

Coniston and Crake Valley News



Coniston
&Crake
Churches

August 2026 www.conistonandcrakechurches.co.uk

Hold the Date!



RUSLAND SHOW

SATURDAY 15th AUGUST 2026

Field opens 11:30 First event 12:20

Whitestock Meadow, Rusland LA12 8LB

- Flowers, Vegetables, Home Produce, Handicraft and Children's Exhibit Competitions
- Fell Races, Track Races, Hound Trails – **Cash Prizes**
- Children's Competitions: Pet Show (Pet and owner look-alike), Fancy Dress (something beginning with C),
 - Obstacle Course, Children's Races
 - Craft Tent, Refreshments, Ice-Creams,
 - Local skills and crafts demonstrations
 - Free Circus skills workshops by Jesters
 - Tug of War (cash prize)
 - Music after the Show!



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

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

Email: ruslandshowinfo@gmail.com

Website: www.ruslandshow.org

Find us on Facebook

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



The Coniston and Crake Valley Benefice

"To Grow, Witness and Love Like Jesus"

Serving the parishes of Colton, Coniston and Torver, Egton cum Newland and Lowick with Blawith

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

SAFEGUARDING OFFICER

Brian Streeter	safeguarding@conistonandcrakechurches.co.uk	07505 048736
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MAGAZINE EDITOR

Robin Whiteway	editor@conistonandcrakechurches.co.uk	07770 805961
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ADMINISTRATOR

Marion Swift	2admin@conistonandcrakechurches.co.uk	01539 521337
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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: Rusland Show 2025 - 'Both crowd and competitors enjoyed a very sunny Rusland Show in 2025'

Church Services for August 2026

2nd	Ninth Sunday after Trinity		
St Luke , Torver	9.00am	Biker Breakfast	Paul Rudd
St. Luke , Lowick	9.30am	Holy Communion	Rev Brian Streeter
St. Andrew Coniston	11.00am	Morning Worship	Pamela Hull
St. Mary Penny Bridge	11.00am	Morning Worship + Baptism	Rev Brian Streeter
Coniston Methodist	11.00am	Morning Worship	Rev David Edmondson
9th	Tenth Sunday after Trinity		
Holy Trinity Colton	10.00am	Holy Communion by Extension	Pam Priestley
St. Andrew Coniston	11.00am	Healing Service	Rev Brian Streeter
St. Mary Penny Bridge	11.00am	Holy Communion	Rev Harry Welch
Coniston Methodist	11.00am	Morning Worship	Chris Clark
16th	Eleventh Sunday after Trinity		
St. Luke , Torver	9.00am	Holy Communion	Rev Brian Streeter
St. Andrew Coniston	11.00am	Holy Communion by Extension	Pamela Hull
St. Mary Penny Bridge	11.00am	Morning Worship	Rev Brian Streeter
Coniston Methodist	11.00am	Morning Worship	Chris Clark
23rd	Twelfth Sunday after Trinity		
St. Luke , Lowick	9.30am	Methodist Service	Rev Hayley Edmondson
Holy Trinity Colton	10.00am	Holy Communion	Rev David Bickersteth
St. Andrew Coniston	11.00am	Morning Worship + Baptism	Rev Brian Streeter
Coniston Methodist	11.00am	Holy Communion	Rev Hayley Edmondson
St. Luke , Torver	7.00pm	Torver Junction	Rev Brian Streeter
30th	Thirteenth Sunday after Trinity		
St. Andrew Coniston	11.00am	Morning Worship + Christians Together in Coniston	
St. Mary Penny Bridge	11.00am	Holy Communion	Rev Brian Streeter
Coniston Methodist	11.00am	Christians Together in Coniston at St Andrews	

Tottlebank Baptist Church - *Dorian Players* - we had a very enjoyable evening listening to The Dorian Players with songs, music and readings on the theme of the legacy of the Magna Carta. Thanks to all who came along on such a hot evening.

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.

	<u>Tottlebank Baptist Church - SUNDAY SERVICES - AUGUST 2026</u>	
2nd Sun	10.30 am in the Church & Zoom Communion.	Mark Callaghan
9th Sun	10.30 am in the Church & Zoom	Mike Hattersley
16th Sun	10.30 am in the School Room & Zoom	Buster Violet
23rd Sun	10.30 am in the Church & Zoom	Ian Peters
30th Sun	10.30 am in the Church & Zoom	Mark Callaghan

Pastoral Letter - Rev^d David Bickersteth

Dear Readers,

In late June I marked fifty years since being ordained a priest in York Minster, to serve in the equally stunning Beverley Minster. How the Church and World have changed in half a century! Back in 1975 most weddings and funerals were held in a church building. The Cold War was a constant threat and Cosmologist' debated a 'Big Bang' versus' Steady State' theory for the creation of the Universe.

There was no talk of global warming, indeed some predicted a new ice age. Today I'm writing this when the temperature is approaching 30c in Greenodd! The James Webb telescope has thrown universal cosmology theories into pandemonium amongst theoretical physicists – huge newly formed galaxies and black holes are appearing where they shouldn't!

The world now has Trump and hard right politics are in the ascendancy in Europe – and we have our seventh or is it eighth prime minister in a decade? And in the Roman Church, the Pope has shown his mettle in sacking an Italian Cardinal and excommunicating some ultra traditionalist bishops and clergy. And war continues at great cost to Russia as well as the Ukraine and chaos continues in the Middle East.

This week I watched a Sky News report on renewed persecution of Christianity in China and massacres continue in Nigeria, Sudan and the Congo by extremist Muslims.

Yes, it's probably old age that makes me fear for the world – but the world has always been a dangerous place. Last month I visited Holy Island – where the Christian community was butchered by Vikings in the 8th century – but today my DNA test shows I have some Viking ancestry!

August the 6th marks the atomic bombing of Hiroshima – followed on the 9th by Nagasaki. But August 6th also commemorates in the Churches calendar, the Feast of the Transfiguration when Jesus was transformed before Peter, James and John, on a mountain top and Moses and Eliah spoke to him: the ancient representatives of the Law and the Prophets. The story is a turning point for the disciples and Jesus, who

now revealed as God's Son, who would achieve a new and greater Exodus for His people at Calvary.

The Gospel message is always one of hope in God's purposes. Jesus has promised a new Heaven and Earth – quite what the cosmologist make of that depends on the scientist! Theoretical and Quantum Physics is opening possibilities thought impossible fifty years ago. My hope is in the promises of Jesus – my trust is in him alone – I continue to serve Him in my calling – which is also the calling of all who are followers of Christ.

David

Rusland Show 2026!

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

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

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

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

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

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

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

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

Schedule and entry details are online at www.ruslandshow.org or available from the Secretary, see the advert in this magazine (see page 2)

Around the Parishes: Lowick

Lowick Parish Council

Road Closure of the Lowick Bridge - Woodgate road

Last month we reported that this had been delayed until mid August. Sorry it has been delayed again, now until 30th October.

Red Lion Junction

Better news here. The road markings, double white no overtaking lines and new signs were completed in a single night. Drive safely everyone!

Coniston & Torver

Rainfall, Garden House, Coniston - June 2026

Total 238.5mm (9.4ins)

Wet days 19

More than 1mm on 18 days

Wettest day 3rd - 60.0mm (2.4ins)

Thunder on the 26th

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**.

Coniston Co-operative Society Limited

Notice to Members - Annual General Meeting

The Committee wishes to update Members on the current governance position of the Society.

Unfortunately, the Annual General Meeting (AGM) has not yet been concluded. As a result, Members have not had the opportunity to elect a Committee for the coming year.

Following the subsequent resignation of two Committee Members, the Committee was reduced below the minimum quorum required by the Society's Rules.

In accordance with Rules 54 and 76 of the Society's Rules, the remaining Committee Members have taken the minimum steps necessary to restore the Committee to a quorate position and to reconvene the Annual General Meeting.

The Committee has therefore agreed that the reconvened AGM will be held as follows:

Date: Tuesday, 4th August 2026

Time: 7pm

Venue: Reading Room, Coniston Institute, Yewdale Road, Coniston, LA21 8DU

Notice is hereby given in accordance with Rule 28 of the Society's Rules.

Business of the Meeting

As this meeting is the reconvening of the previous AGM, Rule 40 provides that only business which could properly have been transacted at the original meeting may be considered.

Accordingly, the meeting will consider only:

1. **Election of the Committee.**

2. Consideration of the proposed new Rules.

Committee Recommendation

The Committee recommends that Members **elect a new Committee** at the AGM.

The Committee also recommends that Members **do not adopt the proposed new Rules** at this meeting.

The proposed Rules were not considered by Members at the original meeting, and the Committee believes that a newly elected Committee should be given the opportunity to review the Society's governance arrangements, consult with Members where appropriate, and, if considered necessary, bring forward revised proposals for new Rules at a future General Meeting.

Standing for Election

The Society welcomes Members who are willing to contribute to its future by serving on the Committee.

Any Member wishing to stand for election or wishing to obtain further information about the role of a Committee Member is encouraged to contact the Committee before the meeting.

The Committee can be contacted via email at coniston.coop@outlook.com

The Committee thanks all Members for their patience and support while these governance matters are resolved and looks forward to restoring the Society's normal democratic governance through the forthcoming AGM.

Torver Parish Council

Torver Parish Council recently welcomed representatives from United Utilities and the Environment Agency to discuss local concerns about Torver Wastewater Treatment Works, water quality, flooding, and the health of nearby watercourses. United Utilities confirmed that the works is operating within its current permit and that no specific upgrade is planned in the present five-year period, although future permit changes may lead to investment from 2030 onwards. The Environment Agency explained its regulatory role and encouraged continued community involvement in environmental improvement projects. Residents attending the meeting were able to raise questions directly, and further information on relevant data sources and local environmental initiatives is expected to follow.

Presentation Evening for Coniston 14 Run

Our annual Presentation evening was held at Coniston Sports and Social Centre on **Wednesday 1st July**. Grants were made to the following 25 clubs and organisations that provide a wealth of services and facilities to the local community:



Coniston Sports and Social Club, Coniston Youth Club, Coniston Bowling Club, Coniston Care Scheme, Coniston and Crake Newsletter, Coniston Sailing Club, Coniston Cricket Club, Coniston Lawn Tennis Club, Coniston Christmas Lights Committee, Coniston Football Club, Coniston Playground, Coniston Mountain Rescue Team, Coniston Primary HSA, Coniston Primary School, Coniston Twinning Association, Coniston W.I., Hawkshead Guides, Hawkshead Brownies, John Ruskin School, Friends of the X112 Bus, Christians Together, Cameo Club, Torver Village Hall, St. Mary's Hospice, Ulverston and Ulverston MIND.

Representatives from each organisation described how their grants would be spent. It was followed by an excellent pie and peas supper catered by and thanks to the

Sports and Social Centre.

The Coniston 14 AGM will be held at 6pm at John Ruskin School on **Monday 28th September**. Everyone is welcome to attend.

Our next Race will be on Saturday 20th March, 2027

For further information and entries for the race visit: www.coniston14.co.uk

Save The Date!

Coniston Festive Fayre Returns!

It will be held on **14th November 2026!** We will be having an artisan market, Santos grotto, children's party, lantern parade and evening entertainment!

Egton cum Newland

Egton with Newland, Mansriggs and Osmotherley Parish Council

Meeting

The date of the next Egton with Newland, Mansriggs and Osmotherley Parish Council meeting is **Tuesday 1st September 2026**, 7pm, at Greenodd Village Hall.

Parish News

Many of you will know that Christine McVie of Fleetwood Mac was born in 1943 in a house on Main Street, Greenodd. To mark her birthdate of 15th July the Parish Council has donated to the Local Collection of Ulverston Library a copy of a recently published biography "Songbird -An Intimate Biography of Christine McVie.

Earlier in the year we were successful in getting a grant to upgrade and improve two of the bus shelters in the Parish. The A590 shelter now has solar powered lighting and we are well on the way with repairs and improvements to the shelter at Penny Bridge.

We are also pleased to share the news that the section of the King Charles Coastal Path between Canal Foot and Greenodd Footbridge, most of which lies in Egton with Newland should be open by the time you read this.

Look at our website (www.enmparshcouncil.org.uk) to see the minutes of previous meetings and the Agenda for our meetings. And don't forget to look at our Parish history website www.enmoheritageproject.org.uk.

If there is something you want put on the agenda please contact our Clerk by email using clerk@enmoparshcouncil.org.uk.

Brian Campbell

Chair Egton with Newland Mansriggs and Osmotherley Parish Council

THANK YOU!

A huge thank you to all those involved in the maintenance of the church yard at Penny Bridge!

Your efforts are much appreciated!

Colton Parish Council News August 2026

Meet the Parish Council! We'll be at **Rusland Show on Saturday 15th August**. Come and have a chat; we look forward to meeting you!

If you have spotted problems on local roads, please report them to Westmorland & Furness Council. There's a link on their website to help you do this <https://www.westmorlandandfurness.gov.uk/parking-streets-and-transport/streets-roads-and-pavements> For emergency issues, such as a fallen tree you can call **0300 373 3300** during office hours.

If the problem is on a minor road or lane, including blocked drains, overgrown verges and road signs that need cleaning, we might be able to help. Please contact clerk@coltonparishcouncil.gov.uk and report the issue to the clerk. Our Lengthsman, Archie, will assess what needs doing and if it's safe and practical for him to help, he'll add it to his schedule of work. If not, we can report it to the Council on your behalf. Please note, overgrown verges can be very beneficial to wildlife; we will cut them back when there's a safety problem but may not do so if they provide a wildlife haven.

Community Grant Scheme our community grants are available to help local groups and organisations. There's no deadline, applications will be assessed at the next Parish Council meeting. For our grants policy and how to apply see here <https://www.coltonparishcouncil.gov.uk/the-council/grants/>

Other issues we are working on now include:

Concerns about pop up campsites where they might create environmental problems or put pressure on local communities. Pop up campsites are not subject to the planning rules that apply to permanent development, so we are not consulted about them; but there are restrictions, such as only being allowed to provide temporary facilities, e.g. port-a-loos, and not being able to lay hard standing. Our policy is to support campsites, both temporary and permanent where there is local support and benefit to the community.

Planning breaches and enforcement. We do not have any powers of enforcement but if local residents are concerned about this, we can work with you to explore the issues and pass them on to the Lake District National Park Authority, the planning authority for our area.

Illegal off roading and environmental damage. We are working with the police and Westmorland & Furness Council to put Traffic Restriction Orders (TROs) where they can be an effective tool to protect vulnerable landscapes.

Management of the East of Lake (east shore of Coniston). We are also working with our partners to ensure local voices are part of the conversation about effective management strategies to ensure access and safety for residents and visitors.

Emergency Planning we are working on a leaflet for all dwellings in the Colton Parish area to help people prepare for emergencies. We are looking for community champions from all over the parish who would be willing to be community champions to support emergency preparedness.

Our next meeting is 7pm Monday 7th September at Finsthwaite & Lakeside Village Hall. All welcome! There's no August meeting, but you can still contact us clerk@coltonparishcouncil.gov.uk or follow us on Facebook and Instagram.

4tunes Returns!

Bouth Village Hall are pleased announce that 4tunes will be returning for another music night on the evening of **Saturday 12th September**.

This is a ticketed event, £10 per person, if you are interested please contact *Kevin Smith* **07745 117406**

(Payment can be made with cash or via BACS before the event)

<https://www.4tunescumbria.co.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:

16th September

21st October 18th November

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

(Holiday months July and August)

Reports

Oxen Park News

Local Orienteering - Lakeland has some of the best orienteering areas in the UK. On **August 2nd - 7th** there is a 5 day event where you can join in for one or more days - a different area each day. *The nearest for Crake Valley is the Yewdale Fells on Tuesday 4th August. also Bigland and Hampsfell are the other local areas. Find out all about it on www.lakes5.org.uk.* The courses for beginners are White (1km v.easy) Yellow (2km quite easy) and Orange (2-3km more interesting navigation). Entries open at 09:30 and starts from 10:30 to 12 noon. *All details on the website.*

Cinema Club - September and our first films of the new season aren't that far away. The programmes will be ready for the Rusland Show so come along and collect yours from the Rural Activities tent.

The September films are **Tuesday 1st - Nuremburg** and **Saturday 19th - Late Shift**.

Members get all sorts of perks so why not join this season, its only £10.00 - info on the website.

2026 Jar Fest - a date for your diary - Sunday 18th October. Make the most of the ripe fruit for jams and jellies and alcoholic mixes. The raspberries are ready now and blackberries will be ready to pick at the beginning of August.

Mother's Union Report

Eighty Two people helped Coniston Mother's Union branch celebrate their 120th birthday. The Rev. Brian Streeter lead a wonderful Sung Evensong service with music by Ron Eadington, organist Colin Dean who also composed the music for the anthem 'Have Faith in God my Heart'. The Rt. Rev. Rob Sanner- Haigh preached on the theme of celebration referring to the wedding in Cana. Members read the lessons and prayers while the MU choir took part in the

Mothers' UNION

service before performing five songs of contrast. Refreshments were enjoyed by all on a very hot day, including four great grand daughters of Mrs Margaret Barratt of Holywath, the founder, past members, relatives of past members, diocesan representatives, friends and representatives from local organisations. Our thanks to all who helped make it such a wonderful occasion.

Their next event is on **August 9th**, the 150th birthday of Mary Sumner the founder of the Worldwide Mother's Union. Radio 4s morning service is coming from Mary Sumner House in London. Coniston members will be joining others for another Sung Evensong at Cartmel Priory, 3.30pm. Their September meeting is to try for the second time, a trip to Piel Island.

All are welcome to join, contact Kay **01539441559**.

Egton WI

Our last meeting before our brief summer break found us listening to the harp being beautifully played by Lillie Moss as part of her talk to us entitled "My music and me". Lillie, a local lass, began learning to play the harp when she was a pupil at Penny Bridge primary school. She later went on to study music, performance and production at Kendal college. At present she is studying at Liverpool Institute of Performing Arts where she has done a lot of session playing preferring folk music over classical music. She composes her own music and also adapts music scores to make them suitable for harpists. She then entertained us with several songs as she also loves singing whilst playing the harp. Her lovely demeanour should see her go far and we wished her well with her future projects.

Several of our members are looking forward to our get together at Levens Hall next week where it looks as though the sun might still be shining on us, what a summer so far.

Although we don't have a meeting in August several of us will be meeting up anyway as we look forward to hosting a dance in the village hall as per usual. Hopefully it will also bring in a few more coppers to boost our fundraising still further. No doubt time will fly by and September will soon be upon us when all being well we will be joined by Frances Carlaw who will be talking about pearls.

BRANTWOOD NEWS AND VIEWS

Our two Summer exhibitions continue. 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**. In the Severn Studio we have **'I Turned and Looked'**: Conversations between Music & Photography by Music & Being. On display until **31st August**. I Turned and Looked is a music and photography installation created by the interdisciplinary group, Music & Being (Jess Dandy, contralto & Brantwood artist-in-residence; Debbie Green, movement artist; Alex Mills, composer; Clare Park, photographer; Dylan Perez, pianist; Bobby Williams, sound engineer).

OUTDOOR THEATRE BY ILLYRIA THEATRE COMPANY – Get ready for an enchanting summer filled with captivating performances against the backdrop of Brantwood's picturesque lakeside meadow. Illyria are back for a world of classic literature and timeless tales brought to life by this esteemed theatre troupe. **On Wednesday 5th August – The Three Musketeers by Alexandre Dumas**. Running time (approx): 135-minutes (inc 20 minute interval). Recommended for all ages. Box office: Tickets on sale now through our website.

For the Summer holidays, we have a Treasure Trail activity for children around the

theWI
INSPIRING WOMEN

Brantwood

gardens. Included in admission (children free). Follow the trail to find the locations of different Treasures and a hidden clue to receive your prize.

For full details of all our exhibitions, events and bookings, please visit our website www.brantwood.org.uk. Contact enquiries@brantwood.org.uk or call **015394 41396**.

Rookhow

Volunteering at Rookhow

Every Friday we hold volunteer work parties at Rookhow 9.30am-3.30pm. Friday is turnaround day so it's a chance to maintain the buildings and site in between groups staying. Tasks include DIY, painting, mowing the lawns, taking our invasive species in the woodland, chopping kindling, looking after the yurt, keeping the garage in order and sorting books and games. Some people who come are Quakers but some people are not. Local people have joined to lend a hand and love the team spirit, purposefulness, interesting conversations and of course the homemade cakes! We can provide travel expenses and all material and tools. Please contact *Sue Nicholls*, Development Manager, Email- info@rookhow.org.uk, Tel **07377 971783**.



'Meet a Tree' day Thursday 24th September

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

Open Days at Rookhow

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

Quaker Meetings in the Rusland Valley

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

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

Tel 07377 971783



I am on a limited income and trying not to spend too much each month. Council Tax seems a big expense. Is there any way I can pay less?

citizens
advice

South Lakes

You might be able to pay less council tax or not pay it at all depending on your circumstances. It's a good idea to contact the council and ask them.

If you're the only adult in your home, you'll get a 25% discount. When working out how many people live in a property, some people aren't counted - they're called 'disregarded people', e.g. student nurses. If everyone in a house is disregarded there is a 50% discount. If everyone is a student or severely mentally impaired, you won't pay any council tax.

If you're entitled to a discount because someone has moved out, you're entitled to the discount from when the person moved out, even if you told the council later.

Next, if you are on a low income or receive benefits, you might be able to get your council tax reduced. The council will ask you details about your income and your circumstances, to work out your entitlement. You may also be eligible for additional support if you've reached State Pension age.

Even if none of the reduction criteria apply to you, the council can still make a 'discretionary reduction'. They'll normally only do this if you can show that you're suffering severe hardship.

Contact South Lakes Citizens Advice for more help if you are still having problems.

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.

How to access:

- ***Call 015394 46464 (9.30am – 2pm, Monday – Friday)***
- ***Drop in sessions at Wainwright's Yard, Kendal, LA9 4DP (10am – 1pm, Tuesday and Thursday)***
- ***Adviceline: 0808 2787 984 (9am - 5pm, Monday – Friday)***
- ***email advice via the submission page on our website www.southlakescab.org.uk***

Parish Prayer Diary August 2026

1st: Pray parents and God-parents will honour the promises they make to nurture the Christian spiritual development of children they bring for Baptism this month.

2nd: **Sunday, the first day of the week**

May the Holy Spirit, who is the life of The Church, so open our hearts to the riches of His grace that we bring forth the fruit of the Spirit in love, joy and peace.

3rd: Pray for people whose lives have been devastated by wildfire and earthquakes. Pray for efforts to bring humanitarian aid to communities ravaged by natural disasters.

4th: Pray for Cumbria Fire & Rescue Services responding to many different emergency incidents.

5th: Pray for the numerous Spirit-led activities quietly going on around our Diocese under the *God for All* banner enabling the Church to help people discover more about God and His purpose for their lives.

6th: Pray for business' providing hospitality to visitors to our local area.

7th: Pray for HM Coast Guard staff and volunteers available to help people in distress

around our coastline or at sea.

8th: Give thanks for the Mothers' Union movement as it celebrates 150 years standing alongside families and campaigning on serious issues of poverty and injustice.

9th: Sunday, the first day of the week

Lord Jesus, as You taught Your disciples to be persistent in prayer, give us patience to never to lose hope but always to bring our prayers before You and to wait expectantly

10th: Pray for Paramedics daily making urgent community responses and providing time-critical care.

11th: Pray for marriages and families under pressure, and pray for Counselling organisations helping people to work through relational problems.

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

13th: Pray for pupils receiving A and T level results. Pray also for parents and teachers as they support young people considering their future options.

14th: Pray for Jigsaw in Carlisle, Cumbria's only children's hospice, supporting babies, children and young adults living with complex medical and life-limiting conditions, and supporting their family and carers.

15th: Pray for young people enjoying Scripture Union holidays and camps during August as they learn more about themselves and discover more about Jesus

16th: Sunday, the first day of the week

May our God of glory, help us to lay aside all that prevents us from seeking His kingdom, for we have found that pearl beyond all price: Jesus our Saviour.

17th: Pray for Barnardo's charity helping children, young people and families in need.

18th: Pray people suffering from addiction of any kind may be helped and accompanied on their journey to wholeness.

19th: Pray for all who live and work in the communities of Coniston and Torver.

20th: Pray for pupils receiving GCSE results, and families helping their children prepare for the return to full time education or the taking up of an apprenticeship.

21st: Pray for those seeking justice through the courts or a tribunal.

22nd: Pray for the safety and wellbeing of our farming community.

23rd: Sunday, the first day of the week

Remembering our loving heavenly Father is always more ready to hear us than we are to pray, we ask He will increase His grace within us that we, ever thankful, may serve Him with freedom and joy.

24th: Pray for former prisoners seeking accommodation and employment.

25th: Pray for Christians in Nigeria, for protection from intense attacks by Islamist militant groups. Pray for the many Christians who have been displaced either by force or fear of the next attack. Pray for community pastors and leaders who face enormous pressures and dangers.

26th: Pray for new Christians as they daily root their security in Jesus and their identity as a child of God.

27th: Pray our nation cultivates respect for the dignity of all peoples, seeing the worth of every soul as God our Father sees them.

28th: Pray for the Red Cross helping families to reconnect with loved ones missing through armed conflict, disaster and migration.

29th: Pray for those working in maritime professions, including Merchant and Royal Navies, fishing fleets, workboats, commercial shipping and ferries.

30th: **Sunday, the first day of the week**

Father God, You search us and know us: may we rely on You in strength and rest on You in our times of weakness, now and in all our days

31st: Pray the tired find rest and recuperation today.

Visit the Coniston and Crake Valley Churches Website!

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

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

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SUNDAY 9th AUGUST - 2pm



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DUCKS COST £1 EACH - CASH PRIZES TO BE WON

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Spark Bridge Village Hall

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SATURDAY 15th AUGUST 2026

Field opens 11:30 First event 12:20

Whitestock Meadow, Rusland LA12 8LB

- Flowers, Vegetables, Home Produce, Handicraft and Children's Exhibit Competitions
- Fell Races, Track Races, Hound Trails – **Cash Prizes**
- Children's Competitions: Pet Show (Pet and owner look-alike), Fancy Dress (something beginning with C),
 - Obstacle Course, Children's Races
 - Craft Tent, Refreshments, Ice-Creams,
 - Local skills and crafts demonstrations
 - Free Circus skills workshops by Jesters
 - Tug of War (*cash prize*)
 - Music after the Show!



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

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

Email: ruslandshowinfo@gmail.com

Website: www.ruslandshow.org

Find us on Facebook

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

Rusland Valley Horticultural Society Ltd



LOWICK SHOW

the Lowick 'L'al Royal Show'

★
Saturday 5th September 2026

gates open 8:30am
★

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

Classes to enter...

Livestock/Horses/
Home Produce

Deadline for entries-

Friday 7th August

Enter on the day...

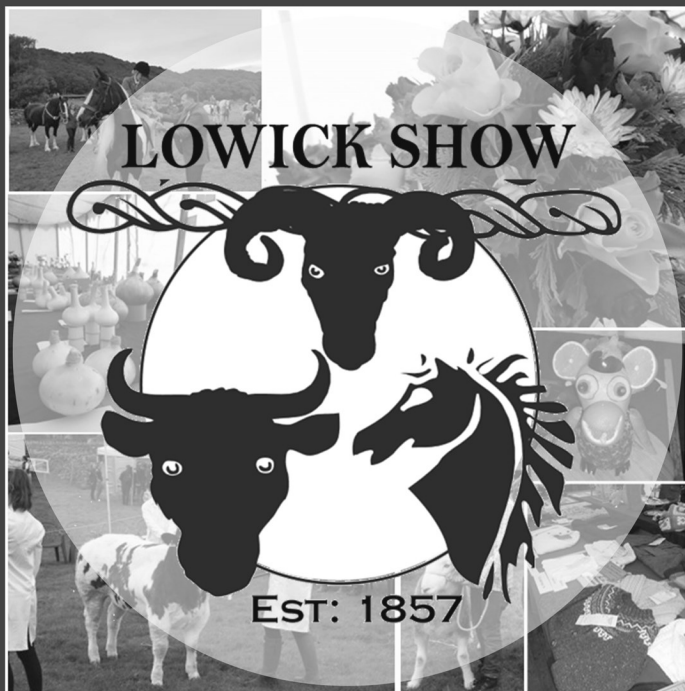
Novelty Dogs/
Children's Races/
Cumberland Wrestling

On the Field...

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Trade Stands/
Local crafts Tent/
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throughout the day and
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From the Registers

St. Luke's, Lowick, 5th July 2026, Baptism of Rowan Benedict Wiejak

St. Andrew's, Coniston, 6th July 2026, Interment of Ashes

- John David Jones

St. Luke's, Torver, 10th July 2026, Funeral of Marion (Anne) Lewis Farrar

St. Andrew's, Coniston, 17th July 2026, Interment of Ashes

- Alyson Ormandy

St. Luke's, Lowick, 23rd July 2026, Funeral of Wendy Margaret Keegan

Beetham Crematorium, 30th July 2026, Funeral of Harold Lesley Grisedale

St. Luke's, Lowick, 2nd August 2026, Interment of Ashes

- David Edgar Barton

St. Mary's, Penny Bridge, 2nd August 2026, Baptism of Theodore Mark Forster

St. Mary's, Penny Bridge, 2nd August 2026, Baptism of Isla Alys Sharples

Holy Trinity, Colton, 9th August 2026, Baptism of Owen James Dixon

St. Luke's, Lowick, 16th August 2026, Baptism of Jacob Woodburn

St. Andrew's, Coniston, 23rd August 2026, Baptism of Xander Samuel Hardy

St. Mary's, Penny Bridge, 23rd August 2026, Baptism of Jude Wilder Ward

Readings for August 2026

2nd Romans 9.1-5 Matthew 14.13-21

9th Romans 10.5-15 Matthew 14.22-33

16th Romans 11.1-2a, 29-32 Matthew 15.10-28

23rd Romans 12.1-8 Matthew 16.13-20

30th Romans 12.9-21 Matthew 16.21-28

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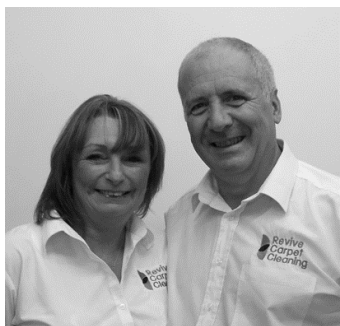
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Regular events

Monday	Knitting and Stitching, 7pm	Greenodd Village Hall
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
2 nd & 4 th Friday	Tottle-Art: Art Group 10.30am - 12.30	Tottlebank Baptist Church
Tuesday	Coffee and Chat, 9.45 - 10.45am	Greenodd Village Hall
Tuesday	Coniston CAMEO 2 - 4pm	Coniston Institute
Tuesday	Youth Club age 11 & over 7 - 9pm	Coniston S & S Centre
Wednesday	Yoga 7 - 8pm 07471 421 153 to book	Coniston S & S Centre
Wednesday	Lowick Parent & Toddler Group 9.30 - 11.30am (term time only) £1.50	Lowick Community Hall
Wednesday	Walking Football, 6.30 - 8pm	Coniston S & S Centre
Thursday	Community Lunch, 1pm sharp, £7	Farmers Arms, Lowick
Thursday	"Young at Heart" exercise and lunch, 11am £5 (term time only) or just come for lunch at 12 noon.	Coniston S&S Centre
Thursday	Volunteer Day 9.30 - 3.30pm	Brantwood Gardens
Thursday	Zumba 6.30pm with Valentyna	Coniston Primary School
Thursday	Netball Skills 6.30 - 7.30pm	Coniston S & S Centre
Friday	Junior Cricket	Coniston Cricket Club
2 nd Tuesday	Egton WI, 7.30pm	Greenodd Village Hall
2 nd Tuesday	Ulverston Repair Café 6.30-8.30pm	Croftlands Community Centre
3 rd Tuesday	Coniston WI, 7.30pm,	Coniston Institute
1 st Wednesday	Prayer Hour - 10 - 11am	St Mary's, Penny Bridge
3 rd Wednesday	Coffee Morning 10.30am - 12.30pm	Bouth Village Hall

What's On Guide - August

5th	OUTDOOR THEATRE BY ILLYRIA THEATRE COMPANY - The Three Musketeers by Alexandre Dumas - see page 12	Brantwood
9th	Duck Race - see page 17	Spark Bridge
15th	Rusland Show - see pages 2, 6, and 18	Whitestock Meadow, Rusland



COME JOIN US FOR LUNCH ON SUNDAY

When there is a fifth Sunday in the month then the Penny Bridge morning service is held at Greenodd Village Hall at 11.00am. Next one, Sunday 30th August

After the service lunch is served, approximately 12.15pm. Please do come and join us for lunch—it is open to all—and there is no need to attend the service, only if you would like to.

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- *Learn more about the local churches*

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LOWICK SHOW

the Lowick 'L'al Royal Show'

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secretary@lowickshow.co.uk

WATER YEAT VILLAGE HALL

Presents

Coniston Coppermines & Slate Quarries

An illustrated presentation by Mark Hatton

Thursday, 3rd September - 7:30pm



Join Mark from the Cumbria Mining History Trust for the story of the metal and slate extracted from the Coniston Fells. For centuries men, women & children toiled on and inside these fells to make a living from the copper and slate.

This is their story and how it shaped the landscape and community.

Doors at 7pm

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