

Coniston and Crake Valley News



April 2024 www.conistonandcrakechurches.co.uk



Cumbria Young Farmers - Best in the North

Teams from Cumbria, Yorkshire, East Riding, Northumberland, County Durham and Lancashire descended on Scarborough in early March to compete against each other at the Northern Area Weekend hosted by Yorkshire YFC. Members took part in speaking, reading and drama competitions, played cricket, rounders and volleyball and showed their skill at disco dancing and in the show choir competition.

Our local YFC members from Lowick, Zara, Matthew and Emily achieved a 3rd place in the Junior Public Speaking and Zara also placed 3rd in the Best Chair award.

Lowick YFC's Anya and Zara Clough, Isabel Wilson and Natalie Waller took 1st place for Cumbria A in the Brainstrust (21 and under) competition. Zara from Lowick took 1st place for the Best Chair.

The MACE Debating teams were up against some tough competition in Scarborough with the Cumbria C, Lowick YFC team taking 3rd place. The young farmers taking part in the Situations Vacant (16 – 21) competition did Cumbria YFC proud with Sophie Barker of Lowick YFC taking 1st place for Cumbria A.

Alice Woodburn of Lowick YFC took 2nd place for Cumbria B in the Senior Member of the Year competition (18 and over).

Cumbria YFC County Chair, Charlotte Wilson commented "It has been a complete honour and highlight of my year so far to be Cumbria YFC County Chair this weekend".

Broughton YFC's Charity Car Pull

In February, a team of around 60 members from Broughton YFC raised over £12,000 for their local mountain rescue team, Duddon & Furness, by pulling and pushing a car for over 17 miles from Millom to Broughton.

A group of school friends organised the fundraiser in memory of their friend Edward Gabbert, a member of Broughton YFC who sadly passed away in a farming accident 10 years ago.

Broughton YFC are extremely grateful for the support they received from the Duddon and Furness Mountain Rescue Team, and especially to all the supporters who donated to the cause and showed up on the day to cheer them on along the route.



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,		07505 048736
Penny Bridge.	<i>Brian works for Filling Station on Thursday</i>	
LA12 7RQ	<i>Brian's rest day is Friday</i>	

SAFEGUARDING OFFICER

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

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

Church Services for April 2024

7th	Second Sunday of Easter		
St. Luke Torver	9.00am	Bikers' Breakfast	Rev Brian Streeter
St. Luke Lowick	9.30am	Holy Communion	Rev David Bickersteth
St. Mary Penny Bridge	11.00am	Holy Communion	Rev Harry Welch
14th	Third Sunday of Easter		
Holy Trinity Colton	10.00am	Morning Worship	
St. Andrew Coniston	11.00am	Holy Communion	
St. Mary Penny Bridge	11.00am	Healing Service	Rev Joanna Henson
21st	Fourth Sunday of Easter		
St. Luke Torver	9.30am	Morning Worship	Rev Brian Streeter
St. Mary Penny Bridge	11.00am	Holy Communion	Rev Brian Streeter
28th	Fifth Sunday of Easter		
St. Luke Lowick	9.30am	Methodist Service	Rev Grace Cauldwell
Holy Trinity Colton	10.00am	Morning Worship	Pam Priestley
St. Andrew Coniston	11.00am	Morning Worship	Pamela Hull

From the Registers

Holy Trinity, Colton, 2nd March: Irene Joyce Metcalfe, Interment of Ashes.

St Andrew, Coniston, 11th March: David Raven, Funeral and interment.

Baptism

St Andrew, Coniston, 17th March: Tommy Rhys Jackson & Matthew Wilson Redhead

From the Editor:

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

Cover photo: Bluebird returns to Coniston : Nick Monk

Pastoral Letter from Pam Priestley

Dear All,

A story is told of a man under the care of a psychiatrist because he had convinced himself that he was really dead. It seemed that no amount of reasoning and persuasion could convince him otherwise. Eventually the psychiatrist came up with a plan. He spoke to the man at length, showed him books and charts and finally the man agreed that dead men don't bleed. The psychiatrist then punctured the man's arm with a needle and watched the blood flow out. 'Success' the psychiatrist thought! The man looked in amazement at his arm and said to him, 'So dead men do bleed after all'.

Evidence is one thing, faith and trust are another. How could a dead man be seen walking and talking by so many people, eat fish and cook breakfast on a beach? How could a huge stone be moved from the entrance of a cave whilst guards were on duty? How could those with broken hearts and lost hopes turn into dynamic, joyful messengers of hope? How could Jesus have been raised from the dead?

Some years ago, that was the question that provoked a certain lawyer, who thought he would put paid to this Christian 'poppycock' once and for all by writing a book to disprove the resurrection. A dead man raised. Not a chance! With his legal mind, he studied the gospel accounts. Slowly the evidence mounted and his conviction grew but a very different conviction to the one he expected He found overwhelmingly that the evidence pointed to the truth of Jesus' resurrection. However the real change for Frank Morrison came not simply to his analytical mind but to his heart. He experienced for himself the risen Lord Jesus.

'I KNOW that my Redeemer liveth', well known words from Handel's Messiah. May that truth enter all your hearts this Easter-tide.

Love Pam

Around the Parishes : Colton

Colton Church Electoral Roll

Colton Electoral Roll is to be updated. Anyone who would like to be added to the Roll, or likewise removed from the roll, needs to contact **Susan Dean** on **01229 861435** by 12th April at the latest.

Colton Parish News

Further our summary of the meeting with Electricity Northwest in the last edition please note that grant funds from Electricity Northwest are still available for projects that improve resilience (e.g. a generator for a village hall) or protect the welfare of vulnerable community members. This grant fund is being managed by Cumbria Community Foundation. You can find the information on eligibility and how to apply at <https://www.cumbriafoundation.org/fund/enwl-storm-arwen-community-resilience-fund/> There have been several successful applications in the area.

Westmorland and Furness Council is consulting on its strategy for nature recovery. Having declared a climate emergency, Colton Parish Council will be responding with views, but we also urge individuals to complete the survey by 31st May so your personal views can be taken into account. The link to the survey is <https://consult.westmorlandandfurness.gov.uk/climate-and-environment/nature-in-cumbria-your-chance-to-help-write-a-strat>

Colton Parish was happy to support ENMO parish council in applying for a mandatory 20mph limit in Spark Bridge to make the road safer for everyone. We are also delighted to finally see full re-surfacing of the degraded area of road into Bouth. It has taken a lot of persistence but hopefully this repair will stand the test of time. Thanks to our lengthsman, Archie, for clearing and tidying the area in advance to help with these works and ensure drains were clearly visible and not subject to an accidental layer of tarmac. We keep a list of priority highways repair items. These are generally issues that affect road safety for all users including flooding risk. Our district councillor, Suzanne Pender, works very hard to support us on this issue. If you have a serious highways issue that you feel merits being on the priority list, please get in touch with the clerk.

It is election year for parish councils this year. Elections will take place on the 2nd of May. Your parish councillors are your key representatives for local issues in the area. To be effective and responsive, we need enough councillors to cover our three wards. Please consider if you can put yourself forward to be a councillor. Our clerk can provide you with all the information you need to apply, and it is not a difficult process. Current councillors will also be happy to chat, and their contact details can be found on the website. Being a councillor is an important service to the community and an opportunity to meet people you might not otherwise come across as well as learning about the parish and the broader community.

Lowick & Blawith

Lowick Parish Council News

Your Parish Council have purchased a new notice board which has been erected on the Green next to the telephone box.

Everyone is welcome to attend our meetings. On the 21st March we will discuss the governance of the legacy left by Nigel Lord and the guidance we need to prepare for the types of projects and donations to be proposed, to align them to the purpose stipulated in Nigel's will. The result will be posted on our website, <https://lowick.org.uk/parish-council/>, and if practical distributed to all Parishioners.

Our forthcoming election packs are now available from our Clerk, if you want to be involved please contact **Christine** at lowickpc@outlook.com and she will send you one.

Graham Sanderson

Blawith & Subberthwaite Parish Council - April update

The Parish Council has not met since January. The February meeting was cancelled as two members were ill and could not attend. Since then, our Parish Clerk has resigned. As a result, we are not able to hold meetings. Currently we are trying to arrange a Locum Parish Clerk, but these things take time. There is therefore a vacancy for a Parish Clerk and we would be interested in having someone local for the position. If you, or know anyone who would be interested, please contact on the

following email: **blawithandsubberthwaitepc@outlook.com**

Full training will be provided. We also have a vacancy for a Parish Council member, so if you live in or near the Parish and would like to get involved in improving the local area, please contact us. The conditions are that you are over 18 and are resident within 3 miles of the Parish boundary.

I will also be standing down as Chair in May. I volunteered when I was the local District Councillor in 2021 to make the Council operational again and, although I do not live in the Parish, have remained in order to keep things going. It is only right that someone resident in Blawith & Subberthwaite takes that responsibility. There are also Parish Council elections, so we may require nominations should any of the seats on the Parish Council be contested.

On the bright side, we have employed a lengthsman, Tod Coates and have already put him to work, identifying and cleaning drains on all the side roads in the Parish.

Ian Wharton, Chair, Blawith & Subberthwaite Parish Council

Egton cum Newland

NOTICE: Greenodd and Pennybridge Village Hall Annual General Meeting To be held on 9th April at 7.30pm in Greenodd Village Hall. All welcome to attend, new members are NEEDED to keep the hall running and will be made welcome "Now is the time to air your thoughts".

Coffee Morning, Greenodd Village Hall

March 2nd dawned bright and sunny for our coffee morning in Greenodd Village Hall. We would like to thank all the helpers for their sterling work, setting out the stalls with lots of goodies to buy. Cakes, Tombola, bric a brac, wooden items, nearly new, a huge raffle, thankyou girls and plenty of lovely coffee and tea with delicious cakes and biscuits. Also the door keeper and the ladies serving coffee and working in the kitchen and not forgetting Brian for calling out all the raffle numbers. We had a lot of lovely people enjoying the company and refreshments and as usual a warm and friendly atmosphere. We raised the incredible amount of £654 for the church. Our grateful thanks to everyone for donating items for sale and joining us for yet another successful morning. ***Jean and the team.***

Egton with Newland, Mansriggs and Osmotherley Parish Council

The Council met on the 5th of March 2024. The minutes from the meeting can be viewed at www.enmoparishcouncil.org.uk.

The Council has now completed the purchase of six allotments adjacent to Spark Bridge Village Hall. This will allow us to continue to provide an amenity to the Parish whilst giving the area a protected legal status to ensure they cannot be built on or developed in the future. They will be known as the Nigel Lord Allotments following a bequest from the Nigel Lord estate. All are currently let out and ready for a productive growing season.

The Heritage Project has been gathering pace in the background driven by the efforts of Cllr Hind. A group of volunteer researchers has met to undergo training at Barrow's Archive Centre and to discuss objectives. The aim is to produce a vibrant local history using diverse sources which will stand alongside established historical

works to illustrate life in our community. This will eventually be posted on the Parish website in such a way that it can be added to and develop over time. This project is being funded from legacy monies intended to support community involvement.

As always, we have been maintaining our community assets. Greenodd bus shelter has been reglazed and painted inside and out with the help of a working party from Sedbergh School. We will shortly be adding a bike stand to make it easier for those who cycle in and then take the bus for onward travel. Quotes are also being sought for repairing and improving the bus shelter at Penny Bridge. Our Parish owned woodlands are inspected and reviewed on a regular basis with felling and replanting undertaken as necessary. Sherriff Well Woods is a good example of this, where large, dieback affected ash trees at risk of falling into the A590 were removed and replanted with smaller native trees.

The next Parish Council meeting will be at 7pm on Tuesday 7th May. The venue will be Greenodd Village Hall. Please come along if you have any community issues you would like to raise. The agenda can be found on our website at www.enmoparishcouncil.org.uk. If you would like to add an agenda item please contact our Clerk at Clerk@enmoparishcouncil.org.uk.

Ian Green, ENMO Parish Council.

Spark Bridge Village Hall AGM

Saturday 13th April, 9.30am at the Village Hall

We are looking for new committee members. If you are interested in joining, please come along to the meeting or if you would like further information please get in touch via our Facebook page: Spark Bridge Village Hall.



Coniston & Torver

Rainfall, Garden House, Coniston - February 2024

Total - 307.2mm (12.1ins)

Wet days - 23

More than 1mm on 20 days

Wettest day - 14th - 60.5mm (2.4ins)

Frost on the 26th.

Increasing numbers for Coniston 14 Race

In early March there were over 1250 runners booked onto the race, an increase of 10% on last year's registrations. We are looking forward to another great event on Saturday March 23rd. www.coniston14.co.uk

Each year the Coniston 14 Committee makes donations to support the work of about 30 local organisations, charities and clubs. Those interested in applying for funds should send letters to Geoff Cooper, Moorlands, Coniston LA21 8HB by the closing date of 12th April, 2024. A presentation evening will be held in June.

Lunch and Dominoes

The last of the winter season will be held on **Wednesday April 10th at 12.30pm** in Coniston Institute Reading Room. This is a week later than normal due to the Easter holidays. Do come along and join us for soup/roll and a pud, tea/coffee, followed by dominoes. All for £5.00. To book a place, ring Jean on **41617**, by Monday 8th April. Everyone welcome.

From the Soulby's Ulverston Advertiser on December 12th 1854

Coniston & neighbourhood were visited with a heavy fall of rain which continued without ceasing and caused the rivers to overflow their banks and to flood the low ground in and about the village. In many parts the road was impassable for pedestrians. The Mines Beck came roaring down like a cateract (sic) & took away the middle pillars from the Forge Bridge and otherwise injured it. The Black Bull Inn was at one time in danger of being surrounded so that it would have been difficult for a stranger at least to make out the proper water course. But the worst remains to be told.

A little further down, at a place called the Low Bobbin Mill, (now called Low Beck) the flood actually swept away a dwelling, occupied by a miner named William Poole, with all the furniture belonging. At the time this happened Poole was busied in preventing the rain from injuring the bed and his wife was at her domestic employment when he heard a scream from the latter and instantly perceived an opening in the wall. They snatched the children up & made to the door. But scarcely had they crossed the threshold when the house was swept down the beck with all their clothing & furniture. Two tables, a box, a corner cupboard, bedsteads, clock etc were picked up on the opposite side of the lake, the same evening and the following morning; the three first articles nearly broken to pieces and the cupboard very much shaken, but no clothes has yet been found. The sand & other debris has covered a great quantity of land on each side, upwards of a foot thick, together with a wheat field belonging to Mr Wilson. Many houses which laid low were also inundated & the furniture swimming therein.

There was a similar flood in Coniston in 1898, the level of the water in Church Beck at the time is recorded on the upstream side of Church Bridge.

Another bad flood occurred in September 1890 when Church Beck & Yewdale Beck came out & met at Yewdale Bridge flooding the houses there, plus others in the village and damaging Forge Bridge.

From Maureen Fleming

Coniston Local History Group - talk

15th April, 2.30pm at The Reading Room, Coniston Institute: **Gill Riding**, Senior Heritage Officer in Surrey - Museum objects and the stories they tell.

Torver Schoolroom

We are delighted to share that the Schoolroom is back in service and ready for community use and hire. New windows, doors and internal cladding. The walls and woodwork all painted and stained, floor sanded and triple sealed. The character of the hall has been retained and is much warmer. There are a few small jobs yet to do, but we are very pleased with the results. Thanks to Richard and Hazel Bowness, Stan and Val Towndrow, Linda Inman and HMP Haverigg for their time and loan of equipment.

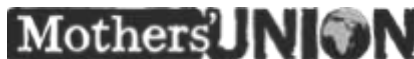
If you like getting involved, do come along to events and check out our committee meetings held only 4 times a year. The next one is May 27th and you'll be most welcome to attend.

Committee meetings: 4th March; 27th May; 2nd September; 2nd December

100 Club meetings: 23rd March; 8th June; 14th September; 15th December (after Carol Service)

Reports

Mothers' Union



At the Mother's Union February meeting members were looking at the strengths and weaknesses of women in the bible.

They began with the Mother's Union worship for meetings which included a reading from Luke 10v38 - 42 about Martha. Prayers for World Peace, families, communities plus organisations, schools and businesses in Coniston and one for Lent were included.

Arrangements for Lady Day on March 25th at Aldingham were discussed and two outings were confirmed. A visit with talk to Tottlebank Baptist Church in May and to St Bees on June 19th to see the new MU caravan with a tour of the Priory.

Members then described their knowledge in detail of Rebekah, Ruth and Martha, how they changed/transformed during their lives and compared them to their own lives today which led to plenty of discussion.

At their next meeting on March 28th, at 3 Little Moss Close, members will be looking at famous women who transformed peoples lives: Gladys Aylward, Corrie Ten Boom, and Florence Nightingale.

Please join us all are welcome, contact **Kay: 015394 41559**.

Egton WI



Our meeting in March got off to a wonderful start as having sung Jerusalem and greeted everyone we were able to present Helen Carlson who is head of fundraising for St. Mary's Hospice with a cheque for £2,300. Helen had thoughtfully brought along a large cheque for us to use so that necessitated a photo or two! Lots of smiling faces.

After the usual business was completed our speaker for the evening Gail Armstrong from the North Lancashire Bat Group enthralled us with her knowledge of bats. Her illustrated talk was brilliant and enjoyed by all and to cap it all she had four little Pipistrelle bats to show us. Did you know that bats are the only mammal that has powered flight? There are 18 species in the UK but there are four that we are most

likely to see, the Pipistrelle being the most common. Apparently Penny Bridge Church has the brown long eared ones too, not surprising I suppose as it is the second most common one here.

Now for your diaries please. After requests from non-members we will be hosting another tea party this summer, mid-Wimbledon, on Saturday 6th July. More details to follow but please consider joining us for this as we will be trying to boost funds for the Duddon Valley Mountain Rescue Team. We will still have our autumn fundraiser on Saturday 19th October.

Lastly, it was great to welcome another new member in March so don't forget ladies - come and give us a try, we always welcome guests with a smile, a good evening and a cuppa. Our next meeting will be on Tuesday 9th April when Phillip Burley will be giving us a talk entitled "Puzzles Past and Present".

For further information call **Gill** on **07519144799**.

Oxen Park Cinema Club

Still time (just!) to visit the beautifully comfortable Oxen Park Cinema Club before the programme closes for the summer.



Tuesday 2nd April - Return to Dust - love blossoms amid the grinding poverty of rural China.

Saturday 20th April - CODA - winner of three Academy awards - a hearing girl is torn between her ambition and her duty towards her non hearing family.

We have been very busy lately, all our films have been shown twice to satisfy demand - so book early to avoid disappointment and look out for second showings....

Celebrating? Don't forget you can hire the cinema for private showings (including during the summer recess) for a mere £20 cinema hire fee plus the cost of a commercial screening licence, which is usually around £105. Or if you want to show your own (personally created film) it is just the £20 cinema hire charge. Perhaps combine your screening with a meal across the road at the excellent Manor House?

Oxen Park Cinema Club is a small charity serving as wide a community as we can reach and run entirely by a team of volunteers. If you would like to join us, please do get in touch for a chat via our website using the email address provided. Or have a chat with one of our Trustees before or after a screening.

www.oxenparkcinemaclub.org.uk

Brantwood News and Views



We are now open every day 10.30am-5.00pm. Even more time to visit us!

Our new exhibition in the Blue Gallery is an exhibition of plein air paintings in water-based media by Frances Hatch ARWS entitled 'Of Truth and Water'. The works in the show speak of specific encounters and accumulations of experience in the steep Brantwood gardens, lakeside, Coppermines Valley and White Lady Falls between 2019 and 2023. On display from 15th March until 14th July. In the Severn Studio we have 'Reflections on Water' which is a wonderful celebration of water in art by

Cumbria Printmakers, now on show until 19th May.

Join us for our upcoming Brantwood Big Easter Weekend and Easter Go Wild! events, featuring a range of engaging activities for kids and families. From nature-themed scavenger hunts to crafting sessions using recycled materials, these events offer opportunities for outdoor exploration and creativity. Full details of both events can be found on our website. Spaces are limited for morning sessions so booking is required, afternoon sessions are open to all, sessions are filled on a first come, first served basis, so be sure to arrive early to secure your spot! Saturday, March 30th: 10:30am – 12noon: Nature-Themed Scavenger Hunt. Sunday, March 31st: 10:30am – 12noon: Craft Morning. Both £3 per child. Children must be accompanied by an adult.

Go Wild! at Easter: Wednesday 3rd & 10th April, Saturday 6th & 13th April. See website for each days' activities. £3 per child per session.

It's here, Saturday 13th April at 6.30pm. It's time to grab your friends and book now! Our first Food & Folk event of the year, The Terrace @ Brantwood invites you to an evening full of Food & Folk. Starting with Chef's snack & welcome drink on arrival, followed by a 4 course tasting menu. With live folk music all night we have some big names in the folk community, including The Bimble Brothers, The Tailgate Buskers & Christian Stretton. Join us for a relaxed gathering celebrating good food, good music, and good company. £55 p.p. <https://www.brantwood.org.uk/theterrace/>

On Wednesday 17th April the Friends of Ruskin's Brantwood have organised a special Director's Talk for new and old Friends. Brantwood's Director, Howard Hull, will be giving an introduction to our new exhibitions in the Blue Gallery and Severn Studio. Starts 11am, please email bookings@brantwood.org.uk to book your free place. Open to all.

Saturday, April 27th, 9.30am-1.30pm - Foraging And Wild Medicine Walk by Miscellaneous Adventures. Join us in the woods and meadows of the Brantwood estate for a morning of foraging, Nature connection and plant wisdom! Spend time fully immersed in Nature, exploring fascinating interactions between plants, animals and fungi and discovering medicinal and culinary uses for native plants. For further details and to book, visit <https://www.miscellaneousadventures.co.uk/workshops> For full details of all our exhibitions and events, please visit our website www.brantwood.org.uk. Box office: enquiries@brantwood.org.uk or call **015394 41396**.

The Farmers Arms, Lowick April events

6th- Workshop Open Day 10-4pm find out about our courses, meet the tutors, demos, tours, come and have tea and cake

10th- SOUP TALK: What is Soul with Adam Sutherland £5 talk £5 soup

11th- Celtic Fiddles free live music in the Stable Bar 7.30pm

12-14th- Womens Woodwork Weekend, sold out but new date now booking in June

17th- SOUP TALK details to follow on our website

18th- An Evening with Pete Astor, live music £10 in advance £12 on the door

24th- SOUP TALK details to follow on our website

25th- BYOV Bring Your Own Vinyl night, come and dj your weird and wonderful collection.

26th- Wild Pizza Foraging Workshop 6-9pm

27th- Make a Stool in a Day with Tom Philipson, 10-4pm, £60



1st- SOUP TALK details to follow on our website
2nd- Little Arrow String Band live free music in the Stable Bar from 7pm

New evening and day classes beginning in the second week in April - all are £180 for 6 sessions:

Monday 15th: Introduction to Printmaking with Flora deBechi 6-8pm
Tuesday 16th: Introduction to Furniture Making and Basic Woodwork with Tom Philipson 6-8pm
Wednesday 17th: NOW SOLD OUT Pottery with Francis Lloyd Jones 6-8pm
Thursday 18th: Pottery with Francis Lloyd Jones 6-8pm
Friday 19th: Beginners' Pottery with Tom Philipson 10am-12pm

Rookhow

BUNKBARN IMPROVEMENTS

Rookhow Bunkbarn is now open, with improved energy efficiency and refurbished toilets, showers and kitchen. Following the success of the air source heat pump and underfloor heating in the Quaker Meeting House, we have installed the same in the Bunkbarn and put in new heritage double glazed windows and doors. Bookings are now being taken for 2024. Increasingly local people are hiring Rookhow for gatherings such as weddings, big birthday celebrations and family reunions. Get in touch if you're interested or if you would like to come and have a look around.



QUAKER HISTORY

Rookhow will be coming up to its 300 year anniversary in June 2025. Built as a business Meeting House for Quakers from the surrounding Meetings, Rookhow has been a gathering place for Quakers for the last 3 centuries and is one of the oldest buildings in the Rusland Valley. We aim to share this wonderful resource with its beautiful 12 acre Quakers' Wood with community groups and families.

OPEN DAYS

Rookhow continues to be open to the public on the 1st and 3rd Fridays 10am-4pm. Come over for a look around, have a cuppa and homemade cake and hear about Rookhow's history and current work. Short Quaker Meeting 12.30-1pm. Also on the 1st Wednesday of every month 7.30-8pm. Just turn up or let us know in advance if you're coming with a larger group. All welcome.

Website: rookhow.org.uk LA12 8LA Contact Sue Nicholls, Development Manager Tel **07377 971783** Email: contactrookhow@gmail.com

Green Sparks News

Westmorland & Furness Council is consulting on its strategy for nature recovery. To take part in the online survey go to <https://consult.westmorlandandfurness.gov.uk/climate-and-environment/nature-in-cumbria-your-chance-to-help-write-a-strategy/>

Recycle Cumbria has lots of information about where and how to recycle all manner of household items, as well as tips for reducing waste, reusing resources and getting children involved. See <http://www.recycleforcumbria.org/>

Big Green Week 2024 runs from 18th – 16th June See <https://greatbiggreenweek.com/> If you are planning an event or activity please let us know so we can share it with the Green Sparks mailing list. If you'd like to plan something but you're not sure where to start, join the online Great Big Green Week Skills Swap event 7pm on 22nd April on Zoom. This is a free event run by CAFS see <https://cafs.org.uk/events/>

Upcoming Cumbria Wildlife Events include **Seagrass: What is it, why it matters and how we can bring it back to Cumbria** on Tuesday 9th April 6.30pm online See <https://www.cumbriawildlifetrust.org.uk/events/2024-04-09-seagrass-what-it-why-it-matters-and-how-we-can-bring-it-back-cumbria>

Haverthwaite PPG (Patient Participation Group)

It's a good news week.

At the last PPG meeting we learnt that the move for the surgery to a new site is likely to be early to mid-April. The new site at Oakbank, about ¼ mile from the present position, is being altered internally to provide 3 or 4 consulting rooms, waiting area, dispensary and necessary offices with room upstairs for staff. This will be the surgery for around 3 years until the new purpose-built premises has been erected on the same site.

Meanwhile training sessions with Simon Bailey to learn how to access the NHS app have started and are ongoing. Anyone interested should contact the surgery to book a time. Using the app makes life easier for everyone so we encourage everyone who can to sign up to it.

A newsletter will be produced in the near future to keep us all up to date.

Pat Procter

Friends of the X112 Bus

The Friends of the X112 Bus have a coffee morning at St Mary's Parish Hall opposite the Kiosk in Ulverston on **Thursday 18th April** 10am to 11.45am.

Our coffee mornings are every 3rd Thursday of the month.

Our next lunch at Rampside Village Hall is on Thursday 9th May, 11.30am - two courses and coffee/tea for £10 per person.

Details from **Sue**, on **01229 869637**.

Ulverston International Music Festival 20th Anniversary

31st May - 9th June 2024

Tickets are on sale for Ulverston International Music Festival's *more than classical* 20th anniversary programme.

In 2004 the Festival started with four concerts at The Coro, Ulverston. To celebrate our 20th anniversary there will be twenty-four concerts, in twelve locations in ten days - **more music, in more locations and *more than classical*.**

For Festival goers who enjoy a diverse programme we offer - **classical, ukelele, jazz, choral concert, baroque, light opera, tango, music outdoors, food & music and children's events.**

Highlights include performances by pianists **Anthony Hewitt, Martin Roscoe, & Daniel Lehardt**; violinist **Jennifer Pike**; cellist **Maja Bogdanović**; string quartets **Arethusa Quartet** and **Animato Quartet**; orchestras **The Royal Northern Sinfonia, & The Ukulele Orchestra of Great Britain**; jazz group **The Dave Bristow Quintet**; opera company **The Charles Court Opera** and choir **The Ulverston Festival Chorus.**

We also have some amazing new venues around the Furness and Cartmel Peninsulas - including Cartmel, Coniston, Grange-over-Sands and Levens Hall.

Come and experience some wonderful live music in fantastic locations, in our beautiful part of the world. Together creating memories which will last the next 20 years!

For details on all events please visit ulverstonmusicfestival.co.uk, pick up a brochure at The Coro or in your local shop or scan the QR code on page 31.

Tickets on sale now at thecoro.co.uk/uimf

For events with dining options and 'Tunes 4 Tots' go to - <https://ulverstonmusicfestival.co.uk/tickets/>



Councillor Suzanne Pender will host **Community Drop in Surgeries** on the last Friday of the month. Next Surgery Friday 26th April.

Times are as follows: Herdwicks Café, Coniston 10am - 11am

Undercrag, Torver 11.30am by appointment

The Manor Arms, Oxen Park 2pm by appointment

The Farmers Arms, Lowick 2.45pm by appointment

Email: Suzanne.pender@westmorlandandfurnesscouncil.gov.uk

Tel: 07501 806298



Conservation charity seeks volunteers

The National Trust in the Lake District is looking to recruit volunteers ahead of the new season and is encouraging anyone interested to attend one of taster days taking place across March and April. There is a wide range of roles available including outdoor Ranger volunteering, gardening, baking and welcoming visitors to beautiful outdoor places or historic homes like Allan Bank in Grasmere or Townend, Troutbeck.

Kelley Sproston-Heath Volunteering & Community Manager, National Trust, says: *'You might be surprised by the different people you'll meet and roles on offer. There are many ways you can help our teams in some amazing places in the Lake District. We offer flexible places that mean you can make it work with your existing commitments. It's a brilliant way to develop skills, meet new people and to help look after the wonderful landscape in the Lakes. I'd say the best thing to do if you're thinking about volunteering, but aren't sure if it's for you, is to get in touch. I can chat through what's involved to help match you with an opportunity that suits you, and what you want to get out of the experience.'*

Volunteering provides a great opportunity to learn new skills, meet like-minded people and make a positive impact to a historic home, garden or Lake District beauty spot. The National Trust wants all volunteers to feel welcome and to have an equally positive experience when volunteering. You'll be provided with the necessary induction, training, equipment and reasonable adjustments to do the role well and safely. You'll be offered expenses to cover agreed travel costs between home and place of volunteering. There is additional access to support, news and rotas via the dedicated volunteer website.

Here are some of the roles on offer:

Bookshop Volunteer - Wray Castle

Ranger volunteer atSizergh, Kendal

Retail volunteer at Hill Top, Hawkshead

Welcome volunteer at Townend, Troutbeck

Welcome Volunteer – Ullswater

For more detail visit www.nationaltrust.org.uk/volunteering or get in touch with Kelley Sproston Heath kelley.sprostonheath@nationaltrust.org.uk



Things to do this Easter in the Lake District

The National Trust invites you to explore nature across Cumbria and the Lake District this Easter. There's plenty to see and do for all ages as spring starts to bloom in historic gardens and amazing outdoor spaces.

For families with children there are **Easter egg hunts** at Acorn Bank near Penrith, Allan Bank in Grasmere,Sizergh, Wordsworth House & Garden in Cockermouth and Wray near Ambleside. A pair of bunny ears, a nature-inspired trail sheet and a chocolate egg at the end are included in the price of £3, see the individual websites for dates and times.

Enjoy the sights and sounds of spring on an easy outdoor walk with mountain views at Tarn Hows, Derwent Water, Fell Foot and Aira Force. For a day of adventure why not head to the Langdale valley, where you can choose a to cycle the Langdale Trail, do a short easy walk, or go on a fell-top expedition. There are Kendal Mountain Festival adventure film screenings for families on 13th April, 3-6.30pm at Lanty Slee's (Sticklebarn) as well as evening sessions with dinner for adults.

For more ways to get closer to nature there is a Spring Bird Challenge trail at Sizergh which goes along the Holeslack accessible route and a Springo sheet to tick off the sights and sounds you see and hear while exploring the grounds at Wray.

To see daffodils in their full glory take a stroll through Dora's Field in Rydal or stroll along Ullswater lakeshore as the daffodils that inspired Wordsworth's most famous poem come into bloom. Stagshaw Garden is a hidden gem, just a short walk from Ambleside, which bursts into life with colourful displays of daffies, bluebells, azaleas and rhododendrons.

Fell Foot near Newby Bridge is the ideal spot to take your dog for a walk with lakeshore views of Windermere. The Boathouse café is dog-friendly and there are picnic benches outside too. There is plenty of space for children to burn off energy, skim stones or paddle in wellies at the water's edge.

For more inspiration and to plan your day out head to **www.nationaltrust.org.uk/visit/lake-district**

Easter egg hunt dates: more information on the websites

Acorn Bank

28th March - 14th April, 10.30am-3.30pm

Allan Bank, Grasmere

26th March - 7th April, 10am-3.30pm

Sizergh

29th March – 1st April, 10am-4pm, last entry 3.30pm

Wordsworth House & Gardens

29th March - 10th April, 10am-3pm

Wray, west shore of Windermere

25th March - 7th April, 10am-3.30pm, last entry at 3pm.

My council tax seems very high this year, but my income has stayed the same. Everything else seems more expensive - how can I cope?

Contact the council if you are having problems paying your council tax. Firstly, there are discounts available to some people. If you're the only adult in your home, you'll get a 25% discount on your bill. Some adults, e.g. student nurses, are disregarded. If everyone who lives in the property is disregarded, there is a 50% discount.

Next, if you are on a low income or receive benefits, you might be able to get your council tax reduced. The council will ask you details about your income and your circumstances, so they can work out if you're entitled to a reduction. If you have other people living with you who are aged 18 or over, you might all be responsible for paying council tax. The council will make the calculations.

You may also be eligible for additional support if you're reached State Pension age. Even if none of the reduction criteria apply to you, the council can still make a 'discretionary reduction'. They'll normally only do this if you can show that you're suffering severe hardship. If your immigration status doesn't let you claim public funds, you can still apply for a discretionary reduction, as this doesn't count as public funds.

Council tax is a priority bill because you can be taken to court if you get into arrears, so it's important to tell the council if you can't keep up payments. Contact South Lakes Citizens Advice for more help.

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, your local charity, is here for you. How to access:

Call 015394 46464 - this is being staffed from 9:30 – 2pm

• ***Adviceline: 0808 2787 984***

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

Help to Claim (Universal Support): 0800 144 8 444

A THOUGHT FOR THE MONTH by Rev. David Gregg

APRIL 23RD : ST. GEORGE'S DAY

An old Punch cartoon shows two archetypal Frenchmen, striped jerseys and berets and all, armed with large nets, with one of them having just bagged something over a bush. "What is it?" says the other one. "I don't know," says the captor. "Let's get some garlic and a frying pan, and find out!"

Every nation has prominent personal characteristics. For the French, it is gastronomic prowess; for the Germans, industry and efficiency; for the Dutch, liberal attitudes; for the Italians, passion; for the Scots, frugality; for the Welsh, corporate singing; for the Spanish, the indolence of *mañana*. So what about the English?

April 23rd is St. George's Day. Perhaps we can find a lead through our patron saint! Very little is known about him for certain. His name is derived from the Greek for "worker of the earth" (i.e. farmer) and he came from Cappadocia (now in

Turkey). He appears to have been a soldier in the Roman Army, put to a martyr's death in c.303 A.D. at the age of 28, for his refusal to renounce his Christian faith. Legends which have grown up about him, particularly the rescuing of the king's daughter from the dragon, have made him the patron saint of chivalry. As such he was adopted by the crusaders, together with his flag – the familiar red cross on a white background. Edward III established him as patron of his new Order of the Garter, hence St. George's Chapel at Windsor. His day (April 23rd) was made a festival of the highest rank in 1415, and the long succession of Hanoverian and later sovereigns bearing his name have firmly cemented him in English tradition.

Perhaps his reputation for dogged persistence, justice and fairness, and "stiff upper lip", could lead to the suggestion that one characteristic of the English that is widely observed by others is *politeness*, with the bowler-hatted English "*Gentleman*" as the proto-type (not forgetting the "*Gentlewoman*".)

"Gentleness" is listed as one of the nine 'fruits' of the Holy Spirit – the spirit of Jesus Christ. (Galatians ch. 5 vv 15-24). It was used by Jesus of Himself. "Take My yoke upon you, and learn of Me; for I am gentle and humble in heart." (My earliest childhood prayer began "Gentle Jesus, meek and mild.") Gentleness appears in the "Sermon on the Mount" as "Blessed are the *meek*, for they will inherit the earth." (Matthew ch. 5 v. 5). It is humility without self-deprecation; reproof without arrogance; meekness without weakness, and judgement without bitterness. Perhaps those of us who aspire to *be* Polite English Christians should seek to make "gentleness" a lasting legacy of *this* St. George's Day.

Parish Prayer Diary April 2024

1st: Bring to God our broken and hurting world, praying for an end to violence and warfare.

2nd: On World Autism Day, pray for increased social awareness of the needs of autistic children and adults who often find the world a noisy and confusing place.

3rd: Pray for Coniston & Crake Valley Benefice Staff meeting this afternoon.

4th: Pray for the residents and staff of local care and nursing homes.

5th: Pray for people and families struggling with debt.

6th: Pray for the World Health Organisation working for a world where clean air, water and food are available to all, and economies are focussed on health and wellbeing.

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

Pray the risen Jesus opens the door of our hearts that we may seek the good of others and walk joyfully the road of sacrifice and peace, to His praise and glory.

8th: Pray for the people of Haiti.

9th: Pray for the Churchwardens of the churches across the Benefice as they faithfully care for our church buildings.

10th: Pray for Christian foster parents and the children in their care.

11th: Pray for people living with disease as they daily manage their symptoms.

12th: Pray for our local businesses.

13th: Pray for families in emergency accommodation whilst the Council assess their homeless situation.

14th: **Sunday, the first day of the week**

Pray our risen Lord, who filled His first disciples with boldness and fresh hope, may

strengthen us to proclaim His risen life and filled us with peace that passes all earthly understanding.

15th: As school Summer Term begins, pray for pupils and teaching staff.

16th: Pray for Christians in Libya where, due to lawlessness, they are easy targets for violence and death for following Jesus; pray also for displaced Christians from sub-Saharan Africa trying to pass through Libya who because of their lack of official status can be kidnapped and trafficked.

17th: Give thanks for people who voluntarily give their time and talents working for a safer and flourishing community; pray especially for our local Councillors.

18th: Pray for those experiencing bullying or harassment.

19th: Pray for those undertaking theology studies and ordination training as part of preparation for ministry within the national Christian fellowship

20th: Pray for *Mercy Ships*, a faith-based international charity that deploys hospital ships to some of the poorest countries, delivering free healthcare to people in desperate need.

21st: Sunday, the first day of the week

Rejoice that Jesus our Saviour is the resurrection and the life and through our faith and trust in Him we are safe in His care, today, tomorrow, for always.

22nd: Pray for those who have responded to God's call to work abroad sharing the Good News of Jesus with those who have not yet heard.

23rd: Pray for Christian chaplains in schools and colleges.

24th: Pray for children in families that are in turmoil because of parental relationship breakdown.

25th: Following the Malaria Ministerial Conference in Cameroon, pray for sustained political commitment and continued investment for malaria prevention and control across Africa.

26th: Pray for adults experiencing unmanageable levels of anxiety.

27th: Pray for the Bethesda Project, a partnership between Keppleway Trust UK and the Diocese of Muyinga, Burundi, working in rural areas to seek out the many disabled people who are hidden away and to address their needs and barriers to their inclusion into the community and education.

28th: Sunday, the first day of the week

Pray we grow daily closer to our Lord and allow Him to develop in us the fruit of the Spirit for our own wellbeing and for the benefit of the world He so loves.

29th: Pray for Christians of all denominations across our benefice who share in the mission of Jesus.

30th: Pray for all involved in marine conservation working toward a cleaner, better protected, healthier ocean.

Readings for April 2024

7th Acts 4.30 - 35

John 20.19 - 31

14th Acts 3.12 - 19

Luke 24.36b - 48

21st Acts 4.5 - 12

John 10.1 - 18

28th Acts 8.26 - 40

John 15.1 - 8

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2 nd & 4 th Friday	Tottle-Art: Art Group 10.30am - 12.30	Tottlebank Baptist Church
Tuesday	Coffee and Chat, 9.45 - 10.45am	Greenodd Village Hall
Tuesday	Coniston CAMEO 2 - 4pm	Coniston Institute
Tuesday	Youth Club age 11 & over 7 - 9pm	Coniston S & S Centre
Wednesday	Parent and Toddler Group 9.30 - 11.30am (term time only)	Coniston S & S Centre
Wednesday	Beginners Pilates, 4.30pm	Greenodd Village Hall
Wednesday	Lowick Parent & Toddler Group 9.30 - 11.30am (term time only) £1.50	Lowick Community Hall
Wednesday	Community Lunch, 1pm sharp, £7.50	Farmers Arms, Lowick
Thursday	"Young at Heart" exercise and lunch, 11am £5 (term time only) or just come for lunch at 12 noon.	Coniston S&S Centre
Thursday	Volunteer Day 9.30 - 3.30pm	Brantwood Gardens
Thursday	Netball Skills 6.30 - 7.30pm	Coniston S & S Centre
Friday	Indoor Bowling, 2 - 4pm	Coniston Institute
2 nd Tuesday	Egton WI, 7.30pm	Greenodd Village Hall
2 nd Tuesday	Ulverston Repair Café 6.30-8.30pm	Croftlands Community Centre
3 rd Tuesday	Coniston WI, 7.30pm,	Coniston Institute
1 st Wednesday	Charity Quiz, 8pm, £3 per person	Coniston S & S Centre
2 nd Wednesday	Bouth WI, 7.30pm	Bouth Village Hall
1 st Wednesday	Prayer Hour - 10 - 11am	St Mary's, Penny Bridge
3 rd Wednesday	Coffee Morning 10.30am - 12.30pm	Bouth Village Hall

What's On Guide - April

2 nd	Film: Return to Dust	Oxen Park Cinema Club
3 rd & 10 th	Go Wild! At Easter - see website	Brantwood
6 th	Workshop Open Day, 10am - 4pm	Farmers Arms, Lowick
6 th & 13 th	Go Wild! At Easter - see website	Brantwood
9 th	Greenodd Village Hall AGM, 7.30pm	Greenodd Village Hall
10 th	Lunch & Dominoes, 12.30pm	Coniston Institute
11 th	Live Music - Celtic Fiddles, 7.30pm	Farmers Arms, Lowick
13 th	Spark Bridge Village Hall AGM, 9.30am	Spark Bridge Village Hall
13 th	Food & Folk, 6.30pm see p 12	Brantwood
15 th	Local History Talk, 2.30pm see p 9	Coniston Institute
17 th	Director's Talk, 11am see p 12	Brantwood
18 th	X112 Coffee Morning see p 14	St Mary's, Ulverston
18 th	Talk - The Gondola, 7pm: see opposite	Water Yeat Village Hall
18 th	Live Music - Pete Astor see p 12	Farmers Arms, Lowick
20 th	Music - My Darling Clementine, 8pm	Water Yeat Village Hall
20 th	Film: CODA	Oxen Park Cinema Club
25 th	Mothers' Union: Transformation of Women see p 10	Coniston
25 th	Bring Your Own Vinyl Night	Farmers Arms, Lowick
26 th	W&F Councillor Suzanne Pender surgeries, see page 15	various
27 th	Foraging and Wild Medicine, 9.30am - 1.30pm	Brantwood



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her global
significance, and
how Victorian
engineering
conceived a vessel

that can still meet the standards of the 21st century.

A talk by Julian Blatchley, Manager, Historic Steam Yacht Gondola

Thursday 18th April, Water Yeat Village Hall

7pm for a 7.30pm start, £5 entry, tea/coffee on arrival

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photograph courtesy of The National Trust

Classical

Jazz

Baroque

Dance

Ukulele

Orchestral

Chamber Music

Family Concerts

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Food

Nature

Gilbert & Sullivan

More than
classical



FRIDAY 31 MAY - SUNDAY 9 JUNE 2024

ULVERSTON INTERNATIONAL MUSIC FESTIVAL

20TH ANNIVERSARY EDITION

More than classical
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20 ULVERSTON
INTERNATIONAL
MUSIC FESTIVAL

WATER YEAT VILLAGE HALL

Presents

My Darling Clementine



Michael & Lou continue their tour in support of their most recent, critically acclaimed release: *Country Darkness* – the songs of Elvis Costello.

The live show will feature a number of Costello songs as well as favourites from the duo's 9-year back catalogue.

Saturday, 20 April, 8pm

£15 (on the door or in advance - no booking fee)

www.wegottickets.com/wateryeatvillagehall

Doors open 7.30pm Café/table seating

Bring your own drinks and nibbles

www.e-voice.org.uk/wyvh