

Coniston and Crake Valley News



Coniston
&Crake
Churches

June 2026 www.conistonandcrakechurches.co.uk

SONGS OF PRAISE

Is there a hymn or worship song that when you hear the tune it just makes you want to sing it? If so, then we want to know!

On Sunday 21st June 2026, 4.30pm at St. Andrew's, Coniston, we will be holding our own **Songs of Praise**. So bring your best singing voice and invite those you know who also enjoy a good sing. Also, there is an opportunity to join in with the community choir beforehand to practice and then perform. We are not looking for perfection, just enjoyment.

Please do send me your favourite hymn or worship song, or your suggestions, or whether you would like to be part of the community choir for this event. Please email vicar@conistonandcrakechurches.co.uk or send to *the Vicarage, Penny Bridge, LA12 7RQ*.

Brian Streeter

Concert at St. Andrews Church Coniston, Friday 26th June, 7.30pm

Windermere and Bowness Community Choir and Windermere Orchestra Wind Ensemble will perform a variety of songs and music in aid of St. Marys Hospice, Ulverston.

Admission £10 at the door includes a glass of wine or soft drink. There will also be a raffle.

Everyone very welcome!



DONATIONS

The Coniston and Crake Valley News is delivered to 1200+ households in the Crake Valley area each month.

Printing and production costs are approx. £550 per month and about £6,500 annually. We keep the advertising to a minimum and receive some grants.

Nevertheless, there is often a shortfall that is covered by the churches in the Crake valley. Therefore, if you could make a donation using the QR code provided then that would be most gratefully received.

THANK 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	vicar@conistonandcrakechurches.co.uk	01229 861668
The Vicarage, Penny Bridge. LA12 7RQ	<i>Brian works for Filling Station on Thursday</i> <i>Brian's rest day is Friday</i>	07505 048736

SAFEGUARDING OFFICER

Brian Streeter	safeguarding@conistonandcrakechurches.co.uk	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**.

Church Services for June 2026

7th	First Sunday after Trinity		
St Luke , Torver	9.00am	Biker Breakfast	Paul Rudd
St. Luke , Lowick	9.30am	Holy Communion	Rev Brian Streeter
St. Mary Penny Bridge	11.00am	Holy Communion	Rev Brian Streeter
Coniston Methodist	11.00am	Holy Communion	Rev Grace Cauldwell
14th	Second Sunday after Trinity		
Holy Trinity Colton	10.00am	Holy Communion	Rev David Bickersteth
St. Andrew Coniston	11.00am	Holy Communion	Rev Brian Streeter
St. Mary Penny Bridge	11.00am	Holy Communion	Rev Harry Welch
Coniston Methodist	11.00am	Morning Worship	Nancy Powell Davies
21st	Third Sunday after Trinity		
St. Luke , Torver	9.00am	Holy Communion	Rev Brian Streeter
St. Mary Penny Bridge	11.00am	Morning Worship	Rev Brian Streeter
Coniston Methodist	11.00am	Morning Worship	<i>Own Arrangements</i>
28th	Fourth Sunday after Trinity		
St. Luke , Lowick	9.30am	Methodist Service	Charlie Mills
Holy Trinity Colton	10.00am	Holy Communion	Rev Brian Streeter
St. Andrew Coniston	11.00am	Morning Worship	Pamela Hull
Coniston Methodist	11.00am	Morning Worship	<i>Own Arrangements</i>
St. Luke , Torver	7.00pm	Torver Junction	Rev Brian Streeter

Tottlebank Baptist Church - A big thank you to all who came along to our Coffee Morning held on **Saturday 9th May 2026**. £407.84 was raised for St. Mary's Hospice.

The Dorian Players - see page 31 - make a welcome return to Tottlebank on **Wednesday 24th June 2026** - 7-9 pm. Admission is free but donations are invited to cover costs and refreshments.

Saturday Special - a monthly journey through the bible held on the last Saturday of the month, led by *Richard Henry*. On **Saturday 27th June 2026** 10.15 am-12.30 pm the subject is Exodus chapter 4 - "Signs, wonders and the wobbles!" **All welcome**

	<u>Tottlebank Baptist Church - SUNDAY SERVICES - JUNE 2026</u>	
7th Sun	10.30 am in the Church & Zoom - <i>Communion</i>	Richard Henry
14th Sun	10.30 am in the Church & Zoom	Richard Henry
21st Sun	10.30 am in the School Room & Zoom	Buster Violet

28th Sun	10.30 am in the Church & Zoom	Mark Callaghan
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Pastoral Letter - Joanna Henson

Dear All,

In early May (which is when I am writing this) much of the UK has just endured another round of elections - local this time - and some candidates who hoped to win had their hopes dashed by the electorate while others were shocked and delighted to find themselves chosen.

All of them had spent time knocking on doors delivering their manifestoes and talking to people "on the stump", making promises that would offer hope and prosperity to their electorate, if they were elected.

Well - call me cynical - but will those promises be kept? Make up your up your own mind but after so many year I have become a trifle sceptical myself.

Human promises are somewhat unreliable - there are so many variables that effect their satisfactory delivery.

But what about God's promises? Have you ever looked at them? Believe me when I say that He keeps his promises. There isn't room here to talk about all of them - just a few will have to be enough!

He promises.....

Forgiveness of sins - no more gut churning guilt about things we have or have not done....and accompanying our confession, comes a sense of deep peace that permits us to sleep in our beds at night.

Then there's the peace of knowing that we are known by God - that when all the world seems to pass us by, we are loved and special.

God promises his presence is with us too - a profound sense of strength that we can stand against the evils of this world. Paul writes to the Ephesian in chapter 6 verses 13-17 about the whole armour of God. I suggest you could memorise it for when you feel attacked or fearful. He's got all your bases covered!

And what about the end of our lives? - is it the end? Or are there even better times awaiting us when we take our last earthly breaths.?

This is my testimony....having learned about God's promises

...I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord. **Romans 8:38-39**

With blessings to you all

Joanna

Around the Parishes: Egton cum Newland

Egton with Newland, Mansriggs and Osmotherley Parish Council Meeting

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



Colton

Colton Parish Council News June 2026

You are invited to our Annual Meeting of Parish Electors on Tuesday 2nd June at Hay Bridge Nature Reserve.

Meet at 6.45pm at Hay Bridge for a short, guided walk or come to the Hay Bridge Centre at 7.45pm for refreshments and discussion about the issues that matter to people who live or work in the Colton Parish area.

Please wear suitable footwear for footpaths and possibly board walks. No dogs thank you. No booking required, although it will help us plan refreshments if you let us know you're coming. Email clerk@coltonparishcouncil.gov.uk All welcome!

Find Hay Bridge @ Bouth, Cumbria, LA12 8JG, What 3 Words /// flipping.cheek.rezoning Grid ref SD 33681 87605

Calling all Community Champions!

The Government has asked every parish council to produce an Emergency Plan to help build local resilience in times of crisis. Whether it's climate change, weather events, or serious incidents, we need to be prepared and ensure we can support each other.



In the coming months we will be distributing leaflets to help households with their contingency planning and to provide you with information about the support available.

However, to be effective, each village or community will need ways of ensuring a coordinated village response. To make this possible, Colton Parish Council is building a network of "Community Champions"; let us know if you come up with a better name!

In essence, this is about building on the things that many of us already do to be "Good Neighbours". Several villages and hamlets have WhatsApp groups in place. These are an effective way to communicate quickly if phone batteries are likely to run down. Many people check on their neighbours when there are power cuts or weather problems. Community Champions are a way of strengthening these essential networks.

If you are your local WhatsApp group administrator, you would be perfect for the role of Community Champion. The Parish Council will ensure you have useful information to share. Or, if there's not a contact group where you live, we can help you set one up. We will share guidance and resources as required.

The most important thing is that it's based on what best works for each village and uses local knowledge and contacts to support vulnerable residents and tap into the skills, knowledge and resources of members of the community. For example, a tractor driver may be able to take a first aider along a road blocked by snow or debris so they can get to someone in need.

If you want to know more or you are interested in being a "Community Champion", please email clerk@coltonparishcouncil.org.uk Thank you. Your help makes all the difference!

Our next meeting is on Monday 6th July at 7pm at Bouth Village Hall. See our new website for meeting papers as well as news and updates
www.coltonparishcouncil.gov.uk or follow us on Facebook and Instagram.

DATE FOR YOUR DIARY

Colton Church will be holding their annual coffee morning on *Saturday July 18th* 10:30am to 12:30pm. ***All welcome.***

There will be a cake stall and raffle.

Entrance £2 to include coffee and biscuits.

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:

17th June 16th September

21st October 18th November

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

(Holiday months July and August)

Coniston & Torver

Rainfall, Garden House, Coniston - April 2026

Total - 101.1mm (4.0 ins)

Wet days - 13

More than 1mm on 11 days

Wettest day - 14th - 24.4mm (1.0 ins)

Frost on the 19th

Coniston Parish Council

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



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

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

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

Torver Parish Council

Councillors have agreed that an extraordinary meeting should be held on **Thursday 4th June 2026** at 7.30pm in the Schoolroom to (i) finalise the arrangements for the migration to .GOV.UK and (ii) approve the papers for the annual audit, and then a scheduled meeting to be held on **Thursday 2nd July 2026** at 7.30pm in the Schoolroom, when a team from United Utilities will be present.

Meanwhile, new email addresses for the parish councillors and clerk have been created. They are:

- chris.bradley@torverparishcouncil.gov.uk
- tom.sterqiakis@torverparishcouncil.gov.uk
- mark.feather@torverparishcouncil.gov.uk
- julie.ward@torverparishcouncil.gov.uk
- rick.graham@torverparishcouncil.gov.uk
- clerk@torverparishcouncil.gov.uk

CONISTON GRASS COURTS TENNIS CLUB

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

Membership fees are £50 per year for single membership, and £75 for family membership. The courts are also available for hire at £10 per hour to non members and visitors who can call **07795493007** for details. Membership enables you to play anytime. Club nights are *Wednesday* and *Friday* 4-6pm. If you would like to join this small and friendly club then please get in touch with:

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

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

Volunteer Art Technician – John Ruskin School

We're seeking a practical, creative volunteer to support our art department at JRS. You'll help maintain materials and equipment, prepare classrooms for lessons, and help keep supplies organised. Someone with an interest in art would be ideal as it will involve close work with our art teacher.



Typical tasks include:

- Loading and unloading ceramic kilns safely
- Mixing and preparing slip and glaze for pottery work
- Organising and cleaning brushes, tools, and work surfaces
- Helping set up displays of pupils' artwork
- Keeping stock of art supplies

Hours: Flexible – ideally one or two mornings per week

The school is committed to safeguarding and promoting the welfare of children, young people and vulnerable adults, and expects all staff and volunteers to share this commitment. Successful applicants will be required to undertake an enhanced check for regulated activity via the Disclosure and Barring Service and any other checks in relation to the safeguarding of our students as necessary.

Closing date: Monday 22 June

For all enquiries please contact admin@jrs.org.uk

Coniston Surgery

The ICB (Integrated Care Board) have released the update below following the informative Public meeting in Coniston on 17th April concerning the future of medical services in the village. The Coniston Patient Group are disappointed over the delay but understand that it is reassuring that the formal announcement is imminent and the current service from MBPC will continue.

LSC Integrated Care Board :: Coniston Medical Practice – an update

Further to the update published on **27 February 2026** regarding the future of GP practice services in Coniston, we would like to provide a further update.

The ICB remains in negotiations with a local service provider regarding the opening of a branch practice in the village.

We hope these negotiations can be successfully concluded soon, at which time we

will be in a position to formally announce how people registered with Coniston Medical Practice can continue to access care within their community.

We will provide a further update as soon as we are able to.

In the meantime, the Morecambe Bay Primary Care Collaborative continues to manage the practice from its Wraysdale House premises.

Coniston and Torver Village Over 70's Trip

The Coniston and Torver village over 70's trip will be on **Friday June 19th** leaving Coniston bus shelter at 10am. We are visiting Barton Grange, having a ride on the canal followed by dinner at Crooklands. Everyone is welcome, to book a seat telephone *Gill* on **01539441116**.

Chris Clark: Coniston Children, Youth and Community Worker - update

Coniston's big noise of appreciation

On **Sunday 17th May**, Coniston held a community party which was all about saying a huge thank you to everyone who makes Coniston such a fantastic place to be. We were mindful about all the efforts for the GP surgery, plus Bluebird week, and the recognition given throughout the recent doorknocking survey to so many groups and organisations which help the village to flourish. There are so many unsung heroes in our community and we wanted to make a special effort to show our appreciation for them.

Over 80 folks came along and more sent apologies. Thank you to all the helpers, including Youth Club, who were fantastic!

Most of all, thank you to YOU - Coniston's wonderful community spirit wouldn't be the same without you!



Reports

Oxen Park News

Carthouse Cinema - while we have a few months off showing films we are busy selecting an interesting programme for next season - *starting in September*

Why not join us for our **AGM** on **Wednesday 15th July** 7.30 in the Carthouse Cinema and don't forget you can collect a programme at the Rusland Show.

Dog Club (Tuesdays 5.30 - 6.15) has attracted 9-11 pups and dogs - **All welcome. Last one 2nd June.**

Rusland Valley Community Trust

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

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

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

Mother's Union Report



Several members from Coniston joined others from the diocese at the Roundthorn Hotel, Penrith for their **150th celebration** since the founding of the Mother's Union. Speakers included the Ven. Ruth Newton Archdeacon of Carlisle, Mrs Christine Sharp Provincial President of York and Canon Angela Whittaker MU Diocesan Chaplain who also led the mid-day prayers. The afternoon entertainment included the MU choir, an Easter story puppet show, poems, stories, solos and a mini pantomime. Tea and cakes concluded a very enjoyable day.

Their April branch meeting began with a short worship based on love. Members then described people in the bible beginning with E. Choices included Elizabeth, Ezra, Esther, Eunice and Ebed Melech, with plenty of discussion on different aspects.

Planning began for the **120th birthday** of Coniston branch. All are invited to join our celebration which is a sung Evensong with the Bishop of Carlisle and entertainment by the MU diocesan choir at 2pm on **Thursday 25th June**, refreshments. **All very welcome.**

Egton WI

There was a good turn out for our May meeting when Kerry from north west ambulance service came to give us a detailed refresher on CPR. He was an excellent speaker and although some of us have had regular/ several courses on the subject he put the information over very clearly and in an interesting manner, getting us all involved which is the best way to remember things. So ask yourselves if you can remember what DRSABCD stands for. Having watched a recent episode of "Ambulance" on BBC myself it maybe worth you considering getting the App called "what3words" put onto your mobile phone as if we are out in the wilds in Cumbria it will give you the three words which denote exactly where you are and will help the emergency services find you quickly. Writing this has literally just prompted me to do so, although I truly hope that I never need to use it!



Five of us had a really fun evening last month trying out our skills on crown green bowling, we were lucky and had a glorious evening for our debut! We are all keen to have another go.

We are looking forward to seeing our regulars at our forthcoming tea party where we will be raising funds for the Admiral nurses at St. Mary's Hospice. In our next report I should be able to tell you how much we have made for them.

If you would like to try us out ladies why not join us for our June meeting when Lauren Dixon from Lakeland Farm Flowers will be our guest speaker. *Remember second Tuesday, 7.30pm. in Greenodd village hall.*

For further information call **07519144799**



Coniston WI

In **June** we are Crown Green Bowling, and in **July** we are Canoeing, swimming and holding a Jacobs Join on the lake shore. We are also going to Chester to visit Threads through Creativity and off to the theatre to see Barnum. We meet one night a week for crafting and once a month to go walking.

If you would like to visit us for one of these meetings then please phone *Judith* on **07896618474**. We would love to welcome you.

BRANTWOOD NEWS AND VIEWS

Don't forget to visit our Studio exhibition: **'Exploration' A collection of Works by Green Door Artists.** 18th April – 5th July. Following their successful exhibition in 2023, Green Door artists have returned to the Severn Studio to present an exhibition that invites the viewer to join them in being curious about the world around us, as they respond to the theme of Exploration. The artists have gone anywhere their imagination takes them allowing you to explore with them, new places, new ideas, or new colour palettes and techniques. **There will be an opportunity to meet the artists in the Studio on Saturday 20 June.**



Our gardens are now in full throttle and we are definitely **'Brantwood in Bloom'**. There are always challenges for our gardening team who, without the assistance of a wonderful team of volunteers, would not have been able to make the gardens what they are today. Our garden volunteers provide help throughout the year and regularly come to help our estate team with specific garden projects. If you have a bit of spare time to volunteer and would like to become part of the team, please give us a call. We would love to hear from you.

*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

As we move into summer, our weekly Soup Talks will pause for the season, but there's still plenty happening at The Farmers Arms over the coming months. Alongside our growing programme of live music, Fridays and Saturdays are becoming lively, sociable evenings in the pub, with food, music and familiar faces.



Our Weird Lake Lounge programme continues throughout the summer, alongside weekly live music and pizza every Friday evening in the Stable Bar.

The Cafeteens Go Into the Evening

After months of building confidence, finding their rhythm, and keeping everyone fueled with coffees, cakes and lunches each weekend, the Cafeteens are now making the move into evening service too- every Saturday.

As the community-run bar has established a warm and regular Saturday evening atmosphere, it finally feels like the right moment to begin offering proper evening food alongside it.

The Cafeteens will now be serving food from 12-8pm, while continuing to offer coffee, cakes and daytime favourites as usual. Classic pub grub, prepared with support from the kitchen team and served alongside the friendly faces of our community bar volunteers.

The Cafeteens have become a much-loved part of the pub, and it's been wonderful watching the young team grow in confidence, skill and ambition. This feels like a really exciting next step for everyone involved!

Friday 30 May – Weird Lake Lounge

ADRA Promotions and Grizedale Arts present

A night of contemporary takes on traditional folk music in our 16th-century pub and arts centre.

Featuring:

La Cozna (France)

An experimental French quartet reimagining traditional French songs through a contemporary and exploratory lens.

Mary Hampton

Award-winning English folk singer, musician and composer whose work draws on symbolism, folk traditions, lo-fi textures and chamber music.

£12 / £10 concessions

Wednesday 25 June – Poetry Reading & Open Mic

6:30–8pm | £5 entry

Come and meet local poets and writers for an informal and welcoming evening of readings. Bring your own work, a favourite poem to share, or simply come along to listen.

This month's guest reader is local poet and novelist *Katie Hale*, whose writing has taken her from Antarctica to the Arctic and reflects a deep fascination with landscape and place. She will be reading from two new pamphlets:

Slipped Skin - a tender and sensuous meditation on queerness, transformation, and the porous boundaries between land and sea, body and story.

Playing Paradise - a coming-of-age collection exploring girlhood through struggle, hope and purpose.

Five-minute open mic slots will be available- sign up on the door. Experienced writers and complete newcomers are equally welcome.

Community Lunch

Our weekly community lunch continues to be a lovely part of the week at The Farmers Arms. It's become a regular gathering point for people to come together, and we're lucky to have a great group of familiar faces who return week after week. If you're thinking of joining us - everyone is warmly welcome! 2 courses and unlimited

tea and coffee for just £7pp

Pottery Classes Continue

Our popular pottery classes continue every Wednesday and Thursday evening with *Adam Sutherland*. Students gain a comprehensive introduction to ceramics, covering all the basics from clay to kiln. Grizedale Arts director Adam has been a potter for over fifty years. Beginning at school in Devon, he has gone on to work with many noted architects and artists on bespoke ceramic commissions, as well as developing the pub's distinctive mocha ware range, available in our onsite shop.

Rookhow

Rookhow Retreat Away Funding

A further 11 groups have been awarded a total of over £10,000 for subsidised stays at Rookhow. They include refugee groups, people dealing with domestic abuse, parent carers and recovery from addictions. In the last 5 years the scheme has supported over 2,000 from 90 groups to stay at Rookhow. For more information visit the website: <https://rookhow.org.uk/support-for-groups>



Another cleaner needed at Rookhow

We have 2 wonderful self employed cleaners at Rookhow Bunkbarn & Quaker Meeting House. If anyone else would like to join the team, please contact *Sue Nicholls*, Development Manager Email- info@rookhow.org.uk Tel **07377 971783**. Turnarounds are usually 4-5 hours, Fridays, Sundays or mid week. Even a couple of days a month would help to fill gaps when our cleaners are away or have other commitments.

Volunteering at Rookhow

We're incredibly grateful to our volunteers for the time and energy they give to making Rookhow such a special place for so many groups and individuals. We hold volunteer work parties every Friday at Rookhow 9.30am-3.30pm. Tasks include gardening, DIY, splitting kindling, organising the garage storage, wood processing. Homemade cakes provided. Bring a packed lunch.

Quaker Meetings in the Rusland Valley

There is a Quaker Meeting for Worship at Rookhow on the 1st Wednesday of every month 7.30-8pm and on the 1st and 3rd Fridays 12.30-1pm. All are welcome, even if you haven't been to a Quaker Meeting before. Postcode: LA12 8LA

Rookhow is a Quaker charity.

Website: rookhow.org.uk Email: info@rookhow.org.uk Tel **07377 971783**

Green Sparks News June 2026

Join us by the river at Spark Bridge for the Green Sparks celebration and official launch of our River Crake noticeboard, **2pm-4pm Sunday 5th July**. Bring a picnic and take the chance to relax and chat with friends and neighbours. The village hall will be open in case of bad weather. We'd love to see you there!

Big green week is 6th - 14th June. Why not mark it with a few simple 'green' actions?

5 easy ways to get started:

- ◇ Donate a book to your village book box or little library
- ◇ Share or swap plant cuttings or spare seeds with your neighbours

- ◇ Dig out that item of clothing or household appliance that you've been meaning to fix and go along to the Ulverston Repair Café between 6.30pm and 8.30 on Tuesday **9th June** at Croftlands Community Centre
- ◇ Give yourself a break from mowing and let your lawn (or a patch of it) grow for the benefit of pollinators
- ◇ Put on your rubber gloves, pick up (or borrow) a litter picker and use the lovely long evenings to go for a litter picking walk.

There's lots more ideas on the Cumbria Wildlife Trust Website:

- ◇ For gardening tips see <https://www.cumbriawildlifetrust.org.uk/wildlife/help-wildlife/wildlife-gardening>
- ◇ For tackling climate change see <https://www.cumbriawildlifetrust.org.uk/fighting-climate-crisis/things-you-can-do-about-climate-change>
- ◇ For local activities <https://www.cumbriawildlifetrust.org.uk/rusland>
- ◇ And for wonders of the natural world see <https://www.cumbriawildlifetrust.org.uk/osprey-webcam>

You can contact us at greensparks.sparkbridge@gmail.com

Rush Hat Making Course

Fri 12 June

This is a one day course, open to all, no prior skills or experience necessary.

So, if you would like to make your own summer sun hat from rush then you will be most welcome. It makes a very light weight yet durable hat.

Round top or Boater style

Venue - Water Yeat Village Hall

Cost - £95 (includes a simple vege lunch)

Timings 9.30 - 5.30

More details and how to book please go to my website

www.oakswills.co.uk

Any queries please contact me on:

owenjones2008@btinternet.com or **077 877 12434**



Did you volunteer in an NHS hospital in Cumbria, Northumberland, or County Durham, 1979-1997?

Are you interested in sharing your experiences?

Are you willing to give 1 or 2 interviews, at a time that works for you?

I need your expertise !

I am a PhD researcher studying links between volunteering in the NHS, North-South health inequalities, and regional identity.

I want to interview people who volunteered in Leagues of Friends, hospital radio, and other healthcare tasks!



If you or someone you know may be interested, or if you would like more information, get in touch:

Lily Tidman

Phone: 07977326960

Email: L.tidman2@newcastle.ac.uk



Arts and
Humanities
Research Council

NORTHERN BR—DGE
DOCTORAL
TRAINING
PARTNERSHIP
CONSORTIUM

SONGS OF PRAISE

Is there a hymn or worship song that when you hear the tune it just makes you want to sing it? If so, then we want to know!

On Sunday 21st June 2026, 4.30pm at St. Andrew's, Coniston, we will be holding our own **Songs of Praise**. So bring your best singing voice and invite those you know who also enjoy a good sing. Also, there is an opportunity to join in with the community choir beforehand to practice and then perform. We are not looking for perfection, just enjoyment.

Please do send me your favourite hymn or worship song, or your suggestions, or whether you would like to be part of the community choir for this event. Please email vicar@conistonandcrakechurches.co.uk or send to *the Vicarage, Penny Bridge, LA12 7RQ*.

Brian Streeter

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- *See 'What's On?'*
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Please send all articles and events for the July Magazine by June 15th to editor@conistonandcrakechurches.co.uk

Parish Prayer Diary June 2026

1st: Pray for people in Lebanon, Gaza, the West Bank and across the Middle East, for the protection of people made vulnerable by conflict, especially older people, children and people with disabilities who cannot easily reach safety.

2nd: Pray for world leaders and people with influence: for wisdom and courage to seek de-escalation, and for their hearts to be moved toward justice and mercy over military action.

3rd: Pray for pastors and church leaders across the Middle East: for a blessing of strength and tenacity as they offer spiritual and practical support to their communities, while also dealing with their own fear and loss.

4th: Pray for the safe passage of aid across the Middle East: that borders remain open and secure so that life-saving food, water, medicine and other essentials can reach those in the most cut-off and dangerous areas.

5th: On World Environment Day, pray for the United Nations Environment Programme - the leading global authority on the environment - as Partners drive change on the climate emergency, on nature, land and biodiversity loss and the crisis of pollution and waste.

6th: Pray for those who live and work in the communities of Lowick Green; Lowick Bridge and Water Yeat.

7th: Sunday, the first day of the week

May our God of truth help us to keep his law of love, and to walk in ways of wisdom, that we may know the true life of peace and joy Jesus alone brings.

8th: On World Ocean Day, pray for members of the global Youth Advisory Council working for meaningful action to stop and reverse effects on the ocean's ecosystem of overfishing, chemical pollution and deep-sea mining.

9th: Pray for all who work locally in the veterinary sector caring for both livestock and pets.

10th: Pray for Food Banks and Pantries: the organisers, volunteers and clients.

11th: Pray for teenagers sitting exams whilst caring for a dependent parent.

12th: Pray for Tearfund charity, partnering with local Christian churches abroad tackling poverty, responding to disasters and challenging injustice.

13th: Pray for the King and members of the Royal Family.

14th: Sunday, the first day of the week

Pray our faithful creator God may deepen our faithfulness to Him and help us grow in the knowledge of his living Word, Jesus.

15th: Pray for the leaders attending the G7 Leaders' Summit in Evian-les-Bains, France: for meaningful dialogue, collective actions and innovation solutions for the

benefit of all peoples.

16th: Pray the sanctity of Christian marriage continues to be celebrated and faithfully upheld; pray also for couples solemnising their marriage in church this month.

17th: Pray for Bishop Rob Saner-Haigh, Bishop of Carlisle.

18th: Pray for Victim Support charity providing specialist support to individuals of all ages affected by crime and distressing events.

19th: Pray for displaced people escaping injustice, war, famine and persecution; pray also for refugees settling into new communities.

20th: Pray for fathers everywhere as they strive to provide for their families and be good role models to their children.

21st: Sunday, the first day of the week

Pray that God our Saviour would look on this wounded world in pity and power and hold us fast to His promise of peace that passes all understanding won for us at Calvary.

22nd: Pray for those who served in the Armed Forces and experiencing difficulties adjusting to life out of the military; pray those suffering with Post Traumatic Stress Disorder will receive the treatments and support that help them on the path of recovery.

23rd: Pray for all who work within the Youth Justice Service, preventing children and young people entering the youth justice system for the first time, and supporting them to move away from offending.

24th: Pray for the work of The Gideons International: that many people come to know the Lord Jesus through reading Gideon-placed Bibles and New Testaments.

25th: Pray for Midwives working in hospital and community settings.

26th: Pray for Christians in Eritrea; so faithful for so long despite decades of unceasing risk and violence. Pray especially for church leaders who are imprisoned without trial, leaving their communities without leadership.

27th: Pray for the Ordinations of Deacons and Priests at Carlisle Cathedral today.

28th: Sunday, the first day of the week

Pray our loving God, who is the comforter and healer of the broken, may teach us his ways of gentleness and peace, that through our prayers and witness the world may experience his Kingdom Life.

29th: Pray for the UN Peacekeeping Force in areas of rising tensions where the risk of a return to large-scale conflict is real: pray for the Peacekeepers protecting civilians, supporting peace efforts and monitoring Human Rights.

30th: Pray for Furness Deanery's Children's & Family Worker Emma Taplin working with young people's initiative across the Furness Mission Community.

From the Registers

St. Luke's, Lowick, 20th June 2026, Wedding

- Emma Louise Lund & Thomas Edward Atkinson

St. Luke's, Lowick, 27th June 2026, Wedding

- Rachel Hannah Thompson & Jonathan Dearlove

Readings for June 2026

7th Romans 4.13-25 Matthew 9.9-13, 18-26

14th Romans 5.1-8 Matthew 9.35-10.8-23

21st Romans 6.1b-11 Matthew 10.24-39

28th Romans 6.12-23 Matthew 10.40.43

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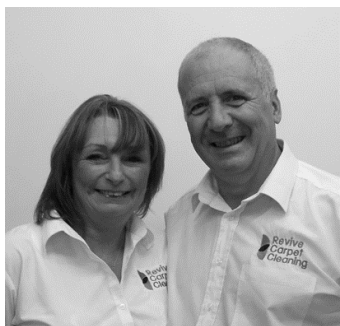
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2 nd & 4 th Friday	Tottle-Art: Art Group 10.30am - 12.30	Tottlebank Baptist Church
Tuesday	Coffee and Chat, 9.45 - 10.45am	Greenodd Village Hall
Tuesday	Coniston CAMEO 2 - 4pm	Coniston Institute
Tuesday	Youth Club age 11 & over 7 - 9pm	Coniston S & S Centre
Wednesday	Yoga 7 - 8pm 07471 421 153 to book	Coniston S & S Centre
Wednesday	Lowick Parent & Toddler Group 9.30 - 11.30am (term time only) £1.50	Lowick Community Hall
Wednesday	Walking Football, 6.30 - 8pm	Coniston S & S Centre
Thursday	Community Lunch, 1pm sharp, £7	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
Thursday	Little Kicks, a football session for 4-6 year olds, 5.30pm	Coniston S & S Centre
Friday	Junior Cricket	Coniston Cricket Club
2 nd Tuesday	Egton WI, 7.30pm	Greenodd Village Hall
2 nd Tuesday	Ulverston Repair Café 6.30-8.30pm	Croftlands Community Centre
3 rd Tuesday	Coniston WI, 7.30pm,	Coniston Institute
1 st Wednesday	Prayer Hour - 10 - 11am	St Mary's, Penny Bridge
3 rd Wednesday	Coffee Morning 10.30am - 12.30pm	Bouth Village Hall

What's On Guide - June

12th	The Swingin' Sensation, Mathew Barker - see page 6	Greenodd Village Hall
12th	Rush Hat Making Course - see page 15	Water Yeat Village Hall
17th	Bouth Village Hall Coffee Morning - see page 7	Bouth Village Hall
19th	Coniston and Torver Village Over 70's Trip - see page 10	Coniston Bus Shelter
21st	Songs of Praise - see pages 2 and 17	St. Andrew's, Coniston
24th	Echoes of Liberty, performed by The Dorian Players - see page 31	Tottlebank Baptist Church
25th	120th birthday of Coniston Mother's Union - see page 11	Coniston Mother's Union
25th	Poetry Reading & Open Mic - see page 13	The Farmer's Arms
26th	Windermere and Bowness Community Choir and Windermere Orchestra Wind Ensemble - see page 2	St. Andrews, Coniston
26th	Flossie Malavialle - see page 32	Water Yeat Village Hall

Please send all articles and events for the July Magazine by June 15th to
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DONATIONS

The Coniston and Crake Valley News is delivered to 1200+ households in the Crake Valley area each month.

Printing and production costs are approx. £550 per month and about £6,500 annually. We keep the advertising to a minimum and receive some grants.

Nevertheless, there is often a shortfall that is covered by the churches in the Crake valley. Therefore, if you could make a donation using the QR code provided then that would be most gratefully received.

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