

NOVEMBER 2025



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

£7.00 PER ANNUM (LOCAL)

£15.00 PER ANNUM (POSTED)

Letter from the Editor

Dear Link Readers

Just when I thought it was safe to put my head above the parapet you've done it to me again - so welcome to another 36 page edition!

We begin with a letter from our Community Chaplain - which certainly made me think about those around me who are less fortunate.

There is lots of content from Melbreak Communities - the Hedgehog Recovery Project, a piece about why it is important to record the wildlife we see, an article about butterflies and a report from the very successful Apple Day. The Apple Day segued very nicely into St Cuthbert's Harvest Festival and Lunch, although none of you were brave enough to submit your answers from the week-long apple trail! As you can see below the cover photo is of a decoration in the Church and much about the Harvest celebrations can be found in the Lorton Notes on page 9. St Bartholomew's also had a very successful Harvest Festival and Supper and this month are reporting back via the centre-spread. Very appropriately we also have a recipe for Baked Apples from Roger Hiley

The YTH continues with its fund raising events - the highlight this month is the Grand Auction (including something unusual happening to Nev Mills hair). Tickets are now sold out and please note the new start time of 6.30pm. You can now show that you are a supporter of Friends of YTH by buying a lapel badge - further details elsewhere in the Link.

FOLS and St Cuthbert's are hosting the coffee morning this month and as well as enjoying delicious coffee and cakes you will be able to buy tickets for the Grand Christmas Raffle, purchase your Christmas cards and review and order your copy(ies) of the ever-popular Lorton Vale Calendar.

Don't forget to book your place on the Locals Night at the Kirkstile and the Loweswater (Farmers) Discussion Group is keen to welcome new members.

As Autumn continues it would seem that there is plenty going on (no room to mention them all here) to keep us informed and/or entertained.

Rosemary Riley

Our front cover photo this month was taken by the Editor and shows the beautiful pedestal arrangement created by Ann and Roger Peck for our Harvest Festival Service. Read more about this and the Harvest Lunch in Lorton Notes.



COMFORTABLY OFF BUT NOT CUT OFF?

A few weeks ago, in my voluntary role as Licensed Lay Minister (or Reader), I was preaching on the story of the rich man and Lazarus.

I expect you remember the parable - perhaps more for its depiction of the fires of Hades (rarer than you might think in the Bible) than for its moral. In fact the story is very brief indeed - and the moral may not be quite what you expect it to be.

There's a rich man who dresses in purple and eats well every day and all the time there's a poor man (Lazarus) who lies starving, naked and sick outside his gates. Then they both die. (It's as simple as that!)

In the afterlife, the poor man ends up in comfort with Abraham, the father of Israel, and the rich man burns in torment. He cries out for help but Abraham tells him that it's too late - he should have *listened* to the prophets.

Abraham doesn't explain, but all the way through the Bible, God and his messengers teach that we must proactively look out for and look after for the poor, the sick, the homeless, the widows, the foreigners and the orphans.

So the rich man then says, 'well, go and warn my brothers before they die, then' and Abraham says that there's no point - they've been told and *they will never listen* 'even if a man comes from the dead to tell them'.

The moral of this particular story isn't so much about the giving as about the *listening*.

Although we might not want to put ourselves on the 'rich' side of this equation, most of us in Lorton Vale are 'comfortably off' by comparison with so many others, not only in the developing world but in this country, this county and even this Mission Community. Acknowledging that fact, we must take care not to find ourselves 'cut off' from those who might need our help

As the days draw in, the temperature drops and many people spend more time 'stuck' alone in their homes, is there anyone we could be making time to listen to and look out for, in Lorton Vale or further afield? Cockermouth Linking Lives or Melbreak Wheels lift-sharing scheme might be easy places to start.

Wishing you a comfortable winter

Lois Sparling

For anyone wanting to receive home communion or in need of pastoral support, please contact:

Revd. Barbara Robinson, 01900 85234 or 07961902075. Please leave a message and I will get back to you asap. If your need is urgent please contact Revd. Jane Charman, Mission Community Leader on 01900 828028

**Local's Night at Kirkstile Inn
In Aid of Loweswater Village Hall**

6.30pm for 7pm on Tuesday 9th December 2025

3 Course Meal

Tempura roasted cauliflower

Sweet chilli & sesame dressing, sesame, soy dip

Roasted leg of lamb

Apricot, cranberry, feta & sausage stuffing, rosemary & redcurrant jus, mash, roast potatoes, griddled red pepper & courgette

(A Vegetarian option is also available)

Spiced apple crumble

Double Jersey ice-cream

Complimentary glass of wine, beer or soft drink.

£20 per person / £10 per child. All of this will go to the appeal.

Please pay on arrival by cash or cheque only.

Booking essential. Please phone 01900 85219 or book at the bar. NO bookings will be taken before Monday 3rd November. Please note that specific tables cannot be allocated.

Anna (Roger and Helen Humphreys' Daughter) is running the **London Marathon** for the MS Trust next year and is holding a **Charity Raffle** that will be drawn at Local's Night. There are some fantastic prizes to be won, including:

£100 Harrison's Butcher voucher
£50 Lakes Home Centre/Lister's Furnishings voucher
£100 Kirkstile Inn voucher
Case of Loweswater Gold & Cumbrian Ales beanie
Hawkshead Relish hamper
Embleton Spa 'Sunday sharing board for 4' voucher
Fish & chips for 4 at Distington Fish & Chip Shop
£40 Lake Road Brunch Voucher
£20 Aspava Voucher
Calendar & painting donated by Sam Martin Art
and **MORE!**



Scan to donate

Tickets are £10 per strip and can be purchased with cash on the night or by donating to Anna's Just Giving Page using the QR code above (in advance or on the night). If purchasing via the Just Giving page, please ensure you email anna@kirkstile.com with your contact details so she can let you know if you win a prize!

LORTON TENNIS CLUB

This year marks the 100th Anniversary of Lorton Tennis Club!
To celebrate this milestone, we're hosting a special anniversary event at the Hundith Hill Hotel on Saturday, 8th November.

Tickets are available now via the Lorton Tennis Club Events Page, all are welcome! We look forward to celebrating a century of tennis with our current and past members.
<https://clubspark.lta.org.uk/LortonLTC/News/f0ada953-a84a-4fb2-b671-2a8e8e724a5b>

If you have any difficulty getting tickets please contact Julie Best 07803035446



LORTON TENNIS CLUB
100TH
ANNIVERSARY

HUNDITH HILL HOTEL
8TH NOVEMBER 7PM
HOT & COLD BUFFET · DANCING · DJ





Our first meeting of the new season got off to a great start with a local talk by Ingrid Hall about the restoration of the Croft Field Ponds, the pools in front of Foulsyke House. She was ably assisted by Bethany Berry-Henshaw of the Rivers Trust and Marnie Calvert of the National Park History Team.

Ingrid described how she had always wanted to restore the old fish ponds (shown on the 1690's map of Loweswater) and a series of coincidences found her working with Bethany of the Rivers Trust in a combined wildlife project in her 'Croft Field'. To be able to restore such a historic feature, the National Park became involved, through researching the history of the pond. Marnie explained how it was most likely a landscape feature of the Foulsyke Estate and as such could have been used to raise fish for re-stocking, or more likely just store caught fish, keeping them fresh for the dinner table at the big house.

It seems we have one of only five dedicated "Historic Fish Ponds" in the National Park and now we are home to the only 'restored' fish pond on their books. A great achievement by Ingrid and her band of helpers.

Our next meeting will be on Tuesday the 18th November (see poster) when Alan Cleaver, the local author, will talk about his new book of "Postmen's Paths". If it is anything like his talk a few years ago on "Coffin Routes", we are in for another good night. Do come along and enjoy the talk, bring a friend and we'll find an extra chair for what will be another interesting night at Loweswater Village Hall.

Loweswater 77 Club presents a talk by ALAN CLEAVER

Loweswater Village Hall
Tuesday 18th Nov. at 7.30pm



Rural footpaths once trodden by our intrepid postmen/women

Walking up to 18 miles a day delivering letters, parcels, newspapers, medicine and groceries.

Entry free to members (£5 for non-members)
Visitors welcomed - Light refreshments included.

Supporting St
Cuthbert's Church
&
Friends of Lorton
School



Coffee Morning

Saturday
8th
November
10am

Grand Draw Christmas Raffle
tickets & Christmas Cards
available to buy on the day

Lorton Vale Calendars
available to view and order

Yew Tree Hall
Lorton

LORTON NOTES



Our Harvest Festival and Harvest lunch took place on Sunday the 9th October. The service was very well attended with some children taking part. Mason, Ann Roberts' grandson, helped with the prayers - here he is holding up a globe when we prayed for the world.

Keith McNeil, Pete Ward, Barbara Robinson and myself performed an enactment of the parable of Zacchaeus the Tax Collector who climbed a tree in order to see Jesus and gave away all his possessions. Keith, playing the title role, stole the show. We had re-introduced the presentation of harvest offerings to the altar during the 1st hymn and I hope this is something we can continue.

There was a speedy turnaround to get the Tattie pots, apple pies and crumbles up to the Yew Tree Hall in time for our Harvest Lunch at 1p.m. Again this was a departure from the traditional Supper on Monday Night but it seemed to be very popular. We had over 50 adults attending and 9 children and all the food went. The lunch was followed by the ever-popular auction of Produce, with Keith as usual being a superb Auctioneer. I'd like to thank local businesses that were kind enough to supply lots for our auction:

Braces of pheasants from Terrace Farm
Bags of smokeless fuel from Nicholsons
Dumpy bag of logs from Lakes Wood Fuels
Seasonal veg box from the Cumbria Farmers Farm Shop
Bottles of Cider from Mosser Cider

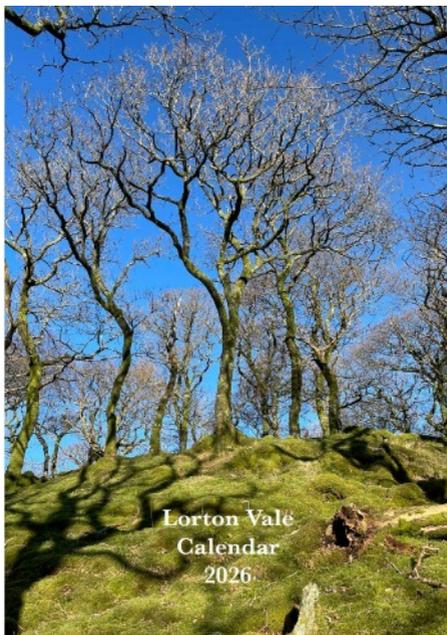
LORTON NOTES CONT.

We don't know the exact figure yet but we appear to have raised almost £1000.00 to be shared equally between local charity Linking Lives and the Bishop's Harvest Appeal. Details of these 2 charities were given in the October Link.

This reminds me that I didn't report back about the Supper on the Hoof. This was a fun evening which all participants seemed to enjoy. Many thanks to all who cooked, especially main course hosts. We rased a little over £300.00 which will go towards repairs to the Tower which is suffering damp issues. More in future Notes.

Please make a note of the Remembrance Sunday Service on 9th November at 10.30 - as usual Clive Barnard will be there playing the bugle. This is always a very moving service.

As we begin the lead up to Advent, with an Advent Service at Lorton on 30th November, I'd like to draw your attention to not only the Christmas Fair - posters overleaf - but also the joint Coffee Morning with FOLS (see previous page) when we will be selling Christmas Raffle tickets and Christmas cards, but also taking orders for the Lorton Vale Calendar.



We hope to see many of you at both events.

Rosemary Riley



**ST CUTHBERT'S CHURCH
& FRIENDS OF
LORTON SCHOOL**



CHRISTMAS FAIR



A FESTIVE COMMUNITY EVENT
FOR ALL AGES
DONT FORGET TO BRING CASH



Raffle, tombola, gifts, refreshments
& much more!



SATURDAY 6TH DECEMBER
FROM 10.30AM TO 12.30 PM



AT LORTON SCHOOL





CHRISTMAS FAIR DONATIONS



BOOKS - ELLY ROWLAND, LORTON LOW MILL. 85094

BOTTLES FOR THE TOMBOLA

KEITH MCNEIL, LITTLETHWAITE, LOW LORTON. 85383 OR
LOIS SUCKLING, BRIDGEND HOUSE, LOW LORTON. 85409

PLANTS - FIONA LAMBRICK, ARMASIDE HOUSE 07747803253

CAKES AND SAVOURY BAKES - PLEASE BRING ON THE DAY

CHILDREN'S BOOKS AND TOYS

TO BE PLACED IN THE PLAYGROUND SHED NEXT TO THE
PARISH FIELD GATE

REFRESHMENT CAKES: PLEASE ALSO BRING ALONG CAKES TO BE
SERVED IN THE PAVILION FOR REFRESHMENTS

IF YOU HAVE OFFERINGS, PLEASE, GET IN TOUCH WITH THE
RELEVANT STALLHOLDERS LISTED ABOVE. COLLECTION CAN BE
ARRANGED.





loweswatervillagehall.co.uk

The Village Hall Committee was very proud to host the Melbreak Communities Coffee Morning on Saturday October 11th, and would like to express their grateful thanks to Rosamund & John Macfarlane, who supported the event by making a donation from the sale of their prints, cards & calendars and presenting a display of wildlife images throughout the morning. We were pleased to be joined by the Melbreak Wildlife Group who presented displays of their Barn Owl, Curlew, Hedgehog and Swift Projects in addition to selling curlew cards and other curlew-related items. We had around 85 people through the door and raised £690 for village hall funds. **Thank you to everyone who attended and supported this thoroughly enjoyable community event.**

After the **carol singing** around Loveswater on the evening of **Tuesday December 16th** we would like to invite members of the community to join us for some seasonal food and drink at a **Christmas Gathering, from 8.00pm in the village hall**. Whether you have been carol singing or not, we will be delighted to see you. There is no entry charge – donations to the NSPCC are encouraged. For full details, please see the poster below.



Loveswater Village Hall

Christmas Gathering

Tuesday December 16th from 8.00pm

After the Carol Singing in Loveswater

Whether you have been carol singing or not, please come and join us for some complimentary seasonal cheer and a few more carols

Warming Festive Food and Drink

No entry charge - Donations to the NSPCC

loweswatervillagehall.co.uk



Nature Notes - Melbreak Hedgehog Recovery Project

Kickstarted with a grant of £1,750 from Cumberland Council's Community Investment Fund and The Melbreak Communities, this project was set up in January 2025 with the aim to help hedgehogs locally and encourage everyone to take action to halt their decline.

Hedgehog numbers have plummeted from an estimated 30 million in the 1950s, to fewer than 900,000 today (National Hedgehog Strategy). Although we are lucky to have hedgehogs in the Melbreak area, numbers have declined here too. However, research by Zoological Society of London suggests that dedicated conservation work through community projects can help boost hedgehog numbers and make a positive difference. This project aims to do exactly that.

Throughout the year a series of talks were held on subjects ranging from 'how to help hedgehogs in your garden or on your land' to 'helping to foster and overwinter hedgehogs', working alongside trained hedgehog carers and vets.

A practical workshop encouraged everyone to make their own cat-proof hedgehog feeding stations. Alongside a bowl of water, supplementary feeding is especially helpful for hedgehogs when food is scarce i.e. during drought, before hibernation or during breeding (summer). Unlike food for wildlife, pet food is highly regulated and meat-based kitten or puppy biscuits, with meat listed as the first ingredient, is ideal for hedgehogs that can crunch the smaller size kibble. The feeders placed in gardens worked a treat – with nightly visits from hedgehogs whilst keeping out unwanted visitors and rain! In total over 85 people attended events with many people instantly taking positive action to help hedgehogs.



Photos above: Hedgehog feeding station workshop & hedgehog feeding station in action! T St. Pierre

15 hand-made hedgehog nest boxes have been distributed to people locally who have reported hedgehog sightings in their gardens or on their land. Made to a high-spec design the boxes are spacious, sturdy and made of locally sourced wood. They have a separated sleeping chamber which helps deter predators. Video footage shows that uptake has been surprisingly quick. Proceeds from nest box purchases go towards 'Linking Lives Cockermouth' project.

As part of the project, we are encouraging everyone to log their sightings of hedgehogs whether live or dead - either on the Big Hedgehog Map or i-Naturalist. The Big Hedgehog Map <https://bighedgehogmap.org/> is a public online map used to track the presence and absence of hedgehogs in the UK. It's a joint project between the British Hedgehog Preservation Society and the People's Trust for Endangered Species.

Hedgehog sightings can also be logged on i-Naturalist. Melbreak Wildlife Group have a special project page set up for logging wildlife in the area, with all records going to Cumbria Biodiversity Centre. Just search www.inaturalist.org to join. This information will help build a better picture of hedgehog populations locally so we can focus our conservation efforts more strategically to help halt their decline.

Whilst the funding has now ended the project still continues, please get in touch if you would like to be involved by emailing melbreakwildlife@gmail.com

Tanya St. Pierre, Melbreak Wildlife Group

Lorton & Derwent Fells Local
History Society

**The Great Enchantress: Ann
Radcliffe's 1794 Tour of the Lakes**

Thurs 13 Nov 2025, 7.30 pm, YTH



Dr Penny Bradshaw

Ann Radcliffe (1764–1823) was in her day an immensely popular novelist who pioneered the Gothic novel in England. Contemporary critics called her a "mighty enchantress". She inspired later authors, including Jane Austen, Mary Shelley and Lord Byron.

At the height of her fame, she published the account of her tour of the Lakes undertaken in 1794.

Dr Penny Bradshaw of the University of Cumbria, who edited the recent publication of Ann Radcliffe's *Observations during a*

Tour to the Lakes of Lancashire, Westmoreland and Cumberland, describes it as an important stepping-stone in the journey from picturesque tourism to Wordsworth's development of a poetics of place. Though *Observations* has been marginalised in subsequent accounts of Lakes literature, it was well-known in the Romantic period. It informed both John Keats and Thomas De Quincey's expectations about the region. In her talk Dr Bradshaw will consider the ways in which *Observations* contributes to developing ideas about the cultural significance of the Lake District.

In a recently filmed re-enacting of some historic Lake District ascents, Dr Bradshaw took on the role of Ann Radcliffe ascending Skiddaw on horseback – she rode as far as Latrigg.

All welcome, visitors pay £4 cash incl. refreshments. They could also take this opportunity to join our society: annual subscription £12; two people at the same address £20.

Lena Stanley-Clamp

NOTES FROM ST BARTHOLOMEW'S AND ST JAMES'S

There is never a better time to live in the Lakes than Autumn surrounded by such stunning colour. The days begin to draw in as the clocks change tomorrow. Our Buttermere services change once again to 3pm.

November is our national month of Remembrance; firstly with All Saints Day on 1st November followed by All Souls' and Remembrance Day when we remember all those lost in war or still suffering the effects of war. Then we prepare for Advent at the end of the month the start of the church year.

We will be holding our annual Allsouls' service at Buttermere on 2nd November. This is an occasion to remember in a very personal way our loved ones - family and friends who we see no longer but remain precious in our hearts. We extend a warm welcome to all and shall be sending out invitations to those recently bereaved.

Many will have noticed the recent propensity of the general displaying of flags outside homes and in some public places. Earlier this month unknow persons, without permission, attached 3 Union flags to the guttering outside Buttermere church followed a week later by a different flag. These were immediately removed. Church rules regarding flags state they should not be attached to guttering (risking damage to

historic churches), flags should only be flown from flag poles and the Church of England only allows St.George flag with the diocesan shield in the top left hand corner except on national days on government guidance.

We have made a steady start to our funding raising for St.James restoration appeal. Several people have shown interest and bought slates. Should anyone require a leaflet please ask either church wardens or clergy.

Advance notice - we shall be holding our service of Nine Lessons and Carols on 21st December 6pm in Loweswater, Christmas Eucharist at Buttermere on Christmas Eve at 12 midday and Christmas Day Eucharist at 10.30 in Loweswater. We will also have our Informal Carol Service at Buttermere on 28th December at 3p.m.

Eleanor Ella

Melbreak Wildlife Group presents



Why recording wildlife matters

Join us to hear Martin Harris, CBDC Recording Officer, talk about the importance of wildlife recording for nature recovery in the Melbreak Communities. While Melbreak Wildlife Group (MWG) members and projects already actively record local wildlife, Martin will be leading workshops over the winter on recording tools and best practice to establish the MWG as a Local Recording Group

**Monday, 24 November
7.30-9.00pm
Yew Tree Hall, Lorton**

All welcome!

Refreshments provided. No charge, but donations towards projects greatly appreciated!

melbreakwildlife@gmail.com

www.melbreakcommunities.wordpress.com



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Facebook: S McAdam Garden Services

YEW TREE HALL GRAND AUCTION

Saturday 22nd November, 6.30pm

SOLD OUT

All tickets for the event have now been sold. If you would like to be placed on a Reserve list please contact Nige Lee on 07827 338834 or nigel.w.lee@gmail.com

If you can't attend, you can still bid

1. Submit an '**advance bid**' in a sealed envelope with the Lot number on the outside and your bid and contact details inside. Deposit your Bid at Chris & Derek Poate's house, Yew Tree View, in their porch. Or leave at the Friday viewing.
2. Appoint a '**Proxy**', someone to make a bid on your behalf during the auction. Apply for a bidding number to Cathy or Nige Lee and give that number to your proxy.
3. Make a '**Silent bid**' for items marked in the catalogue on display in the Supper Room on 21st Nov 2 - 7pm.

Auction catalogues and more detailed information about each lot, are available from Chris and Derek Poate's porch (as above).

All the Lots in the auction can be viewed at Yew Tree Hall on Friday 21st November between 2 – 7pm.

HARVEST FESTIVAL AT ST BARTHOLOMEW'S CHURCH, LOWESWATER,
5 OCTOBER 2025



These window displays were completed by many church friends and contained numerous fruits, vegetables and flowers. All were enjoyed at our Harvest Festival Holy Communion service and at our Harvest Supper and Auction, the next evening Monday 6th October. The produce was displayed before our delicious Tatie pot supper.





The Auction proceeds of £574.51 is to be divided between two very worthy charities - the Bishops Harvest appeal supporting families in Burkina Faso and Northern Argentina and Cockermouth Mountain Rescue Team. A box of tins and packet food was delivered to the Cockermouth Food Bank, which also received the proceeds of the service.



Thank you to all who donated the produce, decorated the beautiful windows and donated so generously at the auction.

Churchwardens

Loweswater with Buttermere PCC
100 Challenge Club

The prizewinners for the draw held on 1st Oct 2025

1st prize of £25	No 7	Christine Walmsley
2nd prize of £10	No 33	Chris Judd
3rd prize of £5	No 30	Margie Mawson

Congratulations to the winners and thanks to all our supporters.



Farm Shop

Saturday 10am – 1pm

Wednesday 3pm – 6pm

Low Netherscales Farm, Embleton
Cockermouth, CA13 9YP

info@cumbriafarmers.co.uk

Sustainable Produce from Local Farmers

Belted Galloway Beef
Herdwick Lamb
Venison
Pork sausages
Seasonal Vegetables

Cut Flowers
Milk and Eggs
Bread and Flour
Rapeseed Oil
Apple Juice

SPONSOR NEV'S HAIRCUT

From Glorious Mane to Glistening Dome

by
Nev Mills

The Ballad of Nev Mills or the Sacrificial Shearing of a Semi-Legend. A profound follicular tragedy is unfolding in our eccentric valley of Lorton, famously the home of barley-whisperer Phileas Fotherington. The very scalp of local unofficial historian, Nev Mills, is up for auction—a fundraising spectacle so poignant it makes the collected poems of Wordsworth seem cheerful.

The beloved Yew Tree Hall, heart of the community, now desperately needing redevelopment funds. The price of the ultimate sacrifice? We are hoping to raise £250+. The cost to Nev's soul? Incalculable.

The Golden Age of the Mills Mane: Nev, who in his younger days flaunted a magnificent shock of hair that rivalled the richest tapestry of Lorton valley, is now being forced to confront the merciless march of time. My hair, ah, my locks!" Nev reportedly wailed into a vintage badger-hair brush (the same type Phileas used for his 'malt massage'). "It used to flow, you see! A veritable river of chestnut, full of vigour"



When the clippers descend it will be more than a haircut; it will be a ceremonial unburdening. A glorious, bald-headed beginning and a definitive, glistening end for the Golden Age of Nev's Mane.

Sponsor Nev. - Save the Hall

Preserve the Memory of the Hair that once was.

(please help sponsor the 'cut'-small or big- towards the target price)
just : email - ythauction2025@gmail.com quoting Lot 50



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COCKERMOUTH HARMONIC SINGERS

Lux Eterna – Concert 30 November 2025

Advent Sunday marks the approach of Christmas bringing light into the world. On 30 November a special celebration of the Advent season will take place at a concert in Cockermouth.

Cockermouth Harmonic Singers will perform music, all with the theme of Light (lux), by a number of composers, including, Lauridson, Makor, Tallis and Whitacre. The beauty of the music will reflect the significance of the season, as well as a chance to enjoy some calm before the demands of the festive season.

The concert starts at 3pm on Advent Sunday, 30 November, and takes place at the United Reformed Church, Cockermouth.

Ian Wright will conduct the choir and accompanying musicians.

Suitable for all the family, tickets will cost £12, with accompanied u-16s free. Tickets are available from Billy Bowman's music shop in Cockermouth, 01900 826708, or from choir members

- ⚡ EV charger installations
- ⚡ Testing & Certification (EICRs)
- ⚡ Fuse board changes
- ⚡ Home batteries
- ⚡ Solar panels

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Lorton Vale
Gardening Club



Elizabeth Woodcock

Gardening for Climate Change



Elizabeth Woodcock

is an RHS horticulturalist with training in regenerative agriculture and permaculture, a garden organic master composter.

She has been a journalist, science communicator, writer, and adventurer of many high, and low, places.

Thursday 20th November
Yew Tree Hall at 7.30pm

please park responsibly, thank you

Loweswater Ladies October Report

For our October meeting, we were joined by David Gardiner and Diana Clarke from Melbreak Curlew Recovery Project, with special thanks to John and Rosamund Macfarlane for some amazing images and videos to support the presentation.

Curlew numbers have declined in recent years for a number of reasons : mechanical danger from silage harvesting – changes of land use (more tree planting) and increasing numbers of predators. The Project was set up in 2024 with the aim of halting the decline of curlews in the Cocker catchment area, covering Lorton, Buttermere, Blindbothel and Loweswater. Curlews are the largest waders in the British Isles. They live for around 10 years, overwintering on the coast and breeding in lowland meadows and moorland. They return to the same nesting area where possible, pairing up in March with eggs laid in April/early May. Curlew's nests are simply a "scrape", largely hidden by tall grass. They lay four eggs with incubation mainly carried out by the female. Once hatched, the chicks are feeding themselves after around 24 hours. They fledge at around 7 weeks old. Chicks are ringed by a trained volunteer when only a few hours old. The nests are vulnerable to predation from foxes, badgers, buzzards and crows. The Recovery Project has successfully applied for grant funding from FiPL to purchase electric fencing and cameras to protect and monitor the nest sites. Local volunteers organise "survey days" during the breeding season to identify the sites and

liaise with landowners to gain access. Local farmers are working with the volunteers, allowing areas to be marked and protected where possible.

The Recovery Project identified and saved four nests in 2024 and five in 2025 around Southwaite, Hopebeck and Fangs.

The group are hoping to receive further funding for more equipment - a thermal drone to identify and monitor nests and radio tags for chicks to enable tracking of their progress. They are now actively fundraising and raising awareness in the local area, hoping to engage with more farmers and landowners and increasing volunteer numbers.

David and Diana's passion for the Project, and knowledge of their subject was very well received and appreciated by our group, with discussion and questions following the presentation. Sale of cards and prints followed and thanks were given by Lyn Furniss.

Our next meeting is on Wednesday 12th November, with a talk on Bell Ringing by Margaret Howarth.

The Loweswater Ladies Christmas meal is arranged for 3rd December at Hundith Hill Hotel.

New members and guests are always welcome.

For more information please contact Jenny Burr 01900 85980.

Sue Severs

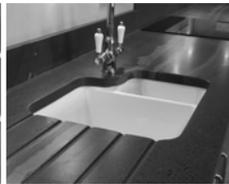
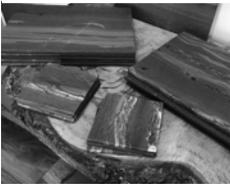
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Penny's Piece

Autumn is upon us. Not only because of the vast amount of leaves and acorns around but mainly because TV has perked up. There are new series and dramas galore instead of repeats. Thursday evenings have been an absolute nightmare. Taskmaster, Celebrity Traitors, All Creatures Great and Small, all on at the same time. Which one to watch live depends on which is the most popular in the staffroom- someone is bound to spoil something if you've watched the wrong one. Tuesday's have been irritating too because Bake Off eats into the first fifteen minutes of Murder Before Evensong. That's long enough to have missed something key but not long enough to warrant waiting and watching the whole thing on catch up. On Fridays I watch Have I Got news for You, then the last half hour of Gogglebox before switching over to 4+1 and watching the first half afterwards! Most of my comments about TV while watching it are about people's clothing. Newsreaders- what are some of them wearing? Who picked that tie? Carol on BBC local news has some particularly horrible outfits. She might have improved but I have generally stopped watching the news as it is just dire in a variety of places. Thankfully, Sunday evening calm is about to be restored as Gone Fishing starts again. I still can't put my finger on why this series is so lovely to watch but there is a playful, joyful banter between Paul and Bob- coupled with Bob's inability to stand up and Ted the dog, that make it cosy viewing. Just what you need for a dark night. There also seems to be yet another version of the Forsytes/ Forsyte Saga. There must be some book that has not been adapted yet rather than re-doing something that was already good.

While you weren't looking, I have moved out of the portacabin and back into the main school! Only out for 9 ½ months. We moved back gradually during a week. Every time we finished with a set of books, we took them back upstairs. I moved displays and drawer units after school. I even brought my desk over myself. This was mainly because my room is small. If the removers (yes there were some, but they weren't coming until the weekend) had taken the kids tables first and

then my desk, I wouldn't have been able to get it into position. As it was, when the removers came it only took them 2 hours to move what was left out of 10 classes as we had moved so much ourselves. We had been able to put stuff straight into its home, it was in the right class and was undamaged. 2 of my drawer units lost wheels on the first move so I was determined that was not going to happen again. They only had to move the kids' tables from mine (we had all the kids take their own chairs across) and they still managed to lose some of the ferrules off the bottoms of some of the legs. Wobbly tables- brilliant.

Burglars have broken into the Louvre using a cherry picker. Having spent what seemed like a week in there, I have to say they must have had inside help to get the right floor, room and window. My sore feet can testify that the Louvre is enormous. While I am impressed with the ingenuity, I am not sure what they are going to do with a load of crown jewels. Do they melt them down/ split things up and then sell the bits? Or do they sell the lot to some very rich person with low morals as a job lot? In which case they might have been stolen to order! The mind boggles. Doubt they'll get those back easily. I can't really remember what they had in terms of security guards. Meanwhile we have The Yeomen of the Guard/ Beefeaters watching our Crown Jewels at the Tower and at Edinburgh Castle they have 2 key deterrents: a large, working cannon and lots of bagpipes. In each room in the Hermitage Museum in Saint Petersburg there was a little, grey-haired woman with a head scarf. But, this was Russia (1995) so several of them casually had a rifle slung across the back of their chair. I was under no illusion that they would use them if they felt necessary. See what security you see next time you are in one of the big museums. Are you being watched in person or via an eye in the sky? Penny

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YEW TREE HALL UPDATE

Watch this space for some great news on a brand new website for Yew Tree Hall! It's currently in the design phase and should be ready early in the new year. It'll be a place to see what's on, what's happening and what's taken place.



We also have some fantastic new 'Friends of Yew Tree Hall' pin badges available. At only £3 each they'll make a great addition to anyone's lapel, hat, bag or jumper. Ask Clare Round or Adam Baker for one or they'll be on sale at various events.



BUTTERFLIES OF THE LORTON VALLEY

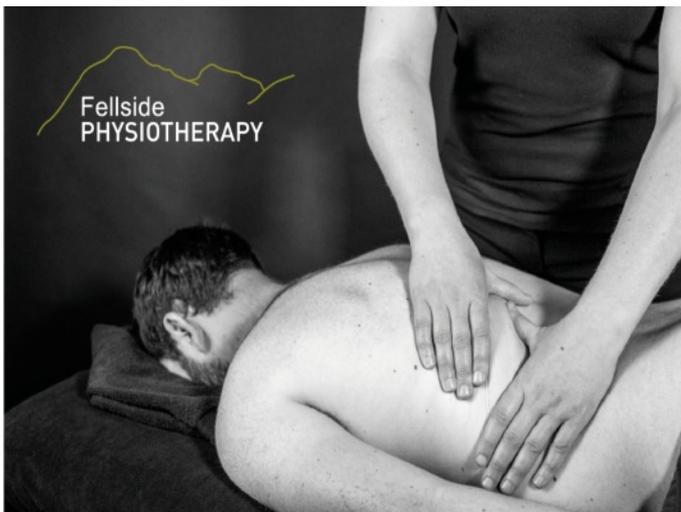


A large audience recently enjoyed a fascinating illustrated talk about the butterflies of the Lorton Valley, at Yew Tree Hall, Lorton. Stuart Medland, local butterfly expert and wildlife photographer, spoke enthusiastically and knowledgeably about butterflies found in the valley and surrounding fells. Over the years Stuart has photographed every species of butterfly in the UK. His delight in and appreciation of these species was clearly apparent, and Stuart's photographs were exceptional both in colour and detail.

Stuart enlightened the audience with information, along with pictures, to identify the group types and individual butterflies to be seen locally, including Hairstreaks, Blues and Coppers, as well as Emperors, Fritillaries and Browns. He went on to talk about and illustrate the widely differing local habitats and food sources that support the various species (indicating the importance of biodiversity) and their breeding, overwintering and hibernating habits.

The talk, organised by Jeremy Watkins of Melbreak Wildlife Group, proved a great success and the captivated audience left not only with a plethora of knowledge, but also a renewed wonder and appreciation of these beautiful, colourful and delicate lepidoptera.

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COMMUNITY LUNCH'S

Served promptly at 1.15pm.

REMAINING DATES IN 2025



Lunches **£7.00** held at Lorton School
Everyone is welcomed

Oct 13th

Nov 10th

Dec 8th

**Christmas Lunch
@ £13.00**

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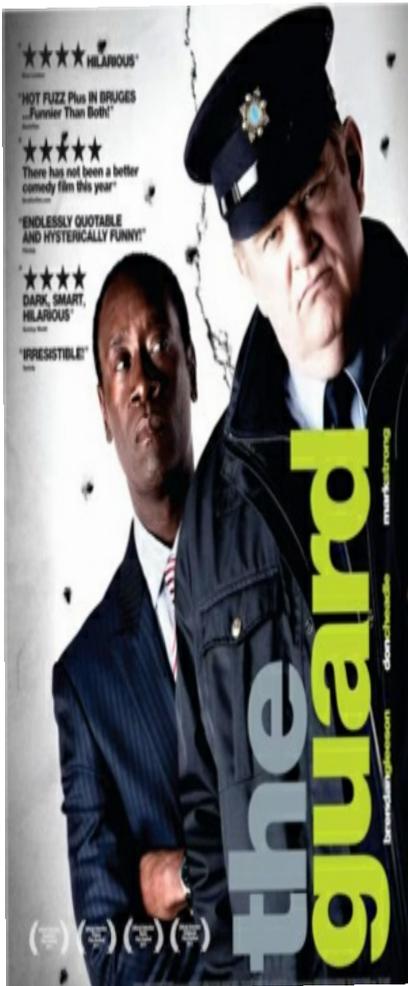
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LORTON FILM CLUB

at The Yew Tree Hall

Bar opens 7pm : Film starts 7.30pm



Thursday 27th Nov

The Guard

Good cop? Bad cop? Brendan Gleeson blurs the boundaries in this raucous and irreverent, yet somehow heart-warming, tale of a Connemara Garda, an urbane FBI agent (Don Cheadle), and their efforts to thwart a ruthless gang of philosophising drug dealers.

THE MELBREAK COMMUNITIES APPLE DAY



This year's annual Apple Day, held at Lorton Primary School, was another resounding success! Part of the Melbreak Communities ongoing Apple Project, it was organised by Zindzi Cresswell in conjunction with Friends of Lorton School and there was plenty of entertainment and activities for all.

Central to the apple themed day was apple pressing with North Cumbria Orchard Group and the press was in constant use. An abundance of community-collected apples was available for those unable to bring their own and everyone was able to take home fresh, local apple juice.

There were lots of willing volunteers to help, and with sustainability in mind, a local farmer took away the discarded apple pulp for mulch.

Children and adults enjoyed apple themed games and activities provided by Friends of Lorton School, whilst Michelle Kerr from Low Stanger Farm, offered apple tastings from the 50 varieties in her organic orchards, as well as an apple identification display, which generated a great deal of interest.

Music, coffee, cakes and chat punctuated proceedings and the delicious apple themed bakes provided by Oak Tree Bakes were a real treat.

School photos from over the years, along with village stories and interviews on audio, provided both reminiscing and learning opportunities for old and young alike, with a happy mingling of generations.

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Cumbria Climate Assembly

Earlier this year I was randomly selected, through a process called sortition, to join 42 people from across the county (a mini version of the Cumbrian population) to form the Cumbria Climate Assembly, funded by the National Lottery.

Spread across 6 weeks or so, for over 30 hours, we listened to experts, discussed climate change, local decision making, and shared our own experiences to answer the question:

“Many people in Cumbria feel unheard and unable to influence those who make decisions on climate change action. What can be done about this?”

Note that the question is *not* what we must do about climate change – there are many expert people who have identified good courses of action to take – but it is about *how are we citizens able to be involved*. How we are consulted and heard by those who are responsible for making decisions in relation to tackling change at an organisational level, in this case locally in Cumbria. I often hear people talking about climate change, and other environmental issues, with a sense of frustration so I was curious to learn how decision makers set about hearing local people (or not).

I learnt 2 key points during the assembly which illustrated the importance of this. 1. Global research tells us that 86% of people think that their Government* should be doing more to tackle climate change (73% in the UK), and 2. the local planning system does not take into account the UK Government’s Climate Change commitments in their decisions. It seemed to me that the Government doesn’t act on the public’s concern.

It was an extraordinary experience. I worked alongside people from very different walks of life, from a roofer in Barrow to an architect in Crosthwaite, from a 16-year-old student to an 80-year-old. Despite our different backgrounds, we found common ground and produced a set of principle and recommendations for organisations, which sets out how we believe they can put local people at the heart of climate decision-making. We also produced a charter to support this. One of the recommendations calls for a standing assembly on climate change and nature in Cumbria with a rotating membership. You can read more here: <http://www.zerocarboncumbria.co.uk/climate-charter/>

What can you do?

Many organisations and individuals have already signed the charter. This means that you can expect them to adopt the principles and that you could challenge them if they don’t. By signing as an individual, you are showing these organisations the recommendations have wide support. If you can, please sign the charter. You can also ask organisations you are a part of to consider signing as well. Thank you so much for your support!

Graham Watson, Brackenthwaite.

*<https://ourworldindata.org/climate-change-support>



Baked Apples for an Autumn Dessert

Ingredients

Apples: Use large apples, they can be cookers, but desert apples will be sweeter.

Brown Sugar: You don't need much. Just a little to amplify the sweetness in the apples.

Nuts: Use a combination of walnuts and pistachios, almonds or pecans, but really you could use just one kind of nut, whatever you have around will do just fine.

Dried fruit: Use raisins but you could also use dates, even dried cranberries which can add colour.

Cinnamon and Cardamom: Apples, cinnamon, and cardamom go together. One makes the other sing and they make the apples taste like cosy feels.

Olive oil: Extra virgin olive oil (honey could be substituted).



Method

Core the apples. Use an apple corer or a small paring knife to cut around the stem and scoop out the seeds, but keep the bottom 1/2-inch of the apple intact. It will act as a dish for the filling.

Stuff the apples with the fruit and nut mixture. In a medium-sized bowl, add a packed 1/4 cup of brown sugar, crushed nuts, cinnamon, cardamom, and raisins. Stir to combine then stuff the apple cavity with the fruit and nut mixture all the way to the top.

Bake. Arrange the stuffed apples in a baking dish. Drizzle with a couple of teaspoons of extra virgin olive oil or honey. Pour 3/4 cup of boiling water in the baking dish. Bake on the centre rack of your oven at 375°F for about 45 minutes or until the apples are tender and cooked through. (This can be done in an air fryer in about 10-15 mins.)

Roger Hiley

The Loweswater (Farmers) Discussion Group at the Kirkstile.

The Group first started in 1942 to discuss possible farming improvements as part of the wartime "Dig for Britain" initiative, thus making it one of the oldest club of its type in Cumbria. It has continued holding fortnightly winter meetings ever since. Understandably the subject matter of talks and presentations had widened considerably over that time. Nowadays the membership is half farmers and half non-farmers, as befits the modern nature of the valley. What binds the group is the common interest in the land and the environment.

We meet at the Kirkstile, fortnightly during the Winter (traditionally starting after 'Harvest' and ending before 'Lambing'). Talks, often illustrated, range from farming ideas, latest news and farm diversity, to photos of members holidays, sometimes even with a farming twist !

We restarted our season on October 20th and the next meeting will be at the Kirkstile on the 3rd November 8pm, fortnightly from then on.

New members are always welcome.



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DIARY DATES

NOV

- 3 Mon [Farmers Discussion Group](#), Kirkstile 8pm, New Members welcome.
- 4 Tue Lorton Parish Council meeting 7.30pm YTH
- 6 Thu Loweswater Parish Council in LVH 7.30
- 8 Sat [FOLS and St Cuthbert's Coffee Morning](#), 10am, YTH - see poster
- 10 Mon Community Lunch at Lorton School - see poster
- 12 Wed [Loweswater Ladies](#) - Bell Ringing with Margaret Howarth - LVH 7.15pm
- 13 Thu [The great enchantress: Ann Radcliffe's 1794 Tour of The Lakes](#), L&DFLHS, YTH, 7.30 pm
- 17 Mon [Farmers Discussion Group](#), Kirkstile 8pm, New Members welcome. [Loweswater](#)
- 18 Tue [77 Club Meeting](#) - Alan Cleaver Postal Routes - LVH 7.30pm
- 20 Thu [Chat & Crafternoon](#), LVH 2-4pm. All welcome. Suggested donation £3. [Lorton](#)
- 20 Thu [Gardening Club](#) - Gdn for Climate Change - YTH 7.30pm
- 22 Sat [Yew Tree Hall Auction Night](#) - YTH 6.30pm - see posters.
- 24 Mon [Melbreak Wildlife Group](#). Introduction to Cumbria BioDiversity Centre - talk by Martin Harris. YTH 7.30pm
- 27 Thu [Lorton Film Club](#). "The Guard". Film starts at 7.30pm YTH see poster

DEC

- 1 Mon [Farmers Discussion Group](#), Kirkstile 8pm.
- 3 Wed [Loweswater Ladies Christmas Meal](#) - Hundith Hill - 7pm - revised date
- 4 Thu Melbreak wildlife Group. Rewilding and Reintroductions - Talk by Kevin Scott. YTH 7.30. Entry £3
- 6 Sat [FOLS and St Cuthbert's Christmas Fair](#), 10.30am, Lorton School - see posters
- 9 Tue [Kirkstile Inn Locals Night](#) - see poster
- 13 Sat Christmas Coffee Morning - YTH 10.30am
- 13 Sat 77 Club Christmas Party - Afternoon tea and entertainment - LVH 2.30pm
- 15 Mon [Farmers Discussion Group](#), Kirkstile, Christmas Meet, 7 for 7.30pm Meal.
- 16 Tue [Loweswater Carols](#) - in aid of NSPCC - Start from LVH at 6pm
- 18 Thu [Chat & Crafternoon](#), LVH 2-4pm. All welcome. Suggested donation £3.
- 18 Thu First Responders Mulled Wine Evening - YTH 7pm

Please note that Table Tennis takes place in YTH every Wednesday from 7-9p.m. unless otherwise notified. There are Keep Fit sessions in LVH every Monday 9.00-10.00a.m and every Friday 5.30-6.30p.m. These will not be listed every month in Diary Dates but can be found on the Melbreak

Communities diary page - www.melbreakcommunities.org.uk

WHEN ATTENDING EVENTS AT THE YEWE TREE HALL PLEASE ENSURE YOU PARK RESPONSIBLY

The United Benefice of Lorton and Loweswater with Buttermere

Church Services November 2025

2 nd November	All Saints	
10.30am	Holy Communion	Loweswater
3pm	All Soul's Reflective Service	Buttermere
9 th November	Remembrance Sunday	
10.30am	Holy Communion	Lorton
16 th November	2 before Advent	
10.30am	Morning Prayer	Loweswater
3pm	Holy Communion	Buttermere
23 rd November	Christ the King	
10.30am	Holy Communion	Lorton
30 th November	Advent Sunday	
10.30am	Advent Service with Holy Communion	Lorton

Service information for the Grasmoor Mission Community and news of other events is published weekly on a Friday in our Staying Connected news sheet. The sheet is available on the GMC website or if you would like it sent directly to your inbox please email Sue Lake on gmcoffice@grasmoomc.church with your request.

Deadline for December/January is Friday 21st November all articles, photos(especially for the front cover), funny stories, letters to lortonvalelink@gmail.com by this date. Thank you

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