

Coniston and Crake Valley News



September 2024 www.conistonandcrakechurches.co.uk



**Saturday
7th Sept
2024**
gates open 8:30am

LOWICK SHOW

the Lowick 'L'al Royal' show

Adults £7.50 | Under 16's £2.50 | Under 5's FREE | Car Park FREE
save £1 on advanced adult tickets, buy them at www.lowickshow.co.uk

Classes to enter... Livestock/Horses/Home Produce
Enter on the day... Novelty Dogs/ Children's Races/
Cumberland Wrestling
On the Field... Refreshment Tent/
Trade Stands/Local Crafts Tent/
Beer Tent-open throughout the day and into the evening.



SAT NAV LA12 8EE

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
-----------------	---	--------------

ADMINISTRATOR & MAGAZINE EDITOR

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

ADMINISTRATOR

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

<p>To contact any of the Churchwardens, pastoral team, retired clergy or lay ministers please call or email the Administrator, Juliet.</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. Our moderator is Rev. Andrew Dodd. 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 September 2024

1st	Fourteenth Sunday after Trinity		
Schoolroom Torver	9.00am	Bikers' Breakfast	CMA/Linda, Val & Hazel
St. Luke Lowick	9.30am	Holy Communion	Rev Joanna Henson
St. Mary Penny Bridge	11.00am	Holy Communion	Rev Joanna Henson

8th	Fifteenth Sunday after Trinity		
Holy Trinity Colton	10.00am	Holy Communion	Rev David Bickersteth
St. Andrew Coniston	11.00am	Morning Worship	

15th	Sixteenth Sunday after Trinity		
St. Luke Torver	9.00am	to be confirmed	
St. Mary Penny Bridge	11.00am	Harvest, Holy Communion	Rev Harry Welch, Pam Priestley

22nd	Seventeenth 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 Harry Welch

29th	Eighteenth Sunday after Trinity		
St. Andrew Coniston	11.00am	Harvest Service	
Greenodd Village Hall	11.00am	Holy Communion	Rev David Bickersteth

From the Registers

St. Luke, Torver, 27th July, Funeral: John William Harrison

St. Andrew, Coniston, 13th August, Funeral: Stella Claire de Gruchy

St. Mary, Penny Bridge, 23rd August, Funeral: Christine Anne Parker

St. Andrew, Coniston, 28th September, Baptism: Jack Matthew Hamish Nay and
George William Alexander Jones

From the Editor:

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

Cover photo: Rusland Show fell race

Pastoral Letter - Pam Priestley

Dear All,

Being a complete dunce at anything athletic myself, I have watched the Olympics in the last 2 weeks with amazement, marvelling at what the human body is capable of (well, some human bodies anyway!) It has been lovely to see hundreds of young athletes showing such enthusiasm and passion for their particular sport and particularly heartwarming to see them celebrating each other's success when missing out on a coveted medal.

During this year's Olympics, there have been reminders of the 1924 games, also held in Paris. Who can forget that iconic music and opening scene of the film 'Chariots of Fire' telling the story of the British athletes who ran for their country then. One of them, Eric Liddell, will be remembered by most people as the athlete who stuck to his Christian principles and refused to run the race which he was expected to win, as it was taking place on Sunday. He felt strongly as a committed Christian that it was the God-given day of rest and he was not going to compete on that day. If you have seen the film, you will know what happened He entered another race and won gold and returned home to Scotland in a blaze of glory.

The following year he was again at Waverley station in Edinburgh to board a train. Crowds were there as before to give an overwhelming send off. What was it this time - the European championships? the World championships? No, they were seeing him off as he set out for China, to be a Christian missionary, teaching and training young people there and at the same time telling them of the love Jesus had for them. Some years later he died in a Japanese internment camp aged 43.

It perhaps seems foolish, crazy, a waste of time, for a man with such tremendous gifts, who had achieved such fame but Eric's motive was clear and is beautifully expressed by the apostle Paul, 'I consider everything a loss compared to the surpassing greatness of knowing Christ Jesus my Lord, for whose sake I have lost all things.' A truth, I believe, open to all!

With love,

Pam

Around the Parishes : Colton

Bouth Coffee Morning

Bouth Village Hall coffee morning is back on the **18th September** to 10.30-12.30.

Colton Church Coffee Morning

A very big thankyou to all those who made cakes, sold raffle tickets and donated prizes. It was a very successful coffee morning in Bouth's Reading Room, well supported and resulted in the magnificent sum of £1060 being raised. Thankyou to everyone.

Save the date! - Colton Church Harvest Supper is to be held on the 4th October, in the Church Hall after the Farmers' Harvest Service. Anyone wanting to attend please give your names to Sue Dean on **01229 861435**, or **07769 551155**, before 25th September.

Colton Parish Council News

It was great to meet so many of you at Rusland Show and to talk to you about how we can work together for our community. Please keep in touch. Speak to your local Councillor or see our website for how to contact us, meeting times, minutes and agendas <https://coltonparishcouncil.org.uk/>

Colton was one of several local parish councils that met with representatives of the Lake District National Park Authority (LDNPA) last month to talk about LDNPA's strategic direction and to meet newly appointed next Chief Executive of the National Park, Gavin Capstick. Gavin will be working alongside the outgoing Chief Executive Richard Leaf for a transition period for the next few weeks. Discussions focused on planning processes and what the authority can do to help promote achieving a balanced economy that meets the needs of local communities, including supporting the development of affordable and local occupancy housing and managing the environmental impact of new developments.

This meeting was intended to help build understanding and improve working between LDNPA and local parish councils. In the past there have been concerns voiced about how LDNPA makes decisions, whether the decisions taken reflect local concerns and how planning infringements are tackled.

Representatives of LDNPA told us about how the Planning Committee base decisions on the Park's current strategic plans (available on their website) and how the enforcement team has been increased to improve effectiveness. If you want to know more about LDNPA's approach to planning, or see <https://www.lakedistrict.gov.uk/planning>

It was acknowledged that the meeting was a good first step and that there is further work to do to. We'll keep you posted.

In other news, we are working with local volunteers to bring back the Colton Parish Council foodbank appeals. Local foodbanks report significant drops in donations, making it harder for them to support people struggling with the cost of living. All the major supermarkets host foodbank drop-off points so in the meantime you can donate dried and tinned items when you shop. All contributions will be greatly appreciated.

Representatives of South Windermere Sailing Club (SWSC) came along to our July meeting to tell us about the work they have been doing to build a vision for potential redevelopment of the North Camp YMCA site. At time of writing, the site's future is still undecided, with YMCA aiming to sell it, causing concern that a local resource which supports young people to spend time learning and having fun outdoors may be lost. The Sailing Club told us how they hope to expand their sailing offer, including access for disabled young people who wish to try sailing.

Colton Parish Council's next meetings are 7pm Monday 2nd September at Finsthwaite and Lakeside Village Hall and 7pm Monday 7th October at Rusland Reading Room. All welcome!

Coffee afternoon for Macmillan

Join us for coffee and cake for Macmillan in Greenodd Village Hall on **Friday 27th September** from 2pm to 4pm. Lots of stalls including: Chocolate tombola, donations for this will be much appreciated by Linda. Cakes, Raffle, bric-a-brac and more, lots of items to buy. Donations for these stalls will also be welcomed. Admission £2 to include coffee and cake or biscuit. Do join us to raise money for a worthy cause. *Jean and the team.*

	<p>Saturday 27th September</p> <p>Greenodd Village Hall</p> <p>Doors open 7.30pm, show starts at 8pm</p> <p>Tickets £15</p> <p>01229 861638</p>
--	---

Coffee Morning

Saturday 14th September, 10am - 12noon at Greenodd Village Hall

Raffle Tombola Cakes Books

In aid of Haverthwaite Surgery Medical Equipment fund

A big thank you!

The Spark Bridge Village Hall duck race took place on Sunday 11th August.

A warm and sunny day ensured that the event was well supported, with everyone enjoying the refreshments, games, raffle and of course the main event – ducks swimming along the Crake.

£1,334 was raised to support the running costs of the village hall.

Winners: 1st prize: Linda Scrogam 2nd prize: Slinger Woods 3rd prize: Anna Hryukow

The village hall committee would like to say a huge thanks to everyone who came and supported, and a special thanks to all those who gave their time to help on the day – it really is appreciated.

See you next year!



Crake Valley Friendship Club

Our next coach trip of 2024 on **18th September** is a “MYSTERY TRIP”

There are spare seats on the coach which are up for grabs for non-members, anyone is welcome to join us.

£18 for non members

Please contact **Anne on 01229 861278**

Coach leaves Greenodd at 9am

ADVANCE NOTICE!

Greenodd Village Hall proudly present

An evening with VOCE

Friday 25th October

Tickets £12 from email: greenoddvillagehall@outlook.com

Phone: 0771 335 1623

Popular music with a classical twist



Wildflower Plug Planting at Boon Crag this September

We need your help to restore the wildflower hay meadows at Boon Crag this summer!

Since the 1930's, we have lost 97% of our wildflower meadows in Britain and now it only covers 1% of the land. Species rich grasslands, like hay meadows, are important for many reasons. To name a few of their ecosystem services; these habitats help increase pollination, improve soil health, act as natural flood defenses, improve animal health and provide nutritious food.

Cumbria Wildlife Trust and the National Trust are working together to restore traditional hay meadows to three of the fields at Coniston and the more helping hands we can get, the better.

Activity: Wildflower Plug Planting

Location: Boon Crag, Coniston.

Date: 12th September: Boon Crag 2 w3w///sneezing.slider.flat
13th September: Boon Crag 2

Time: 10am - 3:30pm

Parking:

Parcel 2 & 3: Monk Coniston Car Park or a car park in Coniston

What to bring: Warm waterproof clothing and sturdy boots. Sun hat and suncream - weather depending. Packed lunch and drinks. your own working gloves and spade if you have them but they will be provided. We hope to see you there.

Coniston & Torver

Rainfall, Garden House, Coniston - July 2024

Total - 140.6mm (5.5ins)

Wet days - 20

More than 1mm on 19 days

Wettest day - 2nd - 22.5mm (0.9ins)

Coniston Co-op

The Co-op Committee met on Thursday 8th August. Following correspondence from Co-operatives UK, members resolved to work more closely with that organisation. As the voice of the UK's co-operative movement, it empowers and supports co-operative enterprise with specialised knowledge and expertise, to grow the co-operative economy and create a fairer society. It develops co-ops by providing specialist advice to co-operative businesses and securing funding to support the sector to grow and thrive. Belinda Roach, Membership Manager will visit Coniston to offer an appraisal. The Committee's next meeting is scheduled for Thursday 12th September.

Call at the Co-op

Coniston Medical Practice will be offering FLU vaccinations and COVID boosters to patients who are over 65 years and under 65s in at risk groups from early October. Further information regarding dates for clinics to follow.

Denise Waring (A82613) Coniston Medical Practice

Coniston X712 Bus Walkers

"What is this life, if full of care, we have no time to stand and stare"

Why not occasionally enjoy a gentle, sociable guided walk of about 3 to 4 hours based on the Blue Works bus south bound services? These go to Ulverston, Broughton and Barrow via the north and south coasts of the Furness Peninsula. We leave Coniston on either the X7 or the X12 morning service at 9.30am from Coniston District Nursing Association Bus Shelter. The leaders often join at Haws Bank. We return to Coniston by 2.30 or 3.30 in the afternoon. In the summer we tend to eat sandwiches on the greensward. In the winter we often go to a pub or café. We do not have to return to our starting point. We can enjoy a drink.

Current future dates are Wednesday **18th September, 23rd October, 20th November and 11th December**. Feel free just to turn up in your walking clothes. If you would like to be put on our mailing list, or to check that arrangements have not changed, please email **roberthenrymccracken@outlook.com**. You will be very welcome.

Coniston Local History Society

16th September - George Kitching's Lakeland Walking Tales
Coniston Institute, 2.30pm, £3 entry

Your Community is calling for a 20mph Speed Limit – Have Your Say!



Coniston Parish Council has provisionally secured funding through Westmorland and Furness Council to reduce the speed limit in Coniston to 20mph. This initiative aims to promote safer roads, reduce vehicle noise, and enhance the environment for more walking and cycling.

Speed limits will only be reduced to 20mph if your wider community supports the scheme and therefore, we need your input.

Why Participate?

Safer Roads: A 20mph speed limit significantly reduces the risk of accidents and makes our streets safer for everyone.

Quieter Neighbourhoods: Lower speeds mean less noise from traffic, creating a more peaceful community.

Greener Environment: Encouraging walking and cycling helps reduce carbon emissions and promotes a healthier lifestyle.

How to Get Involved

The public consultation launches on Wednesday 4th September until Friday 18th October. You can find the proposals and provide feedback to the consultation by:

Visiting www.westmorlandandfurness.gov.uk/20mph

Checking the details at your local library or local link

You can also share your views with the Westmorland and Furness team from 4pm to 7pm at:

Urswick Parish Rooms on Thursday 19th September

Coniston Reading Room on Monday 23rd September

Kendal Town Hall on Tuesday 8th October

Ambleside Parish Centre on Thursday 10th October

Your Opinion Matters

Speed limits will only be reduced to 20mph if the wider community supports the scheme. Have your say by Friday 18th October and help to shape the future of our roads.

Join Us in Helping Our Community!

Are you ready to make a difference in times of need?

The Coniston Resilience Group is a partnership between Coniston Parish Council, the Fire and Rescue Service, Coniston Mountain Rescue Team, and other key organisations and as part of its renewed Emergency Plan. Key to the success of this plan is attracting dedicated volunteers to work as part of a team to support the community's response to emergencies.

What would the volunteers do?

We need volunteer to support the Trustees at the Sports and Social Centre which has been developed as the local Emergency Hub for aid, support, and co-ordination in times of need

We need people to take a lead as Community Support and Communication Co-ordinators who will liaise between the emergency hub and those part of the parish that are outside the village centre e.g. East of the Lake, Hawes Bank, Tilberthwaite, and Little Langdale to ensure that those in need know where to find support, or if they are unable to get to the Emergency Hub to identify what their needs are to those who may be able to help.

Why Volunteer?

Make a real impact:

Help your neighbours and community in their time of need.

Receive training from experienced emergency services.

Be part of a team

How to Get Involved

Contact us directly: Call **Michael Dearnley, Parish Clerk, on 01539 441 442** or

email parish@coniston.info

Join Us Today!

Together, we can ensure that our community is safe and resilient, no matter what challenges we face. Your help can make all the difference during local emergencies.

Lowick

Lowick Farm Planning opinions

The agricultural shed recently erected in Lowick Green, at Mr Clegg's old house, is *considerably* larger than the previous one and dominates the adjacent properties. It is also able to be seen from public highways and the village green and as a result has elicited comments from the wider community.

Lowick Green residents are concerned and upset at the reality of the height of the building and proximity to boundaries. The planners in this instance have shown a lack of empathy and more importantly a lack of foresight in being dismissive of the concerns raised in numerous objections over the additional height of the new building compared to the original shed and how it would impact on neighbouring properties.

The fact that the LDNP granted permission for such a building was astonishing and the community thinks the planners, in particular the planning officer responsible for recommending approval, should visit the site to see what their decision making has resulted in.

Lowick Parish Council

The Lake District National Park Authority invited all Councillors within W&F's wards for a "Meet, Greet and Eat" session at Brockholes with Gavin Chapstick (elected future chairman) to provide an opportunity for honest and open dialogue with the LDNPA's senior members, including those responsible for visitor management and the Development Management Teams. Lowick Parish Council attended to express our disapproval of decisions made by the Authority which undermined our Democratically generated Parish Plan. We also expressed our loss of confidence in LDNPA. We have resolved to support Lake Parish Council's vote of no confidence in the LDNPA.

All Councillors expressed their concern regarding the lack of enforcement to control parking, pollution, litter, wild camping and bad behaviour by visitors within the Park. Councillors said they felt decisions were made with little regard for local residents. Authority Members listened to voiced concerns but did not discuss solutions. Their response was that they had to follow the legally binding planning rules and the LDNPA's current Plan which would not be updated till 2025. We questioned their definition of a "farm" but did not receive a satisfactory response. The only positive outcome was that they were keen to attend our Parish meetings. We intend to keep them to their promise and hope residents will attend future meetings to air their views.

Frequent water mains bursts have caused loss of supply, road closure from Woodgate crossroads to The Red Lion, flooded and damaged properties, detours to access our Church, Community Centre and The Red Lion, increased HGV traffic day and night through Lowick to supply Gawthwaite with water. Delays in resurfacing have meant the road being closed for several weeks multiple times this year. Frustration has been increased when reported problems have been closed prior to any consultation. Our County Councillor, Suzanne Pender is supporting Lowick Parish by dealing with United Utilities regarding all these issues. A United Utilities representative will attend our meeting on **2nd October 2024** at 7.30pm in the Community Hall. Please come along and make your frustrations heard.

Reports



Mothers' Union

Their next meeting is an outing to Barton Grange on **September 26th**, All welcome at our meetings and outings: contact **Kay: 015394 41559**.

Advanced Notice

Notice that an open meeting is being organised by Coniston St Andrew's Mothers' Union on **Thursday 31st October** at 2pm in the Coniston Institute Reading Room when the speaker will be a member of SPRINGFIELDS, the Kendal organisation who support Men and Women suffering with Domestic Abuse. Come and learn of their valuable work. Open to all and put the date in your diaries.

Girl Guiding

Now is the time to register your daughter to join in with all the fun Girlguiding offers. We have Rainbow, Brownie and Guide Units in Hawkshead, but girls travel in from a wide area. Girls need to be five or older in the term they join. To join in as a young member or part of our volunteering team please visit our website for more information and how to register, it does not take long and I shall get back to you.



Thank you to everyone who supported our fundraising efforts to take ten Brownies to Brussels and also the older group of Rangers who are going on a service trip to India. The Brownies had a wonderful time in Brussels visiting the Atomium, Mini Europe, and Legoland.

T4U Also Girlguiding, along with a large team of helpers, take part in the Teams4u Shoebox appeal. We will be making the boxes and packing them to be sent the week beginning November 18th: 1pm Monday, 11am Tuesday and Wednesday, everyone is very welcome to come along and help. Donations are gratefully received and can be paid via BACS into the Brownie account, or you can make a special shoebox. Details of how to do this are on the Teams4u website. We also need hats, scarves, gloves, mittens, wrist warmers, toothpaste, brush, comb, pencils, pens crayons, rulers, rubbers, small balls, toys and easy games. Do ring me on **015394 41245** if you need any more information.

Judith Myers

BRANTWOOD NEWS AND VIEWS



In the Blue Gallery we have **RADIANT FORM: RUSKIN AND SHELLS**. Ruskin was a keen collector of shells, fascinated by their manifold shapes, patterns and colours. He produced his own studies of shells for use as teaching aids. From the decorative arts to architecture, from mathematics to cosmic symbolism, the spiral forms of shells have always inspired questions about our relationship to the natural world. On display until 29th September.

In the Severn Studio 'Pull My Thread – Textiles for a Cool Planet' by BLUE PATCH continues until 22nd September. Blue Patch is the UK's sustainable directory and a community for small businesses. This exhibition will be followed on 28th September by "View from a Boat; A Kayaker's Journey on Coniston Water Throughout the Seasons" by Yorkshire-based artist, Penny Hunt.

For those wishing to get out of doors to enjoy an Indian Summer, we have a Foraging and Wild Medicine Walk on Saturday 7th September from 9:30am - 1:30 pm. Miscellaneous Adventures are delighted to be hosting a morning of foraging, plant medicine and nature connection in the beautiful woodlands and estate of Brantwood. Refreshments and all materials and equipment provided. £60 per person. For further information and booking details, go to Miscellaneous Adventures: www.miscellaneousadventures.co.uk

On 14th September, we have a Botanical Casting Workshop. Join botanical casting artist and expert Caroline Wright for the day at Brantwood. Spend the morning learning how to make botanical plaster casts with a selection of flowers and foliage provided by Caroline, some of which she will have collected from the gardens at Brantwood. Each person will take home a 7" square and a 7" round cast. All materials and aprons provided. The day includes refreshments and lunch in Brantwood's Terrace Café. £130 pp.

On Saturday 21st September we are delighted to welcome the lovely Ebony for another Fell Pony Drawing Workshop. This is a unique opportunity to draw, paint or sculpt a Fell Pony in the beautiful setting of Brantwood's lakeside meadow. Please bring your own preferred materials (shelter and seating provided!). 10.00am - 4.00pm. £35 per person (includes tea/coffee vouchers and 10% discount in the Terrace Café). Participants are welcome to bring their own packed lunch. All proceeds to the Fell Pony Heritage Trust.

For full details of all our exhibitions and events, please visit our website www.brantwood.org.uk. Box office: enquiries@brantwood.org.uk or call **015394 41396**.

Oxen Park Cinema Club

Oxen Park Cinema Club

We have recently heard that we have been accepted as a full charity; promoted, after a lot of paperwork, from a small charity. Now we can get on with showing films from our new and innovative programme. Most of our films are taken from film festivals, special screenings and rarely on the main circuit and we spend many weeks deciding on the best films to show and which ones will appeal to you our audience. So check out our website to see what is on, collect a programme from the Carthouse door pocket or you might even get one delivered to your door. Membership (£10) is not necessary but will save you on every booking and it supports us in managing this amazing rural facility.

September films (see last month) are 3rd - ***Wicked Little Letters*** and 14th - ***Four Daughters***. The first October film is *Oppenheimer* - one to book in to if you missed it earlier this year. Check the website for all our carefully selected films. www.oxenparkcinemaclub.org.uk **Carol**



ROOKHOW NEWS

Rapid Rainforest Assessment Day - Friday 13th September: BOOK NOW!



As part of the Species Survival Project, Rookhow will be hosting a Rapid Rainforest Assessment Day with Rainforest Adviser Georgie Stephens on Friday 13th September 10am-3pm. The day will include an introduction to temperate rainforests as well as the chance to assess some of the habitat in Quakers' Wood. **Please email me if you would like to book**, giving your mobile number and an emergency contact mobile number. 10am-3pm. Bring a packed lunch. 20 spaces

volunteers needed - Fridays at Rookhow

Volunteers meet at Rookhow every Friday to help maintain the grounds and buildings. There are always lots of jobs to be done! From weeding the car park, to fixing things, digging out invasive species to help protect the woodland, sorting books and games and splitting kindling. Volunteers say it feels purposeful and they feel part of a community. If you can spare an hour or two, please come along. Non-Quakers welcome too! Bring a packed lunch. Homemade cake, teas and coffees and good chat included. Contact Sue if you're interested.

Open days - 1st & 3rd Fridays

Rookhow continues to be open to the public on the 1st and 3rd Friday of every month 10am-4pm. Our friendly guides will show you around and you're welcome to wander in the woods. If you have a group who would like to visit, please get in touch.

Quaker Meetings in the Rusland Valley

There will be a Quaker Meeting for Worship on the 1st Wednesday of every month 7.30-8pm and on the 1st and 3rd Fridays 12.30-1pm. Come and enjoy the peace and silence. All welcome, even if it is your first time in a Quaker Meeting.

Support for community groups

Rookhow has many different groups who stay, including some subsidised stays for groups who would not otherwise be able to afford a break away. We have sent a message of solidarity and support to any of our community groups who may have been affected by recent events.

Our purpose at Rookhow is to foster inclusivity, strengthen community bonds and

value and celebrate diversity. We remain committed to helping to create a more just and compassionate society, where everyone feels safe and valued. We will continue to support the welcoming of groups from all backgrounds at Rookhow.

October retreat at Rookhow

We're running a creative and restorative weekend at Rookhow 11th-13th October on 'Restore-Nurture-Create'. Woodland games, eco-printing, crafts and music. Join with Quakers and non-Quakers to enjoy the woodland and some good company. Suggested donation £75 per person. People will be asked to contribute to meals.

For more details, email: **Sue Nicholls**, Rookhow Development Manager.

Email: **contactrookhow@gmail.com** Tel. **07377 971783**

Website: **rookhow.org.uk**

Green Sparks News

Zero Carbon Cumbria has launched **The Low Carbon Food Programme** designed to help anyone with an interest in food reduce their carbon footprint - whether you produce, sell, cook or just eat it! The aim is to build up information and resources to help all us adopt a more sustainable approach to food. One to watch over the coming months. See **www.zerocarbondumbria.co.uk**

For a good starting point, learn about **South Lakes Action on Climate Change Waste to Well Being Project**. see **www.slacc.org.uk/wiw/** or, the **Ulverston Food Project**, which aims to reduce food waste by redistributing food headed for landfill. Find them on Facebook.

Is your child moving school or have they simply grown over the summer holidays? Donated school uniforms for schools in and around Ulverston are available from the **Ulverston Preloved School Uniform Project**. Find them on Facebook.

Schools, community groups, Parish and Town Councils are all invited to apply for grants of £250 to £2,500 for **tree, hedge and orchard planting projects** that involve young people under 21. See **www.treecouncil.org.uk** The closing date for applications is 1st December 2024.

Upcoming **Cumbria Wildlife** events include a **Conservation Day at Lowick Common Nature Reserve** 10am - 3pm on Wednesday 28th August and the **Great Big Beach Clean** Saturday 31st August. There are various venues, including the Round House Hub & Cafe Barrow. See **www.cumbriawildlifetrust.org.uk**

Saturday 12th October has been declared a **Climate Day of Action** by the Climate Coalition, which is encouraging everyone to talk to their local MP about tackling the climate and nature emergencies in early October.

See **www.peopleclimatenature.org** for ideas, resources and activities. If you are taking part, please get in touch so we can share your story.

Contact us **greensparks.sparkbridge@gmail.com**

A THOUGHT FOR THE MONTH by Rev. David Gregg
SEPTEMBER : AUTUMN FRUIT

The (apocryphal) story is told in the aftermath of the cataclysmic Third World War, which had virtually wiped out the human population. A lone man, who thought himself to be the sole survivor, was wandering around in a daze. To his great surprise he saw on a hillside the entrance to a cave, from which a beautiful woman emerged carrying something in her hand. She called out to him, "Would you like an apple?" "Oh, No!" he said, we're not starting *that* all over again!"

September, the beginning of the Autumn Fruit Season, gives opportunity to consider one of the major themes of the Bible, "Fruit and Fruit Trees" In the Hebrew Scriptures it begins with fruit as a gift of Almighty God on the third day of Creation. Planted in Eden and given to Adam to tend, and to sustain him – except for the "forbidden fruit" of the Tree of Life, which Eve, tempted by Satan, eventually eats (and gives to Adam to eat) bringing about the "Fall" into sin of the whole human race. We also read, in the Law of Moses, that fruit trees are to be left as 'unclean' for three years, the fruit 'given to the LORD' for the fourth year and the people only in the fifth year – a lesson in discipline and patience. The Psalms give us Fruit in season as the way to prosperity (Psalm 1:3) and children as the Fruit of the womb (Psalm 127:3).

In the New Testament, the vocabulary of *karpos* ("Fruit"), *akarpos* ("Unfruitful") and *karpopheros* ("Fruit-bearing") have the general sense of 'fruit' being the direct result of deliberate human actions, for good or ill. For John the Baptist, the avoidance of the coming Wrath of God is the good fruit of repentance (Matthew 3:8) and the lack of it will result in destruction (v.10). In the Sermon on the Mount, the Lord Jesus Christ draws extensively on the imagery of a tree and its fruit:

"Beware of false prophets, who come to you in sheep's clothing but inwardly are ravenous wolves. You will recognize them by their fruits. Are grapes gathered from thorn bushes, or figs from thistles? So, every healthy tree bears good fruit, but the diseased tree bears bad fruit. A healthy tree cannot bear bad fruit, nor can a diseased tree bear good fruit. Every tree that does not bear good fruit is cut down and thrown into the fire. Thus you will recognize them by their fruits."

(= Matthew 7 vv. 15-20 from the English Standard Version)

("You will recognize them by their fruits" is arguably the key text for the interpretation of "fruit" in the New Testament.)

The Apostle Paul uses the 'fruit' imagery extensively. The faith of believers is the fruit of the preaching of the Gospel (Colossians 1:6). The fruit of the (Holy) Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control (Galatians 5:22,23) and is contrasted with the *works* of the flesh. And the fruit of "light" is tellingly paired with "the unfruitful works of darkness" (Ephesians 5:9-11). Finally, the 12 kinds of fruit on the tree of life, in the closing Chapter of the Book of Revelation, round off the biblical story, and are thought to be a symbol of the abundance of Almighty God's final provision in the conquest of Evil by Good.

In this present age (as in *every* past age), it is the Sovereignty of Almighty God, and the ultimate triumph of *His* coming Kingdom, that is our sure and certain hope and expectation. The features of His ultimate *will* spelt out in the fruit of the Spirit, are in stark contrast to the Seven Deadly Sins (Pride, Greed, Wrath, Envy, Lust, Gluttony and Sloth/Laziness that motivate world evil. “*Your* will be done” is our confident prayer, despite all the turmoil that surrounds us. (For our encouragement, those of us who are old enough to remember, will be aware that September 3rd is the anniversary of the Declaration of World War 2. Our immediate response was National Days of Prayer, led by the King and the Archbishop of Canterbury, that saw us through miracles like Dunkirk, the Battle of Britain and D-Day before final victory.) Let us put our trust, throughout all the present turmoil of Ukraine and Gaza and the like, and Civil unrest here etc., in the ultimate certainty of the prevailing Sovereignty of Almighty God, and let us strive to produce the authentic fruit of good lives that are evidence of our fitness for our Father’s blessing and Salvation. Amen.

Parish Prayer Diary September 2024

1st. Sunday, the first day of the week

Jesus opened a new and living way into the presence of Almighty God, so let us with pure hearts and steadfast wills worship him in Spirit and Truth.

2nd: Pray for the Government as the House returns after the summer recess.

3rd: Pray for areas of on-going armed conflict, and for the peacemakers striving to bring resolution.

4th: Pray for pupils and teaching staff returning to school this week; pray for children anxious about starting a new school.

5th: Pray over this evening’s Open Doors Prayer Webinar as Christians gather online to pray for persecuted Christian in sub-Saharan Africa.

6th: Pray for young people starting, or preparing for, their chosen Apprenticeship; that they may settle quickly into the new routine of travel, working and study.

7th: Pray for the local Agricultural and Horticultural shows taking place this month.

8th. Sunday, the first day of the week

May the Lord our God, defend his world-wide Church from all false teaching so that his faithful people, knowing his truth and proclaiming Jesus as Lord, may know and enjoy eternal life in Christ’s Kingdom today and for ever.

9th: Pray Fairtrade’s 30th anniversary will increase awareness of unfair trade agreements that affect small-scale farmers and workers in lower income countries, praying more companies sign up to Fairtrade certification that enables improvements in living standards, health and education in these communities.

10th: Pray for Prison Chaplains.

11th: Pray for Christian song writers as they proclaim in word and music the wondrous story of the Father’s love, the Saviour’s grace and the Spirit’s power.

12th: Pray the latest conflict in Sudan will not give extremists a renewed foothold in the country, undoing the reforms of the civilian government. At this time of uncertainty and unrest, pray especially for Christian men affected by abduction, violence and persecution designed to weaken them and their family emotionally and financially.

13th: Pray for those waiting for hospital treatment or surgery.

14th: Pray for Young Farmers Clubs as members learn about animal care, food, farming and the natural world whilst making friends and working in a team.

15th: Sunday, the first day of the week

May the Lord of creation, whose glory is around and within us, open our eyes to his wonders that we may serve him with reverence all the days of our lives

16th: Pray for students leaving home for the first time to commence a university course, and pray for their families as they help with logistics and early support.

17th: Pray for all who work within the waste disposal and recycling industry.

18th: Pray for those making a stand against injustice and oppression.

19th: Pray for School Governors and Head Teachers of our local schools; for wisdom and inspiration in guiding children and young people in Kingdom ways.

20th: Pray for those who served in the Armed Forces and are having a difficult time adjusting to life out of the military, especially those suffering with PTSD.

21st: Pray for people affected by dementia, and for those who care for them.

22nd: Sunday, the first day of the week

Our God has made us for himself and our hearts are restless till they find their rest in him; may he pour his love into our hearts and draw us to himself, bringing us at last to his heavenly city where we shall see him face to face.

23rd: Pray for Community Care Assistants who each day make many home-visits to people who need help with personal care.

24th: Pray for the Centre for Social Justice as it seeks to address the root causes of poverty in Britain so that those living in the poorest and most disadvantaged UK communities have opportunity to thrive and reach their full potential.

25th: Give thanks for your family, near and far, and for friends who are as dear.

26th: Pray for people living with non-visible disabilities that challenge their movements, senses and activities.

27th: Pray for Teaching Assistants making their contribution to the education and support of school children across our County.

28th: Pray parents and God-parents will take seriously promises made to nurture the Christian spiritual development of children they bring for baptism.

29th: Sunday, the first day of the week

May God, our Judge and Saviour, so open us to his truth and love that we may live each day with confidence in the salvation won for us by Jesus our Lord.

30th: Pray with thankfulness for the harvest season and praise our heavenly Father who faithfully answers our prayer "give us this day our daily bread".



Readings for September 2024

1 st	Haggai 1.1 - 11	Mark 7.1 - 8, 14 - 15, 21 - 23
8 th	Zechariah 14.1 - 11	Mark 7.24 - 37
15 th	Harvest: Joel 2.21 - 27	Matthew 6.25 - 33
22 nd	Malachi 3.1 - 7	Mark 9.30 - 37
29 th	Harvest: Joel 2.21 - 27	Matthew 6.25 - 33
	Revelation 12.7 - 12	John 1.47 - 51

MBSG Electrical Services

EV Chargers, Landlord's Certificates, Testing and Inspection. Domestic and commercial electrician. Small jobs undertaken, Fully qualified, registered & insured, Napit & OLEV approved installer. Tel: **07831 007646**
www.MBSGElectrical.co.uk
MBSGElec@outlook.com

Genki Sports and Physical Therapy

Treatment for acute and persistent pain
Based in Ulverston, home visits possible, please enquire.
Tel: **07507 719202**
Email: genkisportstherapy@gmail.com
Book online or for more info: www.genkisportstherapy.co.uk



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



Green Valley Gardeners

Lawn Care

Regular Maintenance

Planting & Pruning

Power Washing

Hedges

Trees

Friendly reliable service, fully insured. Mike Fearon & Holly Bean

07918 800248 or 015394 22162 info@greenvalleygardeners.co.uk

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

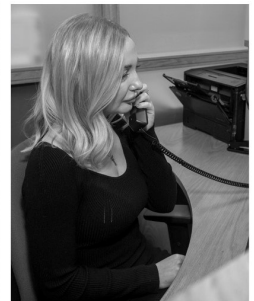
BUSINESS HEALTH CHECKS

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	Women's Health	Eczema
Symptoms	Issues	Fertility Issues

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

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

Trevor Clarke Limited

Building Contractor

Established Builders with over thirty years in the trade

Extensions

Conversions & Renovations

Plastering

Re-Roofing

Walling & Stonework

Roof & Chimney Repairs

Drainage and Groundwork

Patios & Paving

Waterproofing & Tanking

Home Insulation

For a quality Professional Service

Contact us for free advice or estimates

Tel (Newby Bridge) 01539 530316, mobile 07881 628191

email trevorclarke1064@gmail.com



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

Local Slate Engraved Signs and Numbers

Custom made to your specifications
in our workshop

www.marbletree.co.uk

01229 869019

info@marbletree.co.uk

Delivered anywhere in the UK

Discount Code: LAKES10 – 10%Off



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*

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

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

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

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.drcatherinetupper.co.uk

Crakeside Fish & Chips

Greenodd, Cumbria LA12 7RE

We are back open 7 days with extended
hours

Mon-Thurs 11:30-14:00, 16:30-20:00

Fri & Sat 11:30-20:00

Sun 13:00-19:00

Thanks to all loyal customers for patience
and continued support during our
extensive renovations and equipment
upgrades.

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

NHS ambleside opticians

**local independent community
eyecare**

eye examination and contact lenses
glaucoma & cataract screening
diabetic eye examinations
emergency eye care service

Tel: 015394 31331

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

No 5 Foot Health Clinic

Specialist care for feet



Level 4 Qualified Foot Health Practitioner
Mobile and Home appointments available

- Various treatments available
- Diabetic Foot Care
- Nail Trimming and Filing
- Ingrowing Nail
- Verucca & Fungal Nail Treatment
- Removal of Callus & Corns
- Painful Foot Dressings & Paddings
- Fissures & cracked heels treated

S Davies DipCFHP MPSPract

07912 621651

W & A Todd Ltd

Woodburning and multifuel stoves

HETAS Registered

Monumental Sculptors

Slate and granite memorials

Low Ghyll Farm, Kirkby in Furness,
LA17 7YB

Tel: 01229 889115/07768 626678

williamtodd@lowghyll.co.uk

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

DICK MORRISON

Spark Bridge

Painting interior & exterior

free estimates and advice

01229 885472

07919 062659

Dave Pearce Tree Services

Tree work including

Dismantling & Pruning

Woodland management

Firewood processing & supply

Tel 01229 861137

07753 472229

Qualified & Insured

ANTHONY CLARKE

The Ashes, Cartmel Fell

Funeral Director

Private Chapel of Rest

Prepaid Funerals - Woodland Burials

Cremations arranged

015395 31481 (day or night)

www.agclarke.co.uk

GAS ENGINEER

Boiler servicing – Repairs – Landlord
Annual Inspections
(Including Natural gas and LPG)

Contact Chris Hamps

01229 861120 **07860 682476**
hampsc@outlook.com

Gas Safe Reg no: 204201

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



the Terrace

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 Cows 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, Thur, 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, 7 - 9pm, 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 - September

2 nd	Colton Parish Council meeting 7pm	Finsthwaite & Lakeside Village Hall
3 rd	Film: Wicked Little Letters	Oxen Park Cinema Club
6 th	Concert: The Elderly Brothers, 7.30pm	Water Yeat Village Hall
7 th	Lowick Show see p2	Lowick Bridge
7 th	Foraging Walk, 9.30 see page 13	Brantwood
13 th	Rapid Rainforest Assessment Day see p15	Rookhow
14 th	Botanical Casting Workshop see p 13	Brantwood
14 th	Coffee Morning for Haverthwaite Surgery 10am	Greenodd Village Hall
14 th	Film: Four Daughters	Oxen Park Cinema Club
16 th	Local History Talk - George Kitching 2.30pm	Coniston Institute
18 th	Bouth Village Hall Coffee Morning 10.30am	Bouth Village Hall
18 th	Bus X712 Walk see page 10	various
18 th	Crake Valley Friendship Club outing see p 8	Greenodd
21 st	Fell Pony Drawing Workshop see page 13	Brantwood
23 rd	Coniston 20mph consultation 4 - 7pm	Coniston Institute
26 th	Mothers' Union outing to Barton Grange	
27 th	Macmillan Coffee Afternoon 2 - 4pm	Greenodd Village Hall
27 th	Concert - Mamma Mania 7.30pm see page 7	Greenodd Village Hall

CONISTON INSTITUTE

ROD DEMICK & JACKIE MCAULEY



SATURDAY 19th OCTOBER

TICKETS £12 ONLINE: conistoninstitute.uk

BOX OFFICE: 07789591619

DOORS 7:00PM PERFORMANCE: 8:00PM

BYOB RAFFLE

WATER YEAT VILLAGE HALL

presents



The Elderly Brothers

The Toe-tapping, smile-inducing Elderly Brothers return to entertain us with their unique blend of gentle mayhem and soulful R&B.

Friday 6th September 8pm (doors 7.30)
£12 on the door (cash or card) or in advance from
www.wegotickets.com/wateryeatvillagehall

We don't have a bar so bring your own drinks and nibbles