

GRASMERE PARISH MAGAZINE

DELIVERED TO EVERY HOME IN GRASMERE

February 2016



MAGAZINE INFORMATION

Home Visiting and Communions

For requests for visits to residents in short or long term need please telephone the Rectory.

Please contact the appropriate Church and member of the clergy or minister in case of need and at times of sickness for Home Communion. Any of the churches would be happy to pray for any individual, please simply let any of us know the name of the person to be prayed for and that they are agreeable to being prayed for in public.

Advertising in the Magazine

Yearly rates for 1" single column or 2" single column in the small ads, also rates for whole page b/w or colour in individual issues.

Magazine Deadline is the 21st of each month.

Editorial Policy

Please note that the name of the author of each item appears in the magazine. The views expressed are those of the author alone and any issues covered reflect that person's views. Having said this, the magazine is produced by St Oswald's PCC on behalf of the community and therefore the Editors and PCC reserve the right to operate discretion in what is acceptable to be included each month.

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The Year 1979

The year 1979 was a turning point for me. At that time I had been a university lecturer in Chemistry for 19 years. I was a committed Christian because of my upbringing, and I was never uncomfortable in the area of the “science versus faith” debate. I was then asked if I would be willing to represent my denomination – the Baptist Union of Great Britain – as part of the British delegation at a conference conceived and convened by the World Council of Churches to be held at the Massachusetts Institute of Technology in the USA in the July of that year, under the title *Faith, Science and the Future*.

It was a massive conference. There were 400 official delegates, with about another 200 attendees being the organising and support staff, an additional student conference and the press from around the world. There were more lay people than clergy: scientists and theologians, with some economists.

Seventeen of us went from Britain. The Rt. Revd. John Habgood, at that time Bishop of Durham (later Archbishop of York) was our leader: the Bishop of Birmingham, the Rt Revd Hugh Montefiore, was in charge of the conference’s daily press briefings.

After World War II those working for social justice had, in the words of the preparatory material, “come to accept without question the promises of a technological society to provide the affluent life for all. Most traditional Christian social movements believed that fears about “limits” – to resources, to growth, to technology – would prove unfounded.”

The conference blew that belief apart. It lasted two action-packed weeks. Many of the topics tackled had not really been given serious thought before – certainly not among the Churches. It was there we learnt about climate change (though it was then called global warming). Where were we to get future increases in energy supplies from? Was nuclear energy to play a part? Were there any reliable and practicable sources of renewable energy? We discovered that the world was steadily being stripped of its soil resources. What was to be done to retain what were called “world commons” – the Antarctic with the emerging destruction of the ozone layer, the pollution of atmosphere and seas? The implication of the loss of biodiversity began to be explored. One of the greatest problems for the conference was the debate on world population, where the Orthodox and Catholic elements held a position in opposition to Protestant-based attitudes.

A veritable cauldron of concerns was coming to the boil. All this is encompassed by what we now call our Christian understanding of the care of creation.

We came back inspired and spurred on to bring this agenda into the life of our Churches, which we all did in a variety of ways. Some of us were recruited into the Environmental Issues Network where all denominations were represented. We soon learned the difficulty of getting a Christian care of creation accepted as part of the mission of the local church and put into practice. Eventually we found one means. Five of us conceived of a programme of study and action – *Eco-Congregation* – and obtained funding from *Going for Green*, a Government-backed initiative. After many hosts it is now part of *A Rocha*.

There's still much to be done. We have to open people's eyes to the fact that Jesus died on the cross not just for each of us as individuals, important though that is, but to redeem the whole of the world.

John Biggs

BBC Radio 4 Appeal for local charity

The Brathay Trust works with over 6,000 children and young people each year from bases in Cumbria, Yorkshire and Lancashire providing residential programmes for young people who are facing particular challenges.

The Trust is starting its 70th anniversary year with a BBC Radio 4 Appeal to fund their work with care leavers, who often struggle to make a successful transition to adulthood.

The Appeal will be broadcast on Sunday 28 February at 07.55 and 21.26, repeated on Thursday 3 March at 15.27.

Further information on the work of the Trust can be found at:
www.brathay.org.uk

Brathay Trust

WI News

Christmas lunch at the Rothay Garden Hotel was attended by 37 members and guests. We enjoyed a splendid meal followed by entertainment by the schoolchildren who charmed everyone with their singing.

President Pat Taylor wished members a Happy New Year at the first meeting of 2016. Jan Perritt presented the professionally produced photobook of our Centenary Year activities throughout 2015. Jan, photographer Elaine Webster, and archivist Margaret Holden were congratulated on the quality of this year-long project. They were each rewarded with a gift voucher for the Garden Village, and thanked for their hard work and dedication.

Laura Wyatt of Grasmere Gingerbread was January's speaker. She explained how, in the 18th century, ships carrying sugar and spices from exotic lands docked in Whitehaven, then England's 2nd port after London. Egremont's famous "Gurning" competition emerged as the number of sugar-loving toothless individuals rocketed. Other Cumbrian food specialities were developed, including the unique gingerbread sold by enterprising housewife Sarah Nelson from her home at Church Cottage and Cumberland Rum Butter, both of which are still made on the premises. Everyone enjoyed delicious samples of both products in addition to the delicious tea provided by Sonia Rickman and Jennifer Hardisty.

Several local WI members enjoyed a day out in Manchester to see the musical "The Girls" by Gary Barlow and Tim Firth, about the Yorkshire WI who produced the first nude calendar to raise funds for a cancer charity. There was a standing ovation for the excellent cast.

Kendal Town Crier Richard Mathews is the speaker at the next meeting on 10th February. He has travelled all over the UK and beyond, and met countless dignitaries and celebrities. His talk entitled "It's a Crying Game" starts with the history of the Town Crier, and illustrates how, where and why this role keeps him busy. It promises to be a most interesting and entertaining afternoon. Come along and join us at the Tithe Barn at 2pm. New members and visitors are always welcome, £3 including tea and raffle.

Myra McCraith

The WI Annual Gather in aid of the AIR AMBULANCE will be on TUESDAY 16th FEBRUARY in St Oswald's Church from 9.30 am to 2-30 pm. Coffee and cake provided.

Clear out your wardrobe and cupboards of clothing, bed linen, curtains, towels books, CDs and DVDs!

Full bags may be left in the back of Church from 12-30 on Sunday 14th Feb.

Grasmere Brownies - *come join us on our adventures!*

As some of you are aware, the Brownies and their parents said goodbye to Alison in December. Alison built up a great unit here in Grasmere. Since last autumn, I've been having fun helping out (and eating lots of cake!). It was an easy decision to take over as Brown Owl and keep the Brownies going. Whilst I'm a 'leader in training', I'll be supported weekly by Jo Gaynor, who is our Lakes Division Commissioner. Zoe is also back with us as an assistant leader. However, it would be great to have some other unit helpers to come along for a couple of hours a week and join in with our adventures. There is lots of support and guidance for those who would like to volunteer. There is also flexibility, if a weekly commitment is too much, but you still fancy sharing a skill or just being an extra pair of hands occasionally. Grasmere Brownies are a lively, caring and hilarious bunch that always leave me with a smile at the end of the evening.

We're still meeting on Monday evenings in term time, at 6.00-7.30pm in the Tithe Barn. My contact details are below if anyone has any questions about Brownies, or would like to join us. For girls who are aged 5-7 and are not quite old enough yet, there is Ambleside Rainbows, so please get in touch if you'd like to know more.

Hannah Stratton

Grasmere School News

I thought you might like to read some of our creative writing from this term. Class 2 wrote poems about Mrs Davies' lovely black spaniel, called Bramble.

Beautiful Bramble:
padded paws
as cold as a pantry
twitching nose
sniffing like a mole
floppy ears
as soft as silk
flapping like wings
curly ears
as wobbly as jelly
hearing like a heron

Sarah, Lily, Connie, Jake, Ophelia & Ellen.

Classes 3 & 4 have been writing myths. Class 4 have based theirs locally, and are hoping to publish them in a small book, with maps of suggested walks. Here is the beginning of one of the myths, to whet your appetites...

Stone Arthur

by Molly Steels

I sing of the voice all soft and light
I sing of the horse all saddled and bright
I sing of the giant all hairy and bored
And of Arthur the King - who struck with his sword
I sing of the giant who fell like a log
And Arthur blood strung and turned to stone all hidden in fog
For the blood of a giant is as magic as a wand.

Three, lonely, terrible and anxious weeks had dissolved into thin air. Still fresh was the departure of Arthur. Many a stick had snapped as the roe deer scavenged the forest and the citizens of Rydal were still waiting for the return of their King,

for Arthur also had dissolved into thin air. The corn-fields were ready and there was an amazing atmosphere in the village, as they brought in yet another successful harvest! The leaves blew; the birds flew.

The mist shaded the lake and village almost like a piece of paper. A babbling brook spread news about the battle of Westminster. The air was so magical that early morning. Ca-Ching! Ca-Ching! A young man - by the name of Dardemore - sharpened his sword. Dark was the air. A tunic descended from thick boughs, where it had nested itself, knocking leaves, sticks and sponges which did not descend so elegantly. An eagle flew - dodging through the trees.

Arthur saddled his horse - the sun blazing, casting friendly shadows along Letheus's back. Arthur patted her. "It's all right my dear, we'll be out along the lands of who-knows-where in just a minute..." Arthur picked up his bow and climbed onto his horse. He soon came to the forest, lighter than a blacksmith's tongs and friendlier than a robin, and full of rabbits and pheasants. Arthur loved hunting. He had been coming here since he was three.

Arthur jumped off his horse and loaded his bow. It was pulled out his hand. Arthur felt light and fell to his knees, disturbing leaves which had nested in his beard. "Am I dead - or maybe knocked out or fainted?" But then the trees lost their light, like they had been put through a colander and the hairs on the back of his neck prickled with anxiety...

I never knew so many fiends and heroes lived around Grasmere and Rydal. You will be amazed! I'll let you know when the book is published!

If you would like to keep up with school news, please follow us on facebook at <http://tinyurl.com/facebook-grasmere-school>

Jo Goode

Events at the Wordsworth Trust in February

Dove Cottage re-opens to visitors on Monday 1 February and we are very much looking forward to the return of our popular Dove Cottage Tuesdays series the following day. Enjoy tea, toast and a talk by the fireside at 11am and 2pm every Tuesday in February – all talks are being given by Trust staff and topics range from the Lake District through Dorothy's eyes to the use of opium in the 19th century to the many parodies of our celebrated poet.

Did you know the Wordsworth Trust holds 2,500 watercolour scenes of the Lake District? On Saturday 20 February we celebrate 15 years of collecting fine art in partnership with the W.W. Spooner Trust with 'For the Love of Watercolours'. We will be joined by leading curators, collectors and scholars to give a rare and special insight into our collection.

There is a treat for fans of *The Archers* on Saturday 27 February as we welcome actor John Rowe, also known as Professor Jim Lloyd, to give this year's Jonathan Wordsworth Memorial Lecture. John is a former student of Jonathan's and has chosen to read a selection of Wordsworth's poems relating to childhood.

There are a number of poetry events coming up, starting with the Evening Star poetry group on Tuesday 2 February to read and discuss the second volume of Lyrical Ballads. All are welcome to join Pamela's literature classes on Wednesday 3 and 24 February to continue reading and discussing Milton's *Paradise Lost*. The Dove Cottage Poets will meet at 2pm on Thursday 4 February to read, write and share contemporary poetry. Finally, Sunday 14 February is our Poetry Sunday this month: the poetry café will pop-up in the Foyle Room (opposite Dove Cottage) with hot drinks, homemade cake, crafts and activities between 10am and 1.30pm before Lucy Crispin leads the second session of *the 'difference to me...: Life, Loss and Literature'*, a series designed to show us how poetry can help through the difficult times in life.

Full details of all events can be found in our What's On brochure and on our website, please get in touch with us on 015394 35544 to book.

Alice Carthy, Events Officer, Wordsworth Trust

Grasmere Book Group

After a lively January meeting, the Grasmere book group have drawn up a list of new reading for the year ahead. It's always nice to hear what books people have read, received or given to others over Christmas. Taking note of these excellent recommendations we have planned the texts and dates below.

Book group will meet on the second Thursday of every month at 8pm in the Dale Lodge Residents' Lounge and all are welcome!

February 11th: Anne Tyler, *A Spool of Blue Thread* (2015)

March 10th: Robertson Davies, *Tempest-Tost* (1951)

April 14th: Georges Simenon, *Maigret in New York* (1947)

May 12th: James Rebanks, *The Shepherd's Life* (2015)

June 9th: Anthony Doerr, *All The Light We Cannot See* (2014)

July 14th: Andrew Michael Hurley, *The Loney* (2014)

August 11th: Helen Constantine (ed.), *Paris Tales* (2004) – short stories

September 8th: Zora Neal Hurston, *Their Eyes Were Watching God* (1937)

October 13th: Karin Altenberg, *Islands of Wings* (2012)

November 10th: Poetry month - selected poems on the theme of love.

December 8th: Children's/Young adult book (To Be Confirmed)

Any questions then feel free to email dr.will.smith@me.com

Looking forward to another page-turning year,
Will and Polly

Grasmere Players

On Wednesday 24th February Grasmere Players will be reading for their summer production at 7.30pm in the Tithe Barn.

Vivienne Rees

Wendy Robinson would like to thank everyone for the cards, plants and flowers after her recent operation and stay in hospital, and along with her family would like to thank everyone for cards, lovely messages and donations after Billy's death. Thank you all so much.

Grasmere Fellowship

February sees two more talks at the usual time of 2.30 in the Tithe Barn. All welcome.

February 4th Nick McCraith tells us about his Japanese holiday. I am particularly looking forward to seeing Mount Fuji which remained spectacularly absent on my visit.

February 18th John Barker gives a talk entitled “Guided Tour” which describes his work with blind people.

Next month’s second meeting will be preceded by a brief AGM. We would love to have another committee member. Duties are not onerous, at most two short non-acrimonious meetings a year and help in providing refreshments. If you are willing please let one of the committee know.

David Dodgson

Grasmere Village Society

Flooding

The GVS committee would like to express our sympathy to all those who have suffered from the flooding and our admiration for the positive way in which they have tackled their problems. We would also like to thank all those who have been helping to deal with those problems. There have been so many examples of thoughtful and timely help that it’s impossible to name them all.

The help given to house those whose homes were flooded was vital and still continues as restoration is likely to take a considerable time. Both residents and second home or holiday let owners have been active in providing help. A number of people such as Carrie Taylor and Martin Campbell worked hard to keep the community informed about what is happening and the early meetings at Greens café were important in getting people together.

I would like to single out Mel Brood for particular praise. When the landslip at Greenhead Gill devastated the watercourse and flooded several homes, Mel

worked an incredible number of hours, using his own machinery, to prevent the situation worsening further and to clear the debris. Grasmere can be proud to have home grown examples of such dedication and I was proud to be able to introduce him to Tim Farron when he came round to assess the situation.

Community meetings

The community meeting on Tuesday, 12th January was organised by the County council through councillor Heidi Halliday. This updated us on the A591 and confirmed that the re-opening of a permanent road is likely to take some time, although the hope is that it will be open by the end of May.

The second part of the meeting concerned the effect on Grasmere businesses. It was made quite clear, by representatives from the District and county councils and the National park Authority that help was dependent on us having some organisation which could work and speak for the business community. The GVS was suggested but is an amenity society rather than such a body. We are however very willing to help and immediately set about facilitating another community meeting, which took place on 20th January

Flood Recovery meeting

This was well attended and led to the creation of a revived Grasmere Business partnership

Grasmere Emergency Plan

If you were not able to attend the October meeting but would like to volunteer to help in an emergency, either by providing services or joining the telephone tree to keep people informed, please contact myself or Nick McCraith so you can be added to the list.

GVS bearing for Rushbearing

As announced last month we are considering having a GVS rush bearing. This could be a banner or some other form of bearing which could be wrapped in the traditional Grasmere fashion. We would welcome comments on the idea, including suggestions for a possible design.

Next meeting of GVS committee

The next meeting is **16th February 2016**. Please do think about the issues raised in this article and get in touch. Any other ideas e.g for work parties, are always gratefully received.

Vivienne Rees (chairman)

A591 Update

A group from Grasmere and also Paul Gaynor, representing the Lake District National Park Partnership's Business Task Force (LDNP PBTF), met with David Brewer, Network Delivery and Development Director for Highways England at the top of Dunmail Raise, for a discussion on the A591 repair. Highways England are carrying out the repair on the whole A591 for CCC & hope to complete the job by May.

The temporary road is taking shape, and encouragingly work is currently being undertaken by CCC to see if it is possible to upgrade this temporary solution to allow more and better vehicle access. Currently CCC are saying that this route will be open to pedestrians, cyclists & a shuttle bus by early February. The LDNP PBTF have retained the services of an engineer and are pushing CCC to finish the A591 earlier & to increase the traffic allowed to use the temporary road.

For more information there are two Facebook pages you can refer to: Cumbria County Council - <https://www.facebook.com/CumbriaCC/> Grasmere Village - <https://www.facebook.com/GrasmereVillage/>

The EA has started work clearing the debris from the River Rothay as a result of the landslip. The plans are to remove around 1300 tons of rubble from 4 key locations in the river. The River Rothay is the responsibility of the EA to deal with, but individual landowners need to address culverts & smaller drainage channels. There is funding of upto £20K for Landowners and Farmers to do this work that must be applied for by the 1st April 2016. See Facebook page for further details.

Martin Campbell.

Knit and Nat

Thank you to our Caring Sharing Co-op

The Knit and Nat Team would like to extend grateful and huge thanks to the Grasmere Co-op, and all their dedicated and caring staff. They have donated to our community knitting group tea, coffee and biscuits to help the needles clatter more quickly and lubricate the throats that Natter!

As we enter our second year of meetings twice monthly at the Reading Rooms, it is heart warming that our drop in sessions have caught the attention of the local branch of this nationwide retail food chain. Meetings for February are Friday 12th at 10am and Tuesday 23rd at 2pm. Soon we will discuss whether we like this diverse style of times and dates. If you would care to join us, but find the days and times difficult to slot into your schedule, do let us know. Either ring Christine or Carrie. All are very welcome, with or without knitting or any craft of your choosing, all we ask is for 50p towards the upkeep of the Reading Rooms and heating.

At present we have been making items for the Neo Natal ward in Barrow – baby blankets, hats and cardigans, some without sleeves to make way for tubes. There has been an aside with a dash to stash some teaching aids for ‘Bosom Buddies’ a breast feeding group that Dr Helen Batey is mentoring. Not quite Playtex but quite uplifting! If you know of any project that may benefit from our efforts do get in touch.

Thank you to all those who have donated wool, it has been a godsend, just like the Co-op’s tea! The keep it local ethos of the Co-op is evidenced in their approach to serving their community. *Caring and Sharing* each individual local store has a monthly budget to offer support to groups throughout their area; “*To give something back*” as Steve Knight of Grasmere’s Store put it. In fact Store Manager Donna commented that the store was “*a drop in centre in itself*”! It wasn’t rare to see the same people popping in a couple times a day, to pick things up and say hello. She and Tom, (Team Manager) are the go to people if you have a local project that would benefit from some support. Pop in and see them if you have a project to discuss.

Carrie Taylor

Weather November - December 2015

The deluge continues. Over 5 feet of water in two months. December a horrendous month weatherwise. Day after day of relentless rain fell, with disastrous consequences. It was the warmest December since 1890 and the wettest since 1890, when records began here in Grasmere. The average temp for the UK was 8°C. (46°4.F.) 4.1°C. above the long term average, closer to those normally experienced during April and May. In fact, personally, this is the first December for 30 years in which one could leave the outside door open to allow warm air into the house.

Although it rained on every day in December, it was storm "Desmond" which created all the mayhem on Dec. 4th. and 5th. A staggering 133.7mm. was deposited on the Friday and a further 127.4mm. on the Saturday. A total amount of 10.28 inches in 48 hours in Grasmere. This surpassed any other 48 hour period since 1890. Having said that, in comparison, Thirlmere logged 405.0mm. (15.95in) in 38 hours up to 8am. on the 6th. Even more was noted at Honister on Saturday 5th. when an incredible 341.4mm. (13.24in.) fell in 24 hours. This beat the previous 24 hour GB record of 12.3in. at Seathwaite in 2009. We're talking about serious volumes of water here

Obviously, with the unprecedented rainfall for weeks previously, the ground was at saturation point. All the roads in Grasmere were transformed into rivers. Many properties were flooded, some not for the first time. Homes, shops, businesses, hotels, the church and school house succumbed to the water. Grasmere was virtually marooned on Saturday 5th. Roads were under several feet of water, 2 landslides on Stone Arthur sent hundreds of tons of soil, debris and boulders into the already overflowing becks. Grasmere lake and Rydal water were still a murky brown several days later. The A591 at Thirlmere was virtually washed away and 14 separate landslides caused havoc all the way to Wythburn. With such a vital route being affected, the usually busy thoroughfare became a ghost road, used mainly by curious onlookers to survey the damage. As it won't be open for quite a time, the effects on businesses in Grasmere has been devastating.

But at least the Met. Office got it right. We've had many amber warnings over the years, but to my knowledge never a red alert. People will say, surely two massive floods (with Glenridding in mind) in 4 days, is some kind of British record in Cumbria? But that's not the way meteorology works. Like the aftershocks from an earthquake, inundations in quick succession, are all part

of the same event. On that weekend in Cumbria, 6500 homes and businesses were flooded, 2600 properties were without power, 40 schools remained closed the following week. £45 million has been spent on flood defences since 2005 and 350 soldiers were deployed. Keswick's flood defences in 2009 were built to allow the river to rise to 15 feet, this time it rose to 17.7 feet. Many people blame global warming. When you study Britain's weather records more closely, what you realise is that there is nothing unprecedented about the recent Cumbrian downpours. Cumbria has experienced floods as least as bad as this, most notably in two successive years in 1897 and 1898. Furthermore, in 2013, one of NASA's satellites registered a temperature of -94.7°C. in Antarctica, the coldest temperature ever recorded on earth. Regarding climate change, a study has been recently published which analysed 1000 weather stations in 114 countries over a period of nearly 3 centuries and found that there has been no significant change in rainfall from 1850 to the present day.

We won't forget 2015 in a hurry!

November statistics:

Wettest Nov day 14th 125.3mm. (4.94in.)

Total for month 645.6mm (25.42in.) last year 8.41in.

Nov. rain days 27 last year 24

Rain days to date (end Nov.) 214 last year 225

Total for year to date (end Nov.) 2311.4mm. 110.21 in.

December statistics:

Wettest day Dec. 4th 133.7mm. 5.27in.

Total for month 910.3mm. 35.85in. - wettest since 1890

Last year 20.67

Dec. rain days 31 last year 26

Rain days for year 245 last year 251

Total rainfall for year 3221.7mm. 146.06in. last year 111.68in.

Peter Bailey

CALENDAR

February 2016

2	Tue	11.00 14.00 18.00	Wordsworth Trust	Animals in a Lakeland Landscape The Romantic Pastoral The Evening Star Poetry Group
3	Wed	14.15	Wordsworth Trust	Discovering Paradise Lost
4	Thu	14.30	Tithe Barn	Fellowship
5	Fri	19.30	Wordsworth Trust	Wordsworth Goes West
7	Sun	11.00	St Oswalds	SUNDAY NEXT BEFORE LENT Matins
9	Tue	11.00 14.00	Wordsworth Trust	Wordsworth, Portraiture and Romantic Re-imagining Wordsworth
11	Thu	14.00	Tithe Barn	Womens Institute
11	Thu	20.00	Dale Lodge	Book Group
12	Fri	10.00	Reading Rooms	Knit and Nat
14	Sun	11.00	St Oswalds	FIRST SUNDAY OF LENT Holy Communion
14	Sun	14.00	Wordsworth Trust	The difference to me; Life, loss and literature
16	Tue	0930	St Oswalds	WI Air Ambulance collection
16	Tue	11.00 14.00 14.00	Wordsworth Trust	'Not without hope we suffer and mourn' 'Never more will trouble you, trouble you' Family Fun: Map making
17	Wed	11.00	Wordsworth Trust	Family Fun: Tales for tots
18	Thu	10.30	Wordsworth Trust	Family Fun: Rucksack of rhymes
18	Thu	14.30	Tithe Barn	Fellowship
20	Sat	11.00	Wordsworth Trust	For the love of watercolours
21	Sun	11.00	St Oswalds	SECOND SUNDAY OF LENT Methodist Service

23	Tue	11.00 14.00	Wordsworth Trust	Courtship and Marriage in Dorothy Word The Opium of the People
23	Tue	14.00	Reading Rooms	Knit and Nat
24	Wed	14.15	Wordsworth Trust	Discovering Paradise Lost
24	Wed	19.30	Tithe Barn	Grasmere Players Reading
27	Sat	11.00	Wordsworth Trust	The Child is the Father of the Man
28	Sun	11.00	St Oswalds	THIRD SUNDAY OF LENT Holy Communion

March 2016

3	Thu	14.30	Tithe Barn	Fellowship
6	Sun	11.00	St Oswalds	FOURTH SUNDAY OF LENT Mothering Sunday Family Service

Rotas for St Oswald's Church

2016	Sides man/woman	Coffee
Feb 7th	Ann Fawthrop & Pat Taylor	<i>Rosalind de Wesselow</i>
Feb 14th	Bob Allen & June Maddison	<i>Tonia Wainwright</i>
Feb 21st	John Rickman & Trevor Eastes	<i>Pat Taylor</i>
Feb 28th	Sonia Rickman & Jonathon Smith	<i>June Maddison</i>
Mar 6th	Rosalind de Wesselow & Kay Adkins	<i>Shirley Hill</i>

Sonia wishes to thank all the Ladies of the church for all their hard work over the Christmas period.

CHURCH CLEANING

Voluntary cleaning will take place in Church every third Tuesday of each month.
Sonia.



4 Steps to help tackle domestic abuse

Last year 1 in 15 women, and 1 in 33 men experienced domestic abuse at the hands of their partner or former partner. The Citizens Advice 'Talk about Abuse' campaign encourages friends and family to identify those at risk and where to seek help.

- **Pay attention to changes in behaviour**

Abuse isn't always easy to spot. Even if it's physical it may be hidden. Domestic abuse is about one person seeking to control another, be it physical, emotional, financial, psychological or sexual. Changes in behaviour such as going out less, or seeming frightened, could be indicators of domestic abuse

- **Start a conversation**

When a person decides to tell someone that they're experiencing abuse, they are most likely to tell someone close to them. Don't assume that someone else is better placed to help them. Make sure you are not overheard.

- **Listen, support and believe**

If your friend does confide in you, help them understand that they are not alone and let them know where they can turn to for more support. You want to show them they are believed and raise their confidence to make it more likely they seek specialist help.

- **Suggest further help**

There are many places to turn for further help, both for you and your friend. Call the 24-hour National Domestic Violence Freephone 0808 2000 247 or online nationaldomesticviolencehelpline.org.uk.

Remember, abusers are dangerous people - always call the police if you think anyone is in danger. Citizens Advice has online advice about dealing with domestic abuse - See citizensadvice.org.uk/talkaboutabuse for more information.

Free, confidential advice and help is available from South Lakes Citizens Advice Bureau on debt, consumer, benefits, housing, employment and many other problems. We have outlets across South Lakeland and can also give advice over the phone – telephone 015394 46464 for help.

