



Welcome

*to the
United Benefice of Lorton and
Loweswater with Buttermere
(part of the Grasmoor Mission Community)*

WELCOME TO LORTON VALE

In the Vale of Lorton lie the villages of High and Low Lorton, Loweswater and Buttermere, the hamlets of Rogerscale and Littlethwaite, as well as many outlying farms and other dwellings. Further afield the parish of Blindboethel includes Mosser and Brandlingill. Peaceful but relatively isolated, we depend on each other for advice and friendship often to a greater extent than in other more populous areas, and this draws us together and makes for a genuine community spirit.

The churches of the United Benefice of Lorton and Loweswater with Buttermere are an important element in developing this sense of community. We are always glad to welcome new members to our regular services and we also organise other events open to all – concerts, teas, harvest lunches, Christmas fairs and ‘suppers on the hoof’. We publish a monthly magazine, *The Link*.

To support all of our existing neighbours, welcome new arrivals and nurture community life in the valley, we also publish and distribute this booklet to all households. It includes information and contact details about all sorts of services and activities in the immediate area, as well as details of some other nearby facilities, activities and support services. We hope you find it useful.

We look forward to meeting you and hope you enjoy living in this beautiful place.

Information given here is as accurate as we can make it at the time of compilation. Contact names and website addresses may change over time so, where possible, we have given at least two sources of information. The Melbreak Communities website www.melbreakcommunities.wordpress.com is a good source of local information, as well as its Facebook page, as is *The Link* newsletter, a copy of which can generally be found at St Cuthbert’s Church (and on the website).

Please note that where a dialing code has not been included for landline numbers, the code is 01900.

ORGANISATIONS/ACTIVITIES		CONTACTS	PHONE
PLACES OF WORSHIP IN THE VALLEY			
Church of England	Two parishes, Lorton (St Cuthbert), and Loweswater (St Bartholomew) with Buttermere (St James) form a United Benefice which in turn is a member of the Grasmoor Mission Community (GMC). A Communion Service is held in one of the 3 Churches each week. Full details can be found on the Church Notice Boards, in The Link magazine and on the Melbreak Communities website.	Clergy: Revd Canon Jane Charman, GMC Leader Revd Barbara Robinson, Associate Priest www.grasmoomc.church (all local Church of England church services shown two weeks ahead) Link Magazine Editor: Rosemary Riley Melbreak Communities website: www.melbreakcommunities.wordpress.com	828028 85234 85072
Poiema Community and Retreat House	A Christian Community offering a peaceful and hospitable environment in which to reflect and pray, with opportunities for residential and day retreats.	Poiema, The Vicarage, Loweswater CA13 0RU Contact: Revd Andrea Ward www.poiema.community info@poiema.org.uk	07474 319338
PLACES OF WORSHIP OF OTHER DENOMINATIONS IN COCKERMOUTH			
Roman Catholic Church	St Joseph's, Crown Street	Fr Tom Singleton	82853
Methodist	Lorton Street Methodist Church, Lorton Street	Rev Nick Baker Deacon Samm Morris	823273
United Reform Church		Rev Alistair Smeaton	602385
Quakers	Friends Meeting House, Kirkgate	Maggie Gentry: maggiegentry@sunscales.co.uk	823228
King's Church	Cockermouth School, Castlegate Drive	Paul Mogford (church office: The Hub, 2, Market Street)	821100
Cockermouth Christian Centre	The Ark, Highfield Road	Henry Vyner-Brooks	85578

ORGANISATIONS/ACTIVITIES		CONTACTS	PHONE
LOCAL SERVICES			
Primary school	Lorton School, High Lorton	Head teacher: Mrs Olivia Harrison	85919
Doctors	Castlegate & Derwent Surgery	This phone number also gives out of hours details:	705750
Dentists (in Cockermouth)	St Helen's Dental Surgery, Market Place Derwent Dental Care, Wakefield Road D Goodwin, 57 Kirkgate		826210 824111 823467
Police	Central switchboard – all non-emergency enquiries		Call 101
First Responders	Initial local response in the event of a cardiac arrest		Call 999
Vets (Cockermouth)	Millcroft Veterinary Group, Wakefield Road,		826666
Garages (Cockermouth)	Fairfield Garage, Lakeland Agricultural Centre P & R Benn, Lakeland Agricultural Centre Goodfellows, Fairfield car park (tyres, gas cylinders etc)		823042 826566 823600
Chimney sweeps	Chris the Sweep Frank Scott William Campbell		016973 20717 827175 07756 470041
Oil boiler service	Ed Roberts Ltd		01228 522445
Waste collection	Collections vary - property calendar available at https://www.cumberland.gov.uk/bins-recycling-and-streetcleaning/waste-collections/bin-collection-schedule Your nearest Household Waste Recycling Centre is in Workington	Cumberland Council Contact Centre Clay Flatts Industrial Estate Workington CA14 3YA	0300 373 3730
Window cleaners	JA Lee Chris Hudson		826306 269053

ORGANISATIONS/ACTIVITIES		CONTACTS	PHONE
TRANSPORT			
Taxis	Cockermouth Taxi Company Sugars Taxis		826649 07790 114867
Buses	Honister Rambler to Keswick and Buttermere, Easter to October Limited service between Cockermouth and Buttermere, Easter to October, weekends and Bank Holidays only	Traveline www.traveline.info	0871 2002233
Local Lift-Sharing Group	Valley Wheels – informal scheme, operating through WhatsApp. Ring Administrator to join.	Debbie Watson	07780 782197
Rural Wheels	Door-to-door transport for people without private or public transport, using council operators when available. You need to register with the council first before using the scheme.	To register, go to the Cumberland Council website and type Rural Wheels into the search box www.cumberland.gov.uk	01228 226430
Voluntary Social Car Scheme (Cockermouth)	Door-to-door transport for people without private or public transport, run by registered local volunteers	Contact Pat Newton-Murray to book	827293
LOCAL SUPPLIERS			
Village shop	Lorton Village Shop, High Lorton – local produce, groceries, crafts, coffee shop and ice cream in season	Lee and Arwen	85102
Postal services	Cockermouth Post Office, Station Street, Cockermouth Mobile post office: every Friday, 1pm-1.20pm, outside 4 Broomcroft, Lorton (next to the tennis courts)		825890
Newspapers	Daily papers: Contact Cockermouth Paper Shop for delivery or collection from behind the Wheatsheaf Inn or Lorton Village Shop Sunday papers: Sold by the paper shop at Lorton crossroads at around 9.30am	Call Cash or Rishi at the shop to order	822076

ORGANISATIONS/ACTIVITIES		CONTACTS	PHONE
LOCAL SUPPLIERS (continued)			
Mobile library	2pm-2.15pm, at Stables, Low Lorton and 2.20pm-3pm at Lorton Village Shop, every third Tuesday (extra stops possible if there is sufficient demand)	Run by Workington Library	325170
Church lending library	The Little Lending Library, St Cuthbert's, Lorton: Books are free to borrow, new donations welcome		
Logs and other wood fuel	Lakes Wood Fuel, High Lorton Jackson Hope	Chris and Rachel Edmunds	85119 85200
Oil	Lorton Oil Group – reductions on oil /boiler services Loweswater Oil Group	Liz Roberts Lyn Furniss	85937 85147
Coal and smokeless fuel	Eric Nicholson		819101
YOUR LOCAL REPRESENTATIVES			
Member of Parliament	Markus Campbell-Savours, MP for Penrith & Solway	markus.campbellsavours.mp@parliament.uk	233233
Cumberland Council	Jill Perry, Councillor for Bothel and the Whorrels	jill.perry@cumberland.gov.uk	07826 970 974
Parish Councils	Lorton Parish Council	Clerk: Allan Dawes, clerk@lorton-pc.gov.uk	
	Loweswater Parish Council	Clerk: Mike Milner, clerk@loweswater-pc.gov.uk	
	Buttermere Parish Council	Clerk: Mike Milner, clerk@buttermere-pc.gov.uk	
	Blindbothel Parish Council	Clerk: Janice Rae, clerk@blindbothel-pc.gov.uk	
Melbreak Communities Emergency Plan	An emergency plan developed to help residents cope, particularly in weather-related emergencies.	https://melbreakcommunities.wordpress.com/community-issues/emergency-plan	

Lake District National Park	Information on LDNP events available at Tourist Information at the Moot Hall in Keswick. Report fly tipping and other issues of concern on the website.	https://www.lakedistrict.gov.uk/hq@lakedistrict.gov.uk	01539 724555
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ORGANISATIONS/ACTIVITIES		CONTACTS	PHONE
PUBS IN THE VALLEY			
The Wheatsheaf	Low Lorton	www.wheatsheafinnlorton.co.uk	85199
The Kirkstile Inn	Loweswater	www.kirkstile.com	85219
The Bridge Hotel	Buttermere	www.thebridgehotel.uk	017687 70252
The Buttermere Court Hotel (formerly known as The Fish)	Buttermere	www.buttermerecourthotel.co.uk	017687 70253
OTHER ACTIVITIES/GROUPS IN THE VALLEY			
Melbreak Communities	Made up of the four parishes of Blindbothel, Buttermere, Lorton and Loweswater and established following the 2009 floods with government funding to focus on community resilience. Consultation with local people identified concerns and aspirations to guide our current activity, in particular: - How we best help each other during extreme weather conditions - Making available a range of social activities in the valley, catering for all age groups - Looking after our surroundings for everyone's benefit	www.melbreakcommunities.wordpress.com	
Yew Tree Hall, High Lorton	Purchased by the community for the use of the people of Lorton 'and the immediate vicinity', with lots of regular groups based here, including table tennis, karate, keep fit and regular film nights. Groups/schedule may change so please check the noticeboard, website or contact the organiser if listed for latest details. Also hosts regular Saturday morning coffee mornings and social nights.	www.lortonyewtreehall.co.uk Table tennis: Adam Baker Film/theatre: Ian Smith Karate: Cumbria Coast Karate Bookings: yewtreehallbookings@gmail.com	07771 977482 07947 748816 07543 876490 01900 876 454

Loweswater Village Hall	Offers a social and business venue for wedding receptions, parties, dances, community activities, meetings and leisure and sports activities.	www.loweswatervillagehall.co.uk	01900 85718
Buttermere Old School	The Old School, Buttermere Village Hall offers a charming and historic venue for a variety of events and functions. Situated in the centre of the village and close to St James' Church it is ideally located.	David Robinson www.buttermerevillagehall.net	07940449094 david@loweswater.net
The Kirkgate Centre	The Kirkgate Centre is an entertainment and cultural venue at the heart of the lively community of Cockermouth, Cumbria. We celebrate our local talent and heritage, and bring top quality professional entertainment to our town and many other communities across the area to the west of the Lake District National Park. Whether you enjoy films on a big screen, live music, theatre, exhibitions, shows for children and families or community events, Kirkgate has something for everyone. Our quirky character makes us a special venue for weddings, parties, festivals and conferences.	The Kirkgate Centre Kirkgate Cockermouth CA13 9PJ	826448

ORGANISATIONS/ACTIVITIES		CONTACTS	PHONE
OTHER ACTIVITIES/GROUPS IN THE VALLEY (continued)			
Farmers' Discussion Group	Fortnightly at 8pm on Mondays in winter, Kirkstile Inn, Loweswater	Richard Vickers	07769 945301
Melbreak Wildlife Group	Sharing appreciation and knowledge of local wildlife (via a WhatsApp Group, and talks throughout the year), and encouraging wildlife conservation through various projects (currently covering barn owls, curlews, hedgehogs, swifts and balsam bashing). New members and volunteers always welcome.	Tanya St Pierre David Gardiner	07816 475486 07557 478825
Lorton & Derwent Fells Local History Society	About five talks a year at Yew Tree Hall, High Lorton, plus a couple of outings or historical walks	www.derwentfells.com Charles Lambrick	85710
Lorton Vale Gardening Club	Monthly meeting for talks (Oct-April) at Yew Tree Hall, High Lorton. Details advertised on the village noticeboards. Everyone welcome. Monthly garden visits in Summer.	Liz Irlam	07776410814
77 Club	Monthly meetings (October to June) for talks and trips, open to anyone in the valley. Based at Loweswater Village Hall.	Roger Hiley	07740 461059
Loweswater Ladies	Meet on the 2nd Wednesday each month at Loweswater Hall at 7.15pm	Jenny Burr j3nnyurse422@gmail.com	85980
Lorton Tennis Club	Lorton Tennis Club has two artificial tiger turf floodlit courts and one hard court. We welcome new members, and visitors, of all ages and abilities. Join as a member or pay and play. Coaching available for adults and children	www.clubspark.lta.org.uk/LortonLTC lortonmembership@gmail.com	
Lorton Community Lunch	2nd Monday of every month at Lorton School. Booking essential (£7)	Helen	07790 459064
Fitness Classes	Move to Improve - Yew Tree Hall, Lorton. Wednesday mornings 11am-12pm Keep Fit - Loweswater Village Hall. Every Monday 9am-	Val Bell	07918882175

	10am and every Friday 5.30pm-6.30pm		
Walking Groups	Mockerkin Mob - Two Sundays a month (A&B walks) Les Girls - Wednesdays, mainly low-level, 5-8 miles	Peter Battrick Lois Suckling	85576 85409

ORGANISATIONS/ACTIVITIES		CONTACTS	PHONE
ANNUAL EVENTS IN THE VALLEY			
Lorton 10K Race	Every April	Catherine Armstrong	07917 795404
Loweswater Show	Opposite New House Farm, every September	www.loweswatershow.com	
Buttermere Shepherds' Meet	Every October	Secretary: Rachel Tennent 01768 770256	01768 770256
Lorton Christmas Fair	St Cuthbert's and Friends of Lorton School, every December	Charles Lambrick	85710
OTHER LOCAL SUPPORT SERVICES			
Befriending Service	Cockermouth Linking Lives: Charity running a volunteer befriending service for lonely and isolated adults in and around Cockermouth, also hosting weekly daytime social activities in town.	cockermouth@linkinglives.uk	07957 515140
Bereavement	Lorton Vale comes under Allerdale Cockermouth Comfort Café: A space for anyone who has experienced any sort of bereavement for peer and professional support over refreshments. 2nd and 4th Thursday of the month, 10.30am-12.30pm, Christ Church Community Rooms, South Street, Cockermouth	bereavement.services@allerdale.gov.uk cockermouth@linkinglives.uk	07762 421072 07957 515140
Repair Café	Cockermouth Repair Café: Volunteer-run sessions offering repairs to clothes and other household items from Lorton Street Methodist Church, with refreshments, 10am-2.30pm, third Saturday of the month	cockermouthgreenweek@gmail.com	
Domestic Abuse	Cumbria Victim Support:	Monday to Friday, 9am-6pm: 24/7 support: or email cumbria.admin@victimsupport.org.uk	0300 3030 157 0808 1689 111

ORGANISATIONS/ACTIVITIES		CONTACTS	PHONE
OTHER LOCAL SUPPORT SERVICES (continued)			
Support for Farmers	RABI: One-to-one, expert support, advice and guidance, tailored to every circumstance - from benefits potentially available or mental health support.	help@rabi.org.uk	0800 188 4444
Housing and Homelessness	If you, or someone you know in the local area, are/is homeless now, or in danger of losing accommodation, call or email the Council.	homelessness1@cumberland.gov.uk	0300 373 3730
Help with IT Skills	Digipals: Thursdays at Norham House Coffee Shop, Main Street, Cocker mouth from 10am to 12pm. Help available with using most digital devices, led by a trained AbilityNet volunteer. Free but members are asked to buy refreshments from the café	v.cumbria@abilitynet.org.uk	01926 56241
Help with IT Support	Ash Lockyer Ian Atkinson		07437 405506 818172
Cost of Living	Cumberland Household Support Fund: if you are in financial crisis, you may be eligible for the Household Support Fund, which helps vulnerable households with essentials. This fund is intended to meet one-off needs rather than ongoing expenses, and focuses on those who have no other means to pay for what they need. Cockermouth Relief in Need: A local charity set up by the churches to support people in and around Cocker mouth with small one-off grants to meet immediate needs (such as replacing broken appliances and other household emergencies including vital one-off travel costs).	cumberland.gov.uk/hsf Contact Jane Charman for a confidential discussion before writing a letter of application jane.charman@grasmoormc.church	0300 373 3730 (option 2) 828028

ORGANISATIONS/ACTIVITIES		CONTACTS	PHONE
OTHER LOCAL SUPPORT SERVICES (continued)			
North Lakes Foodbank (covers West Cumbria)	To get help from a food bank, you need to be referred with an electronic voucher. This can be issued by agencies such as Citizens Advice, health practitioners, social prescribers or other community workers. If you are in financial crisis, call the 'Citizens Advice Help Through Hardship' helpline on 0808 208 2138. If appropriate you will be helped to access an emergency food parcel. Food banks are usually closed on Bank Holidays. Please check the NLFB website for details.	Cockermouth Collection Point, Lorton Street Methodist Church Open Tuesdays and Fridays, 10am-12pm www.thefoodbank.org.uk	
Other Food Share Groups	Highfield Food Pantry, Highfield Road: Ssecond and fourth Friday of every month from 10.45am - 12.15pm King's Church Meal Share: 12.30pm to 1.30pm for prepared meal and food share Great Clifton Village Larder: 1st and 3rd Friday of the month from 12.30pm. Join for £1 and buy a bag of food for £3		
INFORMATION ABOUT ACTIVITIES/GROUPS IN COCKERMOUTH			
Cockermouth Library and Tourist Information	88 Main Street: lots of information about evening classes and other regular activities in the town		706137
Cockermouth Town	Magazine published three times a year, also a website, run by the Chamber of Trade, listing local shops, services, community groups and events	www.cockermouthonline.co.uk	
Cockermouth Town Council	Information about the council and some local events	www.cockermouth.org	821869
Joy	National website searchable for local support services and groups within a particular radius of a postcode	www.explore.thejoyapp.com	
U3A	c50 interest/activity groups for the retired/semi-retired	www.cockermouthu3a.org.uk	U3A



The Melbreak Communities have contributed towards printing costs