled bar snacks, and, along with his colleague, the lovely Evie, ensuring regular music nights on Fridays and soon a regular pub quiz – look out on our social for up-to-date information about those, plus see below for a reminder of our opening hours.

Opening Hours:

Wednesday: 5:00pm – 10:00pm

Thursday: 1:00pm – 2:00pm Community Lunch; 5:00pm – 10:00pm

Friday: 3:00pm – 11:00pm Live Music & Pizza

Saturday: 11:00am – 4:00pm Café Teen; bar opening: 12:00pm – 11:00pm Curry Night

Sunday: 12:00pm – 5:00pm Sunday Roast

WHAT'S ON?

Workshops, Courses and events (see <https://lakedistrictfarmersarms.com/whats-on/>)

Saturday July 5: National Meadows Day. We are marking **National Meadows Day** at The Farmer's Arms with a **Learn to Scythe** workshop on Friday 4 July, and a fun and informative hands-on workshop on Saturday 5 July with Grizedale Arts Head Gardener Karen Guthrie (**Making a Meadow**, £12 per person), followed by **Diana's Orchard Grand Opening** – the launch event for our new community orchard grown with community, free family friendly activities and refreshments on the day, 1.30pm to 3.30pm, FREE to attend.

Monday 7 July to Saturday 12 July, 9:30am to 5:00pm daily: Learn to Construct a Timber Frame with Jack Cardno. This workshop is part of building **THE BLACK SHED** a construction project to build a small fully accessible house up at **Lawson Park** (Lawson Park is a second site owned by Grizedale Arts) and a learning platform aiming to build skills and capacity among women and marginalised genders

in construction and self-building. This is a 1-week workshop in contemporary timber-framing, led by specialist Jack Cardno with residential (£700) and non-residential (£300) and concessions (£100) places available. This workshop will take you through the process of constructing a structural frame from timber working with locally grown timber. We will start by laying various foundation types and learning the process of site carpentry. By the end of the week, we will raise the frame together and have a self-standing structure. No experience required.

Thurs 17 July to Tues 22 July, 9:30am to 5:00pm daily: Building Walls with Hannah-Lily Lanyon. Join us for a second one-week workshop focused on **The Black Shed** build, this time to explore the practice and theory of building walls with natural materials, led by Hannah-Lily Lanyon. This workshop will focus on how to enclose and insulate a building, working with natural materials, and learning the theory and practical application of constructing and living with a natural and breathable building. Again, no experience required.

More Black Shed courses will be added to the workshops and courses section of our website for later in the season so look out for those.

COMING UP IN AUGUST BUT AVAILABLE TO BOOK SOON:

29 August to 31 August 2025, 10:00am - 4:00pm: we are pleased to announce the return of our popular **Social Clay Pottery Festival** for what will be its fourth year at The Farmer's Arms. Join us for the three-day informal gathering of people using clay and crafts in a political, educational and social way. It's usually a lot of fun! With activities for everyone, talks and live music. Please see the website for more information, **£35 Weekend ticket without camping; £60 with camping**

Rookhow

EMERGENCY/ RELIEF CLEANER AT ROOKHOW

If anyone would be interested in being on our list of available cleaners when our wonderful cleaners are busy or away, please let me know. Pay £14 per hour. Usual turnaround is 4-6 hours. Contact: Sue Nicholls, Development Manager. 07377 971783.

Email- contactrookhow@gmail.com Come up to Rookhow for a look around and a chat.



Quiet days at Rookhow

Thursday 11th September 10am-4pm 'A sense of place'

Monday 17th November 10am-4pm 'Craft and woodland meditation'

Enjoy a day's peace in the tranquility of Rookhow Quaker Meeting House and woodland.

To book a space, email Sue Nicholls contactrookhow@gmail.com

No charge. Donations welcome.

Quaker Meetings in the Rusland Valley

Every 1st Wednesday 7.30-8pm

Every 1st and 3rd Friday 12.30-1pm

Non Quakers and local people are welcome, even if you have not been to a Quaker Meeting before. Join with others in a gathered silence. Rookhow, LA12 8LA

Open Days

Rookhow continues to be open to the public on the 1st and 3rd Friday of every month 10am-4pm. Come and be shown round the 300 year old Meeting House, take time to wander in the woodland (Rookhow is a member of the Quiet Garden movement).and chat with our friendly volunteers over tea and homemade cakes. All are welcome. No charge. Donations welcome.

Christmas and New Year availability

We have availability in the Bunkbarn over Christmas and New Year so if anyone is planning a big family or friends get together, please get in touch. Sole use (includes woodland). Minimum 2 nights. £390 per night for the Bunkbarn. 7 nights for the price of 6. Up to 16 people. Website: rookhow.org.uk

Rusland Valley is celebrating its 140th Show this summer.

Back in 1871, six local farmers and gardeners came up with the idea of holding a small flower show and plant sale - the rest is history and the show has never looked back!

Some sports have changed over the years - there's no longer pillow fighting or the 'running high leap', but we have a host of Fell and Track races for adults and children, entered on the day, with cash prizes for adults & trophies for children 8-16 years. There's the Tug of War and the fiercely contested famous Egg Throwing Competition! You can also enter many of the horticulture, home produce, art and handicraft classes. 'We're a traditional show for the community to get together, but we really welcome visitors from far and wide', says Show Secretary Maureen Boyren. 'We love it when more people enter the show and display their talent.'

Please come along to one of Cumbria's smallest and friendliest shows, situated in one of the loveliest valleys in the South Lakes. There's a class for everyone!

This year's show takes place on

Saturday August 16th at Whitestock Meadow, Rusland, LA12 8LB.
Entry £5 adults, £1 children which includes entry to the sports competitions. See the poster on the back pages and ruslandshow.org for more details and how to enter.

Grants from the Rawdon-Smith Trust

The Rawdon-Smith Trust is a charity that owns the bed of Coniston Water and uses the fees collected from moorings and jetties for the benefit of local communities around the lake.

The Trust's website: rstcharity.uk provides more information on its work and it has an application form for grants. The Trust regularly supports voluntary bodies and charities and recent grants have been made to the Coniston Cricket Club, the Women's Institute, the Coniston Bowling Club and the Hawkshead Brownies and Guides.

Trustees meet four times each year to consider requests. Applications for grants must be made online through the website and be submitted at least 7 days prior to a meeting. The Trust's next meeting is on 21st August.

Parish Prayer Diary July 2025

1st: Pray for the troubled parts of our world: the influential leaders and the victims of their decisions.

2nd: Pray for our Government, especially the Foreign Office.

3rd: Pray for bereaved parents who have lost a child of any age, through any circumstance.

4th: Pray for medical and health professionals working in the midst of danger and deprivation,

in war zones, refugee camps, disaster areas and where epidemics are raging.

5th: Pray for those who are researching life-threatening diseases and developing new medical treatments.

6th: Sunday, the first day of the week

Pray that God our Saviour would look on this wounded world in pity and power and hold us fast to His promise of peace that passes all understanding won for us at Calvary.

7th: Pray for people rebuilding lives and communities following natural disasters.

8th: Pray for children in their final days of primary school as they prepare to begin secondary education in the new academic year.

9th: Pray for people who have fallen into the clutches of illegal money lenders who charge excessive interest rates and sometimes threaten violence towards those who cannot repay.

10th: Pray for an end to the terrible conflict in Sudan, praying especially for protection, comfort and provision for Christians there who have no safe place to go. Pray for a brighter future for Sudan, where ordinary people will be able to eat and sleep in safety.

11th: Pray for people who have an online gambling problem, and for their families helping them overcome their addiction.

12th: Pray for the Keswick Convention as it begins 3 weeks of Christian worship, teaching and fellowship.

13th: Sunday, the first day of the week

May our loving God, who is the comforter and healer of the broken, teach us His ways of gentleness and peace, that through our prayers and witness the world may experience His Kingdom Life

14th: Pray for churches in deprived areas reaching out in Gospel compassion with initiatives of practical help and support.

15th: Pray young people finding it difficult to learn in a traditional classroom setting, will be guided to projects where they can learn valuable skills that link to real employment opportunities locally.

16th: Pray for The Smiles Foundation, a Christian charity working in Romania with disadvantaged children, families, minority groups, the homeless, disabled, abused and the elderly.

17th: Pray for the National Crime Agency and others to be increasingly successful in convicting smuggling gangs who exploit the vulnerable for huge financial profit.

18th: Pray for pupils, teaching and support staff as schools close this week for the summer break.

19th: Pray for new Christians who through the Internet have been reached with the Gospel and received biblical teaching, discipleship training and encouragement.

20th: Sunday, the first day of the week

Pray our Heavenly Father will send upon His Church the riches of the Spirit that all who profess Jesus as Lord may serve in holiness and truth, to the glory of His name.

21st: Pray for the Church Mission Society (CMS) equipping Christians to share the love of Jesus in their communities and overseas.

22nd: Pray for The Children's Trust charity supporting children with acquired brain injury and their families.

23rd: Pray for Pharmacists working in hospital or community settings.

24th: Pray for The Samaritans charity: the wellbeing of the volunteers who answer the phones and for adequate funding to keep the free talk lines operating day and night (116 123).

25th: Pray for people living a full and productive life despite a diagnosis of Schizophrenia, but having to endure social stigma and discrimination regarding their condition.

26th: Pray for those who live and work in the communities of Mansrigg, Newland, Next Ness and Plumpton.

27th: Sunday, the first day of the week

Pray God may enable us to discern Him in all that we see and that refreshed and sustained by His presence and grace we may serve Him in all that we do.

28th: Pray for our local Parish Councillors.

29th: Pray for those living in residential and supported housing.

30th: Pray for the liberation of the millions caught in human trafficking and modern slavery across the world.

31st: Pray for charities such as WaterAid working to enable the world's poorest people have access to clean, safe water and sanitation.

Please send all articles and events for the August Magazine by July 15th to editor@conistonandcrakechurches.co.uk or call Juliet on 07884 232281.

Job Opportunity

A new

EDITOR

is needed for the Coniston and Crake Valley News

This is a paid role, taking around 2 - 3 days per month.
Would suit someone with a good knowledge of Microsoft Office Suite but training will be given. The role is remote, the hours and days are flexible and a laptop will be provided.
For more information please contact Juliet on 07884 232281
or

editor@conistonandcrakechurches.co.uk

From the Registers

Ulverston Cemetery, 9th June: Interment of Ashes for Donald Wilkinson

St Andrew, Coniston, 20th July: Baptism of Daniel John Roy Warne

Readings for July 2025

6 th	2 Kings 5.1-14	Luke 10.1-11, 16-21
13 th	Amos 7.7-17	Luke 10.25-37
20 th	Amos 8.1-12	Luke 10.38-42
27 th	Hosea 1.2-10	Luke 11.1-13

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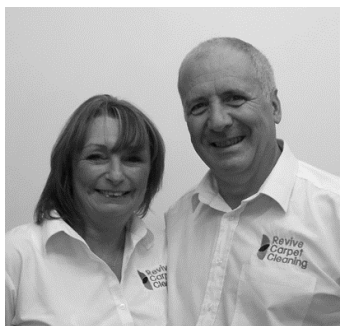
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Unfortunately we have not been able to contact a few of our 2024 advertisers to ask them if they wanted to continue advertising in 2025 so we've made the decision to remove those ads as of April - if you were expecting to see your advert here and it isn't in, please get in touch with us to arrange payment. Thank you for your understanding, Editor.

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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	Yoga 7 - 8pm 07471 421 153 to book	Coniston S & S Centre
Wednesday	Lowick Parent & Toddler Group 9.30 - 11.30am (term time only) £1.50	Lowick Community Hall
Wednesday	Walking Football, 6.30 - 8pm	Coniston S & S Centre
Thursday	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
Friday	Parent and Toddler Group 1 - 3pm (term time only)	Coniston S & S Centre
Friday	Junior Cricket	Coniston Cricket Club
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 - July

4 th	Learn to Scythe see page 15	Farmers Arms, Lowick
5 th	National Meadows Day workshop see page 15	Farmers Arms, Lowick
11 th	Outdoor Theatre: Shakespeare see page 14	Brantwood
16 th	Crake Valley Friendship Club trip see page 8	Greenodd
17 th	Lowick Parish Council 7.30pm	Lowick Community Hall
19 th	Rush Hat making workshop, see page 10	Water Yeat Village Hall
19 th	Colton Church Coffee Morning, 10am	Bouth Village Hall
19 th	John Ruskin School Reunion, see page 8	Coniston S & S Club
19 th	Live music: Alecia Karr, Pink Tribute see page 8	Greenodd Village Hall
20 th	Coniston Country Fair	Coniston Hall
21 st	Colton Parish Council 7pm	Rusland Reading Room
22 nd	Outdoor Theatre: Wind in the Willows see p 14	Brantwood

SUMMER EVENTS NOT TO MISS!

August 10 th	Spark Bridge Duck Race
August 16 th	Rusland Show see back page
August 17 th	Lakeland Country Fair, Torver
August 19 th	Hawkshead Show
August 30 th	Millom & Broughton Show
September 6 th	Lowick Show see opposite
September 10 th - 11 th	Westmorland County Show

LOWICK SHOW

the Lowick 'L'al Royal' show

Saturday 6th September 2025

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- Children's Competitions: Pet Show (Pet and owner look-alike), Fancy Dress, Obstacle Course, Children's Races
- Craft Tent, Refreshments, Ice-Creams, Local skills and crafts demonstrations
- Free Circus skills workshops by Jesters
 - Tug of War (*cash prize*)
 - Music event after the Show!

ADMISSION: ADULTS: £5.00 CHILDREN under 16: £1.00

Contact: Maureen Boyren, Hill Park Farm, Colton, Ulverston. LA12 8HP Telephone: 01229 885300

Email: ruslandshowinfo@gmail.com

Website: www.ruslandshow.org

Show Schedule and Entry Form on the website
or contact the Secretary (see above)

Find us on Facebook: Rusland Valley Horticultural Society Ltd

