



October

2024

Ambleside

and

Brathay



The Parish of St. Mary's, Ambleside

Mission Statement: Our Church exists so that we can worship God together, help each other grow in the Christian Faith, care for all and share the good news of Jesus.

(St. Mary's Church, part of the Loughrigg Team - with Holy Trinity, Brathay and Holy Trinity, Langdale and in a local Ecumenical Partnership with Ambleside Methodist Church. Also a member of the Churches Together in Ambleside District)

Team Rector:	Rev. Andy Smith	015394 34512
Team Vicar:	Rev. Nick Hallam	015394 36069
Associate Priest:	Rev. Nicky Smith	015394 34512
Associate Priest:	Rev. Jane Natrass	jane@stmarysambleside.org.uk
Administrator:	Judith Dixon	015394 34512

Church Services

1st and 3rd Sundays:

11 a.m. Service of the Word

2nd and 4th Sundays:

11 a.m. Holy Communion

The Parish of Holy Trinity, Brathay

Contacts:	Rev. Nick Hallam	015394 36069
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Church Services

1st, 3rd and 4th Sundays:

9.30 a.m. BCP Holy Communion

2nd Sunday:

9.30 a.m. Matins

Ambleside Methodist Church

(meeting in the Wesley Room, Ambleside Parish Centre)

Contact:	Revd Grace Cauldwell	01229 583198
		email: grace.southlakes@gmail.com

Church Services

Sunday: 9.30 a.m. Sunday Worship

When there is a 5th Sunday in a month a United service of Methodist and Anglicans in St. Mary's church.

October is the season of vibrant colour and mellow fruitfulness.

Traditionally the month when Harvest is celebrated. All crops have been gathered in to provide for the winter. A month when communities express their thanks for the provision of the land and the hard work of the farmers. People look to sharing that provision with those who need a helping hand. Harvest festivals are a time of thankfulness and praise and giving to those who are less fortunate than many of us.



Being thankful is such a beneficial practice in our lives. Jesus encourages Christians to live a life with gratitude and praise. To be thankful for what we have, rather than feeling grieved about what we have not. He does this because thankfulness leads to a joyful life. If we can take a moment each day to find at least one thing to be thankful for, even if it is a tiny thing, it moves our focus from feeling negative to a more positive frame of mind. Even in hard times, when life is causing us emotional or physical pain, being thankful can lead us from despair towards hope and something lighter. The very act of being thankful helps to raise our spirits.

As a Christian I am thankful to Jesus for his love and what he teaches about forgiveness and reconciliation, peace and unity, respect and dignity for all people. I follow him because of his love and because with him I can live in hope. Jesus gives me a deep sense of peace in the midst of worrying times, because he sees me, he knows me, he loves me and he holds me through whatever comes my way.

May you have a blessed month with plenty to be thankful for.

Rev Jane

Events and services in October

(for Brathay please see P. 11)

Wednesday 2nd October	11am Holy Communion at Millans Court
Sunday 6th October	11am Service of the Word
Monday 7th October	9am Mission Community prayers (Zoom) 10am St Mary's prayers (Zoom) 2pm Monday Meet-up
Sunday 13th October	11am Holy Communion
Monday 14th October	9am Mission Community prayers (Zoom) 10am St Mary's prayers (Zoom) 2pm Monday Meet-up
Sunday 20th October	11am Service of the Word
Monday 21st October	9am Mission Community prayers (Zoom) 10am St Mary's prayers (Zoom) 2pm Monday Meet-up
Sunday 28th October	11am Holy Communion
Monday 29th October	9am Mission Community prayers (Zoom) 10am St Mary's prayers (Zoom) 2pm Monday Meet-up

As Autumn arrives, we are pleased to bring you the latest news from APC



We say farewell and thanks to Sophie as she starts a new role closer to home, and a huge 'Thank You' to our hardworking staff, Directors, and wonderful volunteers for helping with office and centre tasks throughout the last few months.

The September Craft Fair was a great success bustling with talented stallholders showcasing their wide selection of handmade crafts. Special thanks to Mandy for her inspiring posters and promotion of the event, and to everyone who contributed to the catering and served the always popular refreshments.

This month, the Centre hosted a Dementia Hub. Representatives from various organisations and charities involved in the diagnosis, support, and care of those with dementia participated. Our monthly support group offers an opportunity for anyone seeking support, a friendly chat, or simply a cup of tea in a welcoming environment. Additionally, a representative from the Alzheimer's Society is available to provide advice and information. Sometimes, it's just good to share how you're feeling.

The Centre is the perfect location to facilitate and deliver a wide range of experiences, with a variety of packages available to suit your requirements. Our Wedding and Children's Party packages are becoming very popular. Get in touch for more information regarding Room Hire.

Dates for your diary

Community Café Wednesday 10.30am - 11.30am

Evergreens Wednesday 2.00 -3.30pm varied programme

Dementia Support Group Tuesday 15th October 10.30 – 11.30

Community Lunch Thursday 31st October 12.30 – 1.30

Office Hours Monday – Thursday 9.00am – 1.00pm

Email: admin@amblesidepc.org.uk Tel: 015394 34172

50th Annual Ambleside & District Art Society Exhibition

October means it is time for the annual art exhibition from the Ambleside & District Art Society.

This year is its 50th anniversary, so the exhibition promises to be a very special event.

The exhibition is located in the heart of the Lake District at the beautiful Ambleside Parish Centre from 16th October to 27th October 2024.

Featuring numerous artists from the surrounding area to Ambleside it promises to exhibit over 400 original artworks in all mediums, sizes and prices. The majority of the work is shown for the first time. Artists range from acclaimed award-winning professionals to artists that are exhibiting for the first time.

The exhibition is a true reflection of the creativity that exists in this unique area. For more information visit <https://amblesideart.co.uk>



Garden Daisies by
Sarah Traynier in
Acrylics



Twilight by David Best in Acrylics

REFLECTIVE COMMUNION

Ambleside Parish Centre

Thursdays 1:45-2:30pm

South Lakes Circuit 
The Methodist Church

Gather with others for a quiet and peace-filled service, hearing words of comfort and love, praying for ourselves and others. All are welcome, whether you have a faith or are simply curious. No need to book.

Kelsick Educational Foundation

Trustees of the Kelsick Educational Foundation are simplifying the grants procedure, by creating three main categories within which individuals can apply. These are: Education, including core tuition; Performing Arts, including music, art, drama and dance tuition; and Sport and Youth Groups, including junior sports teams, toddler groups and youth organisations.

Individual applicants can apply for up to £200 in each of the 3 categories per annum. Additionally, educational grants can also include residentials, trips, work placements and electives, at 40% of the cost up to £400 maximum per individual, per year. Annual travel grants of £125 are awarded to students at 6th form college, Further Education college, apprenticeships or training placements. Grants can also be given towards essential equipment or clothing, maximum £500. Students in Higher Education can receive subsistence of £1,000 annually, or £500 if living at home. Exceptional grants not listed in specific categories are also considered, including special needs, hardship funding, and supporting excellence.

Grant applicants must have lived in LA22 for four or more years, and be under 25. Applications must be made within six months of any expense being incurred and receipts must be provided. Applications are considered by the Trustees quarterly in February, May, August and November and must be received by the 24th of the preceding month. Eligibility and all categories are explained in full on the website www.kelsick.org.uk

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CumbriaHealth

Your guide to Autumn vaccinations

Autumn is vaccination season - a chance to get jabbed to boost your protection against the bugs and illnesses that circulate more readily during the colder months.

There are several seasonal vaccines available from October:

Flu Vaccine: The annual flu vaccine is available for those at higher risk, including individuals aged 65 and over, pregnant women, and people with chronic health conditions. This vaccine is updated each year to target the most common flu strains expected to circulate.

COVID-19 Booster: The COVID-19 booster vaccine is offered to adults aged over 65, frontline health and social care workers, and those with specific health conditions. It is designed to enhance protection against severe illness and is updated to address the latest variants.

All eligible patients will be invited by the GP surgery, and these vaccinations will also be available from some local pharmacies.

Other vaccinations are available year-round to provide you with protection.

You might also have heard about the new **RSV (Respiratory Syncytial Virus) vaccine**. RSV can cause severe respiratory illness in infants, older adults, and those with weakened immune systems. The vaccine is now available for adults between 75-79 and those who are 28 weeks pregnant from the GP surgery.

In addition, **Pneumococcal and Shingles vaccinations** are available for patients over 65 years old. Please contact the surgery to find out more, check your eligibility, and book your jabs now.

PARISH OF BRATHAY

Holy Trinity Church, Bog Lane, Brathay, Nr. Ambleside LA22 0HS

Services

1st, 3rd and 4th Sundays: 9:30am - BCP Holy Communion

2nd Sunday: 9:30am - Matins

BRATHAY CHURCH HALL near Ambleside (LA22 0HS) is available to hire by the day or the hour. Audio Visual Equipment is available and DVDs can be played on a large screen, making the Hall most suitable for presentations. We also have full internet access.

The Hall can accommodate at least 40 people depending on the type of function and seating layout desired. Local Clubs, organisations and private parties are most welcome. Ample parking and accessible toilet facilities.

To book, please email office@stmarysambleside.org.uk

Please join us at our regular

Coffee Mornings

Thursdays at 10am in the Church Hall



Coffee and Scones and a good chat.

Everyone very welcome

Thoughts over Brathay Bridge

Well I was down by the river early this morning. I was surprised to see a number of young people in the river and they seemed surprised to see me. They did not have adults with them. My thoughts were, what happens if they have trouble and no one to help them? But they were obviously enjoying themselves. It was very strange to see so many people in the river and obviously they had come from elsewhere.

Some things are very much the same as other years, but there are some differences. It is very noticeable that the trees by the side of the river are getting much bigger this year and as a result there seem to be fewer of the smaller birds. The larger ones are still holding their own and fly between Brathay river and Grasmere.

I was having a conversation with a couple who asked if they could have a look inside Brathay church. I took them and they were delighted and said they were attached to a church in the south of England, but they did not say where.



The flower lady, who we have met before, has put some rare plants by the bridge and I'm not going to disturb them. I'm pleased that they're quite safe where they are. I am sure that she has a special interest in religion. There may be a connection with our church. Perhaps we will find out in the future.

Only having a small number of words to place in this magazine, it is difficult to include many others, but we can only do our best. At least we can enjoy what we find of interest for us and know that our maker is taking good care of us.

To be continued...



Now autumn is here, **Ambleside & District Choral Society** have begun meeting again each Monday evening, 7.30pm in the Parish Centre, for the sheer pleasure of singing great music together, under the leadership of our Musical Director, Marco Giudici.

As rehearsals get under way for the Christmas Concert, the friendly choir are still welcoming new members, [www.https://amblesidechoralsociety.org](https://amblesidechoralsociety.org) or contact the Chairman, Michael Corin on 015394 33944. The ability to read music and sing from sight is an advantage, just come along to a rehearsal and see if you enjoy it.

The major work this Christmas is Joseph Haydn's popular 'Lord Nelson' Mass, written in 1798 as a 'Mass for Troubled Times', reflecting the threat by Napoleon and the French to invade Haydn's native Austria. However, unrest, fear and agitation at the start of the work turns to triumphant victory, with news that Lord Nelson had defeated Napoleon at The Battle of the Nile, and Austria was safe.

The second half of the Concert features some of the most beautiful Christmas songs and carols ever written for soloists, choir and audience.

The performance is at 7.30pm, St Mary's Parish Church on Saturday December 14. Tickets will be on sale locally and online at

<https://www.amblesidechoralsociety.org> including wine at the interval.

Coffee



Morning

In aid of Springfield at
Winster Village Hall

Thursday October 24th
10-12 noon



Ambleside Badminton Club

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Thursday evenings 7.30-9.30pm
at The Lakes School in Troutbeck Bridge
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Dementia Support
at Ambleside Parish Centre

Tuesday 15th October

10.30 - 11.30

Come along for a coffee and a chat.

*Elaine from the Alzheimers Society will be
joining us*

More details 015394 34172

barratt573@btinternet.com



**Ambleside
Natural
History
Society**

Our first talk for the new season will
be by

Mo Verhoeven

from **Cumbria Connect**.

He'll be talking on

**“Biodiversity monitoring at Cumbria Connect: What’s
happening under the ‘sheet’”**

The Cumbria Connect project aims to help restore 33,000 of upland Eastern Cumbria through large scale planting, natural regeneration, peatland restoration and re-establishment of historic river systems.

The talk will give background about the project, how and why the impact on biodiversity is being monitored, and share some of the first results.

Thursday October 17th 7.30pm

The Beehive, University of Cumbria

All welcome

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Ambleside Kirkstone Rotary's

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Ambleside Parish Centre

Friday November 8th

Quiz 7.30pm

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I'm really worried that I won't be able to afford to keep warm this winter. I don't want to claim benefits, and I don't think I would get anything

anyway because I get a State Pension.

If you have reached pension age, and your income is below a minimum amount decided by the government, you are entitled to Pension Credit, and there is nothing to be embarrassed about in claiming what you qualify for. It's worth applying even if you don't think you'll get much, because if you receive Pension Credit, even a small amount, you'll be able to get the Winter Fuel Payment, and other financial help.

There are two parts to Pension Credit. Guarantee Credit tops up your weekly income to a minimum amount. Savings Credit is a small top-up for people who have a modest amount of income or savings. It's only available if you reached State Pension age before 6 April 2016. You might get one or both parts, depending on your circumstances.

Contact South Lakes Citizens Advice for help in applying for Pension Credit.

Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or any other problems. How to access:

Call [015394 46464](tel:01539446464) (9.30am – 2pm, Monday – Friday)

Drop in sessions at Wainwright's Yard, Kendal, LA9 4DP (10am – 2pm, Tuesday and Thursday)

Adviceline: 0808 2787 984 (9am - 5pm, Monday – Friday)

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www.southlakescab.org.uk

School News

As I write this piece for the October parish newsletter, we are only one week into the start of our new academic year and have welcomed all of the children back from their summer holidays. The start of any new academic year is always a mixture of anticipation for the year ahead and thoughts about the pupils who have moved on to high school; off to new adventures, to meet new teachers and lots of new friends. This year was no different and we've enjoyed being able to spot our former year 6s dressed in their smart high school uniforms ready to start year 7. We've even had some popping back to the primary school to see staff after their first day.



We ended the summer term with fantastic news about our Key Stage 2 SATs results. Our pupils had exceeded national levels across all subjects, including Reading/Writing/Maths combined and it was wonderful to see all of the children's hard work and perseverance pay off. Our former year 6s were a super group of children and we're excited to hear about what they go on to achieve next.

As one cohort leaves, a new one joins the school and we welcomed a new group of children into our Reception class on the first day of term. They've done a brilliant job settling in to the many routines of school and an even better job at navigating the different parts of the school building. It's easy to forget that everything seems so much bigger when you're 4 years old!

In classes, we're currently diving in to Fairtrade Fortnight and are teaching the children all about the Fairtrade movement and the work that it does to support farmers in 68 different countries across the world. The project is also giving the children the opportunity to learn about the different places that their food products come from and to find local shops that cater for the conscious consumer.



Mrs Broom - Head teacher

Keeping homes for local people for the future of our communities

A meeting will be held at Ambleside Parish Centre at 7.30pm on Tuesday 22 October to promote a new initiative to increase the availability of existing housing in the area.

Charles Flanagan, a trustee of the Lakeland Housing Trust, a local charity, will talk about the lack of local housing and their role in providing affordable rented accommodation. He will illustrate his talk with a number of examples as to how the Trust has acquired and developed properties in the area. He will also describe a new initiative developed with the Lake District National Park Authority to reduce the number of properties becoming second homes as described in a recent Parish magazine.

Please come and hear how you could help.



LADIES

REFRESH

DAY

5TH OCTOBER \ 9:30AM

Join us for a day of worship, teaching
and refreshment at

St Mary's Parish Church, Ambleside,
LA22 9DH from

9:30-4:30pm

Good News for Ambleside

Your church in Ambleside is committed to praying for its area. We have been doing this by praying for you, street by street, month by month. Now we would like to invite you to join us! Please tell us what we can pray for or give praise to God for on your behalf.



Compston Road, Wansfell Road, Birch Road, Old Lake Road, Lower Gale, Gale Howe, Gale Rigg, Gale Park, High Gale, Stock Ghyll Brow, Stock Ghyll Court, Ghyll Side, Gale How Park.

Do contact us and let us know what can we pray for during October.

Email Judith Dixon: office@stmarysambleside.org.uk or telephone: 015394 34512

HEALTH AND WELLBEING DROP-IN

at Ambleside Library.

This session is aimed at vulnerable people in the community and it's a safe space to have a 1:1 chat about health and wellbeing and to find out more about our services: physical health, mental health, social wellbeing.

Every third Monday of the month 11.30am to 12.30pm

Next drop in: 21st October

NOVEMBER ISSUE

Please could all articles be emailed to Judith Dixon at office@stmarysambleside.org.uk by 11th October.

Could they please be in Microsoft word format or similar? **No PDFs please.** Larger articles should not be more than 250 words.

Thank you!

Hope Church Ambleside

(formerly Ambleside Baptist Church)
Compston Road, Ambleside

Contact: Simon Gregory 07947486740

Church Services

Sunday: 11 am at The Kelsick Centre

Please see our website www.hopechurchambleside.org for more info

Mater Amabilis Catholic Church

Wansfell Road, Ambleside

Contact: Fr. Ajish Kumpukkal 015394 33027
southlakesrc@gmail.com

Masses

Sunday: 9.30 a.m.

Tuesday: 9.30 a.m.

Contacts

Bell Ringers

St. Mary's Ambleside:

Mr. P. Gardner 015398 23302

Holy Trinity Brathay:

Mr. C. Sutton 015394 37368

Ambleside Parish Centre

Sophie Bryde 015394 34172

Brathay Church Hall

015394 33335

Ambleside Primary School

Headteacher: Alison Broom 015394 32181

St. Mary's Parochial Church Council

Secretary: *vacant*

Holy Trinity Brathay Parochial Church Council

Secretary: Lesley Swift 015394 35967

The Magazine

Editorial and Advert coordinator:

Judith Dixon 015394 34512

office@stmarysambleside.org.uk



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