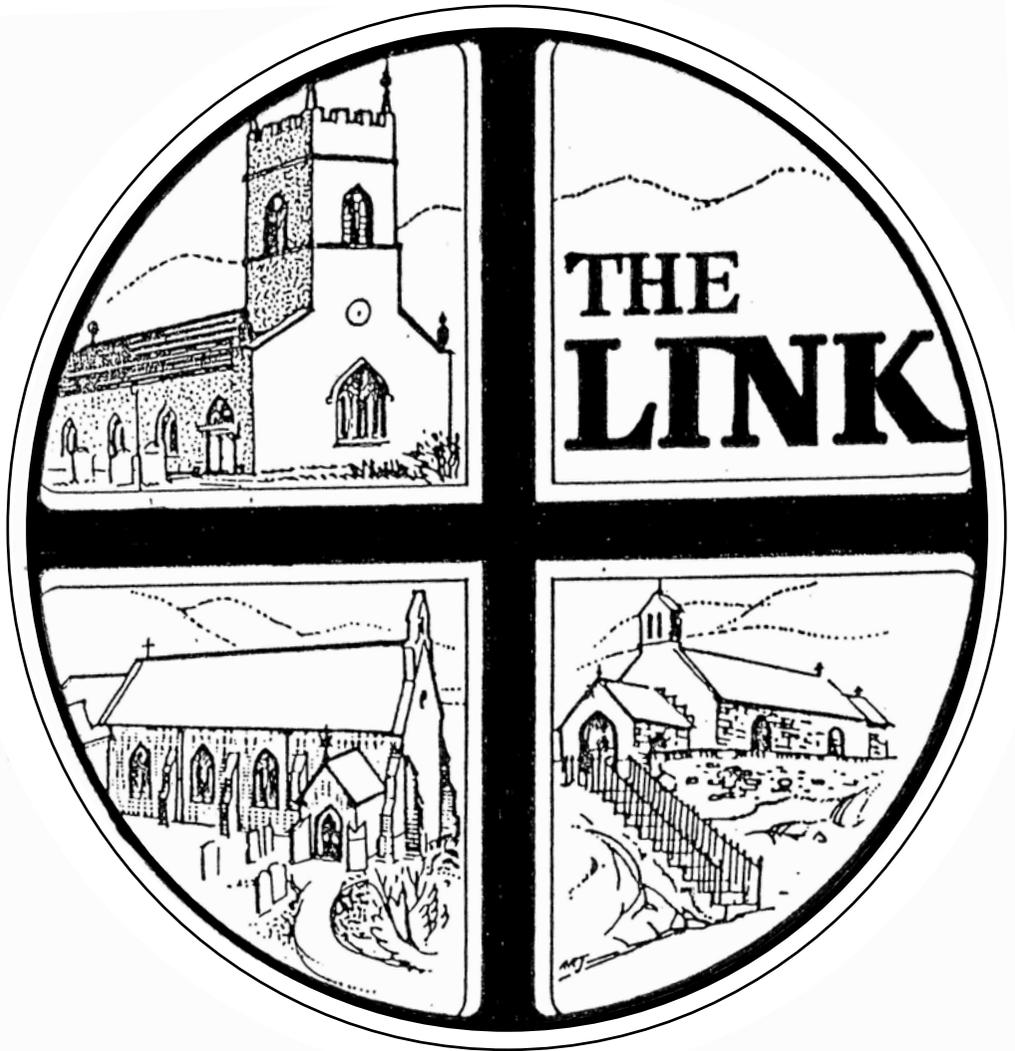


**MAY 2016**



**THE UNITED BENEFICE OF LORTON AND  
LOWESWATER WITH BUTTERMERE**

## ***DIARY DATES FOR MAY***

- 4 Wed Lorton Parish Council Meeting, 7.30 pm YTH  
5 Thu Loweswater Parish Council Meeting, 7.30 pm LVH  
6 Fri Acoustics Root concert  
9 Mon Lorton School lunch 1.15pm. All welcome two courses for £4.50  
Reserve your place by phone 01900 85919 or 07790 459064  
9 Mon Lorton 1st Responders at Kirkstile, Red Phone Box, 7:30 pm  
10 Tue Lorton Gardening Club Outing Dallam Hall, 2pm see inside for details  
10 Tue Lorton W.I. AGM, 7.15 YTH  
11 Wed Table tennis, 7pm YTH  
11 Wed Loweswater Ladies, Helen's Herbs, LVH at 7:15 pm  
12 Thu History Society. Cumbria's Medieval Towns talk by Angus Winchester.  
7.30pm YTH.  
14 Sat Coffee and Cakes, YTH, 10.30 am to 12pm hosted by Lorton TC  
15/21 Christian Aid Week  
17 Tue Cine North Film, Lady in the Van, 7.30pm YTH, £5 on the door.  
17 Tue 77 Club at LVH, Antiques by James Moore, Michell's 7:00 pm  
18 Wed Table tennis, 7pm YTH  
19 Thu Loweswater IT Group, LVH, 10-12:00 noon  
20 Fri Youth Cafe 7pm YTH  
25 Wed Table tennis, 7pm YTH  
27 Fri Youth Cafe 7pm Lorton Church  
29 Sun Cream Teas at LVH 2:30pm Sponsored Walk starts at 1:30pm

## ***DIARY DATES TO MARK FOR THE FUTURE***

### **June**

Wed 8<sup>th</sup> June, the Loweswater Ladies make an outing to the The New World Lanark Heritage Site

Royalists and Republicans!

Join together to celebrate the Queen's 90th birthday with tea and cakes at the Yew Tree Hall and garden, Sunday 12<sup>th</sup> June from 3.00 pm to 5.00 pm  
Lorton School Lunch on the 13<sup>th</sup> proceeds to school funds

Tue 21<sup>st</sup> The Loweswater 77 Club make an outing to the Devil's Porridge Museum near Gretna and then to a Buddhist Museum

***Further details of these events to follow ...***

## **Dear Friends**

In mid- April my husband Peter and I returned from a wonderful holiday in New Zealand and Australia.

People say that New Zealand is very like Cumbria, which it is, so you feel quite at home there, but it is on a larger and more dramatic scale. We visited both North and South Island and enjoyed mountain and coastal walking and amazing scenery. A highlight was a trip to well known Milford and Doubtful Sounds. They are remote fiords only accessible by boat, very quiet and bounded by steep rugged mountains with many high waterfalls. Dolphins came very close to the boat and we also saw seals there and on the coast. Although the west is renowned for being wet, inland the fields were often brown compared with our own, but there were huge flocks of sheep and many cattle.

We have been to Australia several times as our eldest daughter and her husband live in Canberra, a beautiful green and ordered city. It is a vast and varied country, but special for us was walking in the Grampian Mountains. We had last been there in 2006 when following disastrous bush fires forests were blackened and tracks closed. It was a great joy to be free to walk and to see the renewal of green growth. Another dramatic and popular destination is the Great Ocean Road. It was built to give employment to service men returning from World War 1 and as a memorial to those who died and a scenic tourist route. The most striking site is a group of huge limestone pinnacles known as the Twelve Apostles which rise from the rough sea.

We also saw many different animals and birds- spiny Echidnas, Koalas in nearby trees, Kangaroos which come to crop the grass on lawns, brightly coloured Parakeets feeding on seed on the balcony and the elusive Lyre bird. When we returned home we could not help but feel how fortunate we were to be coming

back to another beautiful place of lakes and mountains. Our spirits lifted with the brightness of spring flowers, lambs in the fields (which we had missed in New Zealand as it was autumn there) and the lightness of our lengthening days, especially after last being in cities surrounded by high rise buildings. We are grateful for the opportunities to travel and to wonder at the amazing beauty of God's creation around the world.

May in our country is a lovely month and it brings three significant Church Festivals.

Ascension Day marks the end of Jesus appearances on earth and his rising to be with his heavenly Father. It is striking that the Gospels tell us that his followers who witnessed the event returned not with sadness but with joy. They realised that to be "on the right hand of God" meant that all that Jesus had been and taught on earth was true, verified by God and that Jesus would be available to them and all people for ever. A cause for great rejoicing!

The disciples awaited the gift of the Holy Spirit which Jesus had promised he would send them. That very same spirit which had empowered Jesus came to them in the dramatic events of Pentecost, to inspire, direct and energise and to inaugurate the birth of the Christian Church. It is a gift which is still available for each one of us today.

On Trinity Sunday we are invited to ponder and celebrate the very being of God: Father, Son and Holy Spirit.

So let us lift our hearts and minds with joy and gratitude at the wonders of God's Creation and his special gifts of this season.

With all good wishes **Revd Carole Ford**

We send our very best wishes to Revd Sheila for her continued recovery. We miss her very much and she and Martin are very much in our thoughts and prayers

## NOTES FROM ST. BARTHOLOMEW'S

We are looking forward to celebrating Pentecost or Whit Sunday in our service on 15 May. The origin of the name is unclear, but may derive from the Old English word for "White Sunday," referring to the practice of baptising converts clothed in white robes on the Sunday of Pentecost. Pentecost is a celebration of The Holy Spirit as "tongues of fires", received by the Apostles and celebrates the official beginning of the Church and the start of the Christian year.

Thankfully the days are getting warmer and the birds are also enjoying the weather and getting their nests ready for the rearing of chicks on grubs from leaves on our fruit trees - amazing how they time their broods on the bumper harvest of food. The gorse is already in bloom, and will soon be accompanied

by blue bells at Rannerdale – what a beautiful sight that will be!

Our church is currently undergoing works identified by the Quinquennial inspection in June last year, sorry for any inconvenience this may cause.

As mentioned previously, Christian Aid week this year is 15 -21 May. Thank you in advance, to all the collectors and to everyone in the valley who give so generously in these times of austerity.

The Flower Rota is now available at the back of the Church, please help us fill in the gaps, Thank you.

Jan Collins-Webb

### **From St. Bartholomew's Registers:**

Funeral

Friday 18<sup>th</sup> March – Chris Todd,  
Loweswater

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## Loweswater IT Group

May 19.5.16 - Due to election only one meeting

June 2.6.16. & 16.6. 6. 10.00 – 12.00am  
If you would like to come along and get help with IT or are unsure and would like more information please contact me. We meet at Loweswater Village Hall, with refreshments of coffee/tea and cake at £3 a session. Please ring me to confirm

attendance Jan Collins-Webb - **01900 85609**

June 16<sup>th</sup> will be our last session for the summer. Everyone that enjoys our group is hoping that we can get additional funding to cover costs that Mellbreak Communities provided for 2015-2016. Please contact me if you have any ideas.



There will be a coffee evening at LVH on Tuesday, 17th May at 7pm. James Moore from Mitchells Auction House will be giving a talk on antiques. His speciality is sporting and hunting but he is happy to give a valuation on any antiques you may wish to bring along to the evening. This is our main fundraiser so please bring a prize for our bumper raffle.

#### Date for the Diary

The annual club trip will be on Tuesday, 21st June and will be an outing to the Devils Porridge Museum near Gretna. A lunch will be booked at the Somerton House Hotel and we will then finish the day with a trip to the Samye Ling Tibetan Buddhist Monastery near Gretna. The cost will be £25 for members and £35 for non-members payable in advance, payment can be made at the coffee evening if wished. To book a place, please ring Marilyn Laverack on 01900 85030.

## LORTON NOTES

Ascension Day this year is Thursday 5 May, and we shall be holding a Communion Service at 7.00pm. Hopefully, it will be a warm, sunny evening and making the effort to go to church will get you out to enjoy a stroll through the lanes and across the footpaths, a pleasure you would otherwise miss. However, we do hope to see you even if it is chucking it down. On 15 May we celebrate Pentecost or Whit Sunday, when the disciples were filled with the Holy Spirit. We have a red altar frontal to symbolise the tongues of fire that came to rest on each of the disciples. Whit Sunday can be regarded as the birthday of the Church and we hope you will join the party. As it is the third Sunday, the service will be at Loweswater.

The placing of the organ at the front of the church has released an area where we can enjoy coffee. It is thought it would make better use of space if two further pews were removed to create a

larger area in which the Youth Cafe can meet and people can gather. We can obtain folding chairs for adaptable seating when it is needed. If you have a view on this, please let a member of the PCC know. Other projects being considered are installing larger radiators and replacement of the carpet.

You will be aware of 'Acoustic Roots', the concert we are having on Friday 6 May. This features Annemarie Quinn and Lorton School and promises to be most enjoyable. There will, of course, be the usual punch and biscuits during the interval. Tickets can be bought in advance or at the door.

Our activities for young people will continue during May, Y- Club for the younger ones on Sunday 8 at the Tennis Club at 10.30 and the Youth Cafe for the older ones. Their meetings are for table tennis at the Yew Tree Hall and on the last Friday evening at the church.

Roger Peck.

**LORTON WOMEN'S INSTITUTE**  
**APRIL 2016 Meeting**



President Kris welcomed 11 Members. There were numerous Apologies for Absence. Some were away but Lil was ill with a DVT and we sent our good wishes. We were glad to welcome Judith B back after her hip operation, also Elly and Eleanor after their injuries. At our Business meeting we discussed plans for our June meeting to celebrate the Queen's 90<sup>th</sup> Birthday and the possibility of having a stall at the Village Tea Party planned for Sunday 12<sup>th</sup> June. It was reported that our Darts Team had been in the Federation Finals at Wigton. They only won one game out of 5 but this was against the team who eventually went on to win overall, so a sort of victory for Lorton!

Unfortunately the speaker was ill and could not do the Tai Chi demonstration. Our replacement speaker for the evening was Kris, who gave a fascinating talk about some of the incidents of her life, with husband Trevor, as Managers of Public Houses in the Potteries country around Stoke. Trevor had been "sensitive" to spooky atmospheres all of his life and there were a few incidents during this period. For example, there was the previous owner of one Pub – an elderly lady dressed in a wrap over apron

- who would stand watching him going about his work in the cellar. She was well known by locals to be haunting the cellar, although Trevor did not know this until after he had seen her. At another Pub they could not keep young cellar-men because they became frightened by "something touching them". However, the problem was solved when they appointed a cellar-woman! Even Kris felt a "presence" by the bar in another pub. Kris also told us about some of the eccentric customers they had to deal with, although the best and kindest customers, the best company, tended to be the miners and the poorest people on large estates, rather than some of the more wealthy people in "posh" establishments. Finally, with a young son to bring up, Kris and Trevor wanted a more rural life and moved to a pub in Cockermouth where they settled, to our advantage. Ann R thanked Kris for a really interesting, and amusing talk. We then shared a delicious Bring and Share tea and enjoyed a chat. The next meeting is our AGM, at 7.15 at the Yew Tree Hall, on May 10<sup>th</sup>. There will be a Fish/Pie and Chip supper, which should be ordered through Kris. All are welcome.

## *Penny's Piece*

Contrary to what the weather was trying to tell us during the early part of April, summer must be here as the swallows arrived with the snow. They are probably wondering why they bothered.

I like a good crime thriller to read. Books with a body count. If there isn't a body or a mystery within the first ten pages, it is unlikely to be my kind of book. I have read lots of Sir Arthur Conan Doyle's Sherlock Holmes stories but up until very recently I had never read an Agatha Christie. This seems ridiculous as there are hundreds of novels, plays and short stories by her. Thanks to the wonderful David Suchet you hear Poirot as you read about him. Marple is more difficult as there have been several of them. I have also read a number of Lee Child's books about Jack Reacher. But I couldn't understand why they were all set in America as Lee is from the Midlands (I discovered he lives over there though). It was then that someone suggested I should try reading these books out loud as though I was from Dudley. Try saying "Search warrant, for your house." First with an American twang then try it with a bit of Brummy. One sounds very serious and the other is the opening of a comedy sketch. Mixes it up a bit.

I recently took a trip with my friend in her husband's very nice Mercedes. It is one of the clever ones that parks itself, talks to you and can do all kinds of things you probably don't need it to do. One of those being what happens as

you go round a bend. The side of the seat moves in and hugs you to hold you in place. On a German Autobahn this would be fine as the bends would be gentle and sweeping so the action of the seat would be smoother and softer. Round here bends are a bit tighter and the seat doesn't so much hug you, as playfully punch you in the ribs at regular intervals. Not necessary. If you ever take a ride in one and think about trying the in seat massage, I'd give it a miss. Unless you definitely need to be kept awake as it is more painful than relaxing.

I love it when people do the job they've been asked to do, but without engaging any common sense at all. We returned to school after the holidays to find a fence had been put up to separate the Foundation Stage yard from the main yard. But they forgot to put a gate in! A large brick surrounded flower bed (as they once had at Lorton School) was also removed. Even the part that went under a piece of fence. This left a hole large enough for the caretaker to crawl through. It isn't the population inside the fence getting out that we are worried about if you get my drift. By the time you read this the problem will have either been solved or become hilariously worse somehow.

See you at the teas on the 29<sup>th</sup>. Anyone who is unable to walk but would like to sponsor me to do it, let me know. Penny.

# Lorton Vale Gardening Club



No event in April to report on so just a reminder that the first of our summer visits is coming up - on

## **Tuesday 10<sup>th</sup> May to Dallam Tower Milnthorpe.**

Directions A591 from Windermere to junction with A590 turn towards Levens and then left onto A6 to Milnthorpe. At traffic lights turn R onto B5282 and after

about ½ mile turn L into Dallam Tower Park and go up to house.

Please contact Fiona (01900 85710) or Nicola (01768 776483)

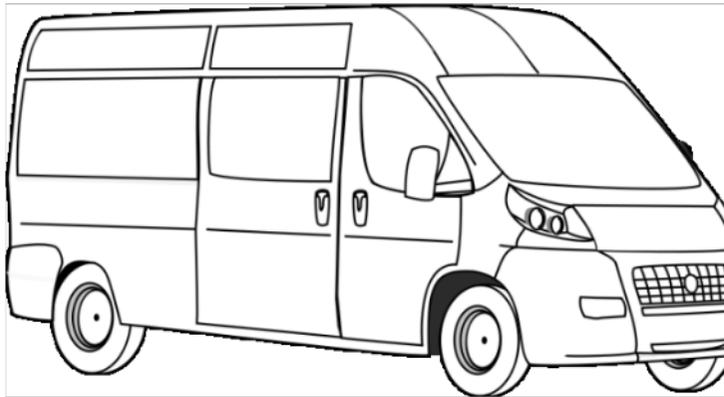
Also a reminder that the coach trip to Levens Hall and Gresgarth Hall Gardens is on **Thursday 7<sup>th</sup> July** and is now open to non-members. Contact Elly Rowland **01900 85094**

## **Cine North comes to Lorton**

On Tuesday May 17<sup>th</sup> at 7.30 Alan Bennett's **The Lady in the Van** will be shown in Yew Tree Hall. Adapted by Alan Bennett from his own play, directed by Nicholas Hytner and starring Dame Maggie Smith, the film tells the true story of Alan Bennet's relationship with Miss Shepherd, an eccentric lady who parked her van in Bennett's drive for

many years. Entrance is £5 on the door. For further information call 0190085035.

Cine North is a new venture for Lorton and this first film night is a in the nature of a pilot. If it proves popular then there may be regular film nights, starting with the new season in the autumn. So come along, have a really good night, and set Lorton's film nights off with a bang. [No fireworks but there will be a bar.]





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### **Loweswater with Buttermere PCC 100 Challenge Club**

The prizewinners for the draw held on 1st April 2016

No 91 1st prize of £25 Ann Kyle  
No 36 2nd prize of £10 Christine Walmsley  
No 29 3rd prize of £5 Erin Thompson

*Congratulations to the winners and thanks to all our supporters.*

We would like to say thank you for all the good wishes, visits, cards,  
flowers and gifts received following our accident.

We are recovering well and hope to be out and about soon. Looking  
forward to some nice weather.

Mary, Betty, Maud.

## The 'New' Red Phone Box in Loweswater

You may have noticed that the phone box has recently been repainted despite the fact there has been a discontinuance notice on the inside from BT for some time. Now the metamorphosis is complete and out of the shell of the old box, a new emergency phone system has emerged.

The phone box is equipped with an emergency press-button intercom connected directly to the 999 service so the phone box can be used for Fire, Police, Ambulance and Mountain Rescue call outs by the general public. In the event of a medical emergency requiring a heart defibrillator then a code will be provided and the yellow box can be opened to allow the person to access the defib.

The unit is designed for anyone, trained or untrained, to use in an attempt to save life. Full on-screen information and even a video is provided on the unit during use. Anyone can use it.

The Vale of Lorton First Responders have worked with The Community Heart Beat Trust, British Telecom and the installer,

Green Urban from Penrith, to convert our old red phone box and to keep it as an up-to-date asset for the area.

We would like to thank BT for their generous sponsorship of this particular conversion as part of a nationwide move to update as many un-commercial phone boxes as possible to new practical uses.

Roger Hiley, Vale of Lorton First Responders.



**"I downloaded them from a cloud."**

### ***Chris Todd Senior***

It is with great sadness that we saw the passing of a great character of the valley when Chris Todd (Snr) was laid to rest in Loweswater Churchyard last month. Over the years we have known him, Chris was always there, with his farm, his dogs, wall building and recently driving his mobility scooter. With Laura his wife, they were stalwarts of the valley and as such both will be sadly missed.

He was one of the first to make us welcome in the valley sixteen years ago and he will always be remembered for his cheerful smile, his kindness and his welcoming manner. Ann and Roger Hiley

# Loweswater Ladies

Our speaker for our April meeting was Sally Philips, who introduced us to her fascinating world of Chimney Sheep. Sally became intrigued with the problems of insulating homes where an open fireplace and chimney allows a huge amount of warm air to be sucked out from the house whenever there is no fire alight in the fireplace. In basic terms, however much you spend on insulation, double glazing etc, having a square foot gap designed to suck air out of a building will lose you a tremendous amount of expensively heated warm air out of your home.

Sally designed and made an innovative product using a variety of different types of wool from raw fleeces, eventually coming to the conclusion that the best wool for the job was from our very own Lake District Herdwick sheep. Her product was developed with the help of designers based in Lancaster University. She made all her first prototypes herself, purchasing 250kg of Herdwick wool and renting an industrial premise in Maryport.

Experimentation was then underway to perfect the product, including the purchase of an industrial felting machine from Canada. However, despite much trial and error with the latter, she eventually perfected a product that she was able to outsource commercially.

The Chimney Sheep, six years on since Sally's first idea and three and a half years down the line from the initial launch, she has now sold over 30,000 and still counting ! These brilliant and innovative products, discs made of two half inch felted layers in various sizes and shapes to fit and mould into the chimney when not

in use, are now sold all over Britain and the markets are expanding worldwide, including the USA. Each Sheep has its own visible dangle that hangs down when it is in place, ensuring that that no fire is lit before the device is removed. Needless to say, the product has been extensively safety checked.

We thanked Sally and wished her good fortune with her business, she deserves every success. I shall certainly be purchasing one for our own chimney! Anyone else interested can find further information on [www.chimneysheep.co.uk](http://www.chimneysheep.co.uk)

Sally joined us for a light supper during which time the raffle, presented by Wynne was won by Doreen.

Alison gave us advance information at this meeting about our summer trip to The New World Lanark Heritage Site on Wednesday June 8<sup>th</sup>. We shall be leaving by coach at 8.30am from the Cocker mouth Sheep and Wool Centre, returning around 6.30pm. The list to sign up for the trip will be available again at our next meeting or please contact Alison on 01946 861147. Cost for members will be £12-£14, slightly more for non-members. All ladies most welcome to join us !

Our next meeting will be at the Loweswater Village Hall at 7.15pm on Wednesday May 11<sup>th</sup>. The title of our talk for the evening is "Helen's Herbs".

**The raffle will be presented by Margie, supper hostesses are Joan, Ann Sands, Sue and Carolyn.**

**Ann Hiley**

# Cream Teas



Tea, scone, jam and cream  
Cakes also on sale.

**Sunday 29th May 2016.**  
**From 2:30pm at**  
**Loweswater Village Hall.**

Proceeds to Loweswater Village Hall

## **Linskeldfield Farm, Isel**

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## **Red Phone Box**

**at the Kirkstile Inn**

**May 9th 2016**

**7:30 pm**

Lorton First Responders  
will explain how the  
the new defibrillator and phone box  
works.

All are, of course, welcome

## Buttermere Notes

During the winter months services at Buttermere are held at 3pm and when the clocks change at the end of March services start at 6pm. The 3pm start means that only one journey along a narrow road in often inclement weather is in daylight. The 6pm start means you can start your worship by saying 'thank you' to God as you drive to church for creating and being able to see and live in such a beautiful valley. It also means walkers and visitors to the area will have finished their day's activities can join us and their presence adds a depth to our worship. Last Sunday two young people from Poland, en route to Glasgow, came via Buttermere so that they could attend the service. If we are fortunate to enjoy a sunny day then the quite large and low windows let in evening light that brings an extra feeling of

warmth and well being to our small church.

Hopefully there is good news about the leak in the porch. A lead sheet has been inserted between the granite blocks of the gable wall so that the rainwater entering the wall is diverted from entering the porch, Water is no longer entering the porch but we have to be sure it is not staying within the wall. The builder reported that the granite blocks (quarried from the other side of Buttermere) were an intricate fit with no mortar between them.

Eleanor Ella has a long established connexion with Buttermere and we welcome her onto the PCC and are very grateful that she has taken on the office of PCC Secretary.

**Need your lawn cutting then call Geoff**

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## **An Action Plan for the 4 Parishes of Buttermere, Loweswater, Blindbothel and Lorton**

This month's news from The Melbreak Communities:

Our AGM took place on Tuesday 19<sup>th</sup> April. Topics discussed included a local community energy project; a project to enhance and utilise the poly-tunnel for use by the children at Lorton School; the Emergency Plan; the Lorton Oil Group; and the future of Coffee and Cakes. You can read the minutes on the website:

<https://melbreakcommunities.wordpress.com/>

The Coffee and Cakes event hosted by Cumbria Club of the Caravan in April

raised £342.60 for Cancer Research! The organisers were delighted with the turnout and the extent of local support.

### Freezer for Sale

The Melbreak Communities owns an upright freezer which is no longer needed for coffee and cakes. It's about 2 years old, has been housed indoors and is in good condition. The dimensions are height 34"; depth 23.5"; width 21.5".

Offers invited in excess of £30. Ring Chris Poate on 01900 85265 or email her at [chrispoate@gmail.com](mailto:chrispoate@gmail.com)



## Lorton & Derwent Fells Local History Society

Brackenthwaite Buttermere Embleton Loweswater Mockerkin Pardshaw Wythop  
[www.derwentfells.com](http://www.derwentfells.com)

### **Cumbria's Medieval Towns**

Talk by Angus Winchester.  
Thursday 12 May 2016. Yew Tree Hall, Upper Lorton at 7.30pm.  
Admission free to members.  
Guests £3 to include refreshments.

Cumbria shared in the rapid expansion of the number of market towns that occurred across Britain in the middle ages. Some were deliberately planned and others grew organically. This lecture explores the origins of Cumbria's medieval

towns and the character of the communities which lived in them, focusing particularly on Cockermouth, one of the best -documented of the county's towns.

Angus Winchester is Professor of Local and Landscape History at Lancaster University and Director of the university's Local Heritage Centre. He has published numerous books and papers on Cumbrian history, and is President of L&DFLHS.



**THE MOCKERKIN MOB**  
 (founded by Alan Gane MBE in 1989)  
Walk 306



<p style="text-align: center;"><b>A Walk</b>  <b>Sunday 8<sup>th</sup> May 2016</b></p> <p>Intended for experienced walkers  <b>Meet:</b> 9.30am Grange Bridge</p> <p><b>GR:</b> 253175  <b>Route:</b> Nitting Haws, Maiden Moor, Newlands Valley and back around the base of Catbells  <b>Estimated Time:</b> 4½hrs (Moderate/Strenuous)  <b>Leader:</b> Catrina Hudson      0776969</p>	<p style="text-align: center;"><b>B Walk</b>  <b>Sunday 15<sup>th</sup> May 2016</b></p> <p><b>Meet:</b> 9.45am Legburthwaite. Roadside parking on A591  <b>GR:</b>318195  <b>Route:</b> High Rigg, Low Rigg, Tewet Tarn</p> <p><b>Estimated Time:</b> 4½hrs (Moderate)  <b>Leader:</b> Joan Warren      01900 85637</p>
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Walkers participate at their own risk. We welcome new walkers: if you are interested phone Joan, 01900 85637 or Judy, 01946 861555.

**The Melbreak Communities - an Action Plan for the four parishes of Buttermere, Loweswater, Blindbothel and Lorton**  
[www.melbreakcommunities.org.uk](http://www.melbreakcommunities.org.uk)



**Real Coffee & Home Made Cake**  
**Hosted by Lorton Tennis Club**  
 Money to be used for defibrillator in Lorton

**Sat 14<sup>th</sup> May Yew Tree Hall, Lorton 10.00am - 12.30pm** 15

# The United Benefice of Lorton and Loweswater with Buttermere

## Church Services May 2016

<b>1st May</b>	<b>6th Sunday of Easter</b>		
	10.30am Holy Communion	Loweswater	CW
	6.00pm Evensong	Buttermere	BCP
<b>5th May</b>	<b>Ascension Day</b>		
	7.00pm Holy Communion	Lorton	CW
<b>8th May</b>	<b>Sunday after Ascension</b>		
	10.30am Holy Communion	Lorton	CW
	10.30am ☩ Club (Lorton Tennis Club)		
	6.00pm Evensong	Buttermere	BCP
<b>15th May</b>	<b>Pentecost</b>		
	10.30am <i>Matins</i>	Loweswater	BCP
	6.00pm Holy Communion	Buttermere	CW
<b>22nd May</b>	<b>Trinity Sunday</b>		
	10.30am Holy Communion	Lorton	CW
	6.00pm Evensong	Buttermere	BCP
<b>29th May</b>	<b>1st Sunday after Trinity</b>		
	10.30am <i>Benefice Service</i>	Loweswater	CW

### WHAT TO DO IN CASE OF A MEDICAL EMERGENCY

- Phone 999 immediately
- Make sure ambulance/first responders can get into the house ...
- Provide lighting if dark ...
- If the person is unresponsive and not breathing normally, Do chest compressions (but only if you know how) ...
- Have clothes and any medicines ready in case the person needs to go to hospital.

Advice supplied by Lorton First Responders

Please send your articles by e-mail to [lolobulink@gmail.com](mailto:lolobulink@gmail.com) by the **20th May 2016**. Link can also be read at [www.melbreakcommunities.org.uk](http://www.melbreakcommunities.org.uk)