

Coniston and Crake Valley News



Coniston
&Crake
Churches

August 2025 www.conistonandcrakechurches.co.uk

Hold the Date!



RUSLAND SHOW

SATURDAY 16th AUGUST 2025

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



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

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

Email: ruslandshowinfo@gmail.com

Website: www.ruslandshow.org

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

Find us on Facebook: Rusland Valley Horticultural
Society Ltd



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

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Churches in Coniston and the Crake Valley

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

St Andrew's Church, Coniston LA21 8EN

St Luke's Church, Torver LA21 8AZ

St Luke's Church, Lowick LA12 8EE

Holy Trinity Church, Colton LA12 8HF

Church of St Mary the Virgin, Penny Bridge LA12 7RQ

Tottlebank Baptist Church, Colton LA12 8HY

Welcomes you to our Sunday services from 10.30 to 11.30am followed by refreshments, and midweek prayer meetings on Wednesdays at 7.30pm. The church building is usually open daily 10am – 4pm for visitors and for private prayer. For further information contact Chris and Margaret Hamps, hampsc@outlook.com

Coniston Methodist Church, Coniston LA21 8ER

The Sunday morning service is at 11.00am and a warm welcome awaits you. For further information contact Joyce Holland on **015394 41594**.

St Francis of Assisi Church of the Sacred Heart, Coniston LA21 8AW

Mass is held on Thursdays at 10.30am and Saturdays at 5.00pm.

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

Church Services for August 2025

3rd	Seventh Sunday after Trinity		
St. Luke Torver	9.00am	Bikers' Breakfast	Hazel Bowness, Linda Inman, Val Towndrow & CMA
St. Luke , Lowick	9.30am	Holy Communion	Rev Brian Streeter
St. Mary Penny Bridge	11.00am	Holy Communion	Rev Brian Streeter
St. Andrew , Coniston	11.00am	Morning Worship	Pamela Hull
Coniston Methodist	11.00am	Morning Worship	Lesley Thompson
10th	Eighth Sunday after Trinity		
Holy Trinity Colton	10.00am	Holy Communion	Rev David Bickersteth
St. Andrew Coniston	11.00am	Healing Service	Rev Brian Streeter
St. Mary Penny Bridge	11.00am	Holy Communion	Rev Harry Welch
Coniston Methodist	11.00am	Holy Communion	Paulette Bissell
17th	Ninth Sunday after Trinity		
St. Luke Torver	9.00am	Holy Communion	Rev Brian Streeter
St. Andrew Coniston	11.00am	Holy Communion by extension	Pamela Hull
St. Mary Penny Bridge	11.00am	Morning Worship	Rev Brian Streeter
Coniston Methodist	11.00am	Morning Worship	Rev Grace Cauldwell
24th	Tenth Sunday after Trinity		
St Luke , Lowick	9.30am	Methodist Service	Hazel Edmondson
Holy Trinity , Colton	10.00am	Morning Worship	Pam Priestley
St. Andrew Coniston	11.00am	Holy Communion	Rev Brian Streeter
St. Luke Torver	7.00pm	Torver Junction	Rev Brian Streeter
Coniston Methodist	11.00am	Morning Worship	Hazel Edmondson
31st	Eleventh Sunday after Trinity		
Greenodd Village Hall	11.00am	Holy Communion	Rev Brian Streeter
Coniston Methodist	11.00am	Christians Together in Coniston	

Tottlebank Baptist Church - There will be no Saturday Special at Tottlebank in August. The next one will be on Saturday 27th September. All welcome.

Pastoral Letter from Rev Joanna Henson

Dear Friends,

I usually write something gentle about the necessity for rest in our lives, at this time of the year but things are a bit different this year. Why? – because I am old, have things to say and less and less time in which to say them.

This is about MISSING PERSONS!

Who are they? Probably, possibly **YOU.**

46.2% of the population say they are Christians – are you one of them? – you are brothers and sisters of Christians the world over but the family of God never sees you. How can we feel like family then?

Anyway - Does this matter?

I think that it does. Our British culture is based on Christianity – our laws reflect that – but slowly it is becoming eroded. We have a parliament that votes in favour of assisted dying at the same time that it permits abortion of full term babies. We need to get our thoughts in order and stand up for what is right. We should be standing shoulder to shoulder calling out against wickedness like this.

Muslims have a concept called The Ummah, or Muslim community; it is a group of people from diverse backgrounds, ancestry, locations and nationalities. They are a community without borders yet united in a very real way. Though separated by distance and often constrained by borders they are united. They are one nation or community united under the guidance of the One God.

So.....Where is our family? – Indians being murdered in their places of worship, in their homes and in public – they are our Christian brothers and sisters. Christians elsewhere are subjected to terrorist attacks. We should be speaking out about their treatment, particularly when it is by the home country of those who arrived here in the UK and have been received with tolerance and respect.

Did you know that less than 10% of the population who declare they are Christians actually participate in any kind of gathering to worship? To support one another, to give Christians a voice in how this country is governed. Some people say “keep religion out of government” – but look at what happens if you do. Morality flies out of the window!

NOW IS THE TIME TO WORSHIP.

Penny Bridge and Colton churches are open daily for you to visit and sit quietly reflecting on the nature of your relationship with God and those who worship there. We can work out ways of making the family work without becoming too dogmatic, too demanding, too intrusive. Come often into God's space and enjoy the peace, the stillness and calm. Come to rekindle the love for your Creator.

A Big Thank you from Joanna

First of all a very big thank you for my retirement service. It was such a joyful occasion – no regrets – no sadness – just thankfulness for the love you have shown me over the last 22 years of my ministry.

I turned up as an “off comer” nearly 30 years ago but you took me to your heart and have all been so accepting and tolerant of my quirky ways. I had a slow journey to ordination but serving you as a pastor has been a privilege and joy. We have shared happy and sad times together and we have been through some choppy waters as well and it is matter of great satisfaction that all our churches are still up and happening.

As for your generous gift! What can I say? It will be an unrepeatable experience, certainly something never to forget. I will keep you posted.

I'm not going anywhere and you will see me in church, still very much part of our worshipping community – and still moaning about the vagaries of the Church of England! But where would our worship be without its history?

God bless you all

Joanna

Around the Parishes : Colton

JAR FEST 2025 – 19th OCTOBER

Please note the date of this Oxen Park & Bandrake Head fund-raising event to be held on Sunday 19th October. If you're making any jams, chutneys, or other things that come in jars, over the summer, please make extra so that you can enter this inaugural show. Watch this space for further details.



Colton Parish Council News

Come and meet us at Rusland Show on Saturday 16th August! Colton Parish Council will have a stand where you can meet your councillors, talk to us about the local issues that matter to you, and find out how you can get involved. We look forward to seeing you there. For details see <https://ruslandshow.org/>

We currently have vacancies for Councillors for every part of Colton Parish and really need people who live and/or work in Colton to come forward. Being a parish councillor is a great way to be actively involved in our local community. You don't need experience, just a willingness to work as part of the team. If you are interested email clerk@coltonparishcouncil.org.uk or come and chat to us at Rusland Show.

At our last meeting we were asked to consider the issue of obstructions on the verges. We know that many local people are concerned about vehicles driving up on to the verges and so place large stones along them to help protect the grasses, flowers and wildlife that thrive on the roadside. But did you know that if you put rocks and stones on public verges, you are liable for any damage, injury or incident that occurs due to the stones? If you are not sure if this affects you, please speak to your local Councillor or Archie, or email us.

Road closures continue to affect roads and lanes across the parish. Planned road closures can be seen on <https://one.network/uk> Select live map, search by location and click on the symbols on the map for details of the planned work. Please note, emergency closures, e.g. fallen trees or burst water pipes, are not listed.

Please note, there is no Colton Parish Council meeting in August. **Our next meeting is on Monday 15th September at Rookhow.** All welcome!

To find out more see <https://coltonparishcouncil.org.uk/> or email clerk@coltonparishcouncil.org.uk or if you can't email, phone us on 07761 485956

Lowick

Lowick Parish Council

We will be asking our lengthsman to start the repair of roof on the Bus Shelter at the Red Lion Junction and quote for a new roof and a bench, we are hoping he will clear the Furness Way footpath from the Meadows to Spark Bridge.

Cumbria Wildlife did not grant permission to Fibrus to erect telegraph poles along the fell road between Lowick Green and Broughton Beck. Fibrus have asked their permission to re-survey their land to look at underground solutions.

Fibrus are continuing to upgrade infrastructure to provide overhead fibre to the homes in all areas of the Parish.

There have been eleven responses to our recent survey asking for ideas about how to use the money left to the Parish in the Nigel Lord's legacy, we will be considering the results and expect to have a resolution after our next meeting on Thursday 18th August, everyone is very welcome to join us at The Lowick Community Centre at 7:30 pm.

Egton cum Newland

Egton with Newland, Mansriggs and Osmotherley Parish Council

The date of the next Egton with Newland, Mansriggs and Osmotherley Parish Council meeting will be on Tuesday 2nd September, 7pm at Greenodd Village Hall.



Crake Valley Friendship Club

Our next outing is on 17th September and is a mystery trip. There are spare seats available for non-members at a cost of £18 (plus extra for afternoon tea). For enquiries please contact **Anne** on **01229 861278**.

SPARK BRIDGE VILLAGE HALL
DUCK RACE

SUNDAY 10th AUGUST - 2pm



**TOMBOLA · RAFFLE
CAKES & REFRESHMENTS**

DUCKS COST £1 EACH - CASH PRIZES TO BE WON

Everybody welcome!



Spark Bridge Village Hall

OPEN COCKPITS EVENT DAYS 2025 LAKES LIGHTNINGS COLLECTION

Low Lodge, Spark Bridge LA12 7RR

**Saturday 23rd August – 10:00am/5:00pm
&**

Sunday 24th August – 10:00am/5:00pm

FREE ADMISSION

**A donation to The Lakes Lightnings Collection
would be appreciated**

**Light refreshments provided but you are welcome to bring a
packed lunch to eat in our garden**

**The collection is on grass so please wear appropriate footwear/
clothing**

If the weather is bad, cockpit access will be restricted

Well behaved dogs on leads are welcome

No smoking or vaping on site please.

**Save the Date - ABBA TRIBUTE at Greenodd Village
Hall, Friday 12th September.**

Coniston & Torver

Rainfall, Garden House, Coniston - June 2025

Total - 295.1mm (11.6")

Wet days - 22

More than 1mm on 22 days

Wettest day - 13th - 45.0mm (1.8")

Thunder on the 21st

CONISTON CO-OPERATIVE SOCIETY LTD

To all those who have applied for membership of Coniston Co-op and have not had a number issued to them, I apologise.

Because the Committee has only three members, and all must be present at meetings to make decisions legitimate, to avoid an impasse when the Committee is not quorate under our present rules, we have turned to Co-operatives UK to compose new Rules of Governance for Coniston Co-op.

Until the new Rules of Governance have been approved, we have been advised to suspend creating new members.

I recognise that this is frustrating for people who wish to be allocated membership with a dividend number, but please accept it is annoying us too because we feel we are losing the goodwill and business of those who wish to support us.

This situation has dragged on for some time, but we are hopeful of a speedy resolution. Please bear with us.

Ideally, we would like a committee of ten or more members. Those interested should contact me.

Thank you.

Chair: **Chas Sargeant**

Email: **chas.sargeant80@gmail.com** Tel: **07761904327**

FRENCH VISITORS TO CONISTON - SEPTEMBER 2025

Coniston and District Twinning Association are pleased to announce that a group of 16 visitors from Illiers-Combray, our twin town in France, are going to be visiting the area in September.

They will be arriving on Friday 26th September and leaving on Monday 29th September. If you live in Coniston, Torver, Hawkshead or the Crake Valley and are interested in getting involved, please contact the secretary, Jackie Coe **jackiecoe@gmail.com**

While the group are in Coniston, we will be holding a Ceilidh. This is also open to members of the public, who are not otherwise involved in our Twinning Association.

CORNERSTONE BAND

MICHAELMAS CEILIDH

Saturday 28th September

7.30 pm at Water Yeat Village Hall

Entry £17 per person

Contact Derek Adams to book your place

email **no1@dsadams.co.uk** or phone **07973 179805**

Bring your own drinks and glasses

Organised by Coniston Twinning Association



Coniston Sports and Social Centre,

Shepherds Bridge Lane, Coniston



Sing-a-Long Bingo Friday 15th August – in aid of Coniston Christmas Lights, 8pm, cash prizes. All welcome

Band Night Friday 22nd August – A New Sass will be playing from 8pm. All welcome

You can follow our Facebook page or look out for posters around Coniston Village for further information

Coniston Parent and Toddler Group is in desperate need of new parents / carers / grandparents to help as it has temporarily folded due to lack of support to run the group (there is not much involved in running it!). If you think you can help please contact ourselves at the Centre

We are always on the look out for anyone wishing to volunteer at our Youth Club, held on a Tuesday night 7-9pm, we currently have 32 young people from the village and surrounding area who attend, please get in touch for more info, even if its just once a month you can help.

Please see page 29 for details of all regular events.

Premier League Football Matches will be played when available on sky sports. Plus other Sky Sports fixtures shown on our screens during opening hours, please check our Facebook page for weekly opening times

If you'd like to book our facilities or have any other enquiries please do get in touch.
Tel: 015394 41812, email: Conistonsports@gmail.com

Torver Parish Council

After many years of diligently maintaining the southern half of the village green, Dave Johnson has decided it's time to hang up his shears. David has provided a very long and valuable service to the village in the voluntary work he has done, and the parish council thanks him and wishes him well.

David hopes that TPC is able to find someone else to take over "before the grass gets too long." Given that he is best placed to know who that might be, and didn't make any suggestions, TPC may well be short on candidates. Anyone willing to help, please contact a member of the parish council.

In the meantime, TPC will consider how it approaches the general maintenance in the centre of the village, working in collaboration and cooperation with Fran and the great work that the Wilson Arms does in keeping the grass cut and the village centre looking splendid.

TPC's next meeting is scheduled for Thursday 7th September.

Email: clerk.torver@gmail.com Tel: 07761904327

Reports

Haverthwaite Surgery Patients Participation Group

Are you a patient at Haverthwaite surgery? Could you spare just a couple of hours twice a year to support Dr Edwards and his team? The Patients Participation Group is very keen to hear from you as we need to recruit some new – particularly younger - members to join.

Thanks were given at the meeting to Pat Procter for her 14 years of dedicated service as Chair of the Group. As she steps down, Simon Bailey has been voted in to pick up the mantle – he is looking forward to supporting the Surgery at this important time.

Meeting summary from 9th July –

- Progress on the new build – discussions around the ICB requirements which, though challenging, are progressing.
- The role of the PPG – reviewing the purpose of the PPG is and its efficacy. We fund raise to buy equipment which helps staff and patients alike, we reflect Patient experience back to staff which helps them to meet Patient requirements wherever possible.
- Thoughts and concerns surrounding privacy around reception in the current building have largely been resolved – please just ask at reception if privacy is required.
- Use of the NHS app to order repeat prescriptions – it REALLY helps the staff at this busy Practice. If anyone needs help setting up this function on their computer or smartphone, please contact the surgery who will arrange for a volunteer to assist you.

The next meeting will be held at the surgery on 19th November at 14:00. We very much hope to welcome at least one new member!

Does your property use a septic tank?

I know it's not the most glamorous of topics, but understanding the costs and implications of a poorly maintained septic tank is important.

Environmental Costs: Nutrient Pollutants and Water

A poorly operating septic tank releases phosphates. These have a negative impact in water. The water becomes nutrient-rich which leads to an increase in algae, creating algal blooms.

Algal blooms take up a lot of oxygen from the water, starving plants and deep-water fish like the Arctic Charr. The decaying plant matter also smothers the bed of the lake impacting on spawning, so numbers will continue to decline. In time, the lake margins will change, the reedbeds will be affected and some invasive non-native species will thrive.

Some algal blooms, such as blue-green algae is harmful to wildlife and pets and it's these blooms that are a concern in Coniston Water. Blue-green algae will threaten swimming and other leisure activities.

Financial Costs

By managing your septic tank correctly, you are ensuring that it will last as long as possible.

By skipping regular maintenance such as emptying your septic tank, you are risking costly repairs, or even having to replace it all together.

A septic tank that is not working properly can pose serious problems for your home, including sewage backing up into the drains in your home, or sewage bubbling up from the ground around your tank outside.

What should you do?

What goes into your system can make a difference to how well it works.

Wise Washing & Cleaning

Bacteria in the tanks help break down the waste so please make sure you only use cleaners and detergents that are suitable for septic tanks and are phosphate free.

Avoid bleach and other harsh chemicals as these will kill off the working bacteria in your tank.

A Flushing Success

Keep it simple when it comes to your toilet and only flush the 3 P's – pee, poo and (toilet) paper. Never flush cleaning wipes, wet wipes, facial wipes, cotton buds, sanitary products, nappies or condoms.

Sink Savvy

Don't pour food waste and cooking oils down your sink and as with your toilet don't use harsh chemicals or bleach.

Any questions?

Take a look on www.callofnature.info for more information.

Coniston Parish Council



Mothers' Union Report

Coniston Mothers' Union members began their summer outing in wind and rain resulting in their ferry to Piel Island being cancelled. They began with a variety of delicious lunches at The Bosun's Locker in Rampside, where they were given a very warm welcome.

With a change of plan, members visited the Dock Museum where they enjoyed the displays of ships, Barrow at war and the new submarine experience. A bonus was the Dave Myers Exhibition which included his first and last motor bikes, three of his colourful shirts and other memorabilia. There were panels depicting his life history and work as a makeup artist for the BBC. The afternoon finished with drinks in the café.

The next outing is to Greystoke on July 6th for a service to celebrate the visit of the Mothers' Union World Wide President, Kathleen Snow, from Canada to Carlisle Dioceses. They have various invites to other Branches' Birthday Celebrations during the summer. In September they are going to Lakes Skin Care at Hawkshead.

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

Water Yeat Village Hall

2025 Autumn talks programme

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

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

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

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

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

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

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

Doors open at 7pm for a 7.30pm start

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

Oxen Park Cinema Club

A reminder that we will be there at the Rusland Show with our new season's programmes - just wait and see what a great set of films we have for you.

Egton WI

Our last meeting before our summer break was a talk entitled "History beneath our feet" which was delivered by Stephe Cove in a most amusing manner. He turned what could have been a dull subject into an enlightening awareness of what we could see around us if we took the time to look. As a self confessed anorak he showed us slides of roof lines, drain covers (yes), telephone and post boxes, railway lines and their fixings to name just a few! Who knew that there are house numbers on front doors ending in ½? I didn't for one, although I now gather that there is such a door up near the Gill in Ulverston.

We had a wonderful day out in June visiting the florist David Ryland in his home further north. He gave us a conducted guide around his grounds which were full of a



variety of plants ideal for his arrangements and then after some refreshments he demonstrated three different arrangements which were then given to the lucky winners to take home.

We don't have a meeting in August but we are looking forward to our birthday lunch at Abbey House mid month and by then a few of us will have had a go at green bowling - under instruction!

We hope to entice new members/visitors on 9th September when we have a talk from a mural painter in Ulverston and hope to learn more about how he has created some of the wonderful artwork in town.

Have a good summer one and all from the Egton WI ladies.

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



Cumbria
Wildlife Trust

The Rusland Horizons Archive Website: A Community Resource

Many people will now be aware that Rusland Horizons has transformed into the Rusland 'Local Support Group' (LSG) of the Cumbria Wildlife Trust. We continue to run practical conservation days, educational walks and other activities on a voluntary basis under this new umbrella (see below for contact details). Come and see us at the **Rusland Show** on Saturday August 16th – we will be in the 'local interest tent'.

The successful community project that was Rusland Horizons produced lots of fascinating information about our cultural heritage which we felt was too important to lose. The new Rusland 'LSG' has been working to adapt the website as an archive of projects and as a resource for the information collected under the Oral Histories and Mapped Histories (fieldnames) initiatives. Listen to the tales told by our older residents about their lives growing up in a very different era, and explore the ancient origins of local fieldnames at **<https://www.ruslandhorizons.org/>**

To keep in touch with us, you can:

Join the Wild about Rusland Facebook group

Go to: <https://www.cumbriawildlifetrust.org.uk/events> and select 'Rusland' under 'Local Group'. Autumn and Winter activities will be advertised soon.

Sign up for the CWT Newsletter.

Contact us at: ruslandLSG@cumbriawildlifetrust.org.uk

Our two exhibitions continue in the Blue Gallery and Severn Studio: **THE GREAT TREES OF CUMBRIA** - Exhibition of Drawings by Tony Galuidi in the Blue Gallery continues until 10th August. **WILD OF WING** by Rachel Singleton in the Severn Studio until 28th September. From 16th August we have **Order out of Chaos: The Beauty of Flowers** by Piers Williams in the Blue Gallery. Not only do we have trees and birds, we have added larger than life sumptuous flowers!

Our **Go Wild! Wednesdays** nature-based family events continue every Wednesday during August. Full details of activities can be found on the website.

Brantwood is delighted to host two concerts by guitarist Alexandra Whittingham on behalf of the Lake District Summer Music Festival on Thursday 7 August at 11am and 2pm. Duration: 60 mins (approx.) | Tickets: £20. TO BOOK, VISIT: <https://tickets.ldsm.org.uk/sales/events/2024-2025-season/summer-concerts/alexandra-whittingham-at-brant>. Complete the experience by cruising from Coniston village to Brantwood by Steam Yacht Gondola. Please book directly with the National Trust by visiting nationaltrust.org.uk/visit/lake-district/steam-yacht-gondola

For full details of all our exhibitions, events and bookings, please visit our website www.brantwood.org.uk. Contact

enquiries@brantwood.org.uk or call **015394 41396**.

The Farmer's Arms Lowick Green / Grizedale Arts

Dedicated to serving great beer, fresh seasonal food and the LARGEST sausage rolls in Cumbria!

At **The Farmer's Arms** our Stable Bar is open **WEDNESDAY through to SUNDAY**, offering a great range of beers, spirits, cider, home-made liqueurs and seasonal spritzes. We also proudly serve fresh, ethical food using locally sourced seasonal produce and our shockingly popular out-sized sausage rolls are always on the bar.

NEW: first Wednesday of every month (from 6 August) we will be running a new Pub Quiz intriguingly titled 'Run Around with Jean' – you will have to come down to find out why – obscure prizes to be won!

NEW-ish: every Thursday is now Pie Night, delicious pies made by our brilliant friends The Pie Shop in Dalton (meat or vegetarian with optional chips & gravy), proud to be supporting local business!

Every Friday: Friday is Pizza Night (pizzas cooked fresh on our wood-fired outdoor oven – you can really taste the difference!) and **Live Music Night**.

NEW on Fridays: adding to our already fun-filled Fridays through August we will be running a regular **Meat Raffle**, tickets on sale early Friday evening and announced at

the end of the night, £3 a ticket to win a selection of wild Grizedale Forest venison cuts.

Every Saturday: Saturday day times 1-4pm we have **Café Teen**, an initiative managed and staffed by our very capable and youngest staff, fish & chips a recurring special among other delights. Saturday PMs is **Curry Night** (from 5pm)

Every Sunday: all-day **Sunday Lunch** menu plus varied alternatives (to 5pm).

SPECIAL EVENTS:

Friday 1 August, Live Music: Reuben Tighe and band, from 8.30pm, FREE

Wednesday 6 August: Pub Quiz – Run around with Jean, 10p per person, all proceeds to go to Duddon and Furness Mountain Rescue Team, lets support our fearless friends!

Friday 8 August, Live Music: indie folk from local musician **Freya Evelyn**, from 8.00pm, FREE

Friday 15 August, Live Music: gypsy jazz & electronica night with **Wolftown Rendezvous**, from 8.00pm, FREE to attend

Friday 29 August, Live Music: Celtic Fiddles, from 7.30pm, FREE

Friday 29 August to Sunday 31 August: Social Clay Pottery Festival 2025, our popular weekend of hands-on workshops, talks, demonstrations and craft stalls returns for its fourth year, loads of pottery activities (all welcome: all ages, beginners & those more experienced) plus food, live music, fermentation workshops, a mushroom walk and a communal Sunday lunch. Book via our website, £35 pp without camping; £60 with camping

Saturday 30 August to Sunday 31 August: Lawson Park Open Days – a not-to-be-missed opportunity to visit our amazing 12-acre gardens at our sister site Lawson Park, East of Lake Coniston. Extensive ornamental and edible gardens to explore, teeming with wildlife, an incredible wildflower meadow and unparalleled views of **Coniston Water**, all looking its best in August, talks, tours and a pop-up café available. Book via our website.

OPPORTUNITIES: Café Teen is looking for new members, 14 years up! Café Teen is a profit-sharing café and supported skills development opportunity for young people – as a member of the team you will receive kitchen & cookery skills and how to run a café training, while you get to run the café with other young people with a guaranteed wage and profit sharing on top, what's not to love. Workshops in pottery, music, drama, gardening – making things to sell, putting on events – is also part of the offer to our teens, so if any of that sounds appealing please get in touch at hello@lakedistrictfarmersarms.com

Stay with us

Whether you're coming to a workshop at the pub, walking locally or just need an affordable place to lay your head, we have a range of accommodation from singles & to a self-catering apartment to camping in our gorgeous meadows. See our website for summer discount prices.

Rookhow



Concerts at Rookhow

We had a hugely enjoyable 'Summer Notes' concert with Jack McNeill (clarinet) and friends Ursula Leveaux (bassoon) and Eleanor McIntosh (soprano). Jack will be back on Thursday 4th December for a Winter Notes concert 7.30 for 8pm with compositions inspired by the season. To reserve a seat, please email contactrookhow@gmail.com

Quiet days at Rookhow

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

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

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

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

No charge. Donations welcome.

Quaker Meetings in the Rusland Valley

Every 1st Wednesday 7.30-8pm, Every 1st and 3rd Friday 12.30-1pm

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

Open Days & Quiet Garden Movement

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

A reminder that on Open Days, Quakers' Wood is available as a 'Quiet space'. Rookhow is now a member of the [Quiet Gardens](#) movement. Just let us know when you arrive that you are here for Quiet Garden time and you'll be free to wander undisturbed!

Christmas availability

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

Parish Prayer Diary August 2025

1st: Pray for Chris Clarke, Coniston's Children, Youth & Community Worker.

2nd: Pray parents and God-parents will take seriously the promises they make to nurture the Christian spiritual development of the children they bring for Baptism.

3rd: **Sunday, the first day of the week**

Although our faith is as small as mustard seed, pray our gracious God will use it to His glory and the growing of His kingdom, within us and our communities.

4th: Remembering the many troubled parts of our world, pray for the influential leaders and the victims of their decisions.

5th: Pray for families striving to protect their vulnerable relatives who are being targeted by fraudsters.

6th: Pray for HM Coast Guard staff and volunteers.

7th: Pray Christian marriage continues to be nationally celebrated and faithfully upheld and pray also for couples solemnising their marriage in local churches this month.

8th: Pray for local businesses providing hospitality and tourism services.

9th: Pray for the Mothers Union as it advocates and campaigns for social justice at local, national and international level.

10th: **Sunday, the first day of the week**

Reflect on the graciousness of God giving up his Son out of love for the world. In humble response, may we strive to share His love with all we meet.

11th: Pray the Scripture Union holiday clubs taking place this summer will be the start of the faith journey of many young people.

12th: On International Youth Day, pray our young people may be guided to make wise choices, with hearts and minds open to hear and respond to the call of their heavenly Father, to Whom each one is so precious.

13th: Pray for Christians in Eritrea who faithfully follow Jesus despite decades of unceasing risk and violence. Pray especially for those believers in prison because of their discipleship.

14th: Pray for pupils receiving A and T level results. Pray also for parents and teachers as they support young people considering their future options.

15th: Pray for Jigsaw, Cumbria's Children's Hospice in Carlisle.

16th: Pray for those who earn their living from the sea, especially merchant sailors and trawler crews.

17th: **Sunday, the first day of the week**

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

18th: Pray for the wellbeing of our farming community.

19th: Pray for Paramedics.

20th: Pray for former prisoners seeking accommodation and work.

21st: Pray for pupils receiving GCSE results, and families helping their children prepare for the return to full time education or the taking up of an apprenticeship.

22nd: Pray for Relate charity helping couples experiencing relational problems.

23rd: Pray those suffering from addiction of any kind may be helped and accompanied on their journey to wholeness.

24th: 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.

25th: Pray those who are tired and weary find rest and recuperation today.

26th: Pray for all who live and work in the communities of Bandrake Head; Blawith; Bouth.

27th: Pray for Cumbria Fire & Rescue Service.

28th: Pray for organisations protecting and improving habitat for wildlife.

29th: Pray for those seeking justice through the courts or a tribunal.

30th: Pray for the Red Cross helping families to reconnect with loved ones missing through armed conflict, disaster and migration.

31st: Sunday, the first day of the week

May the God of glory, who is the end of our searching, help us to lay aside all that prevents us from seeking your kingdom, and to give all that we have to gain the pearl beyond all price, in Christ Jesus our Saviour.

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

From the Registers

Holy Trinity Colton, 24th June, Interment of Ashes -

Thomas Edward (Eddie) Dewhurst

St Andrew's Coniston, 9th August, Wedding of Naomi Rebekah East and

Robert John McMahon

St Luke's Lowick, 3rd August, Baptism of Angus Jack Edmondson

St Luke's Lowick, 23rd August, Wedding of Emma Louise Wilding and

Graham Michael Bell

Readings for August 2025

3rd	Hosea 11.1-11	Luke 12.13-21
10 th	Isaiah 1.1, 10-20	Luke 12.32-40
17th	Isaiah 5.1-7	Luke 12.49-56
24 th	Jeremiah 1.4-10	Luke 13.10-17
31st	Jeremiah 2.4-13	Luke 14.1, 7-14

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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	Yoga 7 - 8pm 07471 421 153 to book	Coniston S & S Centre
Wednesday	Lowick Parent & Toddler Group 9.30 - 11.30am (term time only) £1.50	Lowick Community Hall
Wednesday	Walking Football, 6.30 - 8pm	Coniston S & S Centre
Thursday	Community Lunch, 1pm sharp, £7.50	Farmers Arms, Lowick
Thursday	"Young at Heart" exercise and lunch, 11am £5 (term time only) or just come for lunch at 12 noon.	Coniston S&S Centre
Thursday	Volunteer Day 9.30 - 3.30pm	Brantwood Gardens
Thursday	Zumba 6.30pm with Valentyna	Coniston Primary School
Thursday	Netball Skills 6.30 - 7.30pm	Coniston S & S Centre
Friday	Junior Cricket	Coniston Cricket Club
2 nd Tuesday	Egton WI, 7.30pm	Greenodd Village Hall
2 nd Tuesday	Ulverston Repair Café 6.30-8.30pm	Croftlands Community Centre
3 rd Tuesday	Coniston WI, 7.30pm,	Coniston Institute
1 st Wednesday	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 - August

1st	Live Music, 8pm	Farmers Arms, Lowick
7th	Live Music, 8pm	Farmers Arms, Lowick
10th	Spark Bridge Duck Race see page 8	
15th	Sing Along Bingo 8pm see page 11	Coniston S & S Centre
15th	Live Music, 8pm	Farmers Arms, Lowick
16th	RUSLAND SHOW see page 2	Whitestock Meadow, Rusland
17th	Lakeland Country Fair	Torver
19th	Hawkshead Show	
22nd	Band Night see page 11	Coniston S & S Centre
23rd - 24th	Lakes Lightnings Open Cockpit days see p9	Spark Bridge
29th	Live Music, 8pm	Farmers Arms, Lowick
30th - 31st	Lawson Park Open Days, Grizedale Arts	Lawson Park
30th	Millom & Broughton Show	

Coming up in September....

6th: Lowick Show

12th: ABBA tribute at Greenodd Village Hall

18th: Talk about Lowick Common - Water Yeat Village Hall

28th: Michaelmas Ceilidh, Water Yeat Village Hall

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