Coniston and Crake Valley News



October 2025 www.conistonandcrakechurches.co.uk



LOWICK SHOW

the Lowick 'L'al Royal Show'



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RUSLAND SHOW













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 The Vicarage, Penny Bridge. LA12 7RQ	vicar@conistonandcrakechurches.co.uk *Brian works for Filling Station on Thursday* *Brian's rest day is Friday*	01229 861668 07505 048736
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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: Lowick Show by Alison Ellwood

Church Services for October 2025

5th	**Sixteenth Sunday after Trinity**		
St. Luke Torver	9.00am	**Bikers' Breakfast**	Rev Brian Streeter
St. Luke, Lowick	9.30am	**Holy Communion**	Rev David Bickersteth
St. Luke, Lowick	10.30am	**All Age Harvest Service**	Pam Priestley
St. Mary Penny Bridge	11.00am	**Holy Communion**	Rev Brian Streeter
Coniston Methodist	11.00am	**Morning Worship**	John Hutchinson
10th	**Friday 10th, 7.00pm**		
Holy Trinity Colton	7.00pm	**Farmers Harvest Service**	Rev Brian Streeter
12th	**Seventeenth Sunday after Trinity**		
Holy Trinity Colton	10.00am	**Morning Worship**	Pam Priestley
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
19th	**Eighteenth Sunday after Trinity**		
St. Luke Torver	9.00am	**Holy Communion**	Rev Brian Streeter
St. Mary Penny Bridge	11.00am	**Healing Service**	Rev Brian Streeter
Coniston Methodist	11.00am	**Holy Communion**	Rev Grace Cauldwell
26th	**Last Sunday after Trinity**		
St Luke, Lowick	9.30am	**Methodist Service**	Rev David Edmondson
Holy Trinity, Colton	10.00am	**Holy Communion**	Rev Brian Streeter
St. Andrew Coniston	11.00am	**Holy Communion**	Rev Harry Welch
St. Luke Torver	7.00pm	**Torver Junction**	Rev Brian Streeter
Coniston Methodist	11.00am	**Morning Worship**	Rev David Edmondson

Tottlebank Baptist Church - Tottlebank's next Saturday Special is on **Saturday 25th October 2025**, 10.15 am - 12.30 pm and the title is Jacob and Esau, an unlikely truce (Gen 32 & 33). A chance to dig deeper into the bible. All welcome.

Saturday 15th November 2025 - Tottlebank Christmas Fair - more details to follow.

Pastoral Letter - Rev[d] David Bickersteth

Dear Readers,

To believe or not to believe? On a recent river cruise on the Douro in Portugal (highly recommended!) one of the passengers, on being told my career, launched into a tirade (politely!) about the absurdity of belief in God. As a scientist, he said, he expected empirical evidence. He called himself a 'devout atheist'! His partner rolled her eyes and said she is a church going believer! I told him that as a curate, the church I served in, had over 12 members who were PhD's in science subjects and much more recently I served as Rector of Gosforth and Wasdale where he had 5 PhD scientist – all working in the nuclear industry. He said they were not being truthful to their science, believing in fairy tales!

He was not for turning, but what credibility is there for belief in a supernatural existence let alone a personal God? Two scientists have deeply impressed me, one died in 2021, he was Professor John Polkinghorne of Cambridge University where he was professor of mathematical physics. He resigned his post to become an Anglican priest and devote his life to explaining the relationship of science and religion. My second and living scientist, is Professor John Lennox, of Oxford University who in his eighties, is a globe trotting apologist for Christianity. He too was a Professor of Mathematics and like Polkinghorne, writes and speaks on the interface of science, philosophy and religion.

Both men have a Celtic background, Polkinghorne called himself a Cornishman, and Lennox proud of his Northern Irish heritage. Is faith a mystic gift? No, both men were convinced by intellect of the persuasive evidence for belief in Christ and the resurrection.

Polkinghorne was knighted and received the prestigious Templeton prize for his contribution affirming life's spiritual dimension. This is not the place to go into his writings, they can be looked up – but he tackles God and science and the problem of belief in God in a world where there is so much evil.

I'm totally baffled by Quantum Physics which Polkinghorne spent much of his life researching. At the end of the day, it's Polkinghorne the Christian pastor that I think I can understand. You Tube is full of talks by both men.

I struggle with the problem of evil – but at the end of the day I have a relationship with Christ, who suffered and suffers out of love for humanity. We are in this world for only a short time, it may not seem so to the young, but at my age mortality is knocking on the door. I have seen enough to believe my faith is based upon evidence, scriptural and personal. If I'm right, then surely, it's worth finding the truth for yourself. Eternity may depend on what you discover! 'Behold', said Jesus, 'I stand at the door and knock' (Revelation 3:20). Open the door!

David Bickersteth

New editor

I am delighted to welcome Robin Whiteway as the new editor of the Coniston and Crake Valley News. Robin lives in the Benefice and I hope he will enjoy the role as much as I have.

Thank you for all your support and kind words about the Magazine since its launch in 2020 and do keep sending in your items and photos for inclusion to Robin at editor@conistonandcrakechurches.co.uk or by post via the Vicarage (details on page 3).

Best wishes, Juliet

Voluntary Car Scheme – Westmorland and Furness Council Repeated Appeal

We are urgently in need of additional drivers. Would you be someone who could occasionally drive someone to a hospital appointment, GP, train station, shopping or social event? If you would like to know more about voluntary driving (petrol costs are reimbursed) I would be happy to have a chat.

Marguerite Calvert: 01229 885498

Farming Community Network, FCN - Harvest Service

It is 30 years since FCN was formed to support farmers in times of stress and hardship. To mark this there will be a special countywide Harvest Service in St Andrew's Church, Penrith on **Sunday 12th October at 2.30pm**. We are delighted that Bishop Rob is joining us, along with many others, in recognition of the role of farmers in our county and our nation. We are grateful to the WI for offering to provide refreshments afterwards! Please do come along, everyone is welcome.

Around the Parishes: Colton

Bouth Village Hall coffee morning dates! For Colton residents and visitors

Bouth Village Hall coffee morning **15th October** & **19th November** (**10.30-12.30**)

Christmas extended coffee morning with a light lunch **17th December** (**10.30-13.30**)

We also have an evening with Jack James (aka Simply Jack) on the **18th October**, a popular entertainer who sings your favourite songs and 'rat pack' classics.

Tickets from **Kevin Smith, 07745 117406**

JAR FEST 2025 – 19th OCTOBER

We're getting close to the inaugural holding of Jar Fest (a celebration of home-made jams and preserves), to be held between 1 and 4.30 pm on **October 19th** at Oxen Park Reading Room. Schedules are available in digital form online at https://oprr.org.uk/events/. Entries are to be sent to cjbarr50@gmail.com by noon on **October 12th** and must be staged in the room by 11 am on the **19th**.

Colton Parish Council News

Meet the Council 6.30 Monday 20th October 2025 at Bouth Village Hall. All welcome. Come along if you want to find out who's on the Council and what we do, or if there's an issue you think we need to discuss, or because you are thinking about becoming a Councillor. We'd be delighted to see you. You're welcome to pop in for a quick chat or stay for our meeting, which starts at 7pm.

Community Cohesion These are troubling times; local and national incidents of

community tension have hit the headlines, causing widespread concern. Now Westmorland & Furness Council has published a clear statement to reassure all communities of their support for community cohesion and enabling people from different backgrounds to live, work and learn alongside each other with mutual respect, a sense of belonging, and shared responsibility for their community. See https://www.westmorlandandfurness.gov.uk/news/2025/community-cohesion-issues-impacting-westmorland-and-furness

Community Policing Since the beginning of the year, local Parish Councils have been part of a new approach to community policing. We now meet twice a year with Cumbria Policing to support engagement with the local Neighbourhood Policing Team. Between formal meetings, we maintain strong links with the Community Policing Team, raising issues of concern and working with them to solve local problems. Over the last year these have included inconsiderate parking that blocks access to emergency vehicles; illegal off-road driving; poaching, and other crimes that affect our area.

Contact us: clerk@coltonparishcouncil.org.uk or follow us on **Facebook** at **Colton Parish Council, South Lakes** or sign up for our regular email newsletter, **Colton Link,** on the home page of our website https://coltonparishcouncil.org.uk/

Join us for our next meeting **6.30pm for a 7pm start, Monday 20th October at Bouth Village Hall.**

140th Rusland Show – A Real Sizzler!

On the track and up on the fells the temperature was sizzling. The sunshine brought out nearly 70 eager runners for the first event, the Senior 5 Mile Fell Race. Jack Wright, last year's winner, fought off all challengers to retain the men's trophy and even managed to finish 43 seconds faster than last year. In the women's race was Cat Taylor who, to the delight of the crowd, had got engaged to partner Harry at last year's show during the egg throwing competition. This year she was first in the Women's 5 Mile Fell Race and then doubled up in the Short Fell Race, wining two brand new awards for female fell runners - The Julia Crowe Trophy and the Yvonne Haddow Salver. On the track, junior and senior athletes did battle in the heat while the sun-drenched spectators cheered them on and enjoyed their ice-creams.

The main marquee looked more splendid than ever as it sparkled in the sunshine. It was full to bursting with exquisite entries of flowers, fruit and vegetables and all manner of home produce and crafts. The floral art was outstanding, with every bloom looking crisp and fresh despite the heat. Spare a thought for our wonderful judges who worked so hard to choose the winners - with 14 Victoria sponges and 18 varieties of unbaked traybake, they had a tough day. In their classes, the children showed off their skills beautifully too, dispelling the myth that youngsters these days are only interested in their screens - it's certainly not the case in Rusland. Next door, the local interest and craft tents were buzzing. Happy shoppers were buying all manner of treats, artwork, glass, leather, wool and wooden items and also catching up with local organisations about everything that's been going on in the valley.

In the ring, the children paraded in their fancy dress costumes, 'Anything Beginning with B'. Two beautiful ballerinas took first and third prize, with a splendid miniature Bob the Builder sandwiched between them in second place. Pet and owner lookalike was clinched by Pip and 10-year-old Rosie who'd fashioned a fabulous pair of ears to match her puppy's. The dog with the waggiest tail was as hotly contested as ever, judged it with the help of a holiday maker selected from the audience so they could

run away quickly once the verdict was delivered. We needn't have worried. The prize went to Bailey, with seven-year-old Hessa, who we learnt had ALSO WON THE COMPETITION LAST YEAR. In two different shows, with two different judges, Bailey scooped the prize - he is officially and beyond doubt the waggiest dog Rusland knows.

Huge thanks are due to everyone who worked so hard to make the show such a wonderful day - to Maureen Boyren the Show Secretary, the committee, friends and family and all those who get involved. Two anonymous donors allowed us to increase the prize money for the senior track events this year and their generosity is much appreciated. Plus thank you to all participants, young and old, who ran, threw, grew, brewed, baked and crafted – you are the stars of the show and ensure that its tradition lives on. **See you all next year!**

Save The Date! Colton Church Harvest Supper will be held following the Farmer's Harvest Service on Friday 10th October.

Names and numbers to ***Sue Dean*** - **01229 861435 or 07769 551155**

Lowick

Lowick Parish Council

Our next meeting will be on **20th November 2025** everyone is welcome to join us.

After the resignation of Mr. John Townsend we have a vacancy for a new councillor please contact our Clerk at (lowickpc@outlook.com) if you are interested in the position or come to one of our meetings to discuss the role.

We are aware of the issues United Utilities are having with burst water mains in the area and will be working with them trying to resolve the frequent leaks occurring which are likely due to the age of the pipes. We have heard unofficially that United Utilities are trying to raise the finance to replace the mains from Lowick Bridge to Woodgate during the first quarter of 2026.

Lowick Show 2025 - What a day!

The weather wasn't looking good before hand but on the day it was perfect.

The field was packed with a wide range of Trade stands from exquisite jewellry items to huge tractors. Cattle numbers were up with a lot of youngsters attending, some making their debut in the show ring, these are the future of the show and we must commend them and look forward to seeing them grow up with their cattle.

Sheep pens were full with a wide variety of breeds and again the young handlers stole the show.

Horse entries were up with the magnificent Heavy Horses being very well represented and the mounted fancy dress giving our president a difficult job in judging.

The Home Produce Tent was full to bursting with the results of many hours of work, whether in the garden nurturing fruit, veg and flowers, in the kitchen slaving over a hot stove to produce delicious cakes, bread, jam etc. or working on crafts ranging from upholstery to painting and crochet to dressmaking.

Of course the youngsters stepped up filling the tent with Lego builds, farm yards, decorated plates, edible necklace's and the new one A potato print was very popular.

I have seen many Home produce tents around the shows but I can honestly say ours is "The Best" (my opinion).

The Children's sports, Cumberland & Westmorland Wrestling and Dog shows all gave visitors something to watch.

New for this year and sure to be an annual event was the Young farmers v The Committee challenge! Two teams of 6 had to complete various tasks from downing a pint, knocking a fence post in, to carrying straw bales, all against the clock. The crowd cheered both teams on with the Committee being the winners this year which resulted in The Show donating £200 to the charity of their choice which was "Yellow Wellies" a farmers mental health charity. Well done to both teams and I am sure this will be bigger and better next year.

The Bar & Music kept people on the field till dark and was a great time to chill after a hectic day.

Our appreciation goes to our President for the year Mr. Ross Baxter and wife Josie who hosted a lovely lunch and judged various things from Dogs to The Best animal on the field, rather him than me.

The show wouldn't happen if it was not for the hundreds of exhibitors, so Thank you and here's looking forward to next year

There is a huge amount of effort goes in to pulling off the show and my sincere thanks go to our very hard working committee together with the youngsters who are not on the committee but are always there to help (you know who you are), other friends who also mucked in and the Torver lot who helped man the gates.

Here's to 2026, *Alison*

Lowick YFC

After a short summer break, Lowick Young Farmers is back in full swing — but even during the break, our members have been busy!

Competition Highlights: Luke Hodgson represented Lowick at the National Level with Auctioneering — a huge achievement!

Our members competed in Dairy Stock Judging at the Great Yorkshire Show, going head-to-head with Young Farmers from neighboring counties. Well done to all who took part!

Some members ventured out to Steward the Fell Race at Lakeland Country Fayre - a good day had by all!

International Exchange Reunion Bar: We hosted the Exchange Bar for five days, welcoming YFC members from across the globe. Huge thanks to everyone who helped staff the bar and raise vital funds for the club — especially Ben Cooper, who organised it all, and all those who gave up their time to support and help.

Lowick Show: September kicked off with a Sunny Lowick Show, where our members showcased their talents through cattle showing, sheep showing, in the industrial tent, wrestling, and more.



Our Lowick YFC stand at the show featured a new addition — the "Hanging Bar," kindly made by Jack Ireland. Members gathered to test their strength and see who could hold on the longest. A great hit-which I'm sure we'll see back again in coming years!

Winter Competitions: We're diving into the winter season with:
3 Junior and 3 Senior Teams in the Annual Quiz Competition
2 Teams entered for Brainstrust
Entries for Senior & Junior Member of the Year and MACE Debating

Join Us! If you're aged 10–28 and interested in joining YFC, we'd love to welcome you. For more information, contact us at **lowickyoungfarmers@outlook.com**

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 4th November 2025**, 7pm at Greenodd Village Hall.

"Nostalgia"

Are appearing in Greenodd village hall

11th October for a matinee performance 2pm - 4pm

All proceeds will be in support of the maintenance of Penny bridge church yard.

Coniston & Torver

Rainfall, Garden House, Coniston - August 2025

Total - 172.7mm (6.8ins)
Wet days - 15
More than 1mm on 12 days
Wettest day - 3rd - 49.5mm (1.9ins)

Flood Risk - Coniston Emergency Resilience Group

Coniston is no stranger to floods and many people who have lived her for several years will no doubt have an understanding of which areas of the parish are more likely to flood and, more importantly, what they would do in the eventuality of that happening.

However, the Environment Agency has updated the information it uses for planning purposes, and it is worthwhile bringing this to your attention. This is especially important as the Agency has noticed that few of those living and working in areas with a higher potential for flooding have not signed up for flood alerts.

Check out your property's flood risk summary at: https://www.gov.uk/check-long-term-flood-risk

You might find it interesting to look at the map identifying those areas most at risk of flooding: https://check-long-term-flood-risk.service.gov.uk/map

To get early warning to let you know whether heavy rain might result in some areas flooding you should sign up to flood alerts: https://www.gov.uk/sign-up-for-flood-warnings

The Environment Agency Website has a wealth of information that will help you prepare for flooding, however, a leaflet prepared by the Coniston Emergency Planning Group will be distributed to all residents and businesses in the early autumn.

Lunch and Dominoes

We will be starting again on **Wednesday October 1st at 12.30pm** in Coniston Institute Reading Room

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 the Monday before.

We will then continue usually on the first Wednesday of the month for the winter season. November will be on the second **Wednesday** (**12th**) due to a previous booking of the Reading Room. Everyone welcome.

CONISTON CO-OPERATIVE SOCIETY LTD

The Committee has been working with Co-operatives UK to update its 'Rules of Governance.' At an appropriate time there will be a meeting of members to approve the changes. The LDNPA has written to the Co-op to say that the property at 3 Yewdale Road has been nominated for inclusion in the Lake District National Park's Local Heritage List: "Local heritage listing is the identification of heritage assets that are valued by people locally but are not already protected through planning law... It should be noted that Local Listing does not provide any extra planning controls to the asset or change what works require planning permission... Inclusion of a non-designated heritage asset on a local list simply makes it a material planning consideration."

Surgery Staff Thank You

October 23rd is the date for the communities informal 'Thank You Event' for Dr, Frey, Dr Abbas and those who worked in reception at Coniston Medical Practice. This will take the form of a 'Jacob's Join' (bring food and drink to share) tea and coffee will be provided. It is to be held in the institute from **6pm** to **8pm**, all welcome. There are collecting points at Coniston Co op, Hutchinson's, and the Dairy for those wishing to make donations in gratitude for their dedicated service to us all.

Anyone wishing to help on the day, please contact:

Kay Shepherd on **015394 41559.**

Coniston Bus Walks

3rd Wednesday: X7112 bus walks, Gentle walk of 3-4 hours in Furness area using the 09.30 bus from Coniston. Returning mid afternoon. All welcome.

Details from **Bob** on **07514 480 875** or "**roberthenrymccracken@outlook.com**"

News from Coniston

The Coniston Parish Council has sponsored purple waymarks on an easy to follow walking route between Coniston and Hawkshead. It is a largely traffic free route which can be followed by those who do not have, or are not confident in using, maps. It is possible to walk one way and return by the 505 bus. The route is via the Hawkshead Hill Baptist Chapel (which is open to the public) and from which the bus can be taken if the whole route is too much. The aim is to enable visitors fully to enjoy the special qualities of the area, reduce vehicular traffic, encourage public transport use and support local businesses. The waymarking has been supported by the Hawkshead Parish Council, the National Trust , and the National Park Authority. The Parish Council is grateful to volunteers Geoffrey and George Cooper for their skilled design and installation work.

A Walking route to link Coniston and Hawkshead



It's not easy to find a good walking route on footpaths between the two popular Lake District villages of Coniston and Hawkshead. Fingerposts show a confusing range of signs such as "Boon Crag", "Tarn Hows", "Hawkshead Hill", "High Cross" and "Walker Ground". A route has now been waymarked in both directions using small purple discs showing a bootprint. The route is about 4 miles and it's possible to use the 505 bus to return to your starting point. It should encourage walkers to stop for refreshments of food and drink in the villages. The project has been supported by Coniston Parish Council and descriptions of the walk in both directions with a map will be placed on local websites.

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 owns a section of the old railway line from Coniston village to Haws Bank and maintains this as a permitted path. The track has been resurfaced and signed for walkers. It is a popular walk for locals and visitors who use it as part of a circuit with the lakeshore path. A traditional stone bench has been purchased and will be placed to offer good views over the lake and Grizedale forest.

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 the Coniston Football Club, the Women's Institute and Thurston Outdoor Education Centre.

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 13th November.

Torver Parish Council

The telephone kiosk by the bus shelter near the Wilson Arms has been purchased by TPC, and notices to that effect have been published in the village. Councillors have ideas but are open to suggestions from villagers for its future use. At the meeting of **4th September**, councillors supported the application for three two-story local needs houses, for sale or rent, on the land adjacent to Walna Scar View. TPC remains one councillor short of its allotted five: anyone interested in joining the council should contact its Chair, Peter Worth. What is involved? – over the year, six meetings each of an hour's duration (**7.30-8.30pm**) in the Schoolroom. The next meeting of TPC is scheduled for **Thursday 6th November**.

CONISTON COMMUNITY LUNCHES 2025/2026

Our **Monday lunch dates** for this season are:

20th October 2025	**19th January 2026**
17th November 2025	**16th February 2026**
15th December 2025	**16th March 2026**

We will be meeting in the Institute Reading Room at 12.30pm as usual, where we will be serving a two course lunch plus tea and coffee.

A small donation of £5 will be welcome to help cover our costs.

Please confirm your attendance by phoning or texting **Helen** on **07583 371275** or email e.glaister013@btinternet.com , also please let us know if you have any dietary requirements or need help with transport.

We are always grateful for additional support so please get in touch if you can offer help either on the day in the kitchen or providing food.

I would also like to announce that this will be my last season organizing the lunches. It's been great fun over the years but I am now ready to pass on my pinny. I am hopeful over the next six months to find people interested in taking over. That way we can work together to make sure the lunches continue. Please get in touch if you want to find out more.

CONISTON FESTIVE FAYRE

(Saturday Nov 22nd)

Save the date! **November 22nd** will be the Coniston Festive Fayre which will combine the official Christmas Lights turn-on with an artisan market in the Coniston Institute (10am to 5:30pm). The School Christmas Party will be the same day at the Coniston Sports and Social Club followed by a lantern parade with Santa (c. 4pm) into the village and an evening of activities, including a quiz night at The Sun and live music at The Crown. For more information, to sponsor, support or enter the Raffle or to simply book Santa's Grotto please go to: **https://christmasinconiston.pitchinplatform.com/.**

Coniston Doctors Surgery

It's great the see the seamless transfer to the interim Locum Doctor's at Coniston GP. Feedback has been good so far in terms of being able to book appointments and the opening hours have been extended, so please don't hesitate to contact them if you need care.

The dispensary now has multiple options, to either collect medication, have it delivered or they will send your prescription to your chosen pharmacy, such as Hawkshead. If you have any questions we'd encourage you to call or pop in and discuss with the new reception team.

This is an invaluable local service and testament to the work of the patient group that we still have the benefit of this in the village.

Reports

Oxen Park Cinema Club



Tuesday 7th October - A COMPLETE UNKNOWN - Relive the 60's folk and protest world with Bob Dylan.

Saturday 18th October - MR BURTON - the story of how Richard Burton came to fame and become one of the greatest actors of all time. Starring Toby Jones and Lesley Manville

Our first supper special of the season is on **4th November** along with the feel good film THIS IS GOING TO BE BIG so book early so you don't miss out.

Friday evening presentations: The annual series of presentations are scheduled for this winter and will be publicised here when dates are confirmed. They take place in the Carthouse Community Cinema, seats £5 pay on the door and help raise money for the Oxen Park Reading Room.

Egton WI

We returned from our summer break to enjoy hearing Chris Dorning talk all about his unusual and inspiring career to date. Chris is the mural artist who owns and runs (with his wife) "Still Life" on Union Street in Ulverston, the facade of which literally illustrates some of his work. There is plenty more of his work to see in town including the Roxy. From his very early days he always enjoyed drawing and was determined to make a go of it as his career. He is now one of approximately 40 artists countrywide who paints murals for companies whether it be temporary designs as a means of advertising or more permanent ones in or outside their premises. His work has taken him far and wide. He has also turned his hand to writing books. He won prizes for his first book " Sleep Bear" which came about when he was putting his own children to bed. He is presently in the process of writing and illustrating a book centred on the Hoad which maybe available around Christmas time. Good luck Chris.

For our October meeting we will hear from Penny Aubrey about "Living in New Zealand". October will also find us catering for one of the many dance evenings held in Greenodd village hall and we also have two quiz nights to look forward to.

For more information call **07519144799.**

BRANTWOOD NEWS AND VIEWS

Our new Studio exhibition opens on **Saturday 4th October**. **The Ways of Turner: Tracing His Northern Tour** by artist Monika Müller. In 1816 William Turner undertook a sketching tour in the north of England on behalf of the publishers Longman and Thomas Dunham Whittaker, who were planning a nine-volume «History of Yorkshire» for which Turner was to produce 120 watercolours - the largest commission he ever had. He only completed 20 of them, then Longman ran out of money. A few years ago, Monika Müller discovered an art-scientific publication by David Hill on the aforementioned North England journey of William Turner in the display of a bookshop. Following the route described by Hill, she traced Turner´s footsteps on his 1816 sketching trip to collect material for a 120-part cycle of drawings with the aim of completing William Turner´s unfinished work.

On the opening day of the exhibition, **Saturday 4th October** at **2pm**, there will be an opportunity to find out more about the exhibition in an Artists' Talk between David Hill and Monika Müller introduced by Brantwood Director, Howard Hull. This will be followed by a short concert installation with excerpts from Graphite Scores - In the Coachhouse Loft. There will then be a viewing of the exhibition in the Studio and refreshments. Booking recommended. Free admission.

Our Blue Gallery exhibition **Order out of Chaos: The Beauty of Flowers** by Piers Williams continues until the end of the year.

Go Wild! Half Term Activities

Join us for nature-based Autumn crafting on Wednesday **October 29th 2025**. An alternative to traditional Halloween activities, we will be outdoors making magic potions before heading back to our cosy Loft space where there will be a choice of autumnal crafts.

* Pumpkin decorating – £10 (age 4+)
* Small autumn glass jar lanterns – £6.50 (age 4+)
* Autumn leaf art and crafts – £4 (all ages)

If you have any very young people or those with additional needs, please email **maria@brantwood.org.uk** to discuss. All children must be accompanied by an adult. Session One - 10.30-12.00, pm, Session Two - 1.00-3.00. Places are bookable via 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**.

The Farmer's Arms Lowick Green / Grizedale Arts

THE FARMER'S ARMS

Opening Hours:

Weds 5-10pm

Thurs 1-2pm (Community Lunch) & 5-10pm

Fri 5-11pm (Woodfired Pizza Night)

Sat 5-11pm (Curry Night)

Sun 12-4pm (Roast Lunch)

Our **pub quiz** is now a regular installment running on the **first and third Wednesday** of the month at **8:30pm**. The questions are devised by our regulars with all proceeds going towards Duddon & Furness Mountain Rescue Team. A guaranteed laugh with some obscure prizes besides the traditional round of drinks for the winners.

The wonderful Ilse Pedler will be holding another **poetry writing workshop** with the theme 'Imagination and Disruption' on **16th October from 10am-1pm**. Participants will use poems and other prompts to encourage the production of their own work in a supportive and encouraging environment. No previous experience necessary, the workshop will cater for beginners and more experienced writers alike! Book via our website.

Ilse will also be hosting her popular **spoken word open mic night on 30th October from 6:30-8pm**. Come along and meet local poets and writers for an informal evening of readings. Bring your own work, a favorite poem to share, or just come and listen. £5 on the door to sign up for a five minute open- mic slot.

The Celtic Fiddles return for their monthly jam session on **31st October from 7:30pm**. As a regular fixture at The Farmer's Arms, they come together once a month and tactically perform next to the warmth of our fireplace. They're a group of experienced musicians who come together from across South Cumbria. Free to listen!

Our volunteer Rosemary continues to treat us with her **Community Lunch every Thursday at 1pm sharp**. Always two courses of wholesome home cooking with plenty of tea and coffee for just **£7**. A great way to meet new people or simply come along for a cheap but delicious meal.

Our programme of weekly **Soup Talks** is due to kick off in October. Check our website or your local bus stop for posters detailing the upcoming programme of artists, historians, poets, gardeners, makers etc. Just £5 to attend a talk, **Thursdays**

from 6:30-8pm. Another £5 if you'd like a bowl of soup and homemade focaccia as a winter warmer. Get in touch if you're interested in delivering a talk, or if there's something specific you might be interested in hearing by emailing molly@grizedale.org

OPPORTUNITIES:

Calling singer/songwriters and musicians of any genre!! We are now running regular music nights on Fridays and sometimes Thursdays! We're always on the lookout for more great folks to shiver our timbers, so please get in touch if this is of interest. Performance fee + drinks on us!

Rent-a-field- are you an outdoor personal trainer with a regular class looking for a new location? Or another specialist with an outdoor need? We may be up your field! Drop us a line to talk more details.

Looking for a co-working space?- We are in the early stages of establishing a local co-working space. Regular or flexible packages over a week or month, wi-fi included, so if you have a need and interest please get in touch, we are all ears!

As always, our space is available for parties, conferences, talks, workshops, weddings- any event you would like to organize we can most certainly accommodate. We can also cater for events and parties so get in touch if you'd like to use our space for a special dining experience or laid back event tailored to your needs and party size!

Our spacious electric van is still available to hire at a subsidized rate to our community. It even has a refrigerated option, making it extra useful for anyone moving produce around. There's a small daily fee to cover insurance- get in touch to find out more

Rookhow



Rookhow phone number: 07377 971783

Quiet days at Rookhow

Quiet day at Rookhow

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.

Support for community groups

Rookhow's Retreat Away Fund subsidies stays for community groups. Already over 1,000 people from 65 groups have benefited, including refugees, people dealing with trauma, abuse and addictions, creative groups and local housing charities. Rookhow puts 5% of its bookings income into this fund and local Quaker meetings and individuals support it too. If you would like to make a donation to the fund to help community groups enjoy a break away, please contact **Sue Nicholls**, Development Manager Email- **contactrookhow@gmail.com**

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

Green Sparks News - October 2025

With everything that is happening in UK and international politics it can feel like tackling climate change has slipped down the agenda. But there's still so much to be done and so much we can all do to make a difference.

Are you looking for some inspiration to help you 'go green'? Try the library. See https://www.westmorlandandfurness.gov.uk/libraries-and-archives/go-green-collection for a list of titles that will give you tips and ideas. There's also a children's book list.

Join an Action Day course with the Carbon Literacy Project; there are options for individuals, small businesses and different parts of the public sector https://carbonliteracy.com/carbon-literacy-action-day/action-day-courses/

Do you feel frustrated that your efforts to be green at home don't seem to make an impact on a wider scale. Try reading **Mike Berners-Lee's latest book, *A climate of truth*,** which calls for a complete rethink of politics, business and the media to tackle the climate emergency, as well as how we as individuals can contribute to bringing about change.

Prefer listening? Try Radio 4's Rare Earth on BBC sounds.

Want regular updates of news about climate change, nature and science? Try https://www.carbonbrief.org/

Check up on Cumbria's progress towards net zero: https://zerocarboncumbria.co.uk/ and https://www.westmorlandandfurness.gov.uk/your-environment/climate-change-and-natural-environment

Get active on tackling climate change

- Fix it, don't bin it! with The Ulverston Repair Café https://ulverstonrepaircafe.org/
- Help to reduce food waste with the Ulverston Food Project– find them on Facebook

- Become a local energy champion with Future Proof Cumbria see https://futureproofcumbria.org.uk/support-us/be-a-futureproof-volunteer/
- Join the Ulverston Climate Change Book Group by emailing admin@ulverstoncouncil.org.uk or calling into the Town Council Office beside the Coro to collect a copy of this month's book and get updates about future meetings.
- Get involved with Cumbria Wiildlife Trust see https://www.cumbriawildlifetrust.org.uk/get-involved
- **Share your news and activities focussing on tackling climate change, nature recovery and sustainability by emailing greensparks.sparkbridge@gmail.com**

Parish Prayer Diary October 2025

1st: Pray for older women and men who are vulnerable, praying their continued contribution to society be recognised and celebrated.

2nd: Pray for people rebuilding their lives and communities in the aftermath of natural disasters.

3rd: Give thanks for progress made by Fairtrade in prompting consumers to insist on ethical working practices in farming and manufacturing, especially in countries where conditions are unacceptable.

4th: Pray for those who serve our communities as local Parish Councillors

5th: Sunday, the first day of the week

May the Lord of creation, whose glory is around and within us: open our eyes to His wonders that we may serve Him with reverence all the days of our lives.

6th: Pray for all who teach and their role of shaping the future of their students and thereby society.

7th: Pray for Rt Rev Rob Saner-Haigh following his formal (legal) confirmation of election as Bishop of Carlisle, and thereby entrusted with the "care, government and administration of the spiritualities" of the See of Carlisle.

8th: Pray for all who endeavour to secure peace, tolerance, understanding and non-violence.

9th: Pray for the farming community as they complete the harvest and prepare for winter.

10th: Pray for people affected by anxiety, stress and depression affecting their mental and physical wellbeing.

11th: Pray for palliative care professionals in adult and children's hospices, especially those abroad.

12th: Sunday, the first day of the week

Our God has made us for Himself and our hearts are restless till they find their rest in Him; may He pour his love into our hearts and draw us to Himself, bringing us at last to His heavenly city where we shall see him face to face.

13th: Pray for UNICEF working with governments and communities to remove barriers to girls' education and wellbeing.

14th: Pray for parents grieving the loss of their baby or young child.

15th: Pray for Christians in Nigeria, especially those traumatised by the persecution they experience from Islamic militants because they follow the Lord Jesus. Pray for faith leaders who face enormous pressures and dangers. Pray for peace, stability and safety throughout Nigeria.

16th: Pray for the UN's Food & Agriculture Organisation working across borders to address global food challenges and remove food insecurity.

17th: Pray for the millions across the world who, trapped by poverty, are deprived of education and basic services.

18th: Pray those exploring ordained ministry will discern clearly God's call.

19th: Sunday, the first day of the week

May God, our Judge and Saviour, so open us to His truth and love that we may live each day with confidence in the salvation won for us by Jesus our Lord.

20th: Pray for all who live and work in the communities of Gawthwaite, Woodgate and Subberthwaite.

21st: Pray people and families struggling with debts will get the help they need; pray also for the charities that support them though their difficulties.

22nd: Pray for children going through the adoption process, and pray for the adults and organisations involved in momentous decisions.

23rd: Pray for Christian Aid's work in Burkina Faso (West Africa), helping families build simple and sustainable livelihoods in a difficult climate.

24th: Pray for charities such as Shelter helping people who are facing homelessness. Pray also for families living in emergency or temporary accommodation.

25th: Pray for CARE, the UK charity engaging with policy shapers, to bring a uniquely Christian insight to the policies affecting all our lives, creating a God-honouring society that upholds the dignity of every person.

26th: Sunday, the first day of the week

Merciful God, teach us to be faithful in change and uncertainty, that trusting in Your word and obeying Your will we may enter the unfailing joy and peace of Jesus.

27th: Pray pupils and staff who have found the new school term to be stressful will find rest and refreshment in the half term break.

28th: Pray for bereavement counsellors, for their ministry and their own emotional wellbeing.

29th: Pray for the Mission Aviation Fellowship, bringing practical aid and hope to isolated and remote communities abroad, especially in Africa.

30th: Pray for people vulnerable through loneliness or not coping with the challenges of daily life.

31st: Pray for Springfield Women's Refuge in Kendal enabling people to escape domestic abuse and rebuild their lives.

Please send all articles and events for the November Magazine by October 15th to editor@conistonandcrakechurches.co.uk

From the Registers

St. Luke's Lowick, 2nd September 2025, Funeral of William Alan Miles Smith
Holy Trinity Colton, 8th September 2025, Funeral of Joanne Margaret Dixon
St. Andrew's Coniston, 18th September 2025, Funeral of Trevor Walker
St. Andrew's Coniston, 4th October 2025, Interment of Ashes
- Eric Fielding Ditchfield
Holy Trinity Colton, 11th October 2025, Interment of Ashes
- Kelvin Raymond Woodburne
St. Andrew's Coniston, 17th October 2025, Wedding Blessing of Nicola Jayne Hinde & Mark Eric Libby

Readings for October 2025

5th	Lamentations 3.19-26	Luke 17.5-10
Harvest:	Deuteronomy 26.1-11	John 6.25-35
10th	Harvest Deuteronomy 26.1-11	John 6.25-35
12th	Jeremiah 29.1, 4-7	Luke 17.1-19
19th	Jeremiah 31.27-34	Luke 18.1-8
26th	Joel 2.23-32	Luke 18.9-14

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Monday	Knitting and Stitching, 7pm	Greenodd Village Hall
Monday	Short Mat Indoor Bowling, 1 - 3pm, no experience needed	Greenodd Village Hall
2nd & 4th 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
2nd Tuesday	Egton WI, 7.30pm	Greenodd Village Hall
2nd Tuesday	Ulverston Repair Café 6.30-8.30pm	Croftlands Community Centre
3rd Tuesday	Coniston WI, 7.30pm,	Coniston Institute
1st Wednesday	Prayer Hour - 10 - 11am	St Mary's, Penny Bridge
3rd Wednesday	Coffee Morning 10.30am - 12.30pm	Bouth Village Hall

What's On Guide - October

1st	Lunch and Dominoes - see page 11	Coniston Institute
4th	The Ways of Turner: Tracing His Northern Tour - see page 14	Brantwood
7th	Film - A COMPLETE UNKNOWN - see page 13	Carthouse Cinema
10th	Colton Church Harvest Supper - see page 8	Colton Church
11th	"Nostalgia" - see page 10	Greenodd Village Hall
11th	Budapest Cafe Orchestra - see page 31	Coniston Institute
15th	Coffee Morning - see page 6	Bouth Village Hall
16th	Poetry Writing Workshop - see page 15	Farmers Arms, Lowick
18th	Charlie Dore, Songs for the curious with Julian Littman - see page 32	Water Yeat Village Hall
18th	Film - MR BURTON - see page 13	Carthouse Cinema
18th	Jack James (aka Simply Jack) - see page 6	Bouth Village Hall
19th	Jar Fest - see page 6	Oxen Park Reading Room
20th	Coniston Community Lunch - see pages 12-13	Coniston Institute
23rd	'Thank You Event' for Dr, Frey, Dr Abbas and Coniston Medical Practice reception - see page 11	Coniston Institute
29th	Autumn Crafting - see pages 14-15	Brantwood
30th	POWER FROM THE FELLS, A talk by Andy Lowe - see page 32	Water Yeat Village Hall
30th	Spoken Word Open Mic Night - see page 15	Farmers Arms, Lowick
31st	The Celtic Fiddles - see page 15	Farmers Arms, Lowick

Let everyone know about your event - listed for free here - editor@conistonandcrakechurches.co.uk

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RAFFLE

WATER YEAT VILLAGE HALL

Presents

Charlie Dore

Songs for the curious

with Julian Littman



Saturday 18th October

8pm doors open at 7.30

£15 card/cash on the door or pre book with

www.wegotticket.comwateryeatvillagehall

No bar - Bring your own drinks and nibbles

www.e-voice.org.uk/wyvh

charliedore.com

&

POWER FROM THE FELLS

A talk by Andy Lowe



We are very pleased to welcome back Andy Lowe, an inspirational speaker with a wealth of knowledge on the architecture and traditional industries of the Lake District.

The topic this evening is water mills and how for centuries, water has been used to power our industries

Thursday 30th October

Starts **7.30pm** – door opens at 7pm

£5 entry - includes tea/coffee/biscuit on arrival

www.e-voice.org.uk/wyvh