

TWO VALLEYS PARISH NEWS



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

February 2024

70p



THE ENVIRONMENT:

MAKING A DIFFERENCE THROUGH POETRY

An invitation to everyone in The Two Valleys to a stimulating afternoon of poetry readings about our relationship with our environment.

We will be joined by the exciting young writer, poet and activist Matt Sowerby, sharing some of his work with us.

**At All Saints' Church Underbarrow
Saturday 2nd March 2024 at 2.30pm**

As at our previous poetry reading afternoons, we would like to encourage anyone who wishes, to choose a poem, to be read by yourself, or by someone else if you prefer. Or just come along yourself and enjoy the occasion.

The readings will be followed by coffee and cake and an informal group discussion to share ideas on how our own lifestyle choices can help create a more sustainable world.

**Contact Jenny Whalley if you wish to choose a poem by the
24th February 2024**

Jenwhall43@gmail.com

Church Services for FEBRUARY 2024

Sunday 4th February

9.30am Witherslack
 10.30am Underbarrow
 11.00am Winster
 11.00am Crook
 4.00pm Crosthwaite

The 2nd Sunday before Lent

Morning Worship (CW) Lay team
 Holy Communion (CW) Rev. Bob Dew
 Holy Communion (BCP) Rev. Beverley Lock
 Morning Worship (CW) tbc
 Evensong (BCP) Lay team

Sunday 11th February

9.30am Cartmel Fell
 10.30am Underbarrow
 11.00am Crook
 11.00am Crosthwaite

The Sunday next before Lent

Holy Communion (BCP) Rev. Michael Woodcock
 Holy Communion (CW) Rev. Ian James
 Morning Worship (CW) tbc
 Holy Communion (CW) Rev. Michael Woodcock

Ash Wednesday 14th February

9.30am Crosthwaite Holy Communion (CW) tbc

Sunday 18th February

9.30am Witherslack
 10.30am Underbarrow
 11.00am Winster
 11.00am Crook

The 1st Sunday of Lent

Holy Communion (CW) Mr. B. Lock/Rev. Woodcock
 Holy Communion (CW) Rev. Simon Howard
 Holy Communion (BCP) Mr. B. Lock/Rev. Woodcock
 Holy Communion (CW) tbc

Sunday 25th February

9.30am Cartmel Fell
 10.30am Underbarrow
 11.00am Crook
 11.00am Crosthwaite

The 2nd Sunday of Lent

Holy Communion (BCP) tbc
 Morning Worship (CW) Rev. Simon Howard
 Morning Worship (CW) tbc
 Morning Worship (CW) tbc

Sunday 3rd March

9.30am Witherslack
 9.30am Underbarrow
 11.00am Winster
 11.00am Crook

The 3rd Sunday of Lent

Morning Worship (CW) tbc
 Holy Communion (BCP) Rev. Bob Dew
 Holy Communion (BCP) tbc
 Morning Worship (CW) tbc

Cover picture: St. Anthony's CF, with snowdrops - Graham Aldridge
Church miniature pictures from watercolours by John Wilcock

CALLING ALL VILLAGES

ASH WEDNESDAY is on Wednesday 14th February this year and we will be holding a service of Holy Communion with ashing at 9.30am on that date in St. Mary's Crosthwaite for all the parishes across the Two Valleys villages. All are welcome.

Have you paid for your Two Valleys News magazine and not received it?

Our contact for the magazine, Lorraine Brierley, has received a cheque from **Mr. Jeremy Clegg** who is the brother of another subscriber. She does not have his postal address though, to send him his magazine. If this is you or if anybody can help, please can you contact Lorraine on **07826 8004969** or email brierley@yahoo.co.uk. Many thanks.

Advertise in the Two Valleys Parish News

We have a circulation of 640 every month, reaching homes in Brigsteer, Cartmel Fell, Crosthwaite, Crook, Underbarrow, Winster and Witherslack. With adverts starting from as little as £21.50 for 12 months, why not advertise your business to your local community.

**Contact Lorraine Brierley on 07826 800469
or brierleyl@yahoo.co.uk**

Additional Magazine Editors

We still need to add more editors to the Two Valleys News editorial team. You would need a computer and it helps a little if you are familiar with Microsoft Word or Publisher, but, even if you aren't, the team members will help you get started. We are a cheerful supportive bunch and we find that we are generally only 'on duty' a few times a year. Please don't assume that someone else is going to volunteer.

Contact tvn@crosthwaiteandlyth.co.uk or telephone one of the editors if you would like to find out more.

What is a Mission Community?

For a while now you may have noticed that our local churches are described as being part of the “Two Valleys Mission Community”. But what does this actually mean? The “Two Valleys” part is hopefully self-explanatory, as the seven villages broadly exist across the two valleys that have formed around the Gilpin and Winster rivers – the Lyth and Winster valleys, but what does the “Mission Community” part mean? Along with many institutions and organisations, small village Churches right across the country are having to adapt to a changing world. We have seen over the past 80 years or more the loss of many local institutions: the small local shops and post offices have gone; many village schools have gone; bus services are non-existent now; the social gatherings that took place in Village Halls no longer attract in the ways they used to - how many of our older folk met, courted and married through the almost weekly village dances that happened in our village halls? You get the point. We have lost so many things because modern patterns of life no longer need or want such things or there isn't enough support or money to keep them viable.

However, our village Churches are still here! None of them have closed and gone. This is something to marvel at and be thankful for. But because of all those changes we see in our modern world, it is not easy or straightforward to sustain the presence of each local Church – we too have had to adapt. So, across the whole County of Cumbria churches have been grouped together into **Mission Communities**. Long gone are the days when every village church had its own vicar (and I'm not sure that's ever been the case here in our seven village churches). We currently have two full-time vicars and a range of voluntary support from other clergy and lay ministers who help to sustain regular worship in all our eight churches. This means that in a Mission Community we seek to work together, sharing people resources, sharing ideas, and sharing friendship and support in order to sustain each local Church.

It's important to note a fundamental principle that a Mission Community is designed to keep and sustain is an active Christian worshipping presence in each and every local community. It is NOT an agenda for closing churches down – that's the very opposite of what we want to do. In contrast to the many institutions and services our rural villages have lost – being driven by economic and financial decisions alone – the Church is seeking to find a different solution that does not abandon its villages but finds new ways to continue. So, if you live in Underbarrow or Winster for example and were asked, “Do you have a Church School?” your answer should be “Yes, we do, it's situated in Crosthwaite.” In a Mission Community each parish does not see its boundaries as invisible, solid walls, but as porous walls. The Two Valleys Mission Community is one large community of parishes which is made of seven village Churches and one town Church St. Thomas's, Kendal.

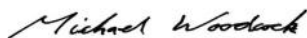
We are all part of one larger community and we have the blessing of all these different and varied villages and church buildings to enjoy.

Here are some examples of how our Two Valleys Mission Community shares resources, ideas and support:

- * Our Churches work together to support our local Food Bank.
- * We have recycling hubs in several Churches collecting items not taken in our weekly bin collections: bread packets, toothpaste tubes, batteries, pens, etc.
- * We have a Dementia Enabler in the person of Di Dew, who helps our Churches understand and support people who have dementia and their carers.
- * We have two Church Schools in the form of St. Thomas's CE School in Kendal and St. Mary's CE School in Crosthwaite.
- * We have Messy Church which is a new and creative way of gathering families and children together to learn more about the Christian Faith through art and craft, storytelling and sharing a meal together.
- * We have Café Church which meets bi-monthly in Witherslack, as another new and creative way for mainly adults to explore Christian faith and what it means in today's world.
- * We have Home Groups: small groups of 6-12 folk who meet to study the Bible or other aspects of Christian faith and so grow in their spirituality. They provide friendship and mutual support. People from any of our villages can join a Home Group.
- * A combined choir forms the "Two Valleys Choir" which occasionally takes part in our Church services across our villages.

These are just some examples of how we work together and in all of them the parish boundaries between our villages are seen as porous, so that if you happen to live in one village you can still join in with any of the ideas and groups that are mentioned above, even if they happen in a different village to where you live. "Steady on", you may cry "is that allowed?" It certainly is! Hopefully, this article gives you a little more information and understanding of what the Two Valleys Mission Community is all about. All our Churches are warm and welcoming places (buildings and people) and we offer an ongoing and continuous invitation to everyone in our villages to come along and join in.

Rev. Michael Woodcock



Two Valleys Mission Community: St. Anthony's Cartmel Fell, St Catherine's Crook, St. Mary's Crosthwaite, St. John's Helsington, St. Thomas's Kendal, All Saints Underbarrow, Holy Trinity Winster, St. Paul's Witherslack.

MAGAZINE SUBSCRIPTION 2024

If you receive a monthly Two Valleys Parish News then your subscription for 2024 is now due.

The price will be **£7.00** for 12 issues and you are asked to please pay your **Parish distributor** promptly. We are not offering bank transfer this year as it is so difficult to track who has paid and who hasn't. If you want to pay by cheque you can send your cheque made payable to Crosthwaite PCC to Lorraine Brierley at the address below.

If you receive your TVPN by POST then the cost for the next year is £17. This is an increase of £2.50 over last year and reflects the increase in the cost of envelopes, labels and stamps. Please make cheques payable to Crosthwaite PCC and send to:

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

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.

Crosthwaite and Lyth Community Litter Pick 2024.

The Parish Council is gearing up for the annual community litter pick to take place by the end of March.

We are looking for volunteers to join in and tidy up our verges before the grass gets going. If you are willing and able, please get in touch with Cllr Harkness at harknesspc@btinternet.com or ring 015395 68223. Pickers, high vis, gloves and bags provided and you will be given a route to pick. The more the merrier! Grateful thanks to those who have already offered. We will be in touch!

Thank you.

A LETTER FROM NICK GRAY

Seasonal Greetings

**Under the stilled heartbeat of trees,
Wind-snapped branches, mulch and root,
A million bluebell bulbs lie low
ready to flare in lengthening light,
after the dark, the frozen earth, the snow.**



Some lines from “Ode to Winter” by Gillian Clarke which speak of the darkness of winter but remind us of the life waiting to burst through the seeming gloom. They might also speak of our own feelings at this time of year; and the buried hope of coming through it all to better times.

--- -O- ---

**i thank You God for most this amazing
day: for the leaping greenly spirits of trees
and a blue true dream of sky; and for everything
which is natural which is infinite which is yes**

E. E. Cummings’ characteristically unpunctuated and upside-down poetry is perfect to describe the joy we experience when those spring days of early warmth, of fresh green leaves, bright sunlight, and sweet smelling woodland suddenly arrive. Times when our spirits can rise again, and we are filled with gratitude and are moved to thank . . . “You God” !

--- -O- ---

We may also see in nature, God’s hand in the biblical “movement” on from the birth of a vulnerable baby into the darkness of a winter world, seen and then closed up again, until those Epiphany revelations of baptism and Cana. Then looking further on to the final joy and understanding of Easter resurrection and healing. In addition to our own Bible reading, we should, I believe, draw on the full spectrum of our God given senses to fully appreciate the Divine presence in our lives. There is a good case to be made for finding God with the help of our appreciation of the natural world; and through the imaginative realms described by poets and artists of all kinds.

Indeed, Christ Jesus came not only to heal our fractured relationship with God, but also to mend our broken ways of seeing and knowing.

As the poet Gideon Heugh wrote:

**Meanwhile, all that I need
(rarely what is taught or believed)
hums quietly an ancient tune,
waiting patiently
for me to hear it.**

I pray that we can have the eyes to see, ears to hear, and minds to understand the glorious riches of God and His Kingdom all around us.
Hoping that you can experience the joy of new and fresh revelation.

Nick Gray

Nick Gray

Editorial note:

If any of our readers have any picturesque, colourful or seasonal photographs of the Two Valleys & surrounding area, that you think would be suitable for use on the front cover of the magazine, please send them to: tvn@crosthwaiteandlyth.co.uk

Please state approximately where & what time of year the photo was taken and who took the photograph. Thanks in advance - Two Valleys News Editorial Team.



Goshawk that hunts over the Lyth Valley, Graham Aldridge

Brigsteer WI invites you to a

Vintage Afternoon Tea Party

& Brigsteer Archive Exhibition

Come and take a look at our display of photos and documents from Bygone years in Brigsteer while enjoying afternoon tea

Sat 16th March 2-4.30pm. Brigsteer Village Hall

Entry by donation in aid of Brigsteer Village Hall



For more details please call either
Sue on 07718 904082 or Liz on 07894 710014

NOTICES FOR INDIVIDUAL PARISHES

BRIGSTEER



THE MIGHTY GODDESS

Electrifying, soulful storytelling for adults only!

“Sly, subversive, spectacular” - pioneering storyteller Sally Pomme Clayton evokes powerful goddesses from across the globe. These feminist retellings put goddesses in the centre of narratives about lust, desire, death, destruction, transformation and rebirth.

'Sally Pomme Clayton is a gifted storyteller who can bring the wonder of the most powerful stories from the past to life for audiences of any ages.'

The Guardian

Date: Saturday 10th February, 7.30pm (Bar from 7pm)

Venue: Brigsteer Village Hall

Tickets: £10 card or cash on the door

More info: Bar, snacks, cakes, hot drinks and a warm welcome. Suitable for 16+.

Contact: emily@emilyhennessey.co.uk / 07890112574 /

Website: www.stealingthunder.co.uk



An open invitation to
enthusiastic gardeners

The Cumbria Group will be meeting at Brigsteer Village Hall (LA8 8AL) at 2.00 p.m. on Saturday 17th February when a film entitled “Wildside - the story of a garden” will be shown. This garden in Devon has been created over the last 19 years by Keith Wiley in collaboration with his wife Ros, an accomplished artist, until she died in 2019. It is said to be one of the most innovative and inspired gardens in Britain. Film maker John Campbell was commissioned to make this 90-minute film.

There will be a charge of £8 to include refreshments (£5 for HPS members). If you would like to reserve a seat, please contact Gordon and Catherine Boyd on 01539 821049 or email gordonboyd32@btinternet.com. Pay at the door on the day.

CARTMEL FELL

The Cartmel Fell and District Local History Society will meet in the Parish Rooms on Cartmel Fell (LA11 6NH) at 7.30pm on Monday February 12th when **Rob David** will tell us about — “**A Hotbed of Communist activity: summer of 1940 in Howtown**”. All welcome, visitors £5.



And on 11th March, **Mike Winstanley** will talk about — “**A somewhat noisy teagarden – Debtors in Lancaster**”.

CROOK

The annual Quiz with Pie and Pea Supper in Crook Memorial Hall proved popular and was very well supported. There were 18 tables and prizes for the winning teams. Stephen Rowlinson was, once again, our quizmaster with Margaret Lister and Kath Jackson doing the scoring.



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, Winstar, 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 (Winstar)	015395 60247
Pat Howarth (Crosthwaite)	015395 68652
Alyson Groom (Crosthwaite)	015395 68930
Dorothy Grace (Crosthwaite)	015395 68569
Rev'd. Michael Woodcock	015395 68276

CROSTHWAITE

Donation to The Children's Society

Thank you to regular worshippers and visitors to St Mary's Church over the Christmas period, who signed our charity Christmas card (beautifully made by children from Messy Church!) and made a financial donation to the Children's Society.



This was either in lieu of sending cards to local friends and neighbours, or as well as!

We were able to send off a cheque for £176 this year which is brilliant! Thank you to all who donated.

Pat Howarth

Flower Rota

Thank you to all who helped in signing up for the flower rota in 2023. This gave a warm welcome to those attending services and also to the many visitors. The new 2024 rota is now in church by the main door.

If you would like to add your name to the rota it will be most helpful and ensure that there are flowers displayed for most of the year.

Many thanks,

Vonnie Sharp.

Argles Memorial Hall 100 Club Winners

October - Andre Crossley

November - Gordon Mills

December - Denise Park

The next draw will take place at the Exchange Lunch at the beginning of February when 2 numbers will be drawn, as there is no lunch in January.



The Witherslack Parish Hall Committee would like
to invite you to their annual...

Winter Warmer Meal



Sun 25th Feb

A meal to warm the soul

Soup and a hot pudding

Lots of choice...Homemade
Veggie and Gluten free options

Only £7.50 children £4

Served 12 til 2... Witherslack Parish Hall

I've tried to follow the advice I've seen about energy saving, but my fuel bills are still going up. What else can I do?

You've probably seen the advice to reduce your thermostat (not below 18°C while you are at home). But switch your heating off completely when leaving the house for a few hours. It's cheaper to reheat your home than keep your heating on low when you're out. And you'll have been told to insulate your home. But how? Fitting draught-proofing strips to your windows and doors is a quick DIY job and can save around £45 a year. A hot water cylinder jacket is easy to fit, typically costs under £30 and can save roughly £50 a year on energy bills. And if you have an unused chimney, installing a chimney draught excluder could save you around £65 a year.

Another free tip is to keep furniture and covers away from radiators and heaters. Blocking the source of heat keeps you cold, overworks your system, and wastes money.

In addition to turning off lights and appliances you're not using, you can also make savings by using your washing machine on a 30-degree cycle instead of higher temperatures. Ditch the dryer to save even more money - dry your clothes on racks inside or outside in warmer weather to save up to £60 a year. And have you heard of ECO? (Energy Company Obligation). This scheme obliges energy companies to support households to install energy efficiency measures such as insulation and new, more efficient heating systems. Contact your supplier.

If you're still struggling to afford your energy bills, the first step is to get in touch with your supplier. But if you are already in debt, contact South Lakes Citizens Advice without delay.

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

- Adiceline: 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

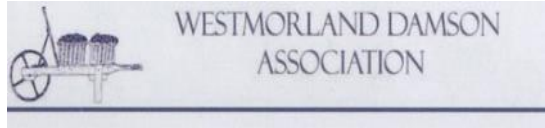
Feasting and Fasting February 2024

Ash Wednesday, the first day of Lent, falls this year on 14 February, which is also St Valentine's Day. This is a fairly unusual coincidence because the fixed period of Lent runs right up to Easter, so its dates are determined by the date of Easter, which this year is 31 March. The calendar date of Easter is different each year because the Crucifixion and Resurrection took place at the time of the Jewish Passover, a feast whose date is set by the lunar calendar. Our familiar calendar, with its fixed dates, is a solar calendar. The cycles of the sun and the moon differ, so mapping the lunar cycle onto our solar calendar means that Easter, together with all liturgical feast-days and seasons linked to it, such as Lent and Pentecost, vary each year: they are 'movable feasts'. Saints' days, however, are dates within the solar calendar, just like Christmas Day and our own birthdays.

So how, this year, do we cope with these two feast-days being on one day, given that Ash Wednesday marks the beginning of a period of austerity and self-denial, while the modern world uses St Valentine's Day as an opportunity to encourage us to spend on flowers, chocolates, wine, various other gifts, and meals out – any or all of which we might be thinking of giving up for Lent. Slightly tongue in cheek, I suggest that there is a possible solution for anyone who wants to do both things. Following on from the Jewish practice of regarding a holy day, such as the Sabbath or Passover, as running from sunset on the previous day to sunset on the day itself, the Christian church has always allowed a feast-day to be celebrated on the preceding evening, known as the vigil of the feast-day. So, St Valentine's Day could be celebrated, liturgically or indulgently, on the evening of 13 February. This year, that happens to be Shrove Tuesday when, ahead of the rigours of Lent, many societies let their hair down by celebrating carnival and eating the kind of food that then disappears from the diet. That's why, in this country, it is Pancake Day -- treat food and perhaps even some mad fun with pancake tossing and pancake races.

But even in Lent itself there are moments when we can ease back a little. Sundays are never fasting days. And the Fourth Sunday in Lent, also known as Mid-Lent Sunday, came to have a particular association with relaxing the penitential rigours of self-denial. In medieval times this 'day off' was known as Laetare Sunday because of the opening words of the Introit of the Latin Mass, 'Laetare Jerusalem', 'Rejoice, O Jerusalem...'. The Introit addressed the congregation as people who had been in sorrow, and urged them take consolation and enter God's house with rejoicing — a suitable theme for this special day, when everyone felt ready for a breather before facing up to the increased demands of Passiontide and Holy Week as the climax of Lent. Another common name for the day, especially after the Reformation had done away with the Latin liturgy, was Refreshment Sunday. Less common, but still quite well attested, is the name 'The Sunday of the Five Loaves' because the Gospel reading was the story of the Feeding of the Five Thousand. It carries appropriate resonance for a day that many people must have associated with food-treats! For us, Mid-Lent Sunday is also Mothering Sunday, this year 10 March, when mothers are given treats and often a celebratory meal.

Joyce Hill



DAMSON DAY

APRIL 13th 2024 Westmorland County Showground (off J36 M6)

Damson Day is a fun day out for all the family. You can buy damson products and fresh local food and drink. There are country and rural arts on display and for sale, dog agility courses, demonstrations, live music, a fun fair for children and more. Westmoreland damsons make delicious jams and chutneys, pie and crumbles for example. They can be infused with gin, made into tasty sauces for rich meats and many other exotic ways.

The Westmorland Damson Association was formed to halt the decline of the damson trees and raise awareness of them, new orchards have been planted and Damson Day celebrates the spring blossom and brings damsons to wider public notice. Damsons are picked from mid-August to September and these Lyth Valley damsons will be on sale at the Westmorland Damson Association stand in the County Show Food Hall. The taste of damsons is enhanced by freezing and frozen damsons are available throughout the year from our cold store at Halecat, Witherslack.

For Damson sales call **07760286785** or visit our website via the QR code below.



visit our website at www.lythdamsons.org.uk where you will find contact details. For general enquiries email us at info@lythdamsons.org.uk.



BRIGSTEER President Sue wished a Happy New Year to 20 members and a new member Ann Cottam. Sue and Pauline had taken the gifts we collected to Springfield House in December and they were very grateful. We're now on their mailing list for any future appeals as they're in the process of setting up a refuge for men. Beryl reported that the final total being sent to the Air Ambulance from our carol singing is £450. Our collection for the King's Food Bank had an amazing response and we plan to continue with monthly collections at our meetings. Plans are getting started for our Vintage Tea Party and Brigsteer Archive afternoon on Saturday 16th March, to raise funds for the Village Hall solar panels. Members were also canvassed for help with Brigsteer Open Gardens in July. We also have a trip to The Lowry and The Rolling Stones tribute to look forward to. Our speaker for the evening was Rob David who told us all about Muncaster Castle's Wartime Secret and how they went about protecting part of the Tate Gallery collection during WW2. The collection included many works by artists including Constable, Turner and Van Gogh. It was a very interesting talk and I'm sure many of us will visit the castle in a new light in the future. Our next meeting is on Wednesday 14th when we have staff from Growing Well coming to tell us all about their work. This meeting will be open to all from 8pm. New members very welcome. Contact Sue or Liz on **07718 904082** or **07894 710014**.

CARTMELL FELL Following the disappointment of the cancellation of the Christmas dinner, 18 members were made very welcome, warm and comfortable by Vanda at Hare Hill for our January meeting. The speaker was Gill Pilling, who's subject was Life, Medicine and Fun in Malawi. Gill and a friend first went out 20 years ago as doctors specializing in palliative care and patient comfort, becoming interested in Malawi through her church in The Highlands who had a connection with the country. Since then, Gill has gone alone every year (except for covid) as a friend and helper, taking comforting products we take for granted, but mean so much to patients with nothing. Members bought cards painted by a Malawi acquaintance, the money going to the hospice. Judging the competition for your favourite Christmas card, Gill placed Marion, Julie B and Ruth. Marion's card was taken from a photo of ice skating on Rydal Water in 1947.

During the business a vote was taken for the choice of resolution for the Annual meeting, and members reminded of our forthcoming visit to 1818 Auction Rooms at J36 on 17th and our postponed dinner at the Brown Horse at 7p.m. The February meeting will be 7th at Goswick Hall by kind invitation of Lesley, where the Community Beat Officer Simon Eyres will be the speaker. The competition will be for any 4 biscuits. As always, a warm welcome will be extended to prospective new members or visitors.

CROOK In January we had a party to which we invited our local WI friends to join us. After a very delicious lunch we were entertained by the Beetham Church Handbell Ringers. We very much enjoyed listening to their rendering of well-known carols. Several of our members were then invited to have a go at ringing. After instruction we were very impressed by their playing of the well-known tune Frere Jacques.

CROSTHWAITE & LYTH

Seven members of Crosthwaite and Lyth W.I. went to Hollgate Caravan Park for their monthly daytime social outing, where they had a fierce and furious bowling competition in the mini bowling alley. They decided not to use the swimming pool, but retired to the tea shop for tea and cakes. The journey back was particularly memorable because of the glorious sunset over Morecambe Bay. Many thanks to Christine Gibson for organising such an excellent outing.

UNDERBARROW



Following a recommendation from other WI's, we invited Mr Phillip Burley to our January meeting to talk about Puzzles. This included clarification of the types of puzzles there are, such as jigsaws and mazes, and some of their history. We were challenged with fitting together puzzles, taking apart puzzles, and the famous button hole puzzle. It was very enjoyable and fun. Our next meeting will be on Wednesday, February 14th at 2.00pm when the

speaker will be talking about taking up running as a granny! Visitor women are welcome to join us, for a £3 donation including refreshments.

WITHERSLACK

President Linda welcomed members and several new members to our January meeting. The resolutions for the national A G M were discussed and voted on the result being unanimous.

We then had a talk about St John's Hospice given by one of our members Jac Edgecombe and her husband Simon. They both work there, Jac as a nurse in the community and Simon used to work there and is now a volunteer at the hospice. Simon told us how the hospice is only funded by the government for about 25% of its expenditure the rest has to be raised by a variety of means, donations, Legacies and income from their shops around the district. The area covered by the hospice spreads from Grasmere to Garstang and Dent to about Witherslack. This area is covered by the many nurses who work in the community. There are only 10 beds in the hospice itself for the very poorly people but it is a very upbeat place to be in.

We are looking forward to our next meeting in February a talk by 1818 auctions.

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. Steven Brierley 015395 60702
07470 169890
Mrs Pat Howarth 07765 010252
Mrs Geraldine Wilson 015395 68836
07766 646504

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

REGULAR EVENTS

HELSEINGTON & BRIGSTEER

For bookings contact Ann Bryan 015395 68067. Email villagehall.brigsteer@gmail.com

Monday

Short Mat Bowling 19.30 - 21.30
9th & 23rd October, 13 & 27th November 11th December

Tuesday

Circle Dancing with Miggy 10.00 - 11.45
Tea Shop Tea and chat Last Tues of the month 15.00 - 16.30
Table Tennis 19.00 - 21.00

Wednesday

Yoga with Tara 09.30 - 11.00
W.I Second Weds of the month 19.30 - 21.30

Thursday

Dru Yoga with Johan 09.30 - 11.00
Tai Chi with David Intermediate 14.00 - 15.45
Ballroom and Latin Dancing 18.30 - 21.30

Saturday 9th & 16th December

Pilates with Emma 08.30 - 09.30
09.45 - 10.45

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

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 :

www.crosthwaiteandlyth.co.uk/memorialhall.html

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

Playgroup	Tuesdays & Thursdays 9:30-11:30am (school term time)
Indoor Bowling Exchange	Tuesday and Thursday 7.30-10.00pm (9 th Jan-28 th March 2024) Lunches 1st Wednesday of month 1pm-3pm Teas 3rd Wednesday of month 2:00-4:00pm
Yoga	Wednesdays 7.00-8.30pm
WI	Every third Wednesday of the month 7.30 to 9.30 pm Social Afternoon every first Thursday of the month 2 to 4 pm
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	Please check the Witherslack Hub Facebook page for info
Women's Institute	Every 2 nd Tuesday of the month at 7.30pm

Magazine Editor next month: Hannah Gross (07933 952756)

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.

07826 800469 brierleyl@yahoo.co.uk

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

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

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

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

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 issyg52@icloud.com

JOE DOBSON LTD - JOINERY

Manufacture and Install. Free Quotations

☎ Mobile: 07979 226748

LAKWOOD 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

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

HALECAT HOUSE & GARDENS, WITHERSLACK

Available for self catering weeks or weekends.

Sleeps up to 11 guests

To book or make an enquiry

☎ 015395 52387 email info@halecat.co.uk
website: www.halecat.co.uk

PLUMBING & GENERAL PROPERTY MAINTENANCE

☎ PETE 01539 821853/ 07734 983803

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

SOUTH LAKES VOLVO

All makes serviced & MOT

Free car collection

Free courtesy car if needed

M.O.T. Testing Centre

☎ **Witherslack 52441**

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: myersinteriors1@gmail.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

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**

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

**To advertise call
Lorraine on 07826
800469**

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

CHIMNEY SWEEP
Est. 1992,
☎ **015394 45117** or
mobile: **07763 145594**
Andrew Backhouse
Chimney Sweep Ltd

WAYNE PUTLEY
DRY STONE WALLING
☎ mobile: **078525 21488**
3 Bowness Road, Ridge Estate,
Lancaster LA1 3HW

JAMES E PARK
Forestry, & tree surgery.
Locally sourced seasoned logs delivered.
All aspects of tree work undertaken.
☎ **015395 34977** or
mobile: **07866 479949**



*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

**To advertise call
Lorraine on 07826
800469**

WITHERSLACK WOODLANDS
Quality firewood 'Ready to Burn'
or For Your Store
☎ **015395 52353** answerphone
most of the day (we wear ear defenders)
or e-mail:
sales@witherslackwoodlands.co.uk

**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**

**WOODEN FLOOR RESTORING
SANDING AND REFINISHING LTD**

ADAM HUGHES
Mobile 07483855937
Email, adamhughes0482@gmail.com

**BB CONTRACTING -
S & M CARTER**
Round Baling and Wrapping,
Slurry Spreading at competitive rates.
Simon mobile: **07774 799109**
or Michael mobile: **07876 013362**

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

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

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

To advertise call
Lorraine on 07826
800469

To advertise call
Lorraine on 07826
800469

HOUT

KITCHENS & FURNITURE DESIGNED AND MADE IN CUMBRIA

INSPIRED BY NATURE



From the provenance of locally grown and harvested hardwoods we mindfully design and create kitchens and furniture to enhance living and being. We nurture nature to produce truly bespoke, contemporary pieces for clients who value craftsmanship with a sustainable soul.

**CONTACT US TO BOOK A
FREE CONSULTATION TODAY**

+44 (0) 1524 781215
info@hout-design.co.uk



SCAN QR
CODE TO SEE
MORE OF OUR
GREYSTOKE
ELM KITCHEN

The Witherslack 2024 Calendar



In aid of the Witherslack Community Shop

This year, as requested, we have composed the Witherslack 2024 Calendar with Witherslack views. It is illustrated with 12 amazing photos of local views and sites, and is suitable for sending to your friends and relations. The Calendar is only available from the Witherslack Community Shop and is very reasonably priced at only £8 each. As with last year's calendar we expect the demand to be high so don't delay, order your calendars at the shop today.





**Dave Atkinson
Contracting**

Call for free quotes & advice
• 07833 544 984

Groundwork & Landscaping
Fencing • Septic Tanks
Flagging • Concreting
Drainage • Machine hire

Have the smile you wish for at **Crossbank dental care**

**WOULD YOU LIKE
STRAIGHTER,
BRIGHTER TEETH?**

Before & after Invisalign treatment



Call us **today** to book your complimentary consultation



CROSSBANK DENTAL CARE, 10 CAPTAIN FRENCH LANE,
KENDAL, LA9 4HP



01539 720820



INFO@CROSSBANKDENTAL.COM

Our Website



Gilpin Bridge Inn



Cask Ales - Dog Friendly
Kids Playground - Function Room
Home Cooked Food - 8 Bedrooms

015395 52206