Coniston and Crake Valley News



October 2026 www.conistonandcrakechurches.co.uk

Holy Trinity Colton Tower Roof



BEFORE



AFTER

The Parochial Church Council (PCC) of Holy Trinity, Colton are delighted to announce the completion of major works to repair the church tower roof.



TOTAL COST: £46,966.22

In addition...

- Lowick PCC have deconstructed and rebuilt the church porch on modern standard foundations—£130,000
- Penny Bridge PCC have extended the churchyard which should provide burials for at least 75 years—£6,000
- Penny Bridge PCC are undertaking major tree-felling to be followed by replanting—£12,000

And many other projects including refurbishment of the Penny Bridge War memorial Lychgate, and major internal maintenance of St. Andrew's in Coniston.

We wanted to tell you about such works and celebrate their planning and completions, not to simply highlight the cost but to demonstrate our commitment to our communities. This work is to ensure that the Christian faith and the centres of worship—our churches—continue to thrive for future generations.

We are committed to you,

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 2026 (Photo curtesy of Sean Brennan)

Church Services for October 2026

4th	**Eighteenth Sunday after Trinity**		
St Luke, Torver	9.00am	**Biker Breakfast**	
St. Luke, Lowick	9.30am	**Holy Communion (Harvest + Bible Sunday)**	Rev Brian Streeter
St. Mary Penny Bridge	11.00am	**Holy Communion**	Rev Brian Streeter
Coniston Methodist	11.00am	**Morning Worship**	Chris Clark
11th	**Nineteenth Sunday after Trinity**		
Holy Trinity Colton	10.00am	**Harvest Service (Holy Communion)**	Rev David Bickersteth
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**	Local Arrangements
18th	**Twentieth Sunday after Trinity**		
St. Luke, Torver	9.00am	**Holy Communion (Bible Sunday)**	Rev Brian Streeter
St. Mary Penny Bridge	11.00am	**Healing Service (Bible Sunday)**	Rev Brian Streeter
Coniston Methodist	11.00am	**Morning Worship**	Chris Clark
25th	**Last Sunday after Trinity**		
St. Luke, Lowick	9.30am	**Methodist Service**	Leanne Long
Holy Trinity Colton	10.00am	**Holy Communion (Bible Sunday)**	Rev Brian Streeter
St. Andrew Coniston	11.00am	**Holy Communion (Bible Sunday)**	Rev Harry Welch
Coniston Methodist	11.00am	**Morning Worship**	Leanne Long
St. Luke, Torver	7.00pm	**Torver Junction**	Rev Brian Streeter

Tottlebank Baptist Church - **Saturday Special** - **Saturday 31st October 2026** - 10.30-12.30pm - a journey through the bible led by *Richard Henry*. Topic this month is Exodus Ch 12, & 1 Corinthians 5:7, "Christ our Passover lamb has been sacrificed for us". ***All welcome***.

Tottlebank Baptist Church

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

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

Refreshments are served in the School Room after the service.

	Tottlebank Baptist Church - SUNDAY SERVICES - OCTOBER 2026	
4th Sun	**10.30 am in the Church & Zoom** Communion.	**Richard Henry**

11th Sun	**10.30 am in the Church & Zoom** Harvest.	**Richard Henry**
18th Sun	**10.30 am in the School Room & Zoom**	**John Hutchinson**
25th Sun	**10.30 am in the Church & Zoom**	**Colin & Chrissie Greave**

Pastoral Letter - Pam Priestley

Dear All,

A few months ago we had a holiday in Dumfriesshire, Scotland. As we strolled around Kirkcudbright that first morning, we saw posters advertising the town's jazz festival that very weekend. Thinking that would be an excellent way of spending a Saturday evening, we bought tickets and enjoyed a meal whilst listening to the excellent music. At the end of the evening, the musicians invited everyone to attend a service at the town centre church the following morning where they would again be playing. To go to a 'jazz service' sounded great fun! And it was!! The church was packed with some younger people but far more of mature years, like us! Some had obviously been coming to the jazz festival for a very long time!!

It was a great time of worship, one which I will never forget, with the beautiful sound of the jazz music accompanying the singing, great joy expressed in clapping to the beat and a quietly spoken minister telling us the background to the songs we so enthusiastically were singing.

In the 18th and 19th century many songs were written by black African American slaves. They expressed their Christian faith, their sorrow at the harshness of their lives and their passionate desire for freedom. Knowing something of the cruelty they endured, it seems amazing that they wanted to sing at all but singing their songs was a way of connecting with each other, sharing their emotions and encouraging each other not to give up hope and to keep the faith. Their owners wanted to keep them in bondage but many of the slaves knew that they had found real freedom in Christ and that one day they really would be 'at home in glory land'. We might think that promised future glory was a way of keeping the slaves working hard for their owners on earth but that wasn't the case. Singing their hymns together gave an assurance that hardship and pain was not the end.

We might not have a jazz band in our benefice of churches (pity!) but worshipping together should do for us what it did for the slaves in that it should remind us, in the different circumstances of life that something better is coming. As children of God we have hope after death and hope for the renewal of all God's creation.

Love *Pam*

CONCERT COMING

Coniston Methodist Church will welcome the return of the ever-popular *Barrow Male Voice Choir* for a concert on **Monday 26 October** at 7.30. For an evening of joyful music this will be hard to beat and all proceeds will be donated to *St Mary's Hospice*, *Ulverston*. Do make a note and come and join us on the night; you too will be most welcome.

Around the Parishes: Lowick

Lowick Show 2026

The week leading up to Show day was a little stressful to say the least, the weather wasn't looking good and the wind caused the marquees to either collapse or tear! But the committee "improvised, adapted and overcame (to quote our chairman).

Saturday was different again, an odd shower didn't dampen any spirits and the field was soon a hive of activity. Horse and Livestock entries were up, the Home Industries tent was full to bursting with a record number of exhibits of all descriptions from miniature flower arrangements to a huge bug hotel.

The new field layout allowed more room for trade stands and there was everything from Woodwork to Honey and Glass products to delicious cakes.

The Cumberland & Westmorland wrestling attracted an audience as usual with the 12 stone World championship being contested and the youngsters a firm favorite with the audience as were the children's races which always attracts various ages wanting to join in.

Young people dominated the field with many young handlers competing in sheep and calf handling classes. This gives them the opportunity to learn showmanship, they must show their animals off, learn to handle difficult animals (they don't all behave) and accept their placings gracefully. These young people are farming's future!

The Young Farmers entertained with a tractor full of balloons (guess how many) and the hanging bar competition!

The pet classes and Novelty dogs gave our President and Vice President difficult jobs judging anything from lambs to a variety of dog breeds.

The weather seemed to improve as the day went on, which meant after The Grand Parade where trophies were presented, people made their way to the bar area to enjoy the excellent music from UVHS band and Tabbi & Harriet. I think there was a record number of people this year who stayed on giving everybody the opportunity to discuss the day's events and catch up with friends and just chill!

It goes without saying to put on a show like Lowick takes a huge amount of effort from an amazing, hardworking and dedicated committee and takes a whole 12 months for just one day.

Somebody who moved into the area recently said to me, "I didn't know communities like this existed anymore" and we are so lucky they do.

Thanks go to our committee and others who rocked up to help make it all happen, see you next year!

Alison





(Photos curtesy of Sean Brennan)

Lowick Parish Council

Ongoing work by United Utilities around Lowick Bridge continues. Work by the Red Lion junction has completed for now so access as normal. Work has resumed beyond the Hall/Subberthwaite junction as they trench and lay pipes towards Woodgate. This section is now closed again and will be for perhaps 6 to 8 weeks. Then they will come back to the Red Lion, dig it all up again so they can test and commission the new pipe.

This project is now considerably overdue and final end date remains uncertain and depends on whether they hit more rock.

ST LUKE CHURCH LOWICK
HARVEST FESTIVAL SERVICE
Will be held at 9:30am
on
SUNDAY 4TH OCTOBER

Please join us to give thanks to God,
to pray for our farming communities
and food producers both locally
and around the world.



Colton

JAR FEST - OCTOBER 18th

This year sees the second running of Jar Fest at the Oxen Park Reading Room (1pm to 4.30pm). The schedule, with entry details, can be seen at https://oprr.org.uk (click on events).

In addition to the open section, you will see that there are several classes for youngsters: fun things to do with jam jars involving different levels of ability and interest - please encourage the junior members of your family to give it a go.

As well as the various jar-related classes to enter, there will be other exciting things to do, suitable for all ages, including a Treasure Hunt (featuring a special Jar Fest map), a Raffle, a Table-quiz, 'Name the Honey Bear' and 'Guess the number of sweets in a jar'.

Admission (£3 – u/16s free) includes tea and biscuits and there will be cake to buy.

Any profits will go towards running the Oxen Park Reading Room. Please give us your support!

Colton Parish Council News October 2026

Our September meeting was one of our busiest. It was great to see so many people come along and listen to their views on topics that affect the community. Two issues dominated the conversation:

The lower car park at Finsthwaite at the bottom of the High Dam Road is currently subject to an enforcement order due to breaches of planning rules. However, a large number of residents came along to tell us about the positive impact the car park has had on the village, including reducing the number of cars parked on the roadside, providing employment opportunities for young people, assisting access for emergency vehicles and helping to cut littering, including dog mess, by providing bins. We were fortunate to have two representatives of the Lake District National Park Authority (LDNPA) present to listen to the points raised and as part of the Parish Council's role as a communication channel between residents and the authority, we have written to the LDNPA to ensure the views expressed are fed into further decision-making processes.

Pop Up campsites have continued to be a source of concern and debate, particularly in Crosslands and Nibthwaite. In these two locations there have been a number of issues raised about the impact on the neighbouring roads, fields, wildlife and the environment.

It can be a complicated issue. Everywhere in Cumbria is experiencing an increase in visitor numbers and so increasing demand for services. We know that where there are no facilities some visitors are resorting to fly camping, which often results in litter and environmental damage.

Pop up campsites can help relieve the pressure over the summer months. They are time limited and cannot install permanent features; for example, they offer standpipes and Portaloos only. They are classed as permitted development, so do not need planning permission. However, if they breach these rules, they may be subject to planning enforcement action. Permanent campsites have toilet blocks, and usually showers and hot water for washing up etc. They can install hard standing, which pop ups are not allowed to do. They also have to follow far more rules and regulations than pop ups, meaning their costs are higher.

Friends of the Lake District are campaigning to see a more equitable and sustainable approach to pop up campsites. See https://www.friendsofthelakedistrict.org.uk/news/pop-up-campsites/ This includes pressure on LDNPA to use 'Article 4' of Permitted Development rules to regulate them. Article 4 means that the planning authority can remove 'permitted development' rights to protect a particular area.

If you want to know more see:

https://lakedistrict.gov.uk/planning/planning-permission/planning-advice/planning-guidance-for-pop-up-camping-and-car-parks/ and https://lakedistrict.gov.uk/article-4-directions/

Colton Parish Council's view, which you can check out in our Community Plan 2024 here:

https://www.coltonparishcouncil.gov.uk/the-council/colton-community-plan/#page-row-7

is that we will support either type of campsite where there is community support for it and benefit to the local economy. But we will not support where there is detriment to the community, the environment or wildlife. When members of the public have drawn

our attention to planning breaches or potential harm to the environment and wildlife, we have taken these concerns to LDNPA and continue to do so.

If you want to discuss a local issue with the Parish Council come alone to our next meeting or contact the clerk.

Our next meetings are:

- 7pm Monday 5th October at Rusland Reading Room
- 7pm Monday 2nd November at Bouth Village Hall

All Welcome! To find out more see https://www.coltonparishcouncil.gov.uk/ follow us on Facebook or email the clerk clerk@coltonparishcouncil.gov.uk

Bouth Village Hall Coffee Mornings 2026

Filter Coffee or Tea with Biscuits: £2.00 Donation

10:30-12:30

An event for residents and non-residents alike

***Third* Wednesday of the Month:**

21st October 18th November

16th December (Christmas Special 10:30-13:30)

Coniston & Torver

Rainfall, Garden House, Coniston - August 2026

Total - 116.7mm (4.6ins)

Wet days - 19

More than 1mm on 14 days

Wettest day - 19th - 19.9mm (0.8ins)

Coniston Parish Council

Are you winter ready?

Now is the time for residents to take a few simple steps to prepare for winter and to make sure they know where to find help and reliable information should severe weather or another emergency impact the community.

As you know winter can bring a range of challenges to Coniston and the surrounding area, including heavy rain and flooding, snow and ice, high winds, power cuts, travel disruption and temporary difficulties accessing essential services.

While the emergency services and local authorities have plans in place to respond, being prepared at household and community level can make a significant difference.

We are fortunate to have a strong community here, and looking out for one another is an important part of being prepared. In the event of an emergency, we would encourage people to check in with neighbours, friends or relatives who may be more vulnerable or isolated during periods of severe weather.

Prepare now

The Parish Council is encouraging households to take a few minutes to consider what they would need if they were unable to leave home, lost power or water, or

were affected by flooding or other disruption.

Useful steps might include:

- Register for Flood Alerts either by visiting the GOV.UK Flood Warnings Page or by phoning Floodline available 24 hours a day at **0345 988 1188**
- Keeping some essential food, drinking water and regular medication at home.
- Making sure you have a torch, spare batteries, power bank and battery or wind -up radio.
- Keeping mobile phones charged when severe weather is forecast.
- Checking that heating systems are working properly, and knowing how to turn off water, electricity and gas supplies if necessary.
- Taking steps to protect pipes from freezing and checking roofs, gutters, trees and outdoor areas before severe weather arrives.
- If your property is at risk of flooding, making a household flood plan and considering how you would move to safety.
- Keeping important telephone numbers somewhere accessible rather than relying entirely on a mobile phone.
- Checking your vehicle and planning journeys carefully when snow, ice, flooding or high winds are forecast.

Know where to find help and information

Last year all households were issued with a 'Coniston Household Emergency Plan' leaflet. Copies of this leaflet can be found in the library, and the Co-Op.

This contains a great deal of information that might help you to prepare for winter and/or emergencies. For example:

- if you are in danger of flooding you might want to consider preparing an emergency 'grab bag' with essential items.
- The Parish Council has a store of equipment that might help – find out where this is and the nature of the equipment available.
- The Emergency Planning Group includes the Parish Council, Mountain Rescue, Coniston Fire and Rescue Service, First Responders, Christians Together and Coniston Sports and Social Club. In the event of emergencies The Sports and Social Club will become the Community's Emergency Hub – a source of warmth, light, and other essentials.

If severe weather affects Coniston

If an emergency or severe weather event occurs, residents should:

1. Keep calm and check official sources for information.
2. Avoid unnecessary travel and follow advice from the emergency services and local authorities.
3. Check on neighbours who may need assistance, provided it is safe to do so.
4. Never walk or drive through flood water.
5. Keep essential medication, important documents, phones and other necessities readily accessible if you may need to leave your home.
6. Report emergencies promptly and to the appropriate authorities and call **999** if

there is an immediate danger to life.

Councillor Buller added:

Preparing for winter isn't about expecting the worst. It is about giving ourselves, our families and our neighbours the best possible chance of getting through periods of disruption safely. Please take a few minutes now to make a plan, check your supplies and think about anyone nearby who might appreciate a little extra support.

Coniston Festive Fayre Returns!

The Coniston Festive Fayre and Christmas Lights are back this November, with even more stalls and things going on.

It is **Saturday 14th November** at the Coniston Institute, with 22 indoor stalls and a number of outdoor stalls as well as other events going on across the village. The Artisan Fayre will be open 10am to 4:30pm, with Santa's Grotto available to book a time to see Santa from 10am to noon. There will again be the lantern parade from the children's party at Sports and Social Club followed by carols, family quiz at The Yewdale, a Christmas quiz later at The Sun and music at The Crown.

Full details, the opportunity to Donate, Sponsor a Christmas Tree or book your time to see Santa are all on the website https://christmasinconsiton.co.uk/

Your support is important to not only maintain but hopefully grow this in future years. The plan is that this will become a regular fixture on the 4th weekend of November.



Lunch and Dominoes

We will be starting again on **Wednesday October 7th** 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.

Everyone welcome

Monday Lunch Club

Monday Lunch Club will be starting up again on **Monday 19th Oct** and then **every 3rd Monday of the Month**. We look forward to seeing you. Please bring your friends. Come and enjoy homemade soup, and delicious desert, served by our Coniston Primary school pupils.

Please Contact *Ruth Stewart* on **07780371707** if you are coming.

Coniston Co-Operative Society Ltd - Update



The new Committee has been in place now for a few weeks. Thank you for those that have already completed the feedback survey on our Facebook (https://www.surveymonkey.com/r/KSZTYCL) & the changes that the Shop Team will be bringing to the Coop.

Initial thoughts and findings…

There are a number of challenges that the Coop currently faces, which with support from ourselves the Team will begin to address. We would like to share with you, some of our initial thoughts and findings.

Fresh and Chilled

We have listened to feedback & understand the frustration around lack of fresh & chilled product availability when you require them. In peak trading periods particularly bank holidays & the school summer holidays the shelves are often being emptied as soon as they have been restocked. We currently receive three Coop deliveries per week, we are in talks with a local supplier to try and fill the delivery gaps.

Bakery Products

There is the ability to add more capacity to the shelving and again, we are looking to introduce a wider range of products and again utilise a local supplier to fill delivery gaps.

Product Range

There will be an opportunity via a suggestion box (now in store) or online survey (link on our Facebook) to let us know the products you would like to see in store. We will also be asking new local suppliers to advise of products that are new to range and proving successful with other customers. This process has started. Some categories may be slimmed down where there are multiple product offerings. This will allow us to create more space for the essential categories.

Financial Position

It is no secret that the Coop has struggled financially for a number of years now. We are working hard in the background to try and ensure that the Coop has the sound financial footing that is required to keep Coniston Coop at the heart of our community. But – we need your support; we cannot keep operating unless we can ensure it is viable.

What You Can Do

Please bear with us, we are on a journey that may take a bit of time, but rest assured we will be going as quickly as we can. Let us have your views, thoughts & constructive feedback. There will be surveys in store that are quick & easy, & most importantly please shop with us.

Membership Update

Unfortunately, there was a backlog of applications to become members. We're

pleased to confirm these have now been renewed so if it applies to you, then you should receive your confirmation and membership number to start from **1st October**.

Thank you for taking the time to read this update and for your continued support.

Your Coniston Coop needs you!

For & on behalf of The Coniston Coop Committee

Your Committee:

A reminder that the new committee are Tracy Coward, Michael Dearnley, Lian Dixon, James Butcher and Charlotte Crisp.

Please feel free speak to us about your feedback and ideas. If you prefer to email then please use the survey or contact Tracy.Coward@conistoncoop.co.uk in complete confidence.

Egton cum Newland

Egton with Newland, Mansriggs and Osmotherley Parish Council

The next meeting of Egton with Newland. Mansriggs and Osmotherley Parish Council will be held on Tuesday **3rd November 2026** 7pm at Greenodd Village Hall.





Reports

Oxen Park Cinema Club - NEWS

The next four films to come up in **October** and **November** are some of the best this year - ***Hamnet***, ***Radical***, ***H is for Hawk*** (Supper Special) and ***I Swear***. Check them out on the website and book early as they might sell out.

Mother's Union Report

After a busy summer of celebrations, the last few weeks have been quieter. Members of Coniston Mother's Union are looking forward to their outing to Piel island on the **24th September** after the boat was cancelled last year. October sees the last of the 150th celebrations since Mother's Union began with its first meeting organised by Mary Sumner. It is a diocesan event with services being held in each archdeaconry, our 'To God be the Glory' Songs of Praise is being held in Dalton on Saturday the **10th October** at 11 am. At our October meeting we are making angels in preparation for Christmas.

Egton WI

Well I am pleased to say that our speaker in September did not disappoint. Jo Dix came to talk about her work as a silversmith/jeweller from her shop in Milnthorpe. She explained that after many varied jobs including teaching English and History at secondary school level to being a clinical reflexologist she finally fell upon the job she really loves which is that of a jeweller. Her enthusiasm shone through as indeed did her jewellery. Her talk was well illustrated with slides of the many varied pieces she has made to date. Ninety nine percent of her work is commissioned and she now has a laser welder and engraver which enhance her work, much of which is 3D. She is often asked to remake rings and the such like by melting down items that people have brought to her from items acquired from deceased relatives and creating something new and more up to date which her customers would want to wear. She has also incorporated hairs and ashes from people and/or their pets that have passed away.

Looking ahead a few members will be attending a soap making day and we also have our county quiz to look forward to on **2nd November**. On **Tuesday 13th October** Elizabeth Feltoe from the Bendrigg Trust will be giving us a talk entitled "Creating Change, One Adventure at a Time". Any new faces will be welcomed, so remember ladies 7.30pm. start time in Greenodd Village Hall.

For further information call **07519144799**

Coniston WI

In **October** we are Kurling. We go walking each month, craft each week and swim in the lake. We have outings to the theatre, go out for a meal or a day out. Meet new people, make new friends and have fun.

Everyone is welcome.

Girlguiding

Girlguiding is starting a new term. There are Units of Rainbows, Brownies, Guides and Rangers in our area, as well as a Young Leader programme, for those girls aged 14-18 who would like to help at a Unit. We would like to invite potential new members, from age 4 years to visit our website where it will bring up your nearest Unit. When you apply to www.girlguiding.org.uk someone local will be in touch. Fun, friendship and adventure await.

The Girlguiding Shoebox Appeal

The Girlguiding Shoebox Appeal will soon be here. If you would like to donate to help with the transport you can do it via BACS. For First Hawkshead Brownies, Barclays Bank - Sort 20-45-28. Account no 03459527. We need volunteers to make up 1200 pencil cases on **13 November** from 2pm. On the **16th** we meet at 1pm - 8pm and on **Tuesday** / **Wednesday** and **Thursday** we meet at 11am - 5pm. We need volunteers to pack, check and make up boxes. Drinks and cakes are provided, please bring a sandwich if you come over lunch. If you would like to email me for any details jandzmyers@gmail.com. We meet at Park House, Main Street, Hawkshead and have free parking, just come to the building and we will tell you where.

BRANTWOOD NEWS AND VIEWS

In the Blue Gallery: **Treasures of the Earth: The Mineral World of John Ruskin.** In partnership with The Ruskin, Lancaster University – on display until **25th October 2026**.

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**.

Colthouse Quaker

Events at Colthouse Quaker Meeting House near Hawkshead LA22 0JU

All are warmly welcome at these free events, as well as at our regular Meeting for Worship on the 2nd and 4th Sunday of every month at 10.30am.

Quaker poetry **- Thursday 1 October**

11am –12 noon (followed by soup lunch if you'd like to stay).

On National Poetry Day, an informal discussion of a handful of poems by or about Quakers, new and old, including Canon Hardwicke Rawnsley's sonnet on Colthouse.

Led by Tim Robertson, elder at Colthouse Quakers, former Director of the Royal Society of Literature.

Copies of the poems provided – no preparation needed.

Women as peace makers **- Saturday 17 October**

2pm – 4pm

An illustrated talk and discussion about the power of the heart to prevent and stop conflict. Led by Dr Scilla Ellworthy, author and international activist, founder of Peace Direct, three times Nobel Peace Prize nominee.

Pre-booking is helpful but not required.

tim.robertson@me.com **07949 170828**





Rookhow



ROOKHOW QUAKER MEETINGS

Quaker Meetings take place at Rookhow, in the Rusland Valley on the 1st and 3rd Friday of every month 12.30-1pm when the site is open to the public (Open Days 10am-4pm). There is also a Quaker Meeting for Worship on the 1st Wednesday of every month 7.30-8pm. Postcode: LA12 8LA. Any queries, please contact *Sue Nicholls*, Rookhow Development Manager. Email: info@rookhow.org.uk Tel **07377 971783**

HEART OF THE QUAKER WAY

An online course in partnership with Woodbrooke Learning exploring Quaker belief and spirituality. Open to Quakers and people who would like to find out more about Quakerism. **Thursdays 5th, 12th, 19th** and **26th November** 7-8.30pm on Zoom. Suggested donation £30 for the whole course. More details on the Rookhow website: https://rookhow.org.uk/events

'SINK DOWN TO THE SEED' - ROOKHOW SENSORY QUIET DAY Monday 7th December 9.30-4.30pm

Come for a day of deep disengagement from the rush of modern life to support finding some balance for our inner and outer lives; experience quiet in an embodied way and allow some breathing room. Using our sense of smell as a key to deepen our spiritual and cognitive connection to the natural world, discover how the scents of woodland, earth, trees, rain, woodsmoke and specific places can influence memory, mood and well-being, in the tranquil and restorative environment of the Meeting House and woodland. With artist in residence Caroline Stow and aromatherapist Alison Smedley. Suggested donation £30. https://rookhow.org.uk/events

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

Tel 07377 971783

New Season of Winter Talks at Oxen Park

Save the date! 7.30pm **Friday 11th December** at Oxen Park Cinema

Farming with nature, Adam Crowe and Helen Rawlinson from Hall Farm in Rusland

Join us for a fascinating insight into life on this local farm and learn how Adam and Helen are putting nature at the heart of their work, and how this benefits the land and their business.

More talks to be announced soon.

All welcome!

Entry is £5 on the door. Booking not required Proceeds to Oxen Park Reading Room. Raffle on the night. You're welcome to buy a drink at the Manor House Pub and bring it across with you.

If you need more information email: greensparks.sparkbridge@gmail.com

Green Sparks News October 2026

Cutting energy costs Finding ways to reduce your energy bills either by making savings or by investing in tech to help you cut costs and use energy more efficiently has become more pressing than ever.

For reliable, independent advice see https://energysavingtrust.org.uk/energy-at-home

Topics covered include the new plug-in solar panels; to help you decide if they are right for your home see https://energysavingtrust.org.uk/advice/plug-in-solar-panels

It's also worth checking out https://cleanenergy.campaign.gov.uk/ and https://www.westmorlandandfurness.gov.uk/housing/housing-grants-0/housing-energy-efficiency-grants-and-advice

Both the Energy Saving Trust and Gov.uk have information about grants to help you manage the costs of installing solar panels, heat pumps, batteries, insulation and EV chargers. There's a range of schemes available, so even if you think you won't qualify, there may be something you can apply for.

Futureproof Cumbria also offers advice services to help you choose the right options. See https://futureproofcumbria.org.uk/homes/

Installing lots of new equipment isn't the solution for everyone and every home. You could consider switching to a green energy supplier and looking at ways of cutting your bills see https://www.moneysavingexpert.com/utilities/energy-saving-tips/ or https://www.citizensadvice.org.uk/consumer/energy/energy-supply/save-energy-at-home/heat-your-home-efficiently/

Keep in touch! Email us at greensparks.sparkbridge@gmail.com

CWT Rusland Local Support Group - Winter Talks 2026/27

We are delighted to offer a program of winter talks from experts on a variety of topics of local interest from ancient routeways to curlew conservation. The first two talks are listed below.

All talks will be at ***Oxen Park Reading Room***, 6.30pm for refreshment before 7pm start. Entry £5 (cash please) on the door but ***please book*** through our email address: RuslandLSG@cumbriawildlifetrust.org.uk

The entry fee includes tea/coffee/biscuit served at 6.30pm before the talk at 7pm. Contributions will be made to the relevant charities. Please join us!

- **Thursday 1st October** - ***"The High Road to Dalton: Tracing the ancient route across the Furness peninsula".*** Local historians Suzanne Tiplady & Kevin Baverstock
- **Tuesday 24th November** - ***"Conserving Curlews - a tale of dedication and hope".*** Susannah Bleakley from Curlew Recovery in South Lakes

South Lakes Citizens Advice

After last winter, I'm really worried about falling behind on my energy bills again as we head into the colder months. What can I do if I'm struggling to keep up with payments?

If you're struggling to afford your bills, it's important to act quickly - support is available. The first thing is to contact your energy supplier - they're responsible for helping you come to a solution, like setting up an affordable repayment plan if you've fallen behind.

Check that your bills are based on accurate readings. If you see the letter "E" next to the readings on your latest bill, that means it's estimated. Send an up-to-date reading to get an accurate bill. Smart meters sometimes stop working – contact your supplier.

You might be able to apply for support with the cost of energy efficiency upgrades like insulation, a new boiler or a heat pump via your energy supplier or government scheme.

If you're behind on your bills, you might be able to get a grant to help you pay off your debt via your energy supplier. You'll need to get full debt advice before applying and can do this through South Lakes Citizens Advice. (If you are disabled or of state pension age, you can also apply for non-financial support from your supplier through the Priority Services Register.)

Remember, you don't have to face this alone. If you're struggling to afford your energy bills, contact South Lakes Citizens Advice.

South Lakes Citizens Advice

I've heard about plug-in solar panels that can sit on my balcony or in my garden – are they really worth it?

Plug-in solar panels can help lower your energy bills by generating your own electricity. While they produce less power than traditional panels, plug-in kits are a much cheaper upfront alternative. You can only have one per household but they can work well for renters and those living in flats with outdoor spaces. The government estimates you could save up to £110 a year on your energy bills.

But your actual savings will depend on how you position your panel, any shading that might block the sun, and if you have the flexibility to use appliances during the day. And you have to use it or lose it. The current rules mean you can't store electricity in a battery and you can't get paid for any unused power generated by your kit.

Check with your landlord or local council to see if you need their permission (read the manufacturer guidance). Make sure you have an all-in-one kit with a 3-pin UK plug and a UKCA (UK Conformity Assessed) mark. Never plug into an extension lead.

It's very important that you register your kit with your electricity network company. They provide the wires to your home and are different from the company you pay your bills to. Instructions on how to register are included in the Energy Saving Trust's guidance for essential safety and installation advice (available online).

Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or any other problems.

New opening hours:

- ***Tuesday - Drop in at Wainwright's Yard, Kendal 10am - 1pm, last client at 12.45***
- ***Wednesday - Pre-booked appointments***
- ***Thursday - Pre-booked appointments***
- ***Adviceline: 0808 278 7984***
- ***Consumer Helpline: 0808 223 1133***
- ***Universal Credit Helpline: 0800 328 5644***

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

Remembrance Day Stories



At the Remembrance Sunday Service at St. Andrew's, Coniston on Sunday 8th November we will be again commemorating and remembering all those who died for or fought for their country, or who were affected by past conflicts.

This year as part of this remembrance we would like to give the opportunity for families within Coniston or with a connection to Coniston to share a family story of someone who for fought for or who was affected by past conflicts, in particular the First and Second World Wars.

If this is you or you know someone with a story to share then please do get in contact with the vicar, Brian, via **vicar@conistonandcrakechurches**.co.uk or **07505 048736**

Parish Prayer Diary October 2026

1st: Pray for older people becoming vulnerable through frailty, praying their wisdom and life experiences be recognised and celebrated by society.

2nd: Pray for a generous response to funding appeals so that urgent aid reaches communities and people devastated by natural disasters.

3rd: Pray for charities such as Shelter, Crisis and The Salvation Army, helping people who are facing, or experiencing, homelessness.

4th: **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.

5th: Pray for all who teach and their role in shaping the future of their students and thereby society.

6th: Pray for Christians in Libya as life continues to be extremely harsh for them, especially converts from Islam and migrant Christians who are targeted by Islamist extremist groups. Pray for the small underground church following Jesus despite many dangers.

7th: Pray for our farming community as they complete the harvest and prepare for the winter.

8th: Pray for Bereavement Counsellors, for their support sessions and their own emotional wellbeing.

9th: Pray people will come to see the Bible through fresh eyes and discover its life-changing message for themselves.

10th: Pray for people experiencing anxiety, stress and depression that affects their mental and physical wellbeing.

11th: **Sunday, the first day of the week**

May our faithful Lord, whose steadfast love never ceases, and whose mercies never come to an end, grant us the grace to trust Him and receive the gifts of His love, new every morning.

12th: Pray for the Head Teachers and Governing Board Members of our local schools, for wisdom and inspiration in guiding our children in Kingdom ways.

13th: Pray for Allied Healthcare Professionals, the trained healthcare workers providing diagnostic, technical, therapeutic and direct patient care, separate from medicine, nursing and dentistry.

14th: Pray God's blessing on all who gather at midday today for prayer and praise at St Andrews church, Coniston.

15th: Pray for Christian Aid's work in Burkina Faso, West Africa, helping families in rural communities to find sustainable sources of food, income and dignity.

16th: On World Food Day, pray for the women, men and children across the world striving to make positive changes to their communities' food security and resilience amid many global challenges.

17th: Pray more governments and influential organisations act decisively to redress the injustice and hardship suffered by millions of people trapped in poverty and suffering the ills this causes.

18th: **Sunday, the first day of the week**

May the Spirit's gifts equip us to live the gospel of Christ and make us eager to do His will, that we may know the way of Life and walk in it without stumbling.

19th: Pray for the clergy and laity elected to represent the Diocese of Carlisle at General Synod.

20th: Pray for looked-after children going through the adoption process, and the adults and authorities making decisions that affect these vulnerable children.

21st: Pray for palliative care specialists improving the quality of life of patients who are facing life-threatening illness, especially those working in hospices abroad.

22nd: Pray people and families struggling with debts will get the help needed, praying also for the charities that support them though their difficulties.

23rd: Pray for people vulnerable through loneliness or not coping with the challenges of daily life.

24th: Pray for the *Women's Refresh Day* at Christ Church Penrith, an annual day of worship and praise for women across the Diocese.

25th: **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 know the unshakable peace of Jesus.

26th: Pray pupils and staff who have found the new school term to be stressful will find rest and refreshment in the half term break.

27th: Pray young people as they pursue 'spirituality' are not deceived and led astray by false religion but rather encounter Jesus, Who alone is the Way, the Truth and the Life.

28th: Pray for Mission Aviation Fellowship, a Christian mission organisation using planes to delivering essentials for life to isolated people in Africa and Asia Pacific regions, bringing practical help, hope and healing.

29th: Pray for all who live and work in the communities of Bandrake Head, Blawith, and Bouth.

30th: Pray for people fleeing their homes because of war, famine, conflict or persecution.

31st: Pray for those who serve our communities as local Parish Councillors.

VOLUNTEER CONNECT AND EXPLORE DAY

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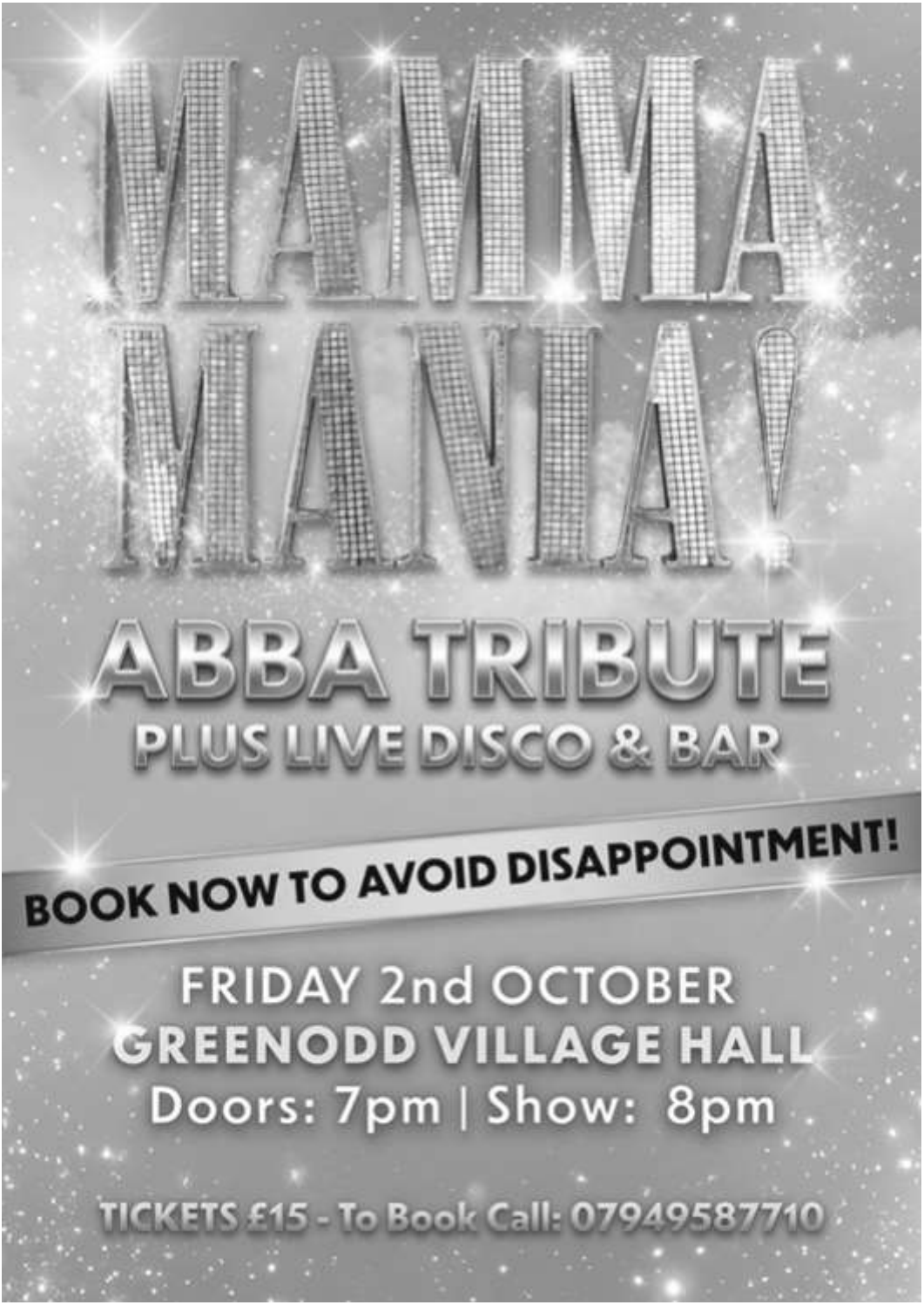
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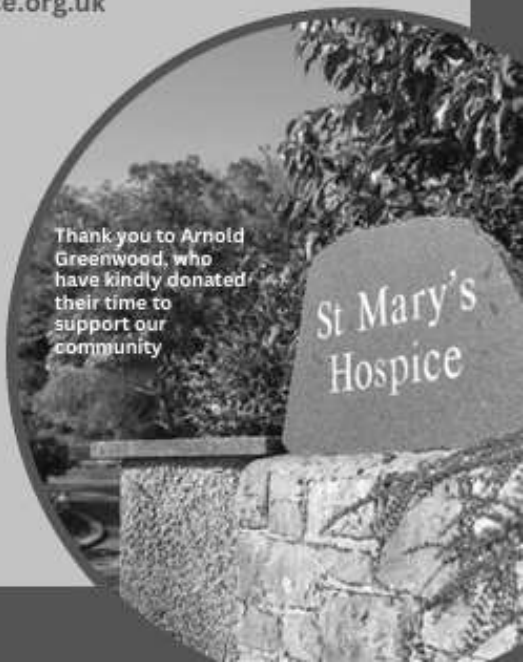
Tuesday 6th October

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From the Registers

St. Luke's, Lowick, 9th September 2026, Interment of Ashes
- Darryl Irving Conchie

St. Andrew's, Coniston, 11th September 2026, Funeral of Alexander George Stewart

St. Mary's, Penny Bridge, 28th September 2026, Funeral of Elaine Parkinson

Readings for October 2026

4th	2 Corinthians 9.6-15	Luke 12.16-30
	Philippians 3.4b-14	Matthew 21.33-46
11th	2 Corinthians 9.6-15	Luke 12.16-30
	Philippians 4.1-9	Matthew 22.1-14
18th	1 Thessalonians 1.1-10	Matthew 22.15-22
25th	1 Thessalonians 2.1-8	Matthew 22.34-46

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Monday	Short Mat Indoor Bowling, 1 - 3pm, no experience needed	Greenodd Village Hall
Monday	Little Kicks, a football session for 4-6 year olds, 5.30pm	Coniston S & S Centre
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	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
2nd Wednesday of the month	09.30 Blue Works bus from Coniston Central Bus Shelter. Bus walks from Coniston All welcome. Just turn up or contact: roberthenrymccracken@outlook.com	Coniston Central Bus Shelter
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	The High Road to Dalton: Tracing the ancient route across the Furness peninsula - see page 17	Oxen Park Reading Room
1st	Quaker poetry - see page 15	Colthouse Quaker Meeting House
2nd	MAMMA MANIA! Abba Tribute - see pages 13 and 22	Greenodd Village Hall
3rd	Volunteer Connect and Explore Day - see page 21	Ulverston Parish Church
4th	St. Luke Church Lowick Harvest Festival Service - see pages 4 and 7	St. Luke Church, Lowick
6th	Free Legal Sessions - see page 23	St Mary's Hospice
7th	Lunch and Dominoes - see page 11	Coniston Institute Reading Room
10th	Mother's Union 150th Celebration - 'To God be the Glory' Songs of Praise - see page 14	Dalton
13th	Egton WI - Elizabeth Feltoe from the Bendrigg Trust - "Creating Change, One Adventure at a Time" - see page 14	Greenodd Village Hall
15th	The Romans in Furness - A talk by Dan Elsworth - see page 36	Water Yeat Village Hall
17th	JEZ LOWE - see page 36	Water Yeat Village Hall
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17th	Women as peace makers - see page 15	Colthouse Quaker Meeting House
17th	Truffle Valley Boys - see page 35	Coniston Institute
18th	Jar Fest - see page 7	Oxen Park Reading Room
19th	Monday Lunch Club - see page 12	Coniston
21st	Bouth Village Hall Coffee Morning - see page 9	Bouth Village Hall
26th	Barrow Male Voice Choir - see page 5	Coniston Methodist Church

CONISTON INSTITUTE

TRUFFLE VALLEY BOYS



doors 7:00pm performance 8:00pm No Bar bring your own drinks – raffle

enquiries : 07789591619

WATER YEAT VILLAGE HALL

Presents

The Romans in Furness

A talk by Dan Elsworth



The question of whether the Roman Empire ever took control of the Furness Peninsula has been debated amongst antiquarians and archaeologists since at least the late 18th century. Opinion has shifted over the years but new evidence appears all the time and this talk examines the various different strands of information, some old and some recent, and attempts to finds some answers.

Dan Elsworth has worked as a professional archaeologist for almost 25 years and has been involved in archaeological research in the Furness area for over 30 years. He has run Greenlane Archaeology, based in Ulverston, since 2005 and has a range of areas of interest, from the Mesolithic hunter-gatherers, to standing buildings and industrial archaeology.

Thursday 15th October

Starts **7.30pm** - door opens at 7pm

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

www.e-voice.org.uk/wyvh

www.facebook.com/wateryeatvillagehall/

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JEZ LOWE

Award-winning songwriter, novelist, and one of the busiest and most admired performers on the UK folk scene, he is celebrating forty five years as a touring singer, songwriter and musician.

You may have heard his songs on albums by Fairport Convention, The Dubliners, The Unthanks, Wizz Jones, The Young Uns, The Tannahill Weavers, Megson, Bob Fox, The McCalmans, Liam Clancy, Cherish The Ladies, and many more…

Or maybe you've heard one of the fifty or more songs he wrote for the award-winning Radio Two series "The Radio Ballads…

Or perhaps you've heard one of his many albums, solo with his band The Bad Pennies or in his many collaborations with Steve Tilston, James Keelaghan, Jake Walton and The Pitmen Poets…

Saturday 17th October 8pm, £15

Cash or card at the door or in advance at

www.wegottickets.com/wateryeatvillagehall - no booking fee

Doors open 7.30pm - No bar - bring your own drinks and nibbles