

Coniston and Crake Valley News

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



June 2020 www.conistonandcrakechurches.co.uk

The Coniston and Crake Valley Benefice

"To Grow, Witness and Love Like Jesus"



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Pastoral Letter

Pat and I were fortunate enough to be able to book a holiday in early February and actually go on the holiday in early March. We were some of the last to get home with no problems.

Whilst we were away, we made a list of the all the work we needed to carry out on the house prior to putting it on the market as we want to move to be nearer to our daughter in Staffordshire.

When we looked at the list, we wondered how we were going to get it all done before the end of April when we had planned to start talking to estate agents.

Of course, when we got home, we almost immediately went into lock down and then had all the time we needed.

For us the lock down and social isolation has generally been a blessing because we cannot remember a time when we had no commitments apart from shopping once a week.

The down side had been that we are not yet been able to see our new grandson who was born on the 26th April and at last has a name Gene Alexander David but this will not last forever.

We have been reminded that God gives us what we need and not what we want!

We are aware that the lock down has proved to be a real problem for many people which may now ease a little.

We have taken part Thursday by Thursday with our neighbors in clapping for those who have worked tirelessly in the NHS and Care Homes and where would we be without them?

As we watched the VE day celebrations we were reminded that WW2 lasted for 6 years and of the sacrifice made by so many men and women.

Hopefully the Covid virus will not last that long but the repercussions may go on for a long time and we need to be prepared for this.

There are a couple of verses in 2 Corinthians 4: 8 & 9 which from the JB Philips translation reads:

“We are handicapped on all sides but never in despair. We are persecuted but never frustrated; we are puzzled but never in despair. We are persecuted but never have to stand alone: we may be knocked down but we are never knocked out”.

If we are feeling like this it is good to know God is with us in every situation and He will help us come through this.

Peter and Pat Fox

Churches in the Coniston and Crake Valleys

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. Our moderator is Rev. Andrew Dodd. For further information contact Chris and Margaret Hamps, hampsc@outlook.com

Coniston Methodist Church, Coniston LA21 8HH

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 Saturdays at 6.00pm.

For further information contact Father Matthew Jacob on 01229 779673.

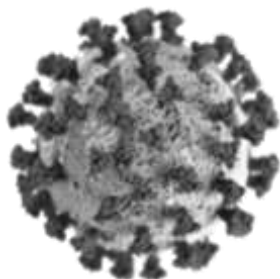
Coniston Christian Fellowship LA21 8AL

During the month of June we will not be meeting on Sunday morning. For further information, including the venue, please contact Norman and Christine Beech on 015394 41780.

See our website for more details www.conistonchristianfellowship.co.uk

CORONAVIRUS, COVID-19 UPDATE

The Bishop of Carlisle, the Rt. Revd. James Newcome, has written to all clergy and chaplains to advise that public worship has been suspended in the Diocese of Carlisle.



This is in line with Government advice on social gatherings and impacts on all Sunday services and other planned gatherings. **Therefore, there will be no services at any of the churches in the benefice until this suspension is lifted.**

Please note, that there will also be no services held at any of the others churches for the same reasons.

Church Services and Rotas for June 2020

7th

Trinity Sunday

St. Luke Torver	9.00am	Bikers' Breakfast	Rev Ian Swift
St. Luke Lowick	9.30am	Holy Communion	Rev Joanna Henson
Holy Trinity Colton	9.30am	Morning Worship	Donald Wroe
St. Mary Penny Bridge	11.00am	Morning Worship	Peter Fox
St. Andrew Coniston	11.00am	Holy Communion (BCP)	Rev David Bickersteth

14th

First Sunday after Trinity

St. Luke Torver	9.30am	Holy Communion by Extension (BCP)	Peter Fox
St. Luke Lowick	10.30am	Holy Communion	Rev Harry Welch
St. Andrew Coniston	11.00am	Worship For All	Pamela Hull

21st

Second Sunday after Trinity

St. Luke Torver	9.00am	Informal Worship with Healing	Pam Priestley
St. Luke Lowick	9.30am	Morning Worship	Richard Wood
Holy Trinity Colton	9.30am	Holy Communion	Rev Brian Streeter
St. Mary Penny Bridge	11.00am	Morning Worship	Rev Brian Streeter
St. Andrew Coniston	4.00pm	Explore!	Christians Together in Coniston

28th

Third Sunday after Trinity

St. Luke Lowick	9.30am	Methodist Service	
Holy Trinity Colton	9.30am	Holy Communion	Rev Brian Streeter
St. Mary Penny Bridge	11.00am	Holy Communion	Rev Brian Streeter
St. Andrew Coniston	11.00am	Holy Communion by Extension	Peter Fox
St. Luke Torver	7.00pm	Torver Junction	Rev Brian Streeter

Parish Prayer Diary

June 2020

1st: Whenever we see the Rainbow of Hope in windows and in the media, give grateful thanks to the Lord for His rainbow reminder that He is with us always.

2nd: Pray for nurses and doctors in our hospitals, especially those exhausted and traumatised by their experience of dealing with the coronavirus.

3rd: Pray for Brian as he supports the churches across the Benefice and helps us all be Church in a new way and pray for Anne as she in turn supports him.

4th: Pray with thankfulness for all who work in our local shops and business.

5th: Pray with gratitude for keyworkers as they keep essential services going.

6th: Pray for Dr John Sentamu who retires tomorrow as Archbishop of York, and pray for the Right Reverend Stephen Cottrell who takes up the role.

7th: Sunday, the first day of the week trinity

Pray our faithful and unchanging Lord will help us grow in knowledge of His truth and draw us deeper into His love that we may truly worship our Holy God, who is Father, Son and Holy Spirit.

8th: Pray for the UK's 6.5million unpaid carers giving vital care and support to loved ones living with an illness, disability or mental health condition.

9th: Pray for the Queen and members of the royal family.

10th: Pray for our dairy farming sector, especially any struggling financially because of the coronavirus crisis.

11th: Pray for thousands of Christians living in Afghanistan who must keep their faith completely secret but still worship and follow the Lord Jesus.

12th: Pray for teachers and heads of schools striving to provide for vulnerable children and children of keyworkers who need childcare.

13th: Pray for those living with dementia, in all its forms, and for those who daily care and support them.

14th: Sunday, the first day of the week

May our God of truth help us to keep His law of Love and to walk in ways of wisdom, that we may know the true life of peace and joy Jesus alone brings.

15th: Pray for those who are feeling overwhelmed, that they focus on things they can change and not the things they cannot.

16th: Pray for those in our farming community, working long hours, often in isolation. Pray for wisdom for their decisions and pray they keep safe.

17th: Pray for the staff and counsellors at St Mary's Hospice responding to increasing demand for Family and Bereavement Support Services.

18th: Pray for the physical and mental effects of dealing with the coronavirus outbreak on frontline healthcare professionals, ambulance, police, fire & rescue and first responders.

19th: Pray for all who serve the Lord overseas, especially in areas where Christianity is viewed with suspicion and Christians persecuted.

20th: Pray for fathers everywhere as they strive to provide for their families. Pray God will guide them to be good, loving role models to their children.

21st: Sunday, the first day of the week

Pray our faithful creator God may deepen our faithfulness to Him and help us grow in the knowledge of his living Word, Jesus.

22nd: Pray for charities such as Age UK, Age Concern, Counsel & Care, providing advice to older people and their families.

23rd: Pray for local firms and business providing local employment.

24th: Pray for those who work locally in the veterinary sector caring for animals, both livestock and pets.

25th: Pray for the charity Tearfund working abroad with local churches and Christian organisations to unlock communities' potential to escape poverty.

26th: Pray for those living in retirement, residential and supported housing, and for the administrators, catering, ancillary and maintenance staff.

27th: Pray for those working in our GP practices and health centres.

28th: Sunday, the first day of the week

Ask that God our Saviour 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.

29th: Pray for lives that have been changed because of the sudden loss of a loved one. May they look to Jesus for comfort today and tomorrow hope.

30th: Pray for charities such as Shelter and Housing Justice providing practical support to the homeless whilst working to campaign for more desperately needed social housing.

AROUND THE PARISHES

Coniston & Torver

Rainfall, Garden House, Coniston, April 2020

Total - 35.3mm (1.4ins)

Wet days - 9, More than 1mm on 6 days

Wettest day - 30th - 9.0mm (0.4ins)



Coniston Institute and Ruskin Museum – June 2020 events

Coniston Institute and Ruskin Museum

Coniston Institute is an ideal venue for meetings, parties, music, theatre, workshops, and much more. We have functions rooms and facilities to suit a whole range of gatherings. Interested in booking a room or event at the institute?

Phone Tracy Hodgson on 015394 41823 or email

conistoninstituteuk@gmail.com

Coniston Institute and the Ruskin Museum both have Facebook and Instagram pages. Follow us to keep up to date with 'what's on'

The Ruskin Museum Coniston

Daniel Cooper's *Wandering Cloud* exhibition will bring together new, original paintings and drawings in charcoal and mixed media, exploring the mood of sky and magnitude of the fells from around The Lake District.

For the full press release visit <http://danielleecooper.com/news.html>



The Tale of the Love Stones of Coniston

There was a time, not long ago, when the world seemed dull and normal,
When day followed day and night followed night
And you could depend on the usual things of life;

Then came upon the land a plague of illness.
It came to thousands and struck down many
Though none could see it; all failed to see its might.

Throughout the land it spread with speed
And none could hold it back, nor see it come.
It came unseen, it cared not who



it struck, nor where or when.
The old and young, the strong and weak;
It knew no bounds, no dividing lines.

So everything stopped and we stayed at home
The shops were shut, the streets were bare
The noise was quiet, birds filled the air.

No matter what you used to earn by labour of your hand
The jobs were stilled, the markets stalled
And many felt their funds run down.

Yet in among this scene of gloom
Some found again a forgotten dream
When people cared and spoke warm words
to greet a friend or stranger met in taking exercise;
We cared for those locked in their homes,
the weak and frail and left alone.

Among the fear and doubt another feeling showed
A deep, deep love long kept withheld,
Companionship with one, another and all.

This love was old yet ever new, it blossomed out and spread around
And in a village tucked away it showed itself in a new way.
In Coniston among The Lakes where stones make up the land,

old stones appeared in guise so new yet looking just the same
Painted bright with words to cheer
They spoke of hope and love, not fear.

The children worked and all looked on
To see the next one, where and what
So quiet they came but loud they spoke.

And still they came and filled the spots by lake and
street, with smiles and charm.
And still they came and then, one day,
Twelve more appeared along a wall.

They spoke of love in many ways, to help us think throughout the days.
Again not new, the message old, almost two thousand years.
Like Love itself, so old yet new and coming now to everyone.

Love is patient, love is kind, it's never irritable;
Love is not proud, it always hopes,
Love is eternal and always trusts.

Love always perseveres,
It is not selfish, always protects,
The Love Stones told the tale.

St Paul, when writing to the church
in Corinth wrote those words, so old, so new,
from faraway but with us here and now.

We use them as a token when people tie the knot;
So well-known and common but so important still
In times of need and times of fear, they echo for us still.



And two more stones, for those, who count,
Appeared at either end, along the chapel wall.
They told us truth whichever way

we read the message as we passed along.
Beginning and end, first and last,
God is Love, God is Love.

So may we hear the message now, when things are feeling low
To cheer our hearts, to make us think and turn again, once
more to know that
God is Love, God is love.

And as the days get brighter and lockdown passes by
(That day will come, please have no doubt)
We shall ne'er forget

The words, the stones the young artists who cheered our darker days
Nor what we did and how we shared
The Love Paul spoke of then.



Coniston Coronavirus Support

015394 41812

Call us at Coniston Sports and Social Centre between 10am and 3pm daily to chat to our volunteers or leave a message on the answerphone outside of these hours. We can organise practical help with collecting shopping and prescriptions, walking dogs, posting letters and other things as well as being available for just a chat.

We also have a Facebook group where those online can seek support and advice, search for "Coniston Coronavirus Support"

Charlie Day is also answering on the phone every Tuesday and Thursday afternoon from 12:30 - 2:00 for those wanting spiritual support and chat.

CRAKE VALLEY HELP

We are a group of Crake Valley residents here to help during the corona virus outbreak.

If you are self isolated or house bound without support.

We can help with : shopping,
urgent supplies,
post,
dog walking
a friendly phone call

CALL 01229 357951
select option 5 for Crake Valley

This is not a medical Help Line

To Volunteer please join Crake Valley Help Facebook Group
or phone 01229 357951 option 5 and leave a message.

CANCELLED

Colton

We are very sorry to say that the Rusland Show and the dance/music night on the 15th and 16th August have been cancelled.

History of a woodland

With no paths or tracks (apart from a few deer trods) the wood on the steep valley side might appear now to be quite untouched by human activity. However since medieval times and up until the 1970s and 80s, all our woodlands in the Crake Valley were an important source of materials for all sorts of industry and a major employer of local families.

On the ground we can see traces of the charcoal burners' platforms known as pitsteads. There were usually roughly one per acre and on this steep ground the platform is often walled up at the front and cut into the hill at the back, giving a flat area up to 10 yards across. To make charcoal, wood needs to be heated in the absence of air, so a stack of timber would be covered with soil and green bracken, lit and attended for about three days to check that air is not getting in and the burn is progressing correctly. Charcoal was in demand locally for metal smelting and in the manufacture of gunpowder. Smelting went on at Spark Bridge, Penny Bridge, Nibthwaite, Backbarrow and Force Forge; gunpowder manufacture at Black Beck and Haverthwaite and, from 1890, the Backbarrow Blue Works also used charcoal in the production of ultramarine pigment.

As well as charcoal the woods produced coppice timber for a wide range of local industries, notably the bobbin mills: Spark Bridge, Stott Park – there were 79 bobbin mills in Cumbria in the late 19th Century making use of the abundance of water power; swill basket making, tool handles and coopering. Bark was in demand for tanning, there are reminders of local tanneries in some place names e.g. Bark House, and later bark was sent to larger tanneries in towns and cities.

The twiggy growth of birch coppice was used to make besoms – we tend to think of these as only a rustic garden broom, but bundles of birch twigs were used in large quantities by steel rolling mills to loosen iron oxide scale. The bundles were also sold as fenders for ships.

The woodland was seldom cleared completely and some standard (uncoppiced) trees remain amongst the overgrown coppice stands. There are ten or more deciduous tree species in the wood with a tendency for sycamore to dominate – it is not a British native tree but was widely introduced to woodland for its fine-grained white timber. The fallen leaves seem to smother the ground, preventing the growth of anything else close by and in spring, hundreds of tiny sycamore seedlings appear.

For the past thirty or forty years most of our local woodlands have lain more or less undisturbed and wildlife has flourished. There is nothing nicer and more guaranteed to lift the spirit than the scent and sight of bluebells in the warming days of April and May. However it is interesting to remember that these now peaceful and wild areas were once a hive of industry supporting so many local families and businesses.



South Lakes Alpha Online

We are very excited to be running South Lakes Alpha Online to invite friends to explore a conversation about life, faith and God

This will be launching on Wednesday 3rd June

Please feel free to explore the Alpha website. You can find details of the South Lakes Alpha Online course here:

<https://alpha.org.uk/try>

For example, please enter "Windermere", "Kendal", or "Coniston" and you will find the course and can register to join

For more information please contact David Spiby at djspiby@gmail.com

Staying home?
Try Alpha

#TryAlpha



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

Lowick and Blawith



Lowick Community Hall

LOOKING FOR A GREAT VENUE FOR YOUR CLASSES,
MEETINGS OR PARTIES?

LOWICK COMMUNITY HALL IS WARM, SPACIOUS, VERSATILE AND
COMFORTABLE *AND OFFERS EXCELLENT VALUE FOR MONEY*

*SINGLE BOOKINGS: £20.00 FOR UP TO FOUR HOURS

*SIX OR MORE BOOKINGS PER YEAR: £13.00 FOR UP TO FOUR HOURS

ACCESS TO FREE WiFi AND DATA PROJECTOR

ALSO AVAILABLE FOR FULL DAY EVENTS

FOR MORE DETAILS AND TO CHECK AVAILABILITY GO TO WWW.LOWICK.ORG.UK

OR CONTACT ROB DOVE 01229 885647 OR LISA GRAVE 01229 861834

TRANSPORT DIFFICULTIES? WE MAY BE ABLE TO HELP

Cumbria County Council

Lowick, Blawith and Oxen Park Voluntary Social Car Scheme.

The Voluntary Car Scheme provides transport to members of the community of any age (under 16's must be accompanied by an adult, appropriate car /booster seats must be supplied) who cannot make their journey by public or private transport. The charge is £0.45 per mile travelled.

Typical journeys include hospital appointments and visiting, doctor's or dentist's appointments, shopping or transport to railway station.

The local contact number is 01229 885498

JUNE 21ST FATHER'S DAY

One of my father's favourite occupations at family breakfast was spotting incongruous headlines in the morning paper or deliberately misinterpreting them. My own all-time favourite was when he was reading the *Gloucestershire Echo* one morning. He suddenly said, "Oh, my goodness!" "What is it *this* time, Dad?" asked his somewhat cynical eldest son. He looked suitably grave and said, "There has been a terrible outbreak of cannibalism in Tewkesbury." "Whatever do you mean?" I asked. He showed us the headline, "Tewkesbury Firemen go down Well"!

My own experience of fatherhood has more often put *me* on the receiving end. After the birth of *his* first two children, my son Marcus, always the family joker, began to take life a bit more seriously. But not *too* seriously. I shan't forget his pretended earnestness on the phone one morning when he said, "Dad, I wish we had listened to some of those wise things you used to say to us, when we were teenagers." Preening myself a little, I said, "What sort of things were those, son?" "I don't know," came the reply, "We weren't *listening*!" (Walked right into that one, didn't I?)

Trinity Sunday (June 7th this year) reminds us *all* that Almighty God, the One, True God, is the Creator of *all* humankind. He has brought us into being and will one day call us *all* to judgement. But the Father, *through* His only-begotten Son and *by* the life-giving Holy Spirit, has graciously acted to redeem those who respond, by faith and trust, to His self-sacrifice for us in *His* Son, Jesus Christ.

Father's Day can serve to remind us, in the words of the Apostle John that, "to *all who received Him*, who believed in His Name, He gave power to become children of God, who were born not of blood or of the will of the flesh or of the will of man, but of God." Through this new birth and our covenant relationship with the LORD, we become His children by adoption and grace, and thereby call Him, "Abba" – our "Daddy"!

Those of us who have been blessed with a good *human* father, (made in the image of God to model this ideal for us) will be able to give our thanks for showing us what fatherhood means in terms of protecting us, providing for us, and, through self-sacrifice, making a priority of our well-being (even sometimes through chastisement!)

Questions? Worries? Chat?



The Vicar invites you to join him and others around the virtual table for a coffee and a chat.

Every Monday* where possible, from 2.00-3.00 pm the Vicar will be hosting an afternoon session on Zoom to answer questions, discuss concerns or just have a chat. If you would like to join him and possibly others dropping in, then all you need to run Zoom and join the meeting.

Meeting ID is **648-733-8111** and then enter the password is **883299**

*Please check the website Calendar to ensure that the Coffee with the Vicar session is being held that week.

Reports and News

Rusland Horizons Report

Living History Project is well under way

Our Living History Project was launched a few weeks ago and we've had a great response so far, with many people joining the dedicated Facebook Group. People have been sharing their thoughts and experiences of life in lockdown, within their communities, homes and local countryside.

We've had pictures and videos of walks, wildlife and stunning views. People are taking up new hobbies, rediscovering old ones and even crossing off jobs that have been on the 'list' for years; including a clean-up of the pump area at Bouth, which is now in a much better state and ready for restoration. Community spirit, as you would expect, has been a constant theme of many activities. People have also been practising their poetry writing skills, in addition to getting involved in the latest BBC campaign to share your last photo before lockdown.

Everyone is welcome to take part and share their thoughts and reflections in any way they like. This might be through painting, drawing, writing, photography or even video. You can either email your contributions to hello@ruslandhorizonstrust.org or join our Facebook Group at <https://www.facebook.com/groups/RHLivingHistory/>

Ellie Chaney art project partnership

We are delighted to announce that the very talented artist, Ellie Chaney, will be partnering with Rusland Horizons, and their Living History Project, to produce a number of fine art wildlife drawings. Starting in the next few weeks, Ellie, who is local to the area, will produce a series of illustrated drawings that reflect key species synonymous with the Rusland Valley and fells. Full descriptions and details about the wildlife will also be provided, along with information as to where they can be found locally.

In addition to the drawings, Ellie will also produce and share videos that follow her throughout the creative process. Accompanying these will be worksheets to allow others, including children, to create their own similar drawings.

More details will follow so please keep checking the website for the latest updates, in addition to our Facebook page.

For all the latest news, updates and information please visit the Rusland Horizons website <http://www.ruslandhorizons.org> or email hello@ruslandhorizonstrust.org, or Visit our Facebook page - <https://www.facebook.com/RuslandHorizons/>

Young Farmers Club Report

The Southern District of Cumbria YFC Online Stock Judging Competition got off to a great start last week with just under 300 young farmers from around the country signing up to take part. Classes were released throughout the week, with videos and photos of the classes being uploaded online. Competitors were given the opportunity to test their stock judging skills on



dairy, sheep and beef classes. There were also two novelty classes, biscuits and lockdown hair styles to add a bit of light-hearted fun to the proceedings.

Photos and videos of the classes were posted online every day and competitors had until 9pm on the same day to submit their placings and reasons.

Bolton Manor Holsteins supplied the cattle for the dairy class which was judged by Mr Len Wilson (junior), Mr John Garnett (inter and open) and Mr Alex Sibbald (senior). Prizes were awarded from Lloyd Ltd, Penrith, South West Lakes NFU, Mole County Stores and Genus ABS with the winners as follows:

Junior – 1st – Aimee Garnett, Kent Estuary YFC with 98 points, 2nd – Will Garnett, Kent Estuary YFC, 3rd – Jack Harrison, Eden Valley YFC.

Inter – 1st – Becky Woof, Wensleydale YFC with 94 points. 2nd – Heather Bland, Grayrigg YFC, 3rd – Luke Hodgson, Grayrigg YFC.

Senior - 1st & Best set of reasons – Will Horsley, Skelton YFC with 96 points, 2nd – Laura Wilson, Lowick YFC, 3rd – James Jackson, Vale of Lune YFC.

Open – 1st – Dennis Sharp, Kent Estuary YFC with 88 points, 2nd – Debbie Nelson, Kent Estuary YFC, 3rd – Jonathan Philipson, Lowick YFC.

Best set of reasons prize – £100 Genus Voucher: Will Horsley – Skelton YFC



The sheep stock were kindly supplied by Mr Ian Wilson from Low Flan Farm and the judges were, Mr Will Case (junior), Mr Ian Close (inter and open) and Mr Dewi Parry (senior). Prizes were kindly supplied by Rhino Waste Services, South West Lakes NFU and Mole County Stores with the placings as follows:

Junior –1st – Billy Sibbald, Drigg YFC with 89 points, 2nd – Jack Harrison, Eden Valley YFC, 3rd – Natalie Waller, Sedbergh YFC.

Inter – 1st – Anna Hunt – Woburn YFC with 94 points, 2nd – Becky Woof, Wensleydale YFC, 3rd – Rachel Bland Grayrigg YFC.

Senior – 1st – Antony Atkinson, Crook YFC with 95 points, 2nd – Laura Terry, Lowick YFC, 3rd – Amber Wilson, Lowick YFC.

Open - 1st – Paul Barrow, Eden Valley YFC with 94 points, 2nd – John Woodburn, Cartmel YFC, 3rd – Mark Curr, Pennine YFC.

Mr Wilson also supplied the stock for the beef class with judges Mr John Peile (junior), Mr Peter Rogerson (inter and open) and Mr Stephen Procter and prizes supplied by Thor Atkinsons Steel Fabrications Ltd, South West Lakes NFU, Mole County Stores and GENUS ABS. The winners were as follows:

Junior – 1st – Macie Rumney, Wigton YFC with 98 points, 2nd – Isabel Wilson, Lowick, 3rd – Zak Fell, Greysouthen.

Inter – 1st Luke Hodgson, Lowick YFC with 96 points, 2nd – Becky Woof, Wensleydale, 3rd – Charlotte Wilson, Penrith.

Senior – 1st – Amy Swinbank, Eden Valley YFC with 93 points, 2nd – Antony Atkinson, Crook, 3rd – Abigail Wilson, Walton

Open – 1st – Mark Curr, Pennine YFC with 95 points, 2nd – Dennis Sharp, Kent Estuary, 3rd – John Woodburn, Cartmel.

Best set of reasons prize – £100 Genus Voucher: Macie Rumney, Wigton YFC



For the biscuit novelty class Jodie Long from Happy Tiers kindly donated a cake voucher. Mr Alan Barker was the judge and 8 competitors all placed correctly. The winner, Robbie Hutchinson from Grayrigg YFC was pulled out of the hat.

The final class was lockdown haircuts judged by County President, Mrs Judith Emmott. Prizes were kindly donated by Alan Myerscough Ltd and Lydia's Hair Studio. Again 8 competitors placed the hairstyles correctly and the two winners drawn out of the hat, were; Debbie Nelson of Kent Estuary YFC and Sally Barker from Eden Valley YFC.

The overall results were announced on Sunday evening with the following winners and prizes:

1st – £50 High Haume Farm Glamping voucher & £50 Cash donated by Westmorland Veterinary Group. Heather Bland, Grayrigg YFC with 237 points.

2nd – £30 High Haume Farm Glamping voucher & £30 Cash donated by Westmorland Veterinary Group. Lydia Myercough, Lowick YFC with 235 points.

3rd – £20 High Haume Farm Glamping voucher & £20 Cash donated by Westmorland Veterinary Group. Antony Atkinson, Crook YFC with 234 points.

Joint 4th – £10 Cumbrian Cow Ice Cream Voucher. Imogen Johnson, Eden Valley YFC & Rachel Bland, Grayrigg YFC with 233 points.

Southern District Chairman, William Longmire explained that he decided to organise the competition as the young farmers were missing out on stock judging with the cancellation of the field days. He explained that it wasn't that difficult to organise and he had been helped by Southern District President, Mr John Garnett, Southern District Vice Chair, Jess Rogerson, sister, Alice Longmire and Chloe Dawson from Kent Estuary YFC. Sorting the stock and prizes had been relatively easy, but the organising of judges and the running of the competition was a bit more time consuming and took a bit to work out.

William went on to thank the Judges for giving up their time to judge and listen to reasons, stock suppliers who have provided some very high-quality classes to judge and finally the sponsors who have generously donated prizes. William said it had been very much appreciated and he hoped that everyone had enjoyed the competition.



YFC Spotlight

This is William Longmire, our Southern District Chairman. Will is 22 years old and lives and works on the family Dairy farm near Lowick.

Will is a keen and active member of Lowick YFC and has held many roles within the club over the years, as Programme Secretary, Social Secretary and Vice-Chairman. Along with his fellow members, Will has also been involved in organising fundraising events, community challenges and events at Lowick Show.



Will is a keen public speaker and over the years he has represented Lowick and Cumbria at District, County, Northern Area and National level in many competitions. At the end of February, Will placed 1st in both the Member of the Year and Situations Vacant competitions at Northern Area competitions weekend, which we think you will agree is an amazing achievement!

Will has lots of proud moments from his time in young farmers - most recently being elected as Southern District Chairman. But he is also proud to have been placed in several NFYFC finals – 1st for ATV handling, 3rd Junior Member of the Year and 5th Senior Dairy Linear Assessment.

In his spare time and away from YFC, Will enjoys socialising, clay pigeon shooting and skiing.

Will is looking forward to seeing everybody once YFC is back up and running.



Cumbria YFC received the good news this week that they have been awarded £3000 from the Cumbria Community Foundation's Cumbria Covid-19 Response Fund. The grant will be used to give clubs a full subscription to online conferencing. This will enable members to stay in touch with each other, hold on line meetings and activities and keep clubs running whilst they are unable to meet in person.

Cumbria YFC Chief Officer, Joanne Mills commented "We are very grateful to the Cumbria Community Foundation for both the funding and support that they have given us during this difficult time.

The funding will make a real difference to our young farmers, helping them to keep their clubs running and also enabling them to see and speak to each other".



Citizens Advice

My income has dropped due to coronavirus and I'm struggling to keep up with all of my bills. I rent my house from a private landlord and pay all the usual bills - electricity, water, and Council Tax. How best can I juggle them, and is there any help I can get from the government?



If your income is reduced because of coronavirus, you should check whether you're entitled to sick pay or benefits. You can check your eligibility for both sick pay and benefits on the Citizens Advice website. If you're already on existing benefits, these might also increase

If you're struggling to pay rent, talk to your landlord straight away. You should explain the situation and could ask for more time to pay, a temporary reduction in rent, or ask to catch up any missed payments by instalments. If you contact South Lakes Citizens Advice an adviser can help you explain things to your landlord. If you can't come to an agreement with your landlord, it's a good idea to pay what you can afford and keep a record of what you offered.

The government passed an emergency law which means landlords have to give you three months notice to end certain tenancy types from 26 March. The court service has suspended all possession action for 90 days from 27 March. This means that even if you have been served a notice for eviction it's unlikely it can be enforced during this time. You can find out more about what to do if you're being evicted for rent arrears on the Citizens Advice website.

If you already claim Housing Benefit, you should tell the council your income has reduced. If you don't claim it already, you might be entitled to help with housing costs from the government. When it comes to your utilities, you should contact the provider as soon as possible. Depending on the type of bill, they may be able to arrange a payment plan, or they may have schemes in place for people in financial hardship. You should also talk to your local council - as your income has changed you might be entitled to a council tax reduction.

If you're struggling to pay multiple bills, it's important to prioritise energy bills and council tax over credit card bills. This is because the immediate consequences of not paying these things are much more serious. South Lakes Citizens Advice can help you with this. Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or any other problems. South Lakes Citizens Advice is still delivering a service - Telephone and Digital Advice. How to access:

- Call 015394 46464 - this is being staffed from 9:30 - 12 noon
- Adviceline: 03444 111 444
- Email advice via our submission page on our website www.southlakescab.org.uk
- Help to Claim (Universal Support): 0800 144 8 444

Learning by Questions - LbQ **(Helping parents with children at home)**

Tony Cann, former Chair of Brantwood, is founder of a company producing educational materials for schools. His team in Blackburn has developed LbQ over the past 15 years. It is a great tool for use by teachers in classrooms, but has been adapted to be available for parents to help with teaching their children at home. He is making this available free of charge to families during the current crisis. He has

asked that we let parents know about it. Perhaps if you find it useful let other parents you know about it too.

Its strength derives from superb sets of graded questions and all with responses for wrong answers - the students not only answer at their own speed but learn and retry from their wrong answers. In its designed form LbQ is a professional system for use by teachers and students.

"To help parents in the current situation we have developed an easy to use and quick way for one child to use a question set relevant to what they might be doing at school at this time and benefit from the feedback and learn – parents might learn a thing or two as well!" <https://www.lbq.org/home> is the way in for parents and <https://www.lbq.org/> is the main site for teachers.

"LbQ Home" is free and better than anything on the market, for which some companies charge £5 to £8 a month. You need a tablet or a computer and Wi-Fi.

CORONAVIRUS - GAINS

I am sure that a number of you will have noticed this because it is extremely difficult to miss. You take a walk out on to one of the hillsides or through one of the woods, and then you stop. It is at that point that you cannot fail to notice it, because it is deafening – the silence.

As strange as it may seem to say, but during the coronavirus outbreak and the subsequent lockdown, there have been a number of **GAINS**. Now, gains can be welcome or less so. If we gain weight or gain a reputation then that is less pleasing, but when we gain time, gain space or gain a friend, then so much the better. And as uncomfortable as it may be to admit to, there have been a number of significant positive gains during the lockdown.

The biggest and most obvious of the **GAINS** during the lockdown has been the surge of volunteer support. Across the nation people, who would not normally think to volunteer, have stepped up to help others. In local communities we are seeing unprecedented care and consideration for neighbours and the vulnerable – what a heart-warming phenomenon to see!

Another of the **GAINS** that has unexpectedly arisen out of the crisis is the greater appreciation of professions and roles in society that are not normally given such attention. The frontline health workers, such as nurses and doctors, have naturally taken the lion's share of attention, but importantly other professions including refuse collectors, shopworkers, lorry drivers and many others are noticeably more appreciated.

But there is another phenomenon where we have seen great **GAINS** and a vast improvement. It is right in front of our noses and should be obvious, but it is so easy for it to go unnoticed – the blossoming of our natural surroundings. In the Bible, the fourth commandment is about humans taking a rest from work, "*Remember the sabbath day, and keep it holy. For six days you shall labour and do all your work. But the seventh day is a sabbath to the Lord your God; you shall not do any work*". This sabbath or break from continually working is for humanity's own good, and so that they can appreciate the work of their hands.

But this sabbath rest not only applies to humanity but to all Creation. In the same way that fields are rotated and the ground left fallow for a period of recovery, so all of Nature requires rest. Our present period of lockdown and reduced human activity is a sigh of relieve for our natural world, and this is one of the greatest **GAINS** – so let's enjoy and learn from it for the future.

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Thank you from Coniston Mountain Rescue Team

During 2019, our generous locals and visiting tourists kindly donated nearly £5,500 through our collecting boxes. With Gift Aid it will be nearly £7,000.

I would like to pass on our thanks, from all of the team to those who have donated. Special thanks also go to Phil and Annette Scott who collect, count up and bank the money from these boxes which are placed in public places such as

shops, pubs, hotels etc. all over the Coniston and Hawkshead region.

These funds will be especially useful at the moment because many of our current sources of finance have dried up due to cancellation of events. Ordinary running costs (maintaining the base and the vehicles, equipping the team and buying medical supplies) come to about £50,000 per year, and this year there will be extra expenses due to purchasing PPE and other specialised equipment to keep the team safe.

If you would like to help us at this difficult time, we would be delighted if you could visit our website at www.conistonmrt.org.uk and then click on Donate and, instead of giving cash, donate online via JustGiving, Virgin Money Giving or Paypal.

Keep safe everyone and stay well!

Jackie Coe treasurer@conistonmrt.co.uk



Christian Aid Week 2020

10th-16th May 2020

As with everything this year, Christian Aid Week had to adapt to new circum-

stances. What was not changed, however, was the generosity with which Coniston responded to the needs of others. People gave in a variety of ways, quite a lot going direct to Christian Aid without being identifiable as being part of Coniston's contribution. However, from what I have been able to work out, it looks as if at least £1400 went to Christian Aid from our little village, an increase over last year, even in these strange times.

So many, many thanks to all who gave to make a real difference to so many people's lives.

Dare Holland



LECTIO 365

LECTIO 365 is a daily devotional resource that helps you pray the Bible every day.

Written by leaders from the 24-7 Prayer movement this resource helps you engage with Scripture to inspire prayer and shape your life.



Heartwarming Stories

This month there is no What's On list as events have been cancelled or postponed indefinitely. Nevertheless, even with people having to continue to self-isolate and practice social distancing, there have been notable demonstrations of neighbourliness and social action.

Therefore, if you have a **heartwarming** story or an example of someone being a **good neighbour** then please do share it by sending the story in to the editor, and we will make sure that the community knows.



Please email to editor@conistonandcrakechurches.co.uk

July Magazine

Please can all items, news, advertising enquiries and "What's On" events for this Magazine be emailed to the editor at editor@conistonandcrakechurches.co.uk by **June 15th**, or phone **07884 232281**, or to Jean Johnson if that's more convenient : enquiries@conistonholidays.co.uk or tel. **015394 41319**. If you don't have access to a computer you can leave items at the Vicarage but please give plenty of time to convert them to electronic format.

Calling all photographers!

If you have photos of local interest, perhaps not landscapes, that would be suitable for the cover of a future Magazine please email in as above. This month's cover photo is of Sunset over Blawith Fells by Diana Rutherford. We also have a gallery of contributed seasonal photos of our beautiful area on the website www.conistonandcrakechurches.co.uk. Please continue to send your images of life and work in the parishes to editor@conistonandcrakechurches.co.uk

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