

TWO VALLEYS PARISH NEWS



Coronation issue



Serving the parishes of Cartmel Fell, Crook, Crosthwaite,
Helsington, Underbarrow, Winster, & Witherslack

May 2023

70p

Holy Trinity Church Winsters

Books/Cakes/Plants

SAT MAY 27th

in the **School House**

10.00am - 4.00pm

TEA COFFEE SOUP

HOME-MADE CAKES

BOOKS PLANTS

LOOKING FORWARD TO SEEING YOU!

For info:- Yvonne 01539488563/ Gill 01539443304

Church miniature pictures from watercolours by John Wilcock

Church Services for MAY 2023

Thursday 4th May 9.15am Holy Communion (CW) at St. Mary's Crosthwaite

Sunday 7th May The 5th Sunday of Easter

9.30am Cartmel Fell	Coronation Celebration	Mr. Julian Lambton
9.30am Witherslack	Coronation Celebration	Rev. Michael Woodcock
11.00am Underbarrow	Coronation Celebration	Rev. Simon Howard
11.00am Winster	Coronation Celebration	Rev. Michael Woodcock
11.00am Crook	Coronation Celebration	tbc
11.00am Crosthwaite	Coronation Celebration	Lay team

Saturday 13th May 10.30am-12.30pm Messy Church - outdoor event planned

Sunday 14th May The 6th Sunday of Easter

9.30am Cartmel Fell	Holy Communion (BCP)	Rev. Michael Woodcock
9.30am Underbarrow	Holy Communion (BCP)	Rev. Bob Dew
11.00am Crook	Morning Worship (CW)	tbc
11.00am Crosthwaite	Holy Communion (CW)	Rev. Michael Woodcock
5.30pm Winster	Evensong (BCP)	Rev. Michael Woodcock

Thursday 18th

7.30pm Deanery Ascension Day Holy Communion at St. Oswald's Burneside

Sunday 21st May The 7th Sunday of Easter

9.30am Underbarrow	Morning Worship (CW)	Rev. Simon Howard
10.00am Witherslack	Café Church in the Parish Hall	Lay team
11.00am Winster	Holy Communion (BCP)	Rev. Woodcock & Hilary Fitch
11.00am Crook	Holy Communion (CW)	tbc

Sunday 28th May Pentecost (Whitsun)

9.30am Cartmel Fell	Holy Communion (BCP)	Revs. Woodcock & Howard
9.30am Helsington	Holy Communion (CW)	Rev. Prof. Ian James
11.00am Crook	Morning Worship (CW)	tbc
11.00am Crosthwaite	Holy Communion	Revs. Woodcock & Howard

Wednesday 31st May

7.30pm Crosthwaite Refresh

Sunday 4th June Trinity Sunday

9.30am Underbarrow	Holy Communion (CW)	tbc
9.30am Witherslack	Morning Worship & Baptism	Rev. Michael Woodcock
11.00am Winster	Holy Communion (BCP)	Rev. Michael Woodcock
11.00am Crook	Morning Worship (CW)	tbc
6.30pm Crosthwaite	Evensong (BCP)	Rev. Michael Woodcock

A Short History of the Coronation

The coronation ceremony, as I'm sure we will be told many times on and around the Coronation of King Charles on 6 May, is very ancient. Indeed it is: our earliest written Coronation Order dates from the ninth century and was used for the Kings of Wessex, when England was divided into several kingdoms. It is very special in being the earliest surviving Coronation Ordo from anywhere in the West.

This First Ordo, as it's now known, draws heavily on the account of the anointing of King Solomon in the Old Testament. Oil was poured over the king's head, the leading figures of the kingdom paid homage, the king received regalia symbolising his power and responsibility, and there was an acclamation, which is still used: *Vivat Rex*, 'long live the King'. The symbols of authority were a sceptre, a staff and a helmet – not a crown. The focus of the service was on the king as (military) leader of his people.

A major revision in the later Anglo-Saxon period (the Second Ordo) brings us closer to what we have now. Above all, this revision gave greater prominence to the role of the clergy in the service, required of the king promises to uphold the privileges of the church in addition to promising to uphold the secular order, as he had done in the First Ordo, and there were also changes to the regalia. These now comprised a crown (replacing the helmet), ring, sword, sceptre and staff, each accompanied with formulas invoking royal virtues and divine aid. The *Vivat Rex* acclamation continued to be used. The First Ordo had been Christian, of course, and in Latin, but what now happened under the influence of a revised continental coronation order, largely shaped by Hincmar, Bishop of Reims († 882) for the West Frankish dynasty, was that the Anglo-Saxon Second Ordo became much more ecclesiastical in its focus and the anointing of the king was conceived of as a form of sacrament: something holy was going on, beyond a solemn investiture. This change of concept involved changes in the order of events within the service and to the words spoken and promises made. But most importantly it marked a change in the meaning of kingship, which became something divine.

The service continued to evolve throughout the Middle Ages and was enriched by the addition of symbolic garments. But an underlying stability remained which is still evident today. Of course the Reformation meant that questions were raised over particular details. But the fact that the symbolism was substantially derived from the Old Testament allowed the kingly anointing to escape being seen as too Catholic, so the rituals remained in use.

English was first used for the coronation of James I. For the coronation of James II it was necessary to leave out the Eucharist, since the king, being a Catholic, would not have been able to take communion! But it was the Glorious Revolution of 1688 which brought about major changes. Politics required the Ordo to be significantly revised, partly with the aim of excluding the possibility of there ever being a Catholic monarch: the Sovereign had to promise to maintain the Protestant church, emphasised in the service, following the investiture, by the presentation of the Authorised Bible. Substantial parts of the Ordo's text were also rewritten, resulting in a significant break with the medieval liturgical language. It is this version, largely rewritten by Henry Compton, Bishop of London, that has been the basis of all subsequent coronations.

Joyce Hill

A LETTER FROM MICHAEL WOODCOCK



Dear friends,

The biggest challenge facing us in the 21st century is, of course, climate change and the catastrophic consequences that are coming ever closer to us. It's rather been out of our news in the last few years. The Covid-19 pandemic set Governments back in terms of where our priorities were felt to lie. Then the war in Ukraine is exacerbating it all, and again news headlines are dominated by important and significant things, but things which are still far less important than the challenge climate change presents to us as a species, to our planet and to countless other species that rely on the human race to get this right.

There are not many left now who deny the vast swath of scientific opinion that repeatedly tells us that too many human beings are using too much energy and taking up too much space on the planet. Through excessive energy use and its accompanying greenhouse-gas emissions, we are changing the planet's climate in ways that will make it uninhabitable for ourselves and many other species.

Some have commented how it is a strange "crisis" to be facing as it does not have the immediacy of war or plague or tsunami. Rather, it has to do with how we live on a daily basis – the food we eat, the transportation we use, the luxuries we have grown too used to, et cetera. The enemy we are fighting is the very ordinary life we ourselves are leading.

How can our faith help us at such a time? Perhaps the principle, common to many faiths, of self-emptying can help; a form of ego-lessness, an attempt to open the self so that we can make room for God. And being open to God means being open to other creatures upon whom we depend and who depend on us. By engaging in self-emptying, we are putting others (humans and creatures) first. It's a huge exercise in humility; a much under-rated quality in today's world, but one which we may need more than ever before.

Locally, we are exploring how to do our bit. In Crosthwaite and Lyth we are in the process of inaugurating CLEAN (Crosthwaite and Lyth Eco Action Network), and other villages may be able to gain in due course from what we discover is possible.

yours in friendship,

Rev. Michael Woodcock,
The Vicarage, Crosthwaite.

FROM THE REGISTERS



Funerals - with Sympathy, we remember those who have recently passed away:

11th April Fideo Cervetti (86) Funeral Service at St. Anthony's Cartmel Fell

CALLING ALL PARISHIONERS

King's Coronation Celebration Services

There will be special services on Sunday 7th May in our local churches to celebrate the King's Coronation.

ASCENSION DAY Thursday 18th May

This year Burneside Parish Church is hosting the Deanery Ascension Day Communion service for the whole deanery.

7.30pm Deanery Ascension Day Holy Communion at St. Oswald's, Burneside.

A series of Sermons on Healing. Following the change in patterns to our services, we are now able to offer a series of four sermons on the broad topic of Healing – What is healing in the Christian tradition and what can we uniquely offer alongside conventional treatments? These four sermons will be offered at the following services and will be presented by different members of the ministry team. We hope, with our weekly commitment to gather and worship, that folk may benefit from this series of sermons that will build week by week.

14th May 9.30am at Cartmel Fell - Rev. Michael Woodcock

14th May 11.00am at Crosthwaite - Rev. Michael Woodcock

21st May 10.00am Café Church at Witherslack

21st May 11.00am at Winster - Mrs. Hilary Fitch

28th May 9.30am at Cartmel Fell - Rev. Simon Howard

28th May 11.00am at Crosthwaite - Rev. Simon Howard

11th June 9.30am at Cartmel Fell - Rev. Michael Woodcock

11th June 11.00am at Crosthwaite - Rev. Michael Woodcock

Kendal Classical Guitar Forum

If anyone in the Two Valleys plays or is interested in the classical guitar, a local group has recently been set up meeting each month at the Castle Street Centre. If you are interested or want more information contact John Seal – john@southlow.co.uk or (015395) 68425.

NOTICES FOR INDIVIDUAL PARISHES

CARTMEL FELL

**SEE PAGE 17 FOR
CORONATION
AFTERNOON TEA**



On the afternoon of Monday 8th May there will be a charity dog walk starting at 2.30 p.m. from Cartmel Fell Parish Hall to raise funds for The Cinnamon Trust, a charity which supports elderly and terminally ill people and their pets. The walk is just over 2 miles and not too strenuous. The walk will be followed by tea/coffee cakes and savouries at about 3.30 p.m. All are welcome, with or without dogs and the cost per person is £8. If you do not want to do the walk but just have the tea that is fine too. All monies raised will be used to support this worthy charity. If you would like to take part please send an email to maureencaulfield100@gmail.com. and say whether you will be doing the walk and having tea or just having tea.

A Joint Exhibition of Works by
Sally Kindness and Liz Savage
At Hare Hill Barn, Cartmel Fell,
LA11 6NZ

Sunday 14th May to Sunday 21st May,
10am to 4pm



CROSTHWAITE

**SEE PAGE 13 FOR
CORONATION DINNER
AND PAGE 15 FOR SCHOOL
CORONATION COLOUR
DASH**



King's Coronation Celebration Service at 11.00am on Sunday 7th May in St. Mary's, Crosthwaite. Bring your own Lunch to enjoy eating together afterwards.

**NB: there is no Crosthwaite Exchange on
Wednesday May 3rd.**

WE NEED YOU!



The Argles Memorial Hall, Crosthwaite is a flourishing multi-activity centre in the village. It plays a very important part in our community and in the life of its surrounding areas.

The Hall Community always welcomes any ideas from individuals or groups for new events and activities which reflect their interests, and encourages people to stage their events in the hall.

We are looking for community spirited volunteers to support the work of the management committee in any role they feel they are able to take on, to continue providing a vibrant centre for all to use.

Contact: Jenny Waldron on 07900 508941 or
Bookings, Argles Memorial Hall, Crosthwaite, Kendal LA8 8HT
07407 386976

Hall website Page:

<https://www.crosthwaiteandlyth.co.uk/memorialhall.php>



COME AND WATCH THE CORONATION AT ST. MARYS CHURCH

We will be showing the Coronation of King Charles III live on the large screen in St. Mary's Church from 10.30 a.m on Saturday 6th May. Come and join friends and neighbours as we celebrate this historic event together. Refreshments will be available but bring a cushion to watch in comfort.

Hope to see you there!



Save this date! - Saturday 15th July Crosthwaite Show 2023 at the Argles Memorial Hall

The Committee is busy drafting the schedule of classes to attract all parishioners and people who work, learn or play in our village to exhibit and come along to our Show.

The Schedule will be published by Easter, so get chitting your potatoes, sort out your seeds, sharpen your knitting needles, practise your baking and generally get creative.

....more information coming soon.

The Show Committee

UNDERBARROW WITH HELSINGTON

**SEE PAGE 14 FOR
CORONATION PARTY**



Thank You!

The Underbarrow
Marrow day

Committee would like to say 'Thank You' to the Atkinson family for the generous cheque that the Marrow Day received from the donations received at George Atkinson's funeral.

Both George and his wife Ann were instrumental in the development of Marrow Day in the early years (over 40 years ago!) helping it to become the successful annual event that it is today.

SAVE THE DATE

UNDERBARROW MARROW DAY

Sunday 24th September 2023

The quiz night held at the beginning of March was a resounding success! We would like to thank everyone attending for their support.

There were 33 Teams in total and we

took over the whole of the Black Lab raising nearly £1000 on the night!

Thanks to Paul Jones our Quizmaster on the night, Steve Rawlinson for compiling the Quiz, for Raffle prize donations, furniture movers and sandwich makers extraordinaire!

A huge thank you to the team at the Black Lab and committee members for hosting and organising the event - we couldn't have done it without you.



Thank You!



Keep a look out for future events!

WINSTER



Winster Church
invites You to a special
Coronation Village
Service and **Jacobs**
Join Lunch at 11 am
on Sunday 7th May at
Winster Church. A



chance for the whole village to get together and share lunch as part of nationwide celebrations.

If you can bring some food to share as part of the Jacob's Join lunch

WITHERSLACK

**SEE PAGE 16 FOR
CORONATION CEILIDH AND
FETE**



“Vicar at The Derby” - last Wednesday of the month.

Rev. Michael Woodcock will be at The Derby Arms again from 12noon until 2.00pm on Wednesday 31st May. Happy to have a chat with anyone about anything really.....

Café Church

***has moved to the **third**
Sunday of the month***

***Next Café Church is
Sunday 21st May***

in

***Witherslack Parish Hall
at 10am***

***Everyone is welcome, whether
you usually come to church or
not. Just come and see.***

***For more information, please contact Dorothy
Grace or Rev. Michael Woodcock.***

Caring for our Community

Are there times when you feel lonely, or in need of a listening ear?

There is now a small team of community visitors, alongside Rev. Michael Woodcock, for the parishes of Cartmel Fell, Crosthwaite, Winsters, and Witherslack; each has been safely recruited under our Safeguarding Policy and is trained and experienced in this role. Please feel free to contact any of the team below if you would like some company, a phone-call or a friendly chat over a cuppa, irrespective of which parish you live in. Although we are not professionals, we can be a listening ear. It doesn't matter whether you attend any of the churches or not. All conversations are confidential.

Anthony Clarke (Cartmel Fell)	015395 31481
Lily Holme (Winsters)	015395 60247
Pat Howarth (Crosthwaite)	015395 68652
Alyson Groom (Crosthwaite)	015395 68930
Dorothy Grace (Crosthwaite)	015395 68569
Rev'd. Michael Woodcock	015395 68276

Advertising in the Two Valleys Parish News

Would you like to join our waiting list to advertise your company, business, shop, hotel, crafts, art or services to the local community? We have a circulation of almost 700 potential customers!

Contact our Advertising Manager, Lorraine Brierley,

Phone 015395 60702 / 07826 800469

or e-mail brierleyl@yahoo.co.uk

REMINDER - MAGAZINE SUBSCRIPTION 2023

If you receive a monthly Two Valleys Parish News then your subscription for 2023 is now due.

The price is being held at **£6.50** for 12 issues and you are asked to please pay your Parish distributor promptly or make a payment via bank transfer using the bank details below. Please give your name as a reference so we can track your payment!

If you receive your TVPN by POST then the cost for the next year is £14.50. Please make cheques payable to Crosthwaite PCC and send to:

Lorraine Brierley, 4 Whitbarrow Grove, Levens, Kendal, LA8 8LT.

Alternatively you can pay by bank transfer using the details below:

Account Name: Crosthwaite PCC

Sort Code: 40-26-02 Account No.: 20262366

If you pay by bank transfer PLEASE use your name as a reference and let me know so I don't chase you for payment !

Tel: 07826 800469 Email: brierleyl@yahoo.co.uk

If you are on the Helsington postal list please make cheques payable to:

Underbarrow with Helsington PCC

And send to: Marilyn Taylor, 5 Crow Wood, Brigsteer, Kendal, LA8 8AW



The Exchange invites you to a

***Coronation
Celebration
Dinner***

***Friday 5th May 6 for 6.30 p.m.
The Argles Memorial Hall***

***3 course dinner including wine
£25 per person Dress to Impress***

***Booking Essential!
Tickets from Geraldine
015395 68836
07766 646504***

Grangee1@hotmail.co.uk

All proceeds to Memorial Hall Funds

UNDERBARROW CORONATION PARTY

SUNDAY 7TH MAY

**12 TILL 2 FOLLOWED BY A
ROYAL QUIZ**

**£5 PER ADULT AND A SMALL
DONATION FOR CHILDREN**

LUNCH PROVIDED

**BAR/NON-ALCOHOLIC
REFRESHMENTS AVAILABLE**

**CHILDREN'S CROWN COMPETITION
(AGE GROUPS - 4 AND UNDER, 5 TO
8, 9 TO 12, AND 13 AND OVER)**

TO CONFIRM YOUR PLACE CONTACT IRENE MATTHEWS BY THE
28TH OF APRIL ON:

**07789671830 or 01539568495 or
irenematthews@tiscali.co.uk**



We warmly welcome all the community to join and support us on the day. Whether this be cheering on the runners in the dash, having the pleasurable task of throwing paint over the children, or joining us for a drink and ice cream. We'd love to see you!



WITHERSLACK CELEBRATES

Join us for a right royal knees-up

Friday 5 May: CORONATION CEILIDH

7.30pm in the Parish Hall with ***Striding Edge***

** tickets limited so get them early, check Witherslack Hub for details **

Sunday 7 May: STATELY CELEBRATIONS



9.30am ST PAUL'S CHURCH celebration service

11am CEREMONIAL KING CHARLES III TREE PLANTING and plaque unveilings, including for the existing oaks commemorating the coronations of Elizabeth II and George VI, on the church green

11.30 onwards Dean Barwick school field

KING & QUEEN FANCY DRESS, prizes for children and adults

PICNIC LUNCH, bring your own, best dressed picnic table prize

SOVEREIGN SPORTS, join in the fun and games - welly wanging, rope stretching, rounders, slippery foam adventures and more, some with trophies

We look forward to welcoming our loyal subjects for fun, laughter and regal revelry.
Check Hub for updates, best decorated house entries, flags and bunting hanging

Making Witherslack Happy and Glorious

Cartmel Fell Community Trust & Cartmel Fell WI
Invite you to their



CORONATION AFTERNOON TEA

On SUNDAY 7th MAY FROM 2- 4pm
In CARTMEL FELL PARISH HALL

Entry by donation – suggested price £5 per person
Competition for the Best Decorated Crown – in any medium,
open to all ages.

Crowns to be judged on the day at 3.30pm.
All Welcome – please come and join us in this national
celebration!





Have you ever wanted to
try Bell Ringing?



Why not train to be a bell ringer in time to
ring for the King's coronation
on 6th May 2023

If you want to have a go, please contact:
Keith Hackney 015395 38823

ROSE ROOM



*"Classy vintage swing and gypsy jazz
played by a band that combines brilliant
musicianship and warm personality"*
- Jazz Scotland



Serving up a mix of 1930s standards, original music and Gypsy
Jazz favourites with their signature flair and fireworks.

Helsington & Brigsteer Village Hall

LA8 8AL

Sun 21 May 7:30pm

Tickets: melanieyates800@gmail.com or 07771 737629

www.highlightsnorth.co.uk

(B.Y.O drinks & glasses)



LYTH VALLEY GROUP

In March Underbarrow WI were hosts to the Lyth Valley Group of WI's for a special social evening. This Lyth Valley Group of WI's consists of ladies from Brigsteer, Crook, Crosthwaite, Cartmel Fell, and Witherslack as well as Underbarrow itself, and all these WI's were represented on the night. We were entertained on the night by Carolyn Francis, a local musician, and her group of fifteen amateur fiddle players, known as the Lakeland Fiddlers. Carolyn introduced us to many historical local tunes which were very enjoyable, and they even played a tune that Carolyn had written herself in the folk tradition. The competitions were a Lakeland Tea Bread, which was won by Mary Jones from Crook; and a musical item, which was won by a hundred year old banjo owned by Penny Blair from Crosthwaite. One highlight of the evening was when Carolyn played a tune on this old banjo, a lovely old instrument which had been owned by Penny's grandfather.



The next meeting of the Lyth Valley Group will be hosted in October by Crosthwaite WI and Nick Cox will be talking about the Antarctic.

CARTMEL FELL

16 members were present when Sue Spencer told of her experiences "Backpacking Solo around the World approaching 50". Unprepared for any of the events she encountered, it made for a very interesting and sometimes amazing talk.

Following refreshments, Ruth reported on the council meeting she had attended with Julie W and Sue. The meeting was well attended, ran smoothly and was interesting. Sara Dennis the embroiderer from the Repair Shop displayed examples of her work showing all different stitches this was awe inspiring, as was the speaker on sign language who answered many questions and gave a lot of food for thought.

2 transplant nurses and a colleague came from Preston Royal Infirmary to promote The Little Yellow Duck Project, a global initiative highlighting the life-saving random acts of kindness of blood, bone marrow, organ and tissue donation. The packs of patterns, all mediums, were soon taken up but all information can be found at <http://thelittleyellowduckproject.org/>

Sue read her story of her transplant experience to great applause.

Members were encouraged to apply for bursaries and support the 200 club.

This was a very well run gathering and most enjoyable.

Our next meeting will be 3rd May when the resolution will be discussed and members enjoy a Jacobs join supper. The competition will be for a savoury snack.

CROSTHWAITE & LYTH

Members of Crosthwaite and Lyth W.I. gathered in eager anticipation to hear Diana Matthews talk on the historic Lakeside houses around Windermere, and they were not disappointed. Diana's family have been builders and architects in the locality for many generations and her wealth of knowledge and interest in her subject was a treasure trove. She began in 1573 and told us the history and fascinating tales of some of the 14 houses' inhabitants surrounding the lake. In some cases she even had the financial accounts for the building works and she included details of the very popular regattas that started in 1825, and for which many wealthy house owners built fantastically expensive yachts. We learnt of 3 very old houses, 4 Georgian houses, 4 19th Century homes and finally 3 20th Century houses.

UNDERBARROW

Underbarrow WI had a nautical meeting in April, led by Mr John Parlane who runs The Bay Sailing School in Morecambe with his wife Deidre. In the winter they teach qualifications in sailing, and in the summer they teach adult beginners in Morecambe Bay.

John taught us to tie an essential figure of eight knot used on all boats, and he talked about sailing and navigation now and in history. Many terms in the English language are drawn from seafaring, such as "Between the Devil and the Deep Blue Sea", and John explained the derivations of such terms, which was fascinating. John was a very well informed and interesting speaker.

For May we have an open meeting about the history of herb gardens. This will be presented by Elaine Wilkinson who lives in Underbarrow and has learned a lot about this subject whilst volunteering at Townend, an old farmhouse currently owned by the National Trust, at Troutbeck.

This open meeting will be held on Wednesday May 10th at 7.30pm, and other WI members, or anyone local including men are very welcome to come to the talk. The cost is £3 including refreshments.

WITHERSLACK

Witherslack WI met at the parish hall for our monthly meeting with a good turn out of members and also warmly welcoming some new members to our club.

The meeting was followed by a talk from a very talented Artist called Fiona Clucas. Fiona reminisced about her time at Gloucester College doing fine art and how lucky she was to be encouraged to do so by her parents who were also both very gifted and creative people. Fiona explained to us how she started her time after college by following the circus for a few weeks, ending up at Blackpool circus painting the things she saw such as the animals and clowns.

Her artistic creations soon turned to her now well known wildlife and flower paintings and drawings. Fiona now enjoys making her living showing and selling her beautiful paintings at many exhibits locally, sometimes at The Dean Barwick Hall in Witherslack.

For more information about Fiona's work and exhibits please visit her website on www.Fiona-Clucas.co.uk

I recently started a new job where my boss has told me I'll have to work on bank holidays. This was never the case in my old job. Can my employer really make me work on a public holiday, and should I get paid extra if I do?

Unfortunately, when it comes to bank holidays, whether or not staff have to work is up to their employer, and you don't have to be paid more if you do. The situation will vary from job to job and depends on a number of factors, e.g. whether your place of work is open on bank holidays. If you have a contract, this should set out your personal situation.

A contract might say that you will always get bank holidays off, or that you may sometimes be required to work them, or that you will always be required to work them. If your place of work is normally open on a bank holiday you'll probably be asked to work at least some. But if your contract says you get bank holidays off you shouldn't be asked to work.

Your contract might say something like: "In addition to bank and public holidays, your annual entitlement to holidays is X days". This means you get public holidays off in addition to your annual leave entitlement but it might not mean you're entitled to take the specific days off. You may be required to work a bank holiday, in which case you should get another day off instead.

Alternatively, it might say something like: "Your annual holiday entitlement (inclusive of bank and public holidays) is X days" - this means you have to take bank holidays off as part of your annual leave entitlement.

A common misunderstanding around bank holidays is that employers have to pay you extra for working them. This is not the case. Unless your contract says you'll be paid extra you will just be paid your normal amount. Your employer has to follow what's set out in your contract - if they don't, you should raise this with them.

If you don't have a contract, the legal default position is that your employer can tell you when you can or can't take time off. If you'd like to request a bank holiday off, use the normal method for requesting time off.

If you find you need to resolve an issue with your employer, first ask for an informal chat, where you can raise your concerns. If this doesn't get you anywhere, you may need to raise a formal grievance. If you need advice on this, contact South Lakes Citizens Advice.

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. South Lakes Citizens Advice, your local charity, is here for you. How to access:

- **Call [015394 46464](tel:01539446464) - this is being staffed from 9:30 – 2pm**
- **Adviceline: 0808 2787 984**
- **email advice via our submission page on our website www.southlakescab.org.uk**
- **Help to Claim (Universal Support): 0800 144 8 444**

Two Valleys Churches

"Enriching lives Embracing God"

Cartmel Fell, Crosthwaite, Winster, and Witherslack

Parish Priest: Rev'd. Michael Woodcock, The Vicarage, Crosthwaite, LA8 8HX

(not available Fridays) mich@elwoodcock.com 015395 68276

Reader: Dorothy Grace dorothygrace01@btinternet.com 015395 68569

St. Anthony's, Cartmel Fell

Churchwardens: Mr. Anthony Clarke 015395 31481

Mrs. Vanda Lambton 015395 31311

St. Mary's, Crosthwaite

Churchwardens: Mr. Matthew Dobson 015395 68849

Mr. Steven Brierley 015395 60702 07470 169890

Holy Trinity, Winster

Churchwarden: Mrs. Lily Holme 015395 60247

Mrs. Cath Casson 015394 44958

St. Paul's, Witherslack

Churchwardens: Vacant

Underbarrow with Helsington

Associate Priest: Rev'd. Simon Howard

revdsimonhoward92@outlook.com : 07719 889577

For baptism, wedding, & funeral enquiries contact the **Church Administrator:**

Janet Sullivan assjadmin@stkmail.org.uk : 01539 730683

Safeguarding Officer for all above: Mrs. Jane Eccles 07779 953763 015395 58138

St Thomas' Kendal with St. Catherine's, Crook

Parish Priest: Rev'd. George Briggs, St. Thomas Vicarage, South View Lane,
Windermere Rd, Kendal.

george@stkmail.org.uk : 015395 83058

Curate: Rev'd. Vic Sekasi vsekasi@gmail.com 07786 061972

Readers: Tony and Hilary Fitch fitchesuk@aol.com : 015395 68577

Church Administrator:

Janet Sullivan crookadmin@stkmail.org.uk : 01539 730683

St Catherine's Churchwardens: Mrs. Lilian Atkinson 01539 821389

Mrs. Mary Allcock 01539 821312

Safeguarding Officer for Crook: Mrs. Lilian Atkinson, Low Fold, Crook
lilatkinson8@gmail.com

Magazine Editor next month: Colin Edwards (015395 68879)

Magazine postbox c/o Crosthwaite Vicarage. e-mail: tvn@crosthwaiteandlyth.co.uk

Advertising Manager and Magazine postal service:

Lorraine Brierley 4 Whitbarrow Grove, Levens. LA8 8LT. (015395) 60702

brierleyl@yahoo.co.uk

REGULAR EVENTS

HELSINGTON & BRIGSTEER

Book online at brigsteervillagehall.co.uk

Contact Ann Bryan (015395 68067)

Pilates Intermediate	Mondays 09:15 - 10:15
Pilates Fundamentals	Mondays 10:30 - 11:30
Circle Dancing	Tuesdays 10:00 - 11:45
Table Tennis	Tuesdays 19:00 - 21:00 September to May
Yoga	Wednesdays 09.30 - 11:00
WI	Second Wednesday of the month 19:30
Dru Yoga	Thursdays 09.30 - 11:00
Tai Chi	Thursdays 13:45 - 15:45
Pilates	Fridays 09:15 - 10.15

CARTMEL FELL

For bookings contact Julie Balshaw Tel. 015395 68506 Email: balsh@hotmail.com

Women's Institute	First Wednesday in the month at 7.30pm
Local History Society	Second Monday in the month at 7.30pm during winter

CROOK MEMORIAL HALL

For bookings contact Mrs. Kath Jackson Tel: 01539 821415

Music Group	Monday morning
Art Group	Monday afternoon
Table Tennis	Monday and Friday 7.30 – 10.00pm (from September during the winter months)
Guitar Group	Tuesday morning
Young Farmers Club	Occasional Tuesdays 7.30 – 9.30pm
WI	First Wednesday in the month (afternoons in winter, evenings rest of year)
Sewing/Craft Group	Occasional Wednesday evenings
Aerobics/Body Toning	Thursday 10am – 11.00am
Folk Dance Group	Thursdays 7.30pm – 10.00pm
Painting Group	Friday afternoon

MAGAZINE DEADLINES

Items for entry to the Editor(s) by **12th of previous month by e-mail or letter**
please.

CROSTHWAITE MEMORIAL HALL

Please check bookings online at website address:

www.crosthwaiteandlyth.co.uk/memorialhall.html

For Bookings contact Kath Edwards **015395 68879** or **07407 386976**

Playgroup	Tuesdays & Thursdays 9:30-1:30am (school term time)
Indoor Bowling	Tuesday and Thursday 7.30-10.00pm (3rd. Oct—14th. Dec 2023 9th. Jan—28th. March 2024)
Exchange	Lunches 1st Wednesday of month 1pm-3pm Teas 3rd Wednesday of month 2:00-4:00pm NB: There is no Crosthwaite Exchange on Wednesday May 3rd.
Yoga	Wednesdays 7.00-8.30pm
WI	Social afternoons, Occasional 2:00-4:00pm Evening Meetings, Monthly 3 rd Wed 7.30-9.00pm
Art Club	Mondays 1.30-4pm (January-March then October-December)

UNDERBARROW INSTITUTE

For bookings contact Valerie O'Loughlin: Tel. 015395 68655

Snooker Club	Mondays from 7.30pm
WI	Every 2 nd Wednesday of the month - 2pm, October to March inclusive, 7.30pm, April to September inclusive.

WINSTER

For bookings contact Jane Crowe: Tel. 015394 44098

Books, Cakes and Plants Last Saturday in the month (April-November)

WITHERSLACK

For bookings contact Janet Crowe 07919 988566

janet.crowe@outlook.com

Indoor Bowling	Wednesdays 7.30pm - 10pm (from September to end of April). New members welcome - all equipment is provided.
Parent & Toddler Group	Tuesdays 10am until Noon in the Parish Hall
Women's Institute	Every 2 nd Tuesday of the month at 7.30pm
The Art Club	Fridays 9.30am - 12.30pm

Having a Clear Out?

We collect old suitcases, leather bags, trunks, galvanised buckets or similar, wooden ladders, coat stands, old wooden boxes and crates, old kitchenware, TG Green Cornishware.

Cash payment. Pleasant service guaranteed.

Please contact Peter: Mobile 075392 90879

or e-mail: eigerbird@hotmail.co.uk

HIGHGATE VETERINARY CLINIC



Friendly, caring and professional team who are highly recommended and trusted by their clients.

173 Highgate, Kendal, LA9 4EN

☎ 01539 721344

Unit 1 Beezon Road Trading Estate,
Kendal, LA9 6BW

☎ 01539 887988

Website: www.highgate-vets.co.uk

HADWINS (LINDALE) LTD

Audi - Volkswagen Dealers - Service & Parts

☎ Grange (015395) 35522 / 34242

Do you need a Girl Friday?

Too busy! Too much to do?

PA work - business cover - cleaning -
decluttering - gardening -
decorating - shopping - sewing

The list goes on...

Simplify your life.

Call Isabel on ☎ 0787 6224013

or e-mail issy52@icloud.com

LYTH VALLEY ELECTRICAL

All types of electrical work undertaken from lighting to re-wires, extra sockets to new installations. No VAT

☎ Scott Walker 015395 68935

Mobile: 07766 939956

e-mail: lyth.valley.electrical@gmail.com

PLUMBING & GENERAL PROPERTY MAINTENANCE

☎ PETE 01539 821853/ 07734 983803

NORTHERN ELECTRICAL

CONTRACTORS, NEC (LTD)

We provide a complete electrical service from installation, maintenance, to testing for commercial and domestic.

We are fully qualified and are NIC EIC approved contractors and domestic installers.

Call Martin on

☎ 077914 96951 or 015395 52507

HALE GARAGE CO

(Practical Automobile Engineers)

Established over 85 years



Main A6 Road, Hale

New & Used Car Sales Service & Repairs

Full Dealer Computerised Diagnostics Equipment.
Petrol & Diesel MOT Testing. Body Repairs. Tyres.
Batteries. Exhausts & all your motoring needs.

Free collection or loan car service.

☎ 015395 62173/62839 halegarage@btconnect.com

JOE DOBSON LTD - JOINERY

Manufacture and Install. Free Quotations

☎ Mobile: 07979 226748

LAKEWOOD LOCK & SAFE CO

Meathop, Grange over Sands

Locksmith & Safe Engineer

Locks supplied, fitted, opened and repaired
Safes supplied, fitted, opened and repaired
Free security surveys for your peace of mind

On time, every time

Over 30 years experience

☎ 07407 192270

HALECAT HOUSE & GARDENS, WITHERSLACK

Available for self catering weeks or weekends.

Weddings, parties and events

To book or make an enquiry please

☎ 015395 52387

website: www.halecat.co.uk

COMPUTER HELP AT HOME

Plain English help with your computer.

☎ Graham Brook 015395 60868

ANTHONY CLARKE

The Ashes, Cartmel Fell

Funeral Director

Private Chapel of Rest

Prepaid Funerals - Woodland Burials

Cremations arranged

☎ **015395 31481** (Day or night)

Website: www.agclarke.co.uk

PARKIN & JACKSON LTD
Monumental Sculptors est. 1855

14 Appleby Road, Kendal, LA9 6ES

☎ **01539 722838**

New Memorials, Additional Inscriptions
and Renovations, house Names and Numbers

www.parkinandjackson.co.uk

info@ParkinandJackson.co.uk

**INDOOR POOL, SPA TREATMENTS and
LEISURE CLUB**

Daily Membership from £7.75 per day
(Gym & Swim)

Annual Memberships from £200

at **DAMSON DENE HOTEL**

☎ **015395 68676**

RICHARD McCONNACHIE

Painting & Decorating Services

Free Quotations

☎ **07403 447346**

E-mail Rmcc50@hotmail.com

G.J.W Painting and Decorating

Interior and exterior decoration, paper hanging,
coving and window repairs.

Fully insured.

Contact: **Gary walker**

07966589453 - 01539 723068

Garywalker2000@yahoo.co.uk

www.gjwpaintinganddecorating.co.uk

MYERS INTERIORS LTD

Kitchens, bedrooms and bathrooms individually
designed & manufactured for you in mind.

New build/restoration & repair, roofing,
traditional stonework, fine plastering & tiling.

Please ring for a free quotation.

☎ **015395 68418** or

mobile: **07890 556857**

E-mail: myersdavid7@aol.com

**TERRA FIRMA LANDSCAPE
CONSTRUCTION**

For all hard landscaping, drives, patios, rockeries,
steps, walling, fencing, turfing etc.

Garden structure design. Also digger and
groundwork services.

Joel Crompton ☎ **07786 073606**

website: www.terrafirma-landscapes.co.uk

SOUTH LAKES VOLVO

All makes serviced & MOT

Free car collection

Free courtesy car if needed

M.O.T. Testing Centre

☎ **Witherslack 52441**

WITHERSLACK COMMUNITY SHOP

A special place at the heart of the community

Now open:

Monday, Tuesday, Thursday, Friday 9-5

Wednesday 9 - 1

Order by phone - collection next day or a weekly order for your basics

☎ **015395-52188**

*And much, much more, such as homemade cakes, Suma, Ecover, bird nuts,
kindling, damson produce + recycle batteries, donate to the Food Bank, Dry Cleaning,
local craft presents, Community Notices, Provide the Westmorland Gazette
Parish Council Planning folder, Bus timetables.*

Use it or lose it

WILKINSON

Home Reared Salt Marsh Lamb
- Whole or Half

☎ 015395 52270 or 07748 120644

MILKMAN AND NEWSAGENT

Contact **Stephen and Mandy Walling** for your
fresh milk, eggs, potatoes and daily newspapers

☎ 015395 68135

STUART CLEMENTS

SOFT LANDSCAPING, GARDEN
MAINTENANCE

☎ 07400 694692

e-mail: stuart.clements11@gmail.com

WITHERSLACK WOODLANDS

Quality hardwood logs seasoned
specially for woodburners.

☎ JOHN 015395 52353

or e-mail:

sales@wither Slackwoodlands.co.uk

WAYNE PUTLEY

DRY STONE WALLING

☎ mobile: 078525 21488

3 Bowness Road, Ridge Estate,
Lancaster LA1 3HW

IAN BRADSHAW

Painter & Decorator Ltd

Interior & Exterior

Over 35 years experience

Free quotes / No vat

☎ 015395 62089 or 079683 90396

Janet Smedley
Chartered Physiotherapist



*If you need physiotherapy or want to find out
more please do not hesitate to contact me.*

www.jesphysio.co.uk

Email: janet@jesphysio.co.uk

07831 219849

101 Lake Road, Ambleside, Cumbria, LA22 0DB

LOCAL FRIENDLY CLEANER

Reliable and trustworthy

Offering professional cleaning services

Highly recommended by locals

References and DBS available

Please feel free to call Oana on

07309 793460

MJM Gardening, Grass/Hedge

Cutting, Borders etc.

(Retired Professional Person)

Call Mark: Mobile 07845 417639

JAMES E PARK

Forestry, & tree surgery.

Locally sourced seasoned logs delivered.

All aspects of tree work undertaken.

☎ 015395 34977 or

mobile: 07866 479949

LAKES LANDSCAPES LTD

Andrew Metcalfe

LANDSCAPING & BUILDING CONTRACTORS, Broad Oak, Crosthwaite

Patios/Paving - Stone walling/facing - Fencing - Digger work - Concrete foundations/slab
work - Block work - Wet dashing/rendering - Plaster boarding/plastering -

Tiling walls/floors - stud work - Joinery. 15 year's experience

mobile: 07773 650 075 website: www.lakeslandscapes.com

Heydays Care & Support Services

Your local provider of outstanding Homecare
Are you looking for a little extra help & care
for a loved one in their own home?

We can assist with Domestic help, Shopping
services and a full range of care services that
are flexibly designed into homecare services to
suit individual needs

Call our friendly team to discuss 015395-52548

Our warm professional and reliable team cover

Lyth Valley, Witherslack, Levens &

Surrounding Villages

Established 2011 www.heydayscare.co.uk

Bailand Carpentry & Joinery

Kitchens, Bathrooms, Bedrooms,
Extensions, Renovations, Restorations
Domestic Carpentry, Bespoke Joinery,

Geometric Tiling

Call: James Bailand

☎ 01539568770

mobile: 07815141166

website: www.bailandcarpentry.com

J BEGG, QUALIFIED TIME-SERVED BUILDER

All aspects of building and maintenance work:

Roofing, Gutters, Chimney stack work,

Fireplaces, Patios, Plastering and Tiling.

No job too small.

☎ mobile: 079295 16185



Artisan soap bars handcrafted in the
Lake District.

Using only high quality, moisturising
plant oils and butters, and fragranced
with beautiful pure essential oils.

Palm oil and paraben free.

Gift boxes available.

Available to buy online:

www.snowgoosesoap.com

CHIMNEY SWEEP

Est. 1992,

☎ 015394 45117 or

mobile: 07763 145594

Andrew Backhouse

Chimney Sweep Ltd

WOODEN FLOOR RESTORING SANDING AND REFINISHING LTD

ADAM HUGHES

Mobile 07483855937

Email, adamhughes0482@gmail.com

Home Care Support and Befriending

Are you lonely? Would you like some help inside your home? Would you like to get
out and about? I am here to help you!

Services Provided: Hairdressing, Shopping, Home-cooked meals, Driving to doctor
appointments, Trips out and about, Cleaning, Ironing, and the like.

Fully insured, CRB Checked, references upon request

Brittney Godfrey ☎ 015394 22531

or mobile: 07881108231

BB CONTRACTING - S & M CARTER

Round Baling and Wrapping,

Slurry Spreading at competitive rates.

Simon mobile: 07774 799109

or Michael mobile: 07876 013362

GRASSGARTH KENNELS AND TARNSIDE CATTERY

Luxury Accommodation for your pet.
Fully Licenced, Heated and Spacious.
Inspections welcome. Open All year.

ALSO SCRUFFY TO FLUFFY GROOMING STUDIO

Hilary ☎ 015395 52150
or mobile: 07764 372272

Timber Hitchings Professional Tree Care

Fully trained and insured local business
providing tree care, hedge cutting,
stump grinding.

☎ 01539 732 398

mobile 07917116939

TimberHitchingsPTC@gmail.com

SAM CROMPTON - JOINER LOFT CONVERSIONS, WINDOWS, DOORS, CONSERVATORIES etc.

in Hardwood, Softwood or UPVC
Any other internal and external joinery work
and alterations undertaken.

PVC fascia boards and guttering
supplied and fitted

☎ 015395 68298 or mobile: 077894
34903

CARTER ROOFING SERVICES LTD

Your local roofing specialist - over 35 years
experience in all aspects of roofing.

Pitched Slate, Tiling, Flat Roofing, Gutters &
Chimneys Repairs, Renewals & Expert Advice :
No Job Too Small

Contact Nick for your free quotation & a
friendly, reliable service at sensible rates.

☎ 015395 68046 or mobile: 07824 469427
or e-mail: nickcarter62@hotmail.co.uk

S & A HODGSON LTD

Excavation Contractor
18 ton Drop Side Tipper
1-13 ton Excavators & Breakers
Kubota with Rototilt
General Digger Work
Demolition & Groundworks

☎ Andy 07836 782707 or
015395 52458

www.sandahodgsonplant.co.uk

KingSharp

Mobile sharpening service

- Domestic & professional kitchen knives
- Domestic & professional scissors
- Dog grooming & horse clipper blades
- Garden & carpentry tools

Call Foggy:(07487 277116

www.kingsharp.co.uk

Space available

Space available

MORE DEATHS THAN ONE

A Coroner at the turn of the Millennium

IAN SMITH

With a Foreword by Gina Campbell QSO

More Deaths Than One

Ian Smith's account of his 25 years as Coroner in South Cumbria, telling the stories of Donald Campbell, Lady in the Lake, Shafiea Ahmed and the Barrow Legionnaires Outbreak. There are observations on death and how we deal with it. There is even a little humour.

Copies available from the author at
£18

Talks given to local societies
To arrange either, please email
iansmith146@btinternet.com



presents

Green Lanes & a Pedlar's Pack

Saturday 20th May
St Anne's Church, Ings
7.30pm

**Travel the world with us:
pack a bag – and prepare for weather!**
Includes show tunes and classics
such as *Blue Skies*, *Colours of the Wind*,
Oklahoma!, *Chitty Chitty Bang Bang*,
The Skye Boat Song, and many more.

TICKETS
£10 *includes light refreshments*
Raffle

Available from Staveley Pharmacy,
SCS members, and at the door.

Contact staveleychoralsociety@gmail.com

 
www.staveleychoral.org.uk



Dave Atkinson Contracting

Call for free quotes & advice
01539 562347 • 07833 544 984

Groundwork & Landscaping

Fencing • Septic Tanks
Flagging • Concreting
Drainage • Machine hire

Have the smile you wish for at Crossbank



**REPLACE YOUR
MISSING TEETH
IN ONE DAY**



TEETH IN A DAY CONCEPT

Book your complimentary consultation TODAY!

Contact our friendly Front of House Team on 01539 720820

Crossbank Dental Care, 10 Captain French Lane, Kendal, LA9 4HP
E. info@crossbankdental.com W. www.crossbankdental.co.uk

Gilpin Bridge Inn



Cask Ales - Dog Friendly

Kids Playground - Function Room

Home Cooked Food - 8 Bedrooms

015395 52206