

Coniston and Crake Valley News



The Coniston and Crake Valley Benefice

"To Grow, Witness and Love Like Jesus"

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

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

SAFEGUARDING OFFICER

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

ADMINISTRATOR & MAGAZINE EDITOR

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

ADMINISTRATOR

Marion Swift	admin2@conistonandcrakechurches.co.uk	01539 521337
--------------	---------------------------------------	--------------

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

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 10.00am and Saturdays at 5.00pm.

For further information contact Father Matthew Jacob on **01229 779673**.

Pastoral Letter from Pam Priestley

Bandrake Head

Dear All,

The first Christmas present I ever bought my husband to be was a 'Camping Gaz' stove. I remember him opening it and looking at it rather quizzically, perhaps wondering if all the meals in our married life were to be cooked on this! Being a lover of machines and gadgetry, I think the thing that won him over was that it was the 'deluxe' model (or so I believed!) because it had an automatic lighter! One press of a button and the flames would be there, no matches needed.

The psychology behind this gift for me was simply that I love picnics and it was a way of making sure that Nigel was ready for a married life of picnicking! I have to say that 43 years later we still have the very same Camping Gaz, still use it and it still lights on the first press of the button!

Picnics feature in the Bible too. I've always loved telling the story of the 'Very Big Picnic' to young children. What a picnic that was! 5,000 hungry people munching away on their fish sandwiches! The disciples had wanted to send the crowd away to find the nearest 'supermarket' but Jesus thought 'PICNIC', let's stay together and share food and so miraculously, picnic it became.

On another occasion Jesus himself prepared the picnic food for his friends at breakfast time on the seashore. No Rick Stein recipe would ever surpass the smell of freshly caught fish being grilled on the charcoal fire. But this was more than just a tasty meal. The disciples were in a state of dejection, frustration and for Peter particularly, guilt. Jesus, lovingly preparing a picnic and welcoming each person on that beach was an opportunity for him to restore and heal their broken hearts. That was a picnic that would stay with them forever.

So whether you plan to eat an egg sandwich or sizzle a sausage outdoors with friends, happy picnicking this summer!

Love Pam



Church Attendance at St. Luke's, Lowick

Even though there have been new reports of increases in COVID infections, we are continuing to re-adjust from the habits that we formed during the pandemic lockdowns and other restrictions. The churches in the Crake Valley are also recovering.

Nevertheless, we have seen lower numbers attending some churches and St. Luke's, Lowick in particular. PLEASE remember us at Lowick and join us for worship in the heart of the Crake Valley. You will always receive a warm welcome.

Church Services for August 2022

7th	Eighth Sunday after Trinity		
St. Luke Torver	9.00am	Bikers' Breakfast	Rev Brian Streeter
St. Andrew Coniston	9.00am	Morning Worship	Pamela Hull
St. Luke Lowick	9.30am	Holy Communion(BCP)	Rev David Bickersteth
St. Mary Penny Bridge	11.00am	Holy Communion and Baptism	Rev Brian Streeter

14th	Ninth Sunday after Trinity		
Holy Trinity Colton	10.00am	Holy Communion	Rev Brian Streeter
St. Andrew Coniston	11.00am	Morning Worship	Pamela Hull
St. Mary Penny Bridge	11.00am	Holy Communion	Rev Brian Streeter

21st	Tenth Sunday after Trinity		
St. Luke Torver	9.00am	Holy Communion	Rev Joanna Henson
St. Andrew Coniston	9.00am	Holy Communion	Rev Brian Streeter
St. Mary Penny Bridge	11.00am	Holy Communion	Rev Harry Welch

28th	Eleventh Sunday after Trinity		
St. Luke Lowick	9.30am	Methodist Service	Rev Martin Williams
Holy Trinity Colton	10.00am	Morning Worship	Pam Priestley
St Andrew Coniston	11.00am	Holy Communion	Rev Brian Streeter
St Luke Torver	7.00pm	Torver Junction	Rev Brian Streeter

From the Editor

I'd like to welcome some new advertisers who have joined us over the last couple of months, and say a big thank-you to our regular advertisers who are supporting the Magazine. I hope readers find it useful to have information about all these local businesses.



I would love to receive your images of local life and work to use for future magazine covers; how about some photos at the Shows? They need to be portrait format and in fairly high resolution by email, please.

The deadline for next month's edition is August 15th.

Juliet Caldwell, Editor

editor@conistonandcrakechurches.co.uk
07884 232281



From the Registers

Funerals

2nd July Frances Anne Walker at St. Mary's, Penny Bridge Interment of Ashes
26th July Jon Rouse at St. Mary's, Penny Bridge Funeral

Baptisms

31st July Noah Alan Sharples at St. Mary's, Penny Bridge
7th August Joseph Glenn Harley at St. Mary's, Penny Bridge
21st August Ella Rose Edmondson at St. Luke's, Lowick
28th August Rowan Edward Garth at St. Mary's, Penny Bridge

Weddings

20th August Francesca Higgins and Bradley Perks at St. Andrew's, Coniston

A Prayer for Ukraine

God of peace and justice,
we pray for the people of Ukraine today.
We pray for peace and the laying down of weapons.
We pray for all those who fear for tomorrow,
that your Spirit of comfort would draw near to them.
We pray for those with power over war or peace,
for wisdom, discernment and compassion to guide their
decisions.
Above all, we pray for all your precious children, at risk
and in fear, that you would hold and protect them.
We pray in the name of Jesus, the Prince of Peace.
Amen.

Archbishop Justin Welby
Archbishop Stephen Cottrell



AROUND THE PARISHES

Coniston and Torver

Rainfall, Garden House, Coniston, June 2022

Total - 145.4mm (5.7ins)

Wet days - 18

More than 1mm on 11 days

Wettest day - 26th - 42.2mm (1.7ins)



Torver 100 Club

A fabulous and fun evening with impromptu games initiated by Mia, Lesley Hadwin's granddaughter, was enjoyed by all who came along to the Schoolroom Social in June. Unfortunately the film of Coniston was unable to be shown due to technical difficulties. We hope to show this successfully at the next 100 Club Village Social in September.

The winners of the quarterly 100 Club draw were as follows:

£100: Marie Johnston. £30: Helen Barlow. £30: Maureen Hadwin.

£20: Stuart Cowburn. £20: Adam McClusky. £15: John Brooks.

£15: Heather Wilkinson. £10: Nicolas Monk. £10: Robert McCracken

£10: Louise Thomson.

Interestingly, this month five of the winners are from Torver!

Huge thanks to everyone who came, and to those who set up and cleared up ... always with a smile.

If anyone would like to plan the next social in September and do something different, please contact any committee member. Your idea can be brought to the next committee meeting, or come along yourself on the 5th September at 7pm - you will be most welcome.

Committee members are; Pat Barr, Nina Cameron, Jason Hadwin, Bev Lewis, Hazel Bowness, Linda Inman, Nick Monk, Val Towndrow, Brian Streeter.

PPG and Coniston Medical Practice update

We hope everybody can enjoy summer now. Just a few updates we wanted to share:

Together with a group of practices in the South Lakes area we have got some new services available now. There will be access to an additional physiotherapy service, either with phone or face to face appointments. Face to face appointments will mainly be in Windermere, Staveley or potentially Ambleside.

Secondly, there are going to be 'care navigators' who can support patients with complex medical needs. Suitable patients can be referred by the doctors.

A third service consists of pharmacists (who do not belong to a high street pharmacy) who might contact you directly to discuss your repeat medications. This is in addition to our normal dispensary services which will continue to run as always.

Otherwise there will be no change to our surgery services.

If you have any queries please contact either Dr Frey or the admin team at the practice.

Caroline A. Metcalfe-Gibson

Capturing the past before it disappears:

Vernacular buildings between the Lakes and Dales

At the Ruskin Museum until 4th September

The Ruskin Museum

Coniston, LA21 8DU

Tel: **015394 41164**

www.ruskinmuseum.com

Open every day 10am - 4.30pm



Coniston
VINTAGE
Summer
SHOP
22 JUNE - 2 OCTOBER
OPEN 7 DAYS A WEEK 10AM - 6PM

14 STALLS SELLING ANTIQUES, VINTAGE & COLLECTABLES

CONISTON INSTITUTE, 15 YEWDAL ROAD, CONISTON LA21 8DU

Free entry

  Coniston Vintage Shop 07957 196184

Presentation Evening for the Coniston 14 Run.

It was good to return to our annual Presentation evening after three years.

It was held at Coniston Sports and Social Centre on Wednesday 6th July. Donations were presented to the following 20 clubs and organisations:



Coniston Bowling Club, Coniston Care Scheme, Coniston and Crake Valley News, Coniston Sailing Club, Coniston Cricket Club, Coniston District Tennis Club, Coniston Tennis Club, Coniston Christmas Lights Committee, Coniston Football Club, Coniston Institute, Coniston Mountain Rescue Team, Coniston Primary HSA, Coniston Primary School, Coniston Tourist Information Centre, Coniston W.I., Hawkshead Guides and Brownies, John Ruskin School, Coniston, St. Mary's Hospice, Ulverston and Ulverston MIND.

After sixteen years, Geoff Cooper has retired as Race Co-ordinator and passed the baton to Janette Braithwaite for the next Race on Saturday 25th March 2023.

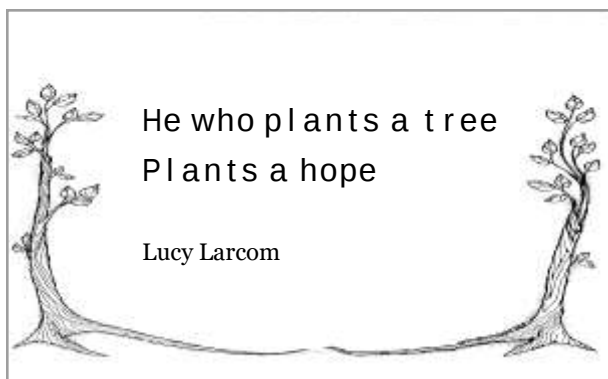


August picture puzzle!

This photo has been sent in along with the question - "what is this?" The Editor has no idea.

I'm promised that the answer will be sent in time for next month's magazine!

If you have any similar picture puzzles or quiz questions for us, please do send them in.



WATER YEAT VILLAGE HALL

is delighted to present



Hungrytown

The start of our USA month brings this folk duo inspired by the grit and true-to-life experiences in traditional ballads.

"In addition to their superb performances (she has an attractive pure-voiced alto, he's an accomplished multi-instrumentalist) they pull off the trick of sounding both like traditional English folkies and old-school Appalachians, often at the same time"

NetRhythms, UK

SUNDAY 4TH SEPT at 8pm £12

or in advance from www.wegotickets.com/wateryeatvillagehall

Café/table seating.

Bring your own drinks and nibbles.

www.e-voice.org.uk/wyvvh

www.hungrytown.net

Make a difference Become a Parish Councillor!

Blawith & Subberthwaite Parish Council have vacancies and would really like to hear from you.

If you are passionate about the community and would like to get involved you should consider becoming a parish Councillor.

Please contact the Clerk for further details on 01229 889319 or
email - blawithandsubberthwaitepc@outlook.com

Egton cum Newland



Greenodd Village Hall Post Office times

Monday 12.15 - 4pm

Tuesday 9am - 12 noon

Friday 12.15 - 4pm

Updates from Grizedale Arts and The Farmer's Arms

It's been all go at The Farmer's Arms since we reopened the Café and Stable Bar earlier this year. We've run lots of pottery courses, hosted festivals, film screenings, talks, music nights and lots of other events. A few weeks ago, we made the decision to move to a three day week and we are now open every Thursday, Friday and Saturday, from 10am – 10pm.

Our weekly volunteer day and community lunch are now every Wednesday. Join us from 10am – 4pm to get involved in the pub renovations and to learn new skills with our staff. Open to anyone who wants to get involved, each week volunteers get involved with something different, from flower arranging, fabric printing, painting and decorating to cooking and gardening. There is no need to book, you can just come along and learn something new each week and you'll get a 2-course lunch for your efforts.

Our community lunch has also moved to a Wednesday. Open to anyone in the community, or visiting the area, join us each week at 1pm sharp for a 2-course lunch for just £5.00 per person. If you know someone in the community who would benefit from joining our lunches, we encourage you to bring them along too!

We'll be pretty busy over summer with visitors, but we are developing a new term of evening classes to start in September with plans for pottery, dressmaking, woodwork and more hosted by our in house and guest tutors. Classes will open for booking soon, so keep an eye on our social media, or register your interest with Emma. We'll also have a new workshop 'Join In' each Saturday from September between 10am – 4pm with Tom Philipson and Francis Lloyd Jones, when you can make use of our pottery and woodwork facilities with their support and tuition. If there is something you want to learn, tell us, and we'll do our best to host a course in the near future.

To register your interest, or to get involved, visit our websites -

www.lakedistrictfarmersarms.com | www.grizedale.org – or contact Project Manager, Emma Sumner (emma@grizedale.org | 01229 481160) who is always happy to hear from you.

Oxen Park Cinema Club

20th Anniversary Film

To celebrate our 20th anniversary we are putting on a special show of the original film shown in 2002 - *BUTCH CASSIDY AND THE SUNDANCE KID*.

Saturday 27th August, 2 shows: 4pm and 8pm.

Booking your seats ahead: make this a historic family outing and come to watch this masterpiece again.

Book online using our new online booking system

at **www.oxenparkcinemaclub.org.uk**



NEW SEASON OF FILMS 2022 - 2023

We are back to our old ways - 1st Tuesday & 3rd Saturday in the month starting on Tuesday 6th September with the film BELFAST. BUT - a new way of booking your seats and new membership - go online to **www.oxenparkcinemaclub.org.uk**
Programmes will be available at the Rusland Show on 20th August.

Rusland Horizons Report

New Trustees join Rusland Horizons

We are delighted to announce that six new trustees have now been appointed to the board of The Rusland Horizons Trust. The Trustees will replace the four due to stand down towards the end of the year and will join the two existing Trustees who remain on the board. With a total of eight Trustees from the start of 2023, the outlook for the Trust and its continuation of conservation and community activities, is now looking significantly more positive and exciting!

More events now open for booking

We've added more events! Family discovery day, veteran tree walk, rhody bashing, woodland archaeology discovery walk, to name a few. There are also a couple more events currently being planned which should be open for booking very soon; alder tree planting at Thwaite Moss which is due to run in October and forest bathing at Black Beck Woods likely to be in September.

If you want to get involved and join us for one of our many events, then take a look at our website. The 'What's On' page lists all the events open for booking, with more being uploaded over the coming weeks as details are confirmed.

All information and links to booking are on our website here

<https://www.ruslandhorizons.org/whats-on.aspx>

or email hello@ruslandhorizonstrust.org



Cumbria YFC County Stock Judging Competitions

A fantastic night of Stock judging took place at Threapland Lees on Thursday 16th June with the young farmers gathering to take part in the County Final of the Stockman and Young Stockman of the Year competition. Kindly hosted by the Bowness family, competitors were tasked with judging dairy, beef, lambs and ewes and were also called on to complete an animal health and husbandry questionnaire set by Ms Charlotte Chapman of Farmgate Vets. With a good turn out on the night, the young farmers showed great skill and focus in their stock judging and a great night was had by all with the results as follows:

Stockman of the Year: Ian Graham Rose Bowl

1st - Amy Bowness, Greysouthen YFC

2nd - William Longmire, Lowick YFC

3rd - Luke Hodgson, Lowick YFC

4th - Matthew Fearon, Greysouthen YFC

Overall club points: Harrison and Hetherington Trophy

1st - Lowick YFC

2nd - Wigton YFC

3rd - Greysouthen YFC

4th - Penrith YFC

photo: Will Longmire collects the award for most overall Club points for Lowick YFC

The top three competitors from both the Stockman and Young Stockman now go on to compete at the Northern Area Stockman competition, hosted by County Durham YFC on the 22nd July 2022 at Darlington Farmers' Mart.

Mothers' Union

Coniston Mothers' Union members have recently had two outings. The first being to Barton Grange where they took a ride in Kingfisher on the Lancaster canal, enjoying a hotpot lunch as they admired the scenery. This was followed by a spending spree for plants which filled the car for the return journey.

Their second trip was to the Terrace cafe at Brantwood where the majority of members enjoyed the large scones with cream while others tucked in to a variety of dishes. Future events were discussed including a visit from the Diocesan President, Debbie Lee, who is visiting all the Mothers' Union groups in the diocese on her bike, which is in aid of the Bishop's Harvest Appeal. She will be visiting St Andrew's Coniston at 11am on July 30th.

Kay



Brantwood News and Views

Our 2022 programme of exhibitions continues with "Ruskin's Perspective: The Art of Abstraction" in the Blue Gallery. This exhibition draws on a cultural history of maths to explore 19th century scientific ideas about the relationship of things and their properties to each other. Continuing in the Studio until 9th August is 'Swallows and Amazons: As Seen from Abroad' by the Arthur Ransome Trust featuring illustrations from his famous books which have been used in publications around the world.

Local artist Daniel Cooper returns to Brantwood with his new 10th Anniversary exhibition 'An Echo in the Sky' which comes at the time he celebrates a decade in a career as a professional artist living and working in Cumbria. The collection of original work describes the place where it all started for Cooper: Brantwood. Opens on 13th August until 20th September.

On Wednesday 10th August Illyria open air theatre returns with a performance of J.M. Barrie's Peter Pan. Starts at 6.30pm. Tickets £15 (Stu £12, Ch £8.50) bookable via our website. When the leader of the Lost Boys, the fleet-footed Peter Pan, loses his shadow during a visit to London, kind-hearted Wendy helps him re-attach it and is invited back to Neverland in return - where Tinker Bell the fairy, Princess Tiger Lily and, of course, the vengeful Captain Hook await. A mixture of actors, puppets and a surprise crocodile. Coniston Launch will be running a special service to and from the performance. £10.00 return. Leaving Coniston boatlandings at 6pm (please arrive at 5.45pm) and returning after the performance. Go to www.conistonlaunch.co.uk, then click on book now then click on Brantwood Theatre. Alternatively info@conferry.co.uk phone number **017687 75327**.

For full details of all our exhibitions and events, please visit our website **www.brantwood.org.uk**. (Tel: **015394 41396**).

SLDC Handy Person Scheme helps people maintain independent living



Residents in need of practical help around their homes are being reminded that a free council-run service could provide support.

South Lakeland District Council's Handy Person Scheme offers assistance with simple but essential jobs around the home to help people maintain independent living and quality of life.

The service provides help with anything from changing a lightbulb to putting up shelving, installing hand rails and small repairs such as unblocking sinks, as well as fitting curtain rails and moving heavy items and fitting of minor security measures.

The work is free of charge except for the cost of materials and is available to people who are unable to undertake the task themselves and have no other person available to help them with the task who

- are aged 65 and over; or
- have a disability or are vulnerable; or
- are being discharged or have recently been discharged from hospital; or
- are at high risk of falling due to a medical condition.

Works are limited to a maximum of three man-hours. Eligible households can use the service up to six times a year.

Further details of the scheme are available on the council's website at **www.southlakeland.gov.uk**, via telephone on **01539 733 333** or via email on **housingstandards@southlakeland.gov.uk**.

GREENODD & DISTRICT HORTICULTURAL SOCIETY

78th Annual Show

**FLOWERS * VEGETABLES * POT PLANTS *
FLORAL ART**

**HOME PRODUCE * PHOTOGRAPHY *
CHILDREN'S CLASSES**

HANDICRAFTS * WINES & LIQUEURS

**GREENODD VILLAGE HALL
Saturday 27th AUGUST 2022
at 2.00 p.m.**

**Trophies presented at 4.00 p.m.
Followed by auction of exhibits**

Raffle Light refreshments available

Admission: Adults £1.00, under 16's Free.

Schedules from:

**P Hutchinson, Bakehouse Born and Bread, Village Hall,
2 Bank Terrace, or telephone 581274**

**email greenodd.horticultural@gmail.com or find us on
Facebook**

It's back ...

RUSLAND SHOW

SATURDAY 20 AUGUST 2022

Field opens 11:30 First event 12:20

Whitestock Meadow, Rusland LA12 8LB

Flowers, Vegetables, Home Produce,

Handicraft and Children's Exhibit

Competitions

Fell Races, Track Races, Hound Trails – **Cash Prizes**

Children's Competitions: Pet Show, Fancy Dress,

Obstacle Course, Children's Races

Craft Tent, Refreshments, Ice-Creams,

Local skills and crafts demonstrations

Free Circus skills workshops by Jesters

Tug of War (£100 1st Prize donated by The Manor House)

Music event after the Show!

ADMISSION: ADULTS: £5.00

CHILDREN under 16: £1.00

Contact: Maureen Boyren, Hill Park

Farm, Colton, Ulverston. LA12 8HP

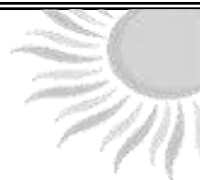
Telephone: **01229 885300**

Email:

ruslandshowinfo@gmail.com

Website: **www.ruslandshow.org**

Find us on Facebook: Rusland Valley Horticultural Society Ltd





Lakeland Country FAIR



Join us for a fun day out for all the family!
Sunday 21st August 2022, starting at 12 noon | £5 Adult, £3 Child
Torver, Near Coniston, Cumbria LA21 8AU



Whats On:

Dog Shows

Fell Races

Displays and Demonstrations

Fell Pony's

Licensed Bar

Trade Stands

Refreshment Stands

BBQ

Crafts

WWW.LAKELANDCOUNTRYFAIR.CO.UK

LOWICK SHOW

the Lowick 'L'al Royal' show



Saturday 3rd September 2022
gates open at 8.30am

Adults £6 | Under 16's £2.50 | Under 5's FREE | Car Park FREE

For over 160 years the communities along and around the Crake Valley have celebrated annually in display and competition of the fruits of their labour

There is something for everyone...

Classes to enter... Livestock/Horses/Home Produce

EARLIER ENTRY DEADLINE: FRIDAY 5TH AUGUST

Download your schedule and entry form from, www.lowickshow.co.uk

Enter on the day... Novelty Dogs/ Children's Races

*What's on... Licensed Beer Tent/Refreshment Tent/Children's Races/Trade Stands/
Local Crafts Tent/Cumberland wrestling...*

Keeping the entertainment going...

The Beer Tent will be open throughout the day until 8pm.

Featuring live music from 5pm.

All welcome!

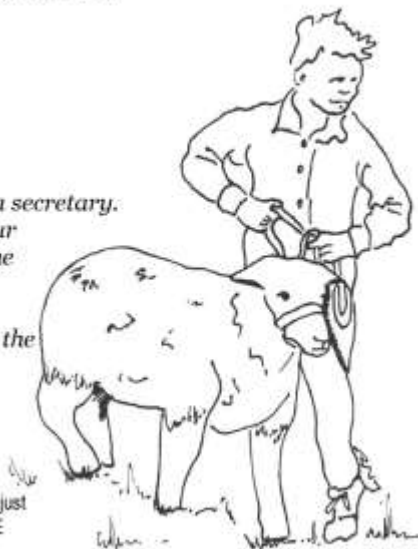


Seeking a Secretary...

Once again we find our 'La'al' Show without a secretary.

We are seeking someone to work alongside our dedicated committee to continue to provide the fabulous Show we all know and love.

If you think you might be the right person for the role, email the committee at, secretary@lowickshow.co.uk or visit the website for more details.



Find the show fields next to the A5084 Greenodd to Coniston Road just a few hundred metres south of Lowick Bridge. SAT NAV LA12 8EE

www.lowickshow.co.uk

Broughton and Coniston District Councillors' Update

Local Government Reorganisation A Cabinet has been appointed for the new Westmorland and Furness Council. It will work in parallel with the existing District Councils and Cumbria County Council prior to becoming fully functional in April 2023. A Council plan which will confirm the high level strategic direction and vision is currently being developed

Sustainable Warmth Grant Scheme SLDC is offering grants to residents to support installing energy efficiency measures and low carbon heating into homes. This will reduce heat loss, bills and carbon emissions. Eligible households can receive funding up to £25,000. SLDC will be writing to eligible households.

Environmental Business Support SLDC is subsidising support for small businesses to become greener. The environmental action planning and certification package, which includes 12 months Green Small Business certification, usually costs from £299 and SLDC will pay up to 50%.

Lakes Water Quality - Volunteers needed There is an increasing problem with sewage in the Lakes. The National Park has joined with several other agencies to promote the Love Windermere project to reduce lake contamination. In Coniston, we are intending to get areas of the lake designated as bathing waters. This means it will be easier to finance sewage plant upgrades and maintenance. To do this, we need to survey the number of bathers at key points around the Lake over a season and we need volunteers. Tracy and Suzanne are taking the lead on this - see opposite.

Waterbird Seaplane - Volunteers needed In June, the Waterbird, a hydroplane (seaplane) took off on Windermere re-enacting the original historic flight in 1910 of the first hydroplane. The trials were successful and we are holding a public display on 22nd and 23rd September, near Cunsey. We need about a dozen volunteers to help with parking and marshalling. This will be between 2 and 6pm.

Hawkshead Tourist Information LDNPA has reopened the Tourist Information Centre and they are also have cycle hire and sell snacks and hot drinks. They are planning a full refurbishment of the property.

Visitor Management It is getting busier in the Lakes and Safer Lakes group is actively patrolling. There is Parking Enforcement and we are also dealing with litter and fly camping as they occur. If you see any problems, please contact the Safer Lakes group on help@lakedistrict.gov.uk.

Contact us on **077784 30926**, if you have any queries/concerns, wish to volunteer, or would like any more information.

Or ian.wharton@southlakeland.gov.uk,
heather.troughton@southlakeland.gov.uk
tracy.coward@southlakeland.gov.uk
Suzanne.Pender@westmorlandandfurness.gov.uk

Stay Safe, Keep Healthy

Ian, Heather, Suzanne and Tracy

“Bathing Waters” Designation for Parts of Coniston Water

Water based activities are already, and increasingly, extremely popular on Coniston Water. The importance of such activities to people's physical and mental health is increasingly recognized. But serious concerns have arisen about frequent incidents of inadequate treatment of sewage at, or bypassing of, the sewage treatment works in Coniston and Torver.

The designation of parts of the lake as “bathing waters” would impose a legal requirement on the Environment Agency to carry out regular assessments of the water quality. Such a designation would also make it easier for United Utilities to obtain approval from its regulator OFWAT for any necessary expenditure on improvements to the capacity or effectiveness of the local sewage treatment works. It would also enable more effective public pressure to be applied to United Utilities to upgrade to an adequate level.

Degradation of the water quality in the lake could have immediate effects on the health of those who use it for a wide range of activities. It would also have a long-term adverse effect on the ecology of the lake with its rare and internationally important species.

Designation is not easy. It requires extensive surveying over a season. Records must be made of the number of bathers and other undertakers of water based activities on the 20 most busy days at the parts of the lake that are candidates for designation. A submission must then be made to DEFRA.

Three areas are under consideration:

1. Coniston North Tip, Monk Coniston and Coniston Boating Centre
2. Coniston North West Shore, Old Hall Sailing Club; Camp Site and Priestley Centre
3. Coniston South Tip, Brown How and Eric Wright Centre

There are no plans to make any physical changes to the built or natural environment in support of the application, for instance no marking of bathing areas is planned.

We would be very interested in all views on the possible designations.

We are also looking for volunteers to undertake survey work on a number of days during the summer. This is simply the completion of a survey form, for which guidance will be given. Please contact us (below).

The DEFRA application is being led by Coniston Parish Council supported by a small task group from the local community and the new Westmorland and Furness Authority.

Tracy Coward, Chair, Coniston Parish Council **tracy9014@yahoo.co.uk**

Suzanne Pender, Westmorland and Furness Authority
Suzanne.Pender@westmorlandandfurness.gov.uk

A THOUGHT FOR THE MONTH by Rev. David Gregg
AUGUST 6th : THE FEAST OF THE TRANSFIGURATION

In 1966/67 Sir Francis Chichester sailed single-handedly around the world. He left Plymouth on 27th August 1966, escorted out by naval vessels, and returned there on 28th May 1967, greeted by a flotilla of small ships, and a Naval guard of honour as he came ashore. He was knighted by the Queen at Greenwich a little while later. In December 1967 the BBC had a spoof TV programme about the year's events as seen through the eyes of the Communist "Peking People's Daily". They showed actual footage of the above events with the following commentary:

Last year, things got so bad in the capitalist state of Britain, that one of the inhabitants made a desperate bid to escape, hotly pursued by the British Navy, whose pathetic attempt to catch him he easily evaded. Unfortunately, as he was a product of their very primitive education system, his navigation was so bad that nine months later he arrived back exactly where he had started out from. He was immediately seized by the lackeys of the Imperial forces, and dragged off to Greenwich, where he was publicly beheaded by the monarch.

They finished the footage just as the sword came down!

Along the same lines, there is also the story of the Liverpool footballer making his way to the local derby against Everton. On the way he saw an escaped poisonous snake about to attack a little child. He bravely seized it and killed it, undoubtedly saving the child's life. The local Liverpool paper reported it under the head-line, "Liverpool Hero saves child's life." But it's rival Everton-supporting daily came out with, "Liverpool Lout slays family pet!"

Both these examples illustrate an important principle, somewhat down-graded in our modern Western world, that "Truth" does not lie in mere *words*!

The feast of the Transfiguration falls on 6th August. The Greek word means a 'Change of form', and the story is told in each of the first three gospels. Although the apostle John, one of the participants, does not tell it in the same way, it almost certainly lies behind his opening statement, "The Word became flesh and lived among us . . . and we have seen His glory, the glory as of the Father's only Son, full of grace and *truth*." Later on in his gospel John records Jesus as saying, "I am . . . the *truth*". (John 14:6). The common Greek word (*aleitha*) means "non-concealment". In the Greek version of the Hebrew Scriptures (the Septuagint) it is used almost unanimously to translate the word "Emeth", which comes from the same root as "Amen", and basically means the *Ultimate Reality*. So, although the Scriptures bear witness to Jesus, as *the* Word, they are not, in themselves "the Truth"!! it is Jesus Himself Who is the Ultimate Reality, revealed in the Transfiguration.

But the "I AM" of Jesus saying is equally important. It signifies the Divine Name, and the Transfiguration should move *us* to respond, in the words of Thomas Scott's commentary on Exodus ch. 34 vv 1-10:

"When the LORD made Himself known to Moses, by the name I AM THAT I AM, He declared unto him His self-existence, unchangeableness, eternity, omnipotence, omniscience and omnipresence; with His authority as everlasting, absolute and universal SOVEREIGN, LAWGIVER and JUDGE, Who demands our LOVE, WORSHIP and OBEDIENCE".

Parish Prayer Diary - August 2022

1st: Pray for those rebuilding their lives and communities following recent natural disasters.

2nd: Pray for hospital medical staff, managers and support staff.

3rd: Pray for today's Benefice staff team meeting.

4th: Pray for the people of Haiti in these turbulent days of political infighting and gang violence.

5th: Pray for the safety and wellbeing of our farming community.

6th: Pray parents and God-parents will take seriously the promises they make to nurture the Christian spiritual development of children they bring for baptism this month.

7th: Sunday, the first day of the week

Ponder anew the graciousness of God giving up his Son out of love for the world, and in humble response, seek to share his love with all we come in contact with.

8th: Pray for our local Councillors Ben Cooper and Caroline Airey.

9th: Pray for local Agricultural shows taking place this month.

10th: Pray for those involved in providing local public transport.

11th: Pray for all involved in the local tourist and hospitality industry.

12th: Pray for the youth of our nation and the challenges they face.

13th: Pray for charities working abroad to prevent the spread of disease in areas affected by poverty, drought and conflict.

14th: Sunday, the first day of the week

Pray the Holy Spirit, who is the life and light of the Church, may open our hearts to the riches of his grace that we may bring forth the fruit of the Spirit in love and joy and peace.

15th: Pray for church-run Food Banks and Food Pantries, the organisers, helpers and clients.

16th: Pray for our local Councillors Tracy Coward and Janet Willis.

17th: Pray those suffering from addiction of any kind may be helped and accompanied on their journey to wholeness.

18th: Pray for pupils as they receive their A and AS level results and consider their future options. Pray for parents and teachers as they support them.

19th: Pray our nation nurtures respect for the dignity of all peoples, seeing the worth of every soul as God our Father sees them.

20th: Pray for local Councillors Heather Troughton and Ian Wharton.

21st: Sunday, the first day of the week

Lord Jesus, as you taught your disciples to be persistent in prayer, give us patience to never to lose hope but always to bring our prayers before you and to wait expectantly.

22nd: Pray for marriages and families under pressure, and pray for the charity Relate as it works to help those experiencing relational problems.

23rd: Pray for our local businesses.

24th: Pray for Councillors Suzanne Pender and Matt Brereton recently elected to the new Westmorland & Furness Council, and their contribution to the Shadow Authority.

25th: Pray for pupils receiving GCSE results, and their families as they help their children prepare for the return to full time education or the taking up of an apprenticeship.

26th: Pray for Christians in Nigeria, for protection from attack and for strength to hold on to Christ despite persecution.

27th: Pray for those struggling with their self-esteem.

28th: Sunday, the first day of the week

May our God of glory help us to lay aside all that prevents us from seeking his kingdom, for we have found that pearl beyond all price: Jesus our Saviour.

29th: Pray the tired find rest and recuperation today, and for those who must work, that they find the strength and peace of mind promised by Jesus (Matthew 11:29-30)

30th: Pray for the work of the British Red Cross who find and return to families, people missing through conflict, disaster and migration.

31st: Pray for all those who earn their living from the sea, especially merchant sailors and fisherman, and their families.

Prayer Hour

Monthly opportunity to meet for just one hour in Penny Bridge church, to pray for items posted on the prayer board, for the churches in our Benefice, for our communities, and for the wider world.

Next Prayer Hour will be **Wednesday 3rd August, 10am-11am**



Prayer Requests

The Benefice of Coniston and the Crake Valley consists of the five churches at Coniston, Torver, Lowick, Colton and Penny Bridge. The benefice has its own Pastoral Team who support the vicar, Revd. Brian Streeter in meeting the pastoral needs of the people in this extensive area. For example, in visiting and praying for those in need of support.

As part of this work, we consider it vitally important to continue in our prayer for the communities and individuals. As part of this effort we would welcome any prayer requests that you may have—for the sick, for the needy, or for whatever currently concerns you or that you wish to give thanks for.

Please send your prayer requests at any time to:

prayer@conistonandcrakechurches.co.uk

and we will ensure that they are prayed for.



Tools for Africa

Is it time for a shed clear out?

Windermere Tools for Self Reliance would appreciate donations of chisels, planes, hammers, vices, saws, spanners, wrenches, files, drills, screwdrivers, power tools and sewing machines etc.

Our local group provides reconditioned tools for community projects in Ghana, Malawi, Sierra Leone, Tanzania, Uganda and Zambia. Your unwanted tools can enable families to support themselves and provide education for their children.

If you can help please contact John Mullen on **015394 45456**

More information about Tools for Reliance can be found at **www.tfsr.org**

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

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



BIKE HIRE



By appointment only

in Lowick Green

New and used bike sales

E-bike specialists

www.lakedistrictbikes.com

07887 731552

CONISTON COMMUNITY TOURIST INFORMATION CENTRE

Run by volunteers – why not join us?
Any time you have to offer will be great –
a regular commitment is not essential.

email: **mail@conistontic.org**

phone: **015394 41533**

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



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)

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

Coniston Co-operative Society Ltd

YEWDAL 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

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

Ian Whiteway Dip. Cons. Bookbinding and Restoration

Antiquarian to modern

Please ring

Nibthwaite **01229 885024**

iandmwhiteway@yahoo.co.uk

also books bought pre -1960

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

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

Tel: 07789 591619

Wooden Floor Sanding and Finishing Ltd

contact Adam on **07483 855937**

or email

adamhughes0482@gmail.com

Angus Braham, Plumber

(HND Building, C&G Plumbing)

AB Plumbing Services Ltd

all work undertaken

Tel 07777 634141

abplumbers1963@gmail.com

2 Malt Kiln Cottages, Grizebeck

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

DICK MORRISON

Spark Bridge

Plastering - Painting

Property Maintenance

01229 885472

07919 062659

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

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**

MICHAEL SYKES

Painting and Decorating

Interior and Exterior Work
Professional work done and
quality materials used

01229 861500

07811 554527

Property Maintenance

Handyman Chris Clinch

Quality workmanship, no job too small.

Reliable and affordable

Painting, plumbing, electrical, joinery,
building

07952 778608

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

Dave Pearce Tree Services

Tree work including

Dismantling & Pruning

Woodland management

Firewood processing & supply

Tel 01229 861137

07753 472229

Qualified & Insured

ambleside opticians

local independent community eyecare

eye examination and contact lenses

glaucoma & cataract screening

diabetic eye examinations

emergency eye care service

Tel: 015394 31331



Peter Harrison Building

- General Building Work
- Stonemason
- Brickwork
- Slate Roofing etc.

Broughton Tel 01229 716386
Mobile 07718 611973
peterthebuilder@yahoo.com

The Britannia Inn, Penny Bridge

Real Ales, log fires and BT Sport,
dogs welcome.

Open from 5pm Monday to Friday,
4pm Saturday and Sunday
Delicious home cooked food served from
5.30 - 7.45pm Thursday to Saturday

Tel: 01229 861783



@lakesbritannia



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

Our Plaice

Traditional Chippy

Lake Road, Coniston

Opening Tuesday to Saturday and Bank
Holidays 5 til 8.30pm

Tel: 015394 41339

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

THE FLOWER BASKET

Hawkshead Old Road, Coniston

Flowers for every occasion, delivered locally

Open 7.30am to 3.00pm except Weds;

Sun 8.30am to 12.00 noon



Contact Anne on

015394 41609



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

Sunday: 8.30am - 12 noon

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**

B J Taxi Service

Coniston and surrounding area

4 seater car

Contact Barry on **07531 103686**



CONISTON THE LAKE DISTRICT

Discover and explore the
Lake District and beyond, with a
professional guided private tour.

Half days, full days or longer

8 & 16 SEAT VEHICLES AIRPORT/RAILWAY

TRANSFERS WEDDINGS AND GROUP

TRANSPORT

To discuss your adventure, please contact David on

Tel: 07814 728390

email: info@bluebird-tours.co.uk

or visit www.bluebird-tours.co.uk

Usher Construction



Building and Joinery

Coniston, Cumbria

Office **015394 41209**

Mobile **07921 003840**

email: usherconstruction@outlook.com

Visit: www.usherconstruction.com

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



Caroline Gibbon
bmas (hons) PGCE

Vocal and Piano Tutor

07795956712
caroline.sopranog@gmail.com

Studio in Colton,
Near Ulverston
All ages and abilities.

Crakeside Fish & Chips

Greenodd, Cumbria LA12 7RE

Frying Times

Tue - Thurs 11.30am - 2pm

4.30pm - 8pm

Fri & Sat 11.30am - 8pm

★ ★ ★ ★ ★

5 star "scores on the doors"

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

Beauty by Becky

Penny Bridge

Gel nails, waxing, lashes, manicure and
pedicure.

Tel 07896 179483

 @beautybybeckyatpennybridge

APC Joinery

Building on Traditional Values

Alan Crowe

alan-crowe@outlook.com

5 Stonydale, Ulverston LA12 9PQ

Tel: **01229 585619**

mobile **07703 554114**

McDermott Coal & Chimney Sweep Brett McDermott

Coal enquiry: **01229 585543**

Chimney Sweep enquiry: **07771 520206**

Home: **01229 468898**

NACS approved rotary power sweep

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



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



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

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

**To advertise here from as little as £39 per year please contact the
Editor on editor@conistonandcrakechurches.co.uk or 07884 232281.**

What's On Guide - August

3 rd	Prayer Hour 10am - 11am	St Mary's, Penny Bridge
9 th	Mothers' Union - Mary Sumner Day	
10 th	Open Air Theatre: Peter Pan, 6.30pm	Brantwood
20 th	Rusland Show, from 11.30am, plus music event after show	Whitestock Meadow, Rusland
21 st	Lakeland Country Fair, from 12 noon	Torver
27 th	Greenodd Horticultural Society Annual Show 2pm	Greenodd Village Hall
27 th	OPCC 20th Anniversary: Butch Cassidy & the Sundance Kid, 4pm & 8pm	Carthouse Cinema, Oxen Park

What's On Guide - regular events

2 nd & 4 th Fri	Gifts & Talents: Art Group 10.30am - 12.30	Tottlebank Baptist Church
Wednesday	Volunteer Day 10am - 4pm and Community Lunch, 1pm prompt	Farmers' Arms, Lowick
Thursday	"Young at Heart" exercise and lunch, 11am	Coniston S&S Centre
Thursday	Volunteer Day 9.30 - 3.30pm	Brantwood Gardens
2 nd Tuesday	Egton WI, 7.30pm, new or prospective members welcome	Greenodd Village Hall
3 rd Tuesday	Coniston WI, 7.30pm, new or prospective members welcome	Coniston Institute
2 nd Wednesday	Bouth WI, 7.30pm, new or prospective members welcome	Bouth Village Hall
1 st Wednesday	Prayer Hour - 10 - 11am	St Mary's, Penny Bridge

J F Hornby & Co

CHARTERED ACCOUNTANTS

More than just **Accountants**

TAX PLANNING • RESEARCH & DEVELOPMENT TAX CREDITS
• BUSINESS HEALTH CHECKS • **FINANCIAL LIFE PLANS** •
ACCOUNTS • VAT • **PAYROLL** • CLOUD ACCOUNTANCY •
COMPANY FORMATION • PROPERTY TAX • **CAPITAL GAINS**
TAX • INHERITANCE TAX • **MANAGEMENT INFORMATION** •
TAX PLANNING • RESEARCH & DEVELOPMENT TAX CREDITS •
BUSINESS HEALTH CHECKS • FINANCIAL LIFE PLANS • CASH
FLOW & PROFIT FORECASTS • ACCOUNTS • **VAT** • PAYROLL •
CLOUD ACCOUNTANCY • COMPANY FORMATION • CAPITAL
GAINSTAX • **PROPERTY TAX** • INHERITANCE TAX • MANAGEMENT
INFORMATION • **RESEARCH & DEVELOPMENT TAX CREDITS** •
TAX PLANNING • BUSINESS HEALTH CHECKS • FINANCIAL LIFE
PLANS • **CASH FLOW & PROFIT FORECASTS** • VAT • PAYROLL
• CLOUD ACCOUNTANCY • COMPANY FORMATION • PROPERTY
TAX • CAPITAL GAINS TAX • **INHERITANCE TAX** • MANAGEMENT
INFORMATION • **ACCOUNTS** • RESEARCH & DEVELOPMENT TAX

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