

Coniston and Crake Valley News



Coniston
&Crake
Churches

July 2026 www.conistonandcrakechurches.co.uk



Coniston Celebrates

Residents of all ages came together during the May half-term holiday to celebrate the official opening of Coniston's newly refurbished playground.

The special community event was supported by Coniston Mountain Rescue, Chris and the Youth Club, the Christmas Lights Committee, the Fire and Rescue Service and, of course, Wellaphant, helping to create a memorable day for local families.

With sunshine throughout the event, it was a fitting opportunity to thank the many organisations, funders, volunteers and individuals whose generosity and hard work made the playground redevelopment possible.

Most importantly, the day belonged to the children and young people of Coniston, who enjoyed exploring the new equipment and spending time with family and friends.

The refurbished playground is open for everyone to enjoy. Whether you are a local resident or visiting Coniston, we encourage you to come along and experience this fantastic community asset. You can even help support the playground's future upkeep by making a donation at the new wishing well.



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 10am and Saturdays at 5.00pm. For further information contact Father Matthew Jacob on **01229 779673**.

Cover: *Butterfly and buddleia Brantwood*

Church Services for July 2026

5th	Fifth Sunday after Trinity		
St Luke, Torver	9.00am	Biker Breakfast	
St. Luke, Lowick	9.30am	Morning Worship + Baptism	Rev Brian Streeter
St. Mary Penny Bridge	11.00am	Holy Communion	Rev Brian Streeter
Coniston Methodist	11.00am	Morning Worship	Leanne Long
12th	Sixth Sunday after Trinity		
Holy Trinity Colton	10.00am	Holy Communion	Rev David Bickersteth
St. Andrew Coniston	11.00am	Holy Communion	Rev Brian Streeter
St. Mary Penny Bridge	11.00am	Healing Service	Rev Harry Welch
Coniston Methodist	11.00am	Morning Worship	Hazel Edmondson
19th	Seventh Sunday after Trinity		
St. Luke, Torver	9.00am	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
Coniston Methodist	11.00am	Morning Worship	Chris Clark
26th	Eighth Sunday after Trinity		
St. Luke, Lowick	9.30am	Methodist Service	Rev Grace Cauldwell
Holy Trinity Colton	10.00am	Morning Worship	Pam Priestley
St. Andrew Coniston	11.00am	Holy Communion	Rev Brian Streeter
Coniston Methodist	11.00am	Holy Communion	Rev Grace Cauldwell
St. Luke, Torver	7.00pm	Torver Junction	Rev Brian Streeter

Tottlebank Baptist Church - Saturday Special - a monthly journey through the bible held on the last Saturday of the month, led by *Richard Henry*. On **Saturday 25th July 2026** 10.15 am - 12.30 pm the subject is Exodus Ch 5; "It's always darkest before the dawn". **All welcome.** (*There will be no Saturday Special in August*)

You are warmly invited to join us on Sunday mornings at 10.30 am.

Sunday Services are shared via Zoom for those unable to attend.

Refreshments are usually served in the school room after the service

1st Sunday in the month usually includes Communion, one Sunday is usually a café style service

	<u>Tottlebank Baptist Church - SUNDAY SERVICES - JULY 2026</u>	
5th Sun	10.30 am in the Church & Zoom - <i>Communion</i>	Richard Henry

12th Sun	10.30 am in the Church & Zoom	Richard Henry
19th Sun	10.30 am in the School Room & Zoom - <i>Café Style Service</i>	John Hutchinson
26th Sun	10.30 am in the Church & Zoom	Rod Readhead

Pastoral Letter - Rev^d Brian Streeter

MONEY

“Money” — there, I have said it, the dirty word, the word that so many do not want to mention, and certainly do not want to talk about.

Whether that be standing on the doorstep with a charity fundraiser, or studiously avoiding the same in the high street. Whether that be filling in the end of year tax form or re-negotiating our utilities contracts. The money in our lives is something we do not want to address, or at least we want to think about as little as possible.

And yet money is a significant part of our lives whether we are comfortable with that fact or not. Without money the state and its institutions cannot function, and neither can our day-to-day lives. Whether it be physical, that is cash, or digital, that is our cards and increasingly our mobile phones, then money is a necessity.

Talking of digital money, the more keen-eyed among our readers may have noticed a few posters pop-up on church buildings, and at the entrances to our churchyards. These are displaying QR or Quick Response bar codes that when scanned by a mobile phone take you to a donation website. These QR code posters are there to enable donations to our churches and for the upkeep of our churchyards.

Even if you have not spotted to the posters, you may have seen the QR code in last month’s magazine for donations to the ongoing costs of printing? And it works, as people scanned and donated — one donation was for £500.00, thank you!!!

And in the coming months the churches are all signing up to the national Parish Giving Scheme (PGS) which allows for people to register to regularly donate money. This donation is also annually adjusted for inflation (with the donor’s permission) and automatically deals with Gift Aid adding an additional 20% to the donation.

Jesus, himself spoke about money and possessions on many occasions—more than about heaven, hell, or prayer. And this was not because money was in itself that important, but because our attitude towards money and how we handle money reveals a great deal about ourselves and our motivations. As Jesus said,

“Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; but store up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there your heart will be also”
Matthew 6.19-21

In the coming months, I will be writing in the magazine—probably an insert—to explain the work of our churches, their place in our communities, and the costs involved in keeping them open and running. Yes, I will be speaking about “money”.

Additionally, we will be rolling out the PGS to our communities. Please sign-up and regularly donate. Your £5.00 a month will ensure that we will be here to serve our communities in the future.

Blessings in Christ,



GP services to be maintained in Coniston

People living in Coniston will continue to have local access to a GP practice following the agreement to open a branch of a neighbouring practice in the village.

Following successful negotiations with local service provider Cumbria Health Limited, NHS Lancashire and South Cumbria Integrated Care Board (ICB) has announced that a branch site of Central Lakes Medical Group, part of Cumbria Health, will open in Coniston from **1 July 2026**.

It follows a period of uncertainty after the contract to provide services at Coniston Medical Practice was handed back to the ICB following the retirement of local GP Dr Katharina Frey. A procurement exercise failed to identify a willing bidder to take over the long-term provision of services in the village, which have been temporarily maintained on a caretaker basis by the Morecambe Bay Primary Care Collaborative.

The opening of the branch will ensure general medical services continue to be provided in the village.

Craig Harris, chief commissioning officer at the ICB, said: "The people of Coniston were clear to us from the start. They wanted a service to be available in the village, as it had been for many years, and it has been our desire to deliver that from day one.

"It took us some time to get to where we are now, but I am really pleased that we can make this announcement that GP services will continue to be available in the village for the years to come.

"I would also like to thank the Morecambe Bay Primary Care Collaborative for stepping in to support patients during this interim period."

Andrew Woodhead, practice manager at Central Lakes Medical Group, part of Cumbria Health, said: "We are really pleased to be able to support the continuation of GP services in Coniston and help maintain local access to care within the village. As part of Cumbria Health, we are committed to supporting sustainable primary care services for rural communities and we look forward to working closely with patients, staff and local partners as we become part of the Coniston community."

On **30 June 2026**, all patients of Coniston Medical Practice will be dispersed to Central Lakes Medical Practice or their nearest practice, which will assume responsibility for the around 1,000 patients currently registered. Patients transferred to Central Lakes Medical Group will be able to access services at any of the Group's sites, as well as a newly opened branch surgery in Coniston.

The service will continue to be provided from the current Wraysdale House premises until a suitable alternative premises can be developed.

Proposals on how the service will operate are still being finalised, however it is anticipated the branch site will be open three days a week in Coniston. Patients will be able to access all Central Lakes Medical Group sites, including those in Hawkshead and Ambleside, should they have an urgent need when the branch site is not available.



In the June issue of the Coniston and Crake Valley News we included an article explaining the costs of printing the monthly magazine, and asked for donations. We included a QR code for people to scan with their mobile phones to take them to a donation website, and many people did – thank you!

But the magazine team want to say a particular thank you to the two people who donated £200.00 and £500.00!!! That is simply amazing – you know who you are.

If you would still like to contribute towards the ongoing costs of the magazine then please scan here.



Brian Streeter

Rusland Show 2026!

After a fantastic 140th Anniversary in 2025, the Rusland Valley will hold its 141st Show on **Saturday August 15th** this year - and we're hoping for another scorcher!

There are a host of Fell and Track races for adults and children, which anyone can enter on the day, with generous cash prizes for adults and trophies for under 16's.

If you've been tending your seedlings, or busy crafting, why not enter one of the many horticulture, home produce and art/handicraft classes... or print off some of your pictures for the photography competition?

There's a wide range of children's classes too for ages up to 16 years.

Enjoy the craft and local interest tents and don't forget the Tug of War, the Dog with the Waggiest Tail and the infamous Egg Throwing Competition!

We look forward to receiving your entries and seeing you all at one of Cumbria's friendliest shows, situated in one of the loveliest valleys in the South Lakes. There really is a class for everyone!

Saturday August 15th at Whitestock Meadow, Rusland, LA12 8LB.

Entry £5 adults, £1 children, includes entry to sports competitions and classes.

Schedule and entry details are online at www.ruslandshow.org or available from the Secretary, see the advert in this magazine (see page 31)

Around the Parishes: Lowick

Lowick Parish Council

Road Closure due to New Water Main

The United Utilities water main from the Red Lion, past the church and up to Woodgate has been problematic for many years. The old pipe regularly burst due to age, and not being able to handle the higher pressure. Lowick Parish Council pushed to have this repair prioritised.

Work to replace this section with a new pipe is ongoing, resulting in an extended road closure. The project is unfortunately behind schedule. Work recommenced on **June 1st** and should now be completed by **mid August**.

Red Lion Junction

Over the years there have been many accidents here. There is poor visibility for cars joining or crossing the main road coming from over the bridge or past the Red Lion resulting in people blindly pulling out. In addition, drivers on the main road are often not aware of the junction and cannot see cars about to pull out. Accidents occur when cars on the main road overtake close to this junction.

The Parish Council have been in discussions with the Westmorland & Furness Council Highways Department for a number of years regarding this problem and have now come to an agreed solution. There will be new signage to highlight the hidden junctions, and double white lines on the main road either side of the junction to prevent over taking. This work is due to be completed by the **end of July**.

You will find detailed plans for these road markings and signs on the Parish Council website: <https://lowickparishcouncil.gov.uk/>

In addition there may be changes to speed limits following public consultation but these have not been agreed yet.

Coniston & Torver

Rainfall, Garden House, Coniston - May 2026

Total - 150.8mm (5.9ins)

Wet days - 17

More than 1mm on 14 days

Wettest day - 31st - 39.7mm (1.7ins)

Coniston Parish Council

If you are searching for information relating to the work of Coniston Parish Council, you might want to start at the Council website www.coniston.info. However, on a day-to-day basis much of the Parish Council's work and general information regarding *community events, emergency planning, road closures* etc. is posted on Facebook at Coniston Parish Council, if you don't already do so, follow us to be kept better informed.



You probably already know one or more of your parish councillors, however, if you want to contact them in their capacity as parish councillor you can do so by email at the contact details listed below:

- *Tracy Coward*, Chair tracy.coward@coniston.info
- *James Buller*, Vice Chair james.buller@coniston.info
- *Robert McCracken* robert.mccracken@coniston.info
- *Derek Adams* derek.adams@coniston.info
- *Lian Dixon* lian.dixon@coniston.info
- *Libby Lea* libby.lea@coniston.info
- *James Butcher* james.butcher@coniston.info

If your query is more general you might want to contact *Michael Dearnley*, the Parish Clerk, he can be contacted at: parish@coniston.info or by telephone **01539 441 442**.

Torver Parish Council

The next scheduled meeting of Torver Parish Council will be held on **Thursday 2nd July 2026** at 7.30pm in the Schoolroom.

Representatives of United Utilities, including Kate Stark, Andrew Kendall and Russell Clark, are expected to attend to address matters relating to flooding concerns, sewer investigations and outstanding queries. Representatives of the Environment Agency might also attend.

Grants from the Rawdon-Smith Trust

The Rawdon-Smith Trust is a charity that owns the bed of Coniston Water and uses the fees collected from moorings and jetties for the benefit of local communities around the lake.

The Trust's website: rstcharity.uk provides more information on its work and it has an application form for grants. The Trust regularly supports voluntary bodies and charities and recent grants have been made to Lakeland Country Fair, Friends of Penny Bridge School, Coniston Cricket Club and Coniston Lawn Tennis Club.

Trustees meet four times each year to consider requests. Applications for grants must be made online through the website and be submitted at least 7 days prior to a meeting. The Trust's next meeting is on **Thursday 6th August 2026**.

CONISTON CO-OPERATIVE SOCIETY LTD

VALEDICTION

At the end of our association with the Coniston Co-op, we want to say a very sincere thank you to all those who have helped and supported us along the way.

We are especially grateful to Jean Johnson, whose experience, wisdom, and kindness have meant so much throughout.

Not enough credit has been given to the two cornerstones of the Coniston store. Our warm thanks go to Viv Atkinson and Fiona Ebbs, whose knowledge, commitment, and steadiness have been invaluable to the store for more years than they wish to remember, though we do, and acknowledge it.

We are deeply grateful to the staff, whose hard work, patience, and teamwork have carried the Co-op through both ordinary days and difficult ones.

We would like to thank Matthews Benjamin (property managers), the National Farmers Union (insurance and health-and-safety matters), and Livingstons (legal advisers), who helped us through a great deal of administrative complexity with professionalism and care.

Our thanks go to local businesspeople — Phil Johnston, Roger Cann, and Giles Middleton — who were generous with their time and advice. We are grateful to John Watson and Anne Butterfield, who stepped in to help supply the Co-op when the national operation was disrupted by a cyberattack, and to Hutchinsons, who shared ideas and support during a particularly challenging winter. We also want to remember with gratitude those skilled people who came quickly to help with repairs when emergencies arose.

Finally, we want to thank our friends and neighbours. Your encouragement has meant a great deal.

Jan and Chas Sargeant.

CONISTON GRASS COURTS TENNIS CLUB

The beautiful grass tennis courts in Coniston have been in existence since the 1900s for the enjoyment of villagers and visitors. Funds to keep these courts in good condition come from membership fees, and kind donations from local charities.

Membership fees are £50 per year for single membership, and £75 for family

membership. The courts are also available for hire at £10 per hour to non members and visitors who can call **07795493007** for details. Membership enables you to play anytime. Club nights are *Wednesday* and *Friday* 4-6pm. If you would like to join this small and friendly club then please get in touch with:

Paul Mullard on mullards@outlook.com or *Bill Marshall* on **07795493007**
or billmarshall1058@gmail.com.

The new season will start - weather permitting - in mid to late April.

Egton cum Newland

Egton with Newland, Mansriggs and Osmotherley Parish Council Meeting

The next meeting of Egton with Newland, Mansriggs and Osmotherley Parish Council will be held on **Tuesday 7th July 2026** 7pm at Greenodd Village Hall.



Blawith & Subberthwaite

Blawith and Subberthwaite Parish Council

Councillors are awaiting the Westmorland and Furness (W&F) review of community governance. The Council has made it plain that it wishes to work more closely with Lowick Parish Council, because many of the issues we face are common to us both.

The Council regularly reports pot holes to W&F who are now responsible for maintaining the roads in the Parish. Several pot holes have been repaired but the repair does not always last.

A member of the public spoke and raised the issue of speeding traffic on the A5084 during times of light traffic. The Council has requested a Speed Indicator Device (SID) be placed in Blawith and has written to W&F to request a 20mph speed limit. **It will discuss the response to this, and any further comments received, at its next meeting at 7pm on *Monday 13th July* in the Village Hall at Water Yeat. Residents of the Parish are welcome to attend and speak.**

<https://blawithandsubberthwaitepc.org.uk>

Colton

Colton Parish Council News July 2026

Bouth Playground The new swings have been installed at Bouth playground, replacing the old ones that had fallen into disrepair.

We are reliably informed that some of the younger members of the community have already put them to good use!

Colton Parish Open Meeting Thank you to everyone who came along to the Colton Open Meeting at Haybridge Nature Reserve. Special thanks to Colin Barr and John Atkinson for sharing their knowledge and stories about the area and its wildlife, and to Carole Dickinson for the delicious cakes. It was a wonderful opportunity to meet together, share ideas and discuss matters of importance to our community.

Some of the issues we expect to be focussing on in the coming year are:

- **Emergency planning** – supporting residents and communities to be prepared in case of emergencies such as extreme weather, damage to roads and other infrastructure, loss of power or communication networks.
- **Planning** – ensuring that we support ‘thriving communities’ and fulfil our statutory duty of protecting biodiversity.
- **Bouth Playground and village green** – working with the local residents, who are currently considering all different the options for the future of the village green.
- **Illegal off-road driving** – working with Westmoreland & Furness Council, the Police and other local partners to protect some of our unique and fragile environments that are being damaged by illegal off-road driving.
- **Recruiting more Councillors!** We still have vacancies for the central part of Colton Parish and the East Ward, which is Finsthwaite, Lakeside and surrounding areas. Please get involved if you can; we need your support to make sure we are working for the whole community.

Community Champions At the heart of Colton Parish Council's Emergency Plan is the recognition that many people step up as ‘good neighbours’ to make sure those of us who need a little more help are not left stranded for example, when the power



goes off or local roads are flooded. Now Colton Parish Council is looking to build on these informal networks to help everyone feel more prepared for future emergencies, whatever they may be.

We are looking for people who lead local community What's App groups in the Colton parish area, or people who would like to set one up for their patch. The aim is to have ways of sharing information as quickly as possible in times of emergency. To get involved please email clerk@coltonparishcouncil.gov.uk

Our next meeting is at 7pm on Monday 6th July at Bouth Village Hall. All welcome!

We don't meet in August, but you can catch up with us at Rusland Show on **Saturday 15th August.**

See our website <https://www.coltonparishcouncil.gov.uk/>, follow us on Facebook and Instagram, look for Colton Parish Council South Lakes or email clerk@coltonparishcouncil.gov.uk

IT'S ALMOST HERE

All welcome to Colton Church coffee morning on **Saturday July 18th**

10.30 - 12.30 in Bouth Village Hall.

Entrance £2 to include coffee/tea and biscuits.

Cake Stall and Raffle.

Reports

Rusland Valley Community Trust

We have a small pot of money to help local groups such as schools, nurseries, and clubs with funding towards projects. We are restricted to the areas of the Parish Councils of Colton and Satterthwaite but can include Hawkshead, Leven Valley and Penny Bridge primary schools.

In the past we have helped with expenses relating to courses including those for photography, upholstery, and computer skills. We have also helped with the setting up of clubs such as those for writing, handbell ringing, table tennis and orienteering.

So if you need financial help or have an idea for an activity or event to benefit the communities of these parishes and schools please apply to the trustees by contacting **Angus Adams** - anguslighthall@gmail.com

Mother's Union Report

Coniston Mother's Union members spent a lovely afternoon in the garden of host, Jean Edwards. Beautiful weather, flowers and the sound of running water accompanied a short form of worship. Discussions and final planning for their 120th Birthday celebration followed, ending with a delicious Cream Tea. Our thanks go to Jean for a relaxing afternoon.



June 25th is our next meeting and big celebration for 120 years of MU in Coniston. It was founded by Mrs Margaret Barratt of Holywath in 1906. Celebrations begin with a Sung Evensong where the Bishop of Carlisle will be preaching followed by the MU choir and refreshments. The service begins at 2pm at St Andrew's church, Coniston. Do join us, ***all welcome.***

Egton WI

I should begin with a thank you to those of you who supported our tea party in May. It was a splendid occasion and we were very appreciative of all the lovely comments and emails we received afterwards so we are delighted to tell you that we raised over £660 for the Admiral nurses at St. Mary's Hospice. This will be added to other monies raised so by the end of the year we hope to be able to give them a very healthy looking cheque.

Our June meeting was a delight to behold as Lauren Dixon came to tell us all about setting up her new business running "Lakeland Farm Flowers" at Selside. She is married with three young children and when she was put on furlough from her job in a solicitor's during Covid she literally sewed the seed of her idea to be able to work on the family farm. It must have been a huge undertaking at the time but she had support from her family and seems to be growing into the job really well. Her talk showed her enthusiasm and increasing knowledge of her business. Lauren brought along a selection of self grown flowers which she sells to local florists and to individuals who order bouquets, bunches or buckets of flowers for celebrations eg. weddings. Her planting area is increasing year by year and through long hours of hard work she certainly seems to be making a go of it which she really deserves.

In July we have Lillie Moss with her talk entitled "My music and me" including her playing her harp so if you would like to join us ladies then please give us a try. It should be an uplifting experience. We are also looking forward to a day out at Levens Hall in July where we hope to look around the house and gardens and have lunch altogether and possibly a longer walk for those who feel so inclined. Let's hope the sun shines on us for that event!

For further information call **07519144799**.



Coniston WI

Coniston WI will be remembering Margaret Wright by donating into the WI Federation Memorial Bursary Fund in memory of Margaret whose name will be added into the memorial book. This will be a permanent record of the dedicated service she gave to the WI and the Coniston community.

Haverthwaite Surgery Patient Participation Group meeting - 21st May

The Haverthwaite Surgery PPG convened **21st May** and a brief summary of key items discussed follows...

- The PPG was very sorry to hear that Marian Smith was retiring from the group and thanked her for her long-standing contributions.
- The PPG has formally adopted a Charter to describe how it intends to support the Surgery. The Charter, together with regular minutes and an email address for contact will shortly be published to www.haverthwaitesurgery.co.uk
- We are delighted to report that plans for a revised and improved surgery building are finally moving forward. Dr Edwards recently met with the local NHS ICB and is exploring several funding options to support a new purpose-built surgery building that would bring substantial benefits for patients, staff and the delivery of healthcare services. Updates soon but some truly excellent news!
- An alert about impending roadworks to the A590 that will likely require patients to approach the Surgery from the back roads was discussed and will be publicised with dates shortly.

- The PPG have undertaken to organise and moderate the notices in the Surgery Waiting Room for the benefit of patients attending.
- Once again the PPG is still looking for some younger participants – please let us know if you would like to be involved in supporting this critical community service.

BRANTWOOD NEWS AND VIEWS



Two fantastic exhibitions are opening this month! In the Blue Gallery: **Treasures of the Earth: The Mineral World of John Ruskin**. In partnership with The Ruskin, Lancaster University – our much anticipated Blue Gallery Summer Exhibition opens **Friday 3rd July**. Ruskin was one of the largest private collectors of minerals in 19th Century and gave invaluable collections to public institutions, schools and universities. With loans of remarkable specimens, Treasures of the Earth explores his love of stones and their meaning to him. The exhibition coincides with the publication of The Mineral World of John Ruskin by Roy Starkey. Roy will be giving a talk about his research during the exhibition and other related events are being planned over the Summer. On display until 25th October.

In the Severn Studio we have **'I Turned and Looked'**: Conversations between Music & Photography by Music & Being. On display from **11th July until 31st August**. I Turned and Looked is a music and photography installation created by the interdisciplinary group, Music & Being (Jess Dandy, contralto & Brantwood artist-in-residence; Debbie Green, movement artist; Alex Mills, composer; Clare Park, photographer; Dylan Perez, pianist; Bobby Williams, sound engineer). Emerging over two and a half years of residencies, the work asks what it means to attend seriously, sensuously, and collectively to a place – and to be changed by it. At its heart is a desire to create an installation space soft and intricate enough to engage with the deepest parts of our shared human existence. Brantwood is not scenery but solvent, source, provocation, and living environment — a place whose lifeforms and histories exert cumulative, visceral force.

To celebrate we have two Opening Weekend Events:

Saturday 11th and Sunday 12th July 2026 4-6pm, followed by dinner on The Terrace

Join Music & Being as they explore the making of I turned and looked through live performance, conversation, and a guided view of their new music & photography installation in the Severn Studio. Further information and booking details can be found on our website.

OUTDOOR THEATRE BY ILLYRIA THEATRE COMPANY – Get ready for an enchanting summer filled with captivating performances against the backdrop of Brantwood's picturesque lakeside meadow. Illyria are back for a world of classic literature and timeless tales brought to life by this esteemed theatre troupe. **On Tuesday 21st July 2026 As You Like It by William Shakespeare**. Running time (approx): 140-minutes (inc 20 minute interval). Recommended for all ages. Box office: Tickets on sale now through our website.

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**.

Rookhow

'Meet a Tree' day Thursday 24th September

Booking is now open for an immersive day in Quakers' Wood in September with Gareth Thomas from Woodmatters. The day will leave you with a deepened understanding and sense of wonder at the trees we all pass every day and don't often acknowledge for how special they are. Please come dressed for the weather and bring a packed lunch. Suggested donation £40. Quakers and non Quakers welcome. Please book: <https://rookhow.org.uk/events>



Lanequest cycle orienteering event

67 cyclists met at Rookhow in June for the charitable Lanequest bike orienteering event. Starting and ending at Rookhow, the cyclists had 2 hours to 'clock in' at 30 points in the Rusland Valley. The riders were really grateful for a delicious curry from Simon Brock of Rock Cottage Dining on their return. The event helped to raise money for Rookhow's Retreat Away Fund.

Open Days at Rookhow

Rookhow Quaker Meeting House is open to the public on the 1st and 3rd Friday of each month 10am-4pm all year round. One of our friendly volunteers will be happy to show you around and tell you about the history of Quakers in the area and our current work. We're also part of the Quiet Garden movement so if you'd prefer to wander in the woods on your own or sit in the yurt and have some quiet time, you'd be welcome. Coffee and homemade cakes at 10.30am. Postcode: LA12 8LA.

Quaker Meetings in the Rusland Valley

There is a Quaker Meeting for Worship at Rookhow on the 1st Wednesday of every month 7.30-8pm and on the 1st and 3rd Fridays 12.30-1pm. All are welcome, even if you haven't been to a Quaker Meeting before.

Sue Nicholls, Development Manager Email- info@rookhow.org.uk

Tel 07377 971783

Rookhow is a Quaker charity.

Green Sparks News July 2026

Join us for the Green Sparks summer picnic, 2-4pm Sunday 5th July on the green by the River Crake in Spark Bridge for the official launch of the new River Crake noticeboard. Bring your own picnic and blanket. ***All welcome***. The village hall will be open in case of bad weather.

Get ahead on energy costs Summer is the time to take steps to make your winter energy costs more manageable, protect yourself from the volatility of fossil fuels and improve the efficiency of your home. For advice on how to get started see:

- <https://energysavingtrust.org.uk/>
- <https://www.moneysavingexpert.com/utilities/cheap-green-energy/>
- <https://futureproofcumbria.org.uk/>

Add your voice to ***Friends of the Lake District's litter survey*** by completing their online questionnaire. Find out more here: <https://www.friendsofthelakedistrict.org.uk/news/litter-and-fly-camping-survey-2026/>

Looking for some inspiring summer reading? Try:

- If you are in years 3-6 at primary school, ***Climate Action*** by Georgina Stevens

(Little Tiger 2021)

- If you're in secondary school ***Drawn to Change the World: 16 Youth Climate Activists, 16 Artists***, by Emma Reynolds (Harper Alley 2023)
- If you are looking for some hope, ***Despite it All: A Handbook for Climate Hopefuls*** by Fred Pearce (Granta Books 2026)
- For a different approach from politicians and leaders, ***Abundance*** by Ezra Klein and Derek Thompson (Profile Books 2025)
- For a new perspective on the natural world based on ancient philosophy and practice ***Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants*** by Robin Wall Kimmerer (Penguin 2020)

Love them or loath them? Let us know and share your own recommendations.

Contact us greensparks.sparkbridge@gmail.com

Parish Prayer Diary July 2026

1st: Pray for the Democratic Republic of Congo facing an Ebola outbreak; pray for the local churches, trusted by the community, who are at the forefront of the response, offering health care and raising awareness. Pray for the safety of health workers and wisdom for church leaders and Rt Revd Martin Gordon, the Bishop of Goma.

2nd: Pray for the peacemakers in our families, our communities, our nation, and for those working for peace and stability across the world.

3rd: On National Bereaved Parents Day pray for bereaved parents who have lost a child of any age, through any circumstance.

4th: Pray for those recently ordained Deacon or Priest as they begin to serve in their assigned Mission Community across the Diocese.

5th: Sunday, the first day of the week

Pray our Heavenly Father will send upon his Church the riches of the Spirit that all who profess Jesus as Lord may serve Christ in holiness and truth, to the glory of His name.

6th: Pray for Year 6 pupils in their final days of primary school as they prepare to move to secondary education next term.

7th: Pray for those trying to reduce alcohol consumption that is harming their health and wellbeing.

8th: Pray for those working within the Research industry to produce effective treatments against life-threatening diseases.

9th: Pray for charities enabling the world's poorest people have access to safe, clean water and sanitation.

10th: Pray for those living in residential and supported housing.

11th: Pray for *Restore* charity connecting with people on the margins who are navigating loneliness or working through something difficult. Pray for *The Community Shed* in Carlisle providing practical, hands-on woodworking in a safe space where people to find community and purpose.

12th: Sunday, the first day of the week

Pray God may enable us to discern Him in all that we see and that, refreshed and sustained by His presence and grace, we may serve Him in all that we do.

13th: Pray for our local nurseries and childminders.

14th: Pray for the UK Government.

15th: On World Youth Skills Day, pray for our young people, especially those learning and developing skills within our local farming communities.

16th: Pray for the volunteers travelling to Romania for *The Smiles Foundation Mission Trips* this summer, bringing their skills to provide practical expressions of Christ's love to disadvantaged people in need.

17th: Pray for The Mothers' Union celebrating 150 years anniversary with a Family Fun Weekend at Rydal Hall.

18th: Pray for Suffragan Bishop of Penrith Rt Rev Michael Leyden preparing for the Welcome service Carlisle Cathedral tomorrow.

19th: Sunday, the first day of the week

Although our faith is 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

20th: Pray for staff and pupils beginning the summer break from school.

21st: Pray for the thousands of Christians gathering at the Keswick Convention this month to explore what it means to be "Strong In His Strength" and to live boldly for Christ in the days He has given us.

22nd: Pray for Pharmacists working in hospital or community settings.

23rd: Pray for the Commonwealth Games beginning today in Glasgow.

24th: Pray for The Samaritans charity; the emotional wellbeing of the volunteers manning the phones; for adequate funding to keep the free talk lines operating day and night. Pray anyone in our farming community feeling isolated or struggling with difficult thoughts will reach out, either to someone they trust or ring The Samaritans who will always listen (116 123).

25th: Pray for people living a full and productive life despite a diagnosis of Schizophrenia but having to endure social stigma and discrimination regarding their condition.

26th: 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.

27th: Pray for all who live and work in the communities of Greenodd, Penny Bridge, Lowick and Spark Bridge.

28th: Pray for Christians in Syria enduring endless trials and tribulations as the authorities' early promises of protecting all citizens' rights seem to have come to little with extremists exploiting the current political disorder. Pray especially for the children of Christian families deeply affected by the violence they witness against their churches and community.

29th: Pray people who have a gambling problem will reach out to Gamblers Anonymous to get the help they need to overcome their addiction. Pray also their families will find support through Gam-Anon.

30th: Pray for the liberation of the millions caught in human trafficking and modern slavery. Pray for all agencies working to stop the trafficking of people.

31st: Pray *The Field* summer camp for young adults (18-30) at the Lee Abbey Christian Retreat Centre in Devon, will be the start of the faith journey home for many who attend.

Hold the Date!



RUSLAND SHOW

SATURDAY 15th AUGUST 2026

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 (something beginning with C),
 - 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 after the Show!



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Email: ruslandshowinfo@gmail.com

Website: www.ruslandshow.org

Find us on Facebook

Show Schedule and Entry Form on the website
or contact the Secretary (see above)
Rusland Valley Horticultural Society Ltd



LOWICK SHOW

the Lowick 'L'al Royal Show'

★
Saturday 5th September 2026

gates open 8:30am
★

Adults £8 | Under 16's £3 | Under 5's FREE | Car Park FREE

Classes to enter...

Livestock/Horses/
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Deadline for entries-

Friday 7th August

Enter on the day...

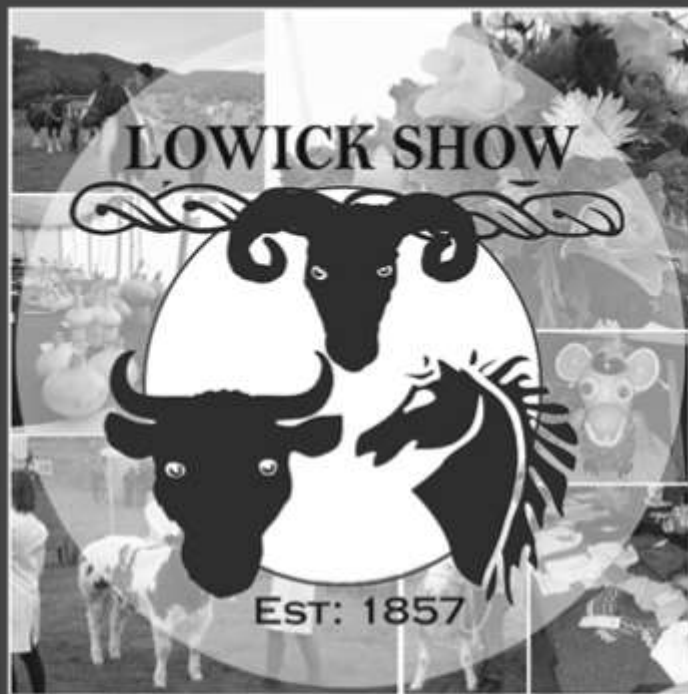
Novelty Dogs/
Children's Races/
Cumberland Wrestling

On the Field...

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From the Registers

St. Andrew's, Coniston, 5th June 2026, Funeral of Margaret (Marg) Shirley Wright

St. Andrew's, Coniston, 22nd June 2026, Interment of Ashes

- June Goodwin & Terence Burland

Readings for July 2026

5th	Romans 7.15-25a	Matthew 11.16-19, 25-30
12th	Romans 8.1-11	Matthew 13.1-9, 18-23
19th	Romans 8.12-25	Matthew 13.24-30, 36-43
26th	Romans 8.26-39	Matthew 13.31-33, 44-52

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Monday	Little Kicks, a football session for 4-6 year olds, 5.30pm	Coniston S & S Centre
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	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 - July

4th	Jo Farrow sings Fleetwood Mac - see page 10	Greenodd Village Hall
5th	Green Sparks Summer Picnic - see page 15	Spark Bridge
18th	Colton Church Coffee Morning - see page 12	Bouth Village Hall
21st	<i>OUTDOOR THEATRE BY ILLYRIA THEATRE COMPANY</i> - 'As You Like It' by William Shakespeare - see page 14	Brantwood



In the June issue of the Coniston and Crake Valley News we included an article explaining the costs of printing the monthly magazine, and asked for donations. We included a QR code for people to scan with their mobile phones to take them to a donation website, and many people did – thank you!

But the magazine team want to say a particular thank you to the two people who donated £200.00 and £500.00!!! That is simply amazing – you know who you are.

If you would still like to contribute towards the ongoing costs of the magazine then please scan here.



Brian Streeter

Visit the Coniston and Crake Valley Churches Website!

- View past magazines
- See 'What's On?'
- Learn more about the local churches

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**Please send all articles and events for the August Magazine by July 15th to
editor@conistonandcrakechurches.co.uk**

Hold the Date!



RUSLAND SHOW

SATURDAY 15th AUGUST 2026

Field opens 11:30 First event 12:20

Whitestock Meadow, Rusland LA12 8LB

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 - Tug of War (*cash prize*)
 - Music after the Show!



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

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LOWICK SHOW

the Lowick 'L'al Royal Show'

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Saturday 5th September 2026

gates open 8:30am
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Adults £8 | Under 16's £3 | Under 5's FREE | Car Park FREE

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