



# love coniston

Love Coniston, a group of organisations including Coniston Parish Council and Christians Together in Coniston, are supporting a range of initiatives that aim to reduce the impact of the increase in the cost of living and to promote social interaction and fellowship throughout the winter months.

This is a not a fixed list. If you have any ideas that you believe could support those living in our community please contact any of the people named in this leaflet.

These are some of the opportunities so far.

## Snuggle Blankets

To encourage children to feel warm and cosy even if we've had to turn the thermostat down, we have distributed beautiful 'snuggle blankets' to the children at Coniston Primary School and its Nursery. This is something that we would like to extend to adults. If you would like an adult 'snuggle blanket' please let the Parish Clerk know.

## Lunches

Community Lunch	
Where is it?	Coniston Institute, Reading Room
When is it?	12:30pm on Monday 24th October, 21st November, and 19th December.
What is it?	A hearty two course lunch and a cosy catch up.
How much?	It is free of charge, but donations are welcomed
Do I need to book?	It would be helpful, especially if you have any dietary requirements.
Contact	Helen Glaister, Telephone or Text 07583 371275 or e-mail e.glaister013@btinternet.com

Young At Heart	
Where is it?	Coniston Sports and Social Centre
When is it?	12 noon every Thursday until Christmas
What is it?	A light lunch and the opportunity for fellowship. If you are feeling energetic you could access the Over 55's fitness class which runs between 11am and 12 noon.
How much?	It is free of charge, but donations are welcomed
Do I need to book?	There is no need to book, but it would be helpful if you have any dietary requirements.
Contact	Ollie Stolborg, Telephone 01539 441812, or e-mail conistonsports-socialcentre@hotmail.com

Lunch and Dominoes	
Where is it?	Coniston Institute, Reading Room
When is it?	They are being held at 12:30pm on Monday 12th October, 2nd November, 7th December, 11th January, 1st February and 1st March.
What is it?	A hearty soup and pudding with a chance to come together and relax over a game of dominoes.
How much?	Yes, the cost is £5.00
Do I need to book?	Yes, please let the organisers know you are coming
Contact	Jean Edwards, Telephone 01539 441 617 or e-mail leigh.edwards1945@btinternet.com

## Coniston Community Fridge and Pantry

This project takes food donated by shops, supermarkets and individuals and makes it available to anyone who lives in Coniston and the surrounding area, free of charge, in an attempt to reduce food waste.

This will be located at the back of St Andrew's Church. St Andrew's is open throughout the day, but as the fridge and pantry won't be staffed you are invited to take what you need. Pop in to see what is in. It is hoped that we may be able to give people an idea as to what is available on the Love Coniston Facebook page.

If you have difficulty in accessing the Community Fridge and Pantry please let us know and we will find a way to help.

## Advice Surgery

There is a lot of useful information online, however, this isn't always easy to find. Printed material will be available in the Library, but Parish Councillor, Heather Troughton is available to help you. Keep an eye on Facebook, or sign up to email notifications to find out when the next drop-in session will be.

## Contact

We will be putting regular updates on the Love Coniston Facebook page. We will include information on the Coniston and Crake Benefice Magazine, however, this might not be as up-to-date as on Facebook.



**Cllr Heather Troughton**

*Coniston Parish Council*

07837485699

*heather.troughton@coniston.info*

**Helen Glaister**

*Community Lunch*

07583 371275

*e.glaister013@btinternet.com*

**Joyce Holland**

*Christians Together in Coniston*

01539 441 594

*joyceanddare@btinternet.com*

**Ollie Stolborg**

*Coniston Sports and Social Centre*

01539 441 812,

*conistonsports-socialcentre@hotmail.com*

**Jean Edwards**

*Lunch and Dominoes Co-ordinator*

01539 441 617

*leigh.edwards1945@btinternet.com*

**Michael Dearnley**

*Parish Clerk*

01539 441 442

*parish@coniston.info*

**Chris Clarke**

*Coniston Youth and Community Officer*

07594 775046

*conistoncommunityworker@gmail.com*

## Do you want to be kept up-to-date by email?

Send your email address to the Parish Clerk at [parish@coniston.info](mailto:parish@coniston.info)

## How can you help?

Let us know if you have any other ideas, or if you are aware of anyone experiencing hardship who may need some help this winter.

