

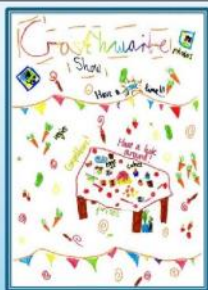
# **TWO VALLEYS PARISH NEWS**



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

**July 2024**

**70p**



## CROSTHWAITE SHOW 2024

Saturday 20<sup>th</sup> July from 2pm

Argles Memorial Hall

ADMISSION FREE

Schedules available from members of the organising committee, from village organisations and from the porch of the village hall.

Also available online in booklet form at

<http://tinyurl.com/3a9mjkw6>

and extra entry forms at <http://tinyurl.com/2b5s2sh7>

### You too could be a flower arranger

Yes, Crosthwaite Show is rapidly approaching, and it would be great to see an upsurge in exhibits for the **FLORAL ART** category. This has been reducing in number over past years, so 2024 is the year to reverse the trend!

With this in mind we are holding a workshop-cum-demonstration in the village hall on **WEDNESDAY 3RD JULY AT 3PM.**

Vonnie Sharp will be showing us how we can achieve a small arrangement in a cup and saucer and also a beautiful arrangement of flowers and foliage we can collect from the fields, hedgerows and our gardens and display it in any old container you may have



knocking about - even a baked bean tin!

This is a call to anyone who has connections with the village to come along and look and learn - and it's free. No need to book just turn up for half an hour on the **3RD JULY** at 3pm.

See you then.

Pat Howarth, Show Committee

## A JOINT EXHIBITION OF WORKS BY



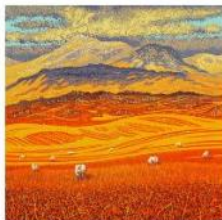
ROSE ARBUTHNOT  
Oil paintings



CRESSIDA MASON-HORNBY  
Bead embroidery



BOB PARK  
Ceramics



MARK A PEARCE  
Printmaker

Daily from Sunday 14th July to Sunday 21st July 2024 | 10am to 4pm

Hare Hill Barn, 1.5 miles north of High Newton

Tel. 07766 592108 | Email. [info@harehillbarn.co.uk](mailto:info@harehillbarn.co.uk)

Hare Hill Barn, Cartmel Fell, Grange over Sands, Cumbria LA11 6NZ

[HAREHILLBARN.CO.UK](http://HAREHILLBARN.CO.UK)

## Church Services for JULY 2024

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### Thursday 4<sup>th</sup> July

9.15am Crosthwaite Holy Communion (CW) Rev. Michael Woodcock

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### Sunday 7<sup>th</sup> July

### The 6<sup>th</sup> Sunday after Trinity

9.30am Witherslack Holy Communion (CW) Rev. Michael Woodcock  
9.30am Underbarrow Holy Communion (CW) Rev. Simon Howard  
11.00am Winsters Holy Communion (BCP) Rev. Michael Woodcock  
11.00am Crook Morning Worship (CW) tbc

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### Sunday 14<sup>th</sup> July

### The 7<sup>th</sup> Sunday after Trinity

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

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### Sunday 21<sup>st</sup> July

### The 8<sup>th</sup> Sunday after Trinity

9.30am Witherslack Holy Communion (CW) Rev. Michael Woodcock  
9.30am Underbarrow Holy Communion (CW) Rev. Ian James  
11.00am Winsters Holy Communion (BCP) Rev. Michael Woodcock  
11.00am Crook Holy Communion (CW) tbc  
6.30pm Crosthwaite Evensong (BCP) Rev. Michael Woodcock

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### Sunday 28<sup>th</sup> July

### The 9<sup>th</sup> Sunday after Trinity

9.30am Cartmel Fell Holy Communion (BCP) Rev. Michael Woodcock  
9.30am Helsington Morning Worship (CW) Rev. Simon Howard  
10.00am Witherslack Café Church in the Parish Hall  
11.00am Crosthwaite Holy Communion (CW) Rev. Michael Woodcock  
11.00am Crook Morning Worship (CW) tbc

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### Wednesday 31<sup>st</sup> July

7.30pm Crosthwaite Refresh

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### Sunday 4<sup>th</sup> August

### The 10<sup>th</sup> Sunday after Trinity

9.30am Witherslack Morning Worship (CW) Rev. Michael Woodcock  
9.30am Underbarrow Holy Communion (CW) tbc  
11.00am Winsters Holy Communion (BCP) Rev. Michael Woodcock  
11.00am Crook Morning Worship (CW) tbc

Cover picture: **Biting Stonecrop on Whitbarrow** by Dorothy Grace  
Church miniature pictures from watercolours by John Wilcock

## *A LETTER FROM HILARY FITCH*

Summer is very much holiday time! Holidays are always refreshing, whatever sort of holiday it is, whether it is a full-on activity holiday, enjoying lazy days on the beach or exploring the culture and architecture of a foreign country or city. The main aim is to be away from the usual routine, the day-to-day life of work, family responsibilities and the jobs in the house or garden that are there and waiting to be done wherever you look. We feel that we need these breaks because our daily lives seem to be so achievement driven these days. Many people make lists and measure the success of the day by how many jobs have been ticked off by the evening. Even if we don't quite go this far, we have a sense of the things we 'should' be doing and feel that we must be productive – going somewhere, seeing and doing. When we



do have a spare moment, we may check our emails, look at social media or switch on the radio or TV for the latest news. It is often difficult to rest until falling into bed in the evening! Our work-life balance can get out of kilter, leading to stress and exhaustion and in extremes, to poor mental health. Even people who are retired can feel the pressure to be 'doing' and feeling useful. To counteract these things, there is now an emphasis on 'well-being'. There is no one simple definition of well-being but it is a combination of having sufficient food and shelter, feeling valued and fulfilled, feeling safe and secure physically and mentally and feeling part of the community.

It is good that well-being is recognised as being part of our general health and many companies and large organisations have policies on looking after their employees' well-being but these ideas are nothing new! In Genesis we are told that when God had finished his work of creation, he rested on the seventh day and made it holy and set apart. God was setting a pattern for humankind – work and rest are part of the rhythm of life. This theme is taken up again in the book of Exodus. God appoints Moses to lead his people out of captivity in Egypt and into the Promised Land. Once God has extracted his people from the clutches of the Pharaoh, they are faced with a daunting prospect: to reach the Promised Land they have to cross the wilderness lands with no precise idea of which way to go in an environment where water and food would be in short supply. The people were totally reliant on God's guidance by a pillar of cloud by day and a pillar of fire by night and God also provided water for the people to drink and manna for them to eat. Every sixth day of the week, they were to gather enough food for the seventh day which was to be the Sabbath – a day reserved for rest and no work, even though they were on a long journey. When God gives the ten Commandments to Moses, the importance of the Sabbath is upheld by the fourth commandment "Remember the Sabbath day by keeping it holy. Six days you shall labour and do all your work but the seventh day is a Sabbath to the Lord your God..... For in six days the Lord made the

heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.” (Exodus 20:8-11) God provided for their physical needs; food, water and rest but also for their spiritual needs, giving them time to worship Him and pray and experience the overflow of His presence with them. Even today, thousands of years later, keeping the Sabbath is still very much part of Jewish family life.

For the early Christians, Sunday became a special day because Jesus was resurrected on a Sunday, the first day of the week, and traditionally it became a sabbath for rest and gathering together in worship. In modern times, we have lost this pattern of having such a day set aside. There have always been people who have had to work unsocial hours; medical staff, transport workers and so on, but now many aspects of life, in particular shopping and entertainment, are available throughout the week and both Saturday and Sunday are filled with many family-centred activities. Does this matter? The emphasis on well-being shows that having some ‘down-time’ to relax, engage with our friends and family and our own plans and thoughts is still important but we now have to build it into our own life style rather than having a day traditionally set aside for it. For Christians, we may have a little more structure in our lives by attending church on a Sunday but we are not immune to the pressures of modern life, so we also need to set aside time to spend with God, to read the Bible, pray, to be thankful for God’s provision for us and just to enjoy resting in His presence. We need these ‘quiet times’, when we can focus on God and value our relationship with Him as a regular pattern in our lives. Necessary for our spiritual health just as much as we need time for physical rest and recuperation. Keeping our own times of ‘sabbath’ can be a great blessing on our lives.

*Hilary Mch*

## **CALLING ALL PARISHIONERS**

### **The Children’s Society box collection**

Sadly St Mary’s Church box collection for The Children’s Society will close after the return of boxes for this year. Support for the box collection has dwindled with the increased use of electronic transactions.

This will be the last opportunity to hand in the boxes so please search through your cupboards and drawers to locate your box and return it to church or leave it at Tarnside Farm, Crosthwaite, LA88BU. Do let me know if you would like to have your box collected by contacting me on

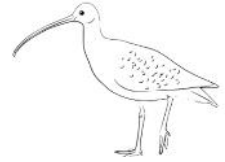
015395 68639 or [cjibson@outlook.com](mailto:cjibson@outlook.com)

With thanks from The Children’s Society

Christine Gibson

## **Curlew Recovery South Lakes**

“We love hearing them on the farm and so we do what we can to help them!” said Emma Taylor of Crook, one of the curlew volunteers invited to talk at Crosthwaite School recently.



Along with all the local farmers with curlew nests on their land, George and Emma Taylor have been terrific in helping our curlews.

Curlews nest on the ground and are vulnerable to predation. The local curlew volunteers use electric fences with the permission of the farmers to protect nests and avoid losses during agricultural operations.

At the time of writing (mid-June), the volunteers have found and fenced 20 nests. 40 chicks hatched and the volunteers are now making daily checks on 11 curlew families. The birds are secretive and do not like disturbance, so the volunteers keep a good distance.

We are very lucky to have these special birds in our landscape. Over the last 25 years, there has been a 50% decline in the UK. Every nest and every chick are precious, and the farmers and volunteers are doing great work to help them in our valleys. You can follow the stories of our curlew families from our social media – the links are here: <https://linktr.ee/curlewslakes>  
An associated photograph taken (from a distance) by Kelly Powell is on page 27 .

## **NOTICES FOR INDIVIDUAL PARISHES**

### **CARTMEL FELL**

#### **CARTMEL FELL VOLUNTEERS**



The Cartmel Fell volunteers would like to arrange a BBQ for the Cartmel Fell community at 6.30 for 7pm on Saturday 20th July. Arrangements are being finalised and further details will be publicised on our Facebook page, via email and on posters in the local area.

As attendee numbers will be limited, our intention is to manage the event by ticket. If you're interested in attending this event please contact us at [cartmelfellvolunteers@gmail.com](mailto:cartmelfellvolunteers@gmail.com).

**ART EXHIBITION AT HARE HILL BARN  
SEE PAGE 2**

### **CROOK**

**ART GROUP EXHIBITION  
SEE PAGE 12 FOR POSTER**



## Crook and Winster Parish Council

The next meeting is on Tuesday 30th July at Crook Memorial Hall at 7.30pm. Members of the public are very welcome to attend and there is always an opportunity for interaction with the Council at the start of every meeting.

The Council has, for the past few years, been pressing for further measures on the B5284 road, in addition to the 40mph on the full stretch of the road and the 30mph through Crook village. Recently, a 25mph speed limit has been introduced at Bonningate (actually in Burneside parish), together with some new road markings and in Crook road markings and 'roundels' have been installed at each end of the village.

Winster is part of our parish, of course, and traffic calming measures are due to be introduced there on the A5074; at present the sites have to be finalised where Speed Indicator Devices (SIDs) can be installed.

Much of this work is being financed by the Parish Council and the general feedback seems to be that residents feel it is a good thing!

Kevin M Price. Parish Clerk.

Thursday 6th June was the 80th Anniversary of the D-Day landings in northern Normandy. The bell at Crook Church was rung by the Taylor boys at 6.30pm as part of the national initiative of remembrance. They rang the bell again later in the evening when a beacon was lit at the old Church Tower and a special Tribute was read by the Chairman of the Parish Council. It is sobering to think that 80 years ago young men almost the same age as Samuel, Charlie and Ben went off to war little knowing what was ahead of them.

On Saturday 8th June there was a very successful village Ba-B-Que in the village field with lots of people enjoying a fine night and the opportunity to catch up with friends. Before the Ba-B-Que many people went on a walk with quiz sheets with questions which required answering. Everyone enjoyed this fun event.

## CROSTHWAITE



Recent winner of the 100 Club  
prize draw for the Argles  
Memorial Hall

June 2024: Robert Sykes



**CROSTHWAITE SHOW 2024**  
**SEE PAGE 2 FOR INFORMATION ABOUT A FLORAL ART**  
**WORKSHOP/DEMONSTRATION ON 3RD JULY**

***Don't forget!!***

*Registration evening is on Tuesday 16th July  
Please bring your art and photography exhibits at that time.*

## Planning Permission Advice

Crosthwaite and Lyth Parish Council would like to advise residents to always check with Development Management (Planning) at the Lake District National Park **before** changing the use of a building or building any sheds, whether in their gardens or in a field.

Most developments and changes of use in a National Park require planning permission and the Parish Council has a duty and responsibility monitor developments in relation to planning regulations. It has become aware that there are an increasing number of sheds, changes of use of existing land / buildings or "holiday accommodation" in buildings without relevant planning permission appearing. Furthermore, it is in our own interests to ensure we have the relevant permissions as when we, or our descendants, come to sell, all the relevant paperwork will have to be produced.

A check is very easy to do as there are duty planners available at LDNPA every week who can be contacted at 01539 724555 or by email at [planning@lakedistrict.gov.uk](mailto:planning@lakedistrict.gov.uk).

### CROSTHWAITE EXCHANGE

Our next afternoon tea will be on **Wednesday 3<sup>rd</sup> July** at 2pm PROMPT and **BOOKING IS ESSENTIAL**

If you just want a cuppa and a piece of cake and to buy something from the country market selling delicious homemade cakes and preserves, then do come along for a chat. (no need to book unless you are having the afternoon tea)

The afternoon will also be a fundraiser for Alzheimer's and Dementia, and we encourage you all to support this.

**TO BOOK A PLACE FOR THE AFTERNOON TEA, PLEASE CONTACT GERALDINE 015395 68836, 07766 646504**

We look forward to seeing all our regulars and of course anyone trying the Exchange for the first time.

## UNDERBARROW

### Reminder to Save the Dates

**Sunday 22nd September 2024** is Underbarrow Marrow day.

**Friday 1st November 2024** - The Underbarrow Marrow day 40th Anniversary dinner dance.





## WINSTER

See Page 7 for news of **Crook and Winster Parish Council**



See Pages 11-12 for the July **Strawberry Tea**, the August **concert** celebrating Simon & Garfunkel and the monthly Books, Cakes and Plants event

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## WITHERSLACK

See Page 15 for an advertisement for the forthcoming July **Treasure Hunt**.



### NATIONAL GARDEN SCHEME - WITHERSLACK



**Vicarage Barn East** and **Fernhill Coach House** opened their gardens to the public on Sunday June 9th.

The weather forecast remained pessimistic throughout the day but conditions were better than expected; the rain holding off mostly with sunny spells during the afternoon. There were many favourable comments regarding the two gardens and many people commented on the spread of yummy cakes provided by the Witherslack community including the W.I. Over 200 visitors enjoyed the day.

Entrance takings of £1200 go to NGS Charities.

Refreshments and plant sales to our selected charities.

£400 to Tony's St Paul's Tower appeal.

£400 to Witherslack Community shop

£342 to St Mary's Hospice, Ulverston

Our thanks go to the many local people who supported us as volunteers on the day and in our gardens before the event; to Mary at the Old Vicarage who very kindly provided all helpers with a magnificent meal after the event and to all our many visitors.



# ***Café Church***

## ***Sunday 28th July at 10am in Witherslack Parish Hall***

Come and join the discussion—with  
tea/coffee and tasty morsels!!

***Everyone is welcome, whether you have  
a Christian faith or not, or perhaps  
unsure—just come.***



### **Citizens Advice in Kendal has moved!**

The Kendal office of South Lakes Citizens Advice is now in attractive, accessible and spacious new premises at 1 Wainwright's Yard, in the centre of Kendal near Booth's supermarket. You can drop in on Tuesdays and Thursdays from 10 am - 2pm.

The service from the Ulverston office remains unchanged.

South Lakes Citizens Advice is an independent charity and still provides free, confidential advice and help on any aspect of debt, consumer problems, benefits, housing, employment or any other issue.

We can all face problems that seem complicated or intimidating, but at Citizens Advice we believe no one should have to face these problems without good quality, independent advice. We are here to give people the knowledge and the confidence they need to find their way forward - whoever they are, and whatever their problem.

To contact the office by phone, call 015394 46464 Monday to Friday from 9.30 am – 2 pm. The Adviceline number (0808 2787 984) is open Monday to Friday, 9 am – 5 pm.

If you prefer, you can access email advice via the submission page on our website [www.southlakescab.org.uk](http://www.southlakescab.org.uk).

## TWO VALLEYS EVENTS IN JULY & AUGUST

### WINSTER STRAWBERRY TEA

Sunday July 7th 2024

3 - 5pm

Winster Village Hall

£7 to include Strawberries, Tea or Coffee and a cake

Children under 12 half price.

Raffle and games.

Details from Jane Crowe 015394 44098

A celebration of  
**SIMON & GARFUNKEL**  
performed live by Tim Chu & Ian Bailey  
at  
Winster Village Hall LA23 3NP  
on  
**Saturday 24th August 2024**

Doors 6.45/ **7.30pm start**

Tickets £15 (cash only) from the Brown Horse  
or Jane Crowe 015394 44098

**Holy Trinity Church Winsters**

# **Books/Cakes/Plants**

**SAT JULY 27TH**

in the **School House**

**10.00am - 4.00pm**

**TEA COFFEE SOUP**

**HOMEMADE CAKES**

**Macmillan Cancer Support**

**DAY**

**LOOK FORWARD TO SEEING YOU!**

**For info:- Yvonne 01539488563/ Gill 01539443304**

# Crook Art Group

## Exhibition

Free entry

Saturday 13 and Sunday 14 July 2024

10.30 am to 4 pm

The Memorial Hall

Crook Road LA8 8LG

Meet Artists at Work

Great Raffle

Enjoy Home Made Refreshments

**Everyone welcome**



# Quartet/Octet



Performance:	2:00 pm Wed, 31 Jul 2024
Venue:	<a href="#">St Mary's Church, Crosthwaite, Totter Bank, Kendal LA8 8HR</a>

## ALKYONA STRING QUARTET

### DAPHNIS & CONCRÉTE STRING QUARTETS

Shostakovich String Quartet No.1 in C Op.49

Shostakovich String Quartet No.7 in F sharp minor Op.108

Bunch 'The still small voice' for string Octet

Bruch String Octet in B flat (Allegro Moderato)

Our resident ensembles perform 2 quartets by Shostakovich with two gems for string Octet alongside their mentors the Alkyona Quartet.

Post concert Meet the Artists - refreshments provided

Your personal invitation to talk with all 12 musicians.

Duration: 65 mins (approx.) | Tickets: £15-£18

'relaxed and balanced musicality which all chamber groups strive for...'

## Lake District Music

General Enquiries

01539 266201

Box Office

[01539 266200](tel:01539266200)

Tickets on line at <https://tickets.ldsm.org.uk/sales/events/2023-2024-season/summer-concerts/quartet/octet>

# SUMMER CONCERT

*K* Shoes Male Voice Choir



(DIRECTOR OF MUSIC – MICHAEL SANDERSON)

CROSTHWAITE MEMORIAL HALL

**FRIDAY 5TH JULY 7.30 PM.**

**A SUMMER'S EVENING OF VARIED MALE VOICE MUSIC**

LIGHT REFRESHMENTS AVAILABLE

RAFFLE

TICKETS £10 (under 16yrs-£6) From-[www.kshoesmvc.org](http://www.kshoesmvc.org),

Choir Members, via QR code below or on the door.

'I had heard you were good but  
didn't know how good until tonight.  
You really raised the roof' Grasmere  
concert



'People enjoyed the variety of  
songs, their different moods and  
the dynamic range.' John  
Campbell - Unitarian Church,  
Kendal.

**Car**



# **Treasure Hunt**



**& BBQ**

**Witherslack Village Hall**

**July 6th**

**Cars leaving Witherslack Village Hall**

**from 6pm -7pm**

**£5 per car**

**BBQ back at the hall**



### **BRIGSTEER**

Twenty two members had a great time playing indoor and outdoor games after a brief business meeting. We played boules, mölkky, swingball, table tennis, jenga, pick up sticks and dominoes, with the refreshments team providing fizz and canapés. Our President Sue had been to the National AGM the previous week and will give us her report at our Garden Meeting in August. Numbers were finalised for our trip to Lowther Castle next month. Heather will lead our next walk locally. Ann C kindly took our donations to the King's Food Bank. We also agreed to be one of the host venues for the Federation Quiz in November. New members and visitors are always welcome. Call Sue or Liz on 07718 904082 or 07894 710014

### **CARTMEL FELL**

Julie welcomed 17 members and 2 guests to our June meeting.

Claudia Long from Printshare Studio and Gallery in Ulverston brought along templates, tools and the different materials used in making the array of prints displayed. Materials were passed round as Claudia talked us through the various processes. A few members were hoping to join a class at the studio to "try their hand".

Claudia judged the competition for a print, the winners were Beryl, Jane C and Molly. Margaret won the raffle.

A short business meeting followed refreshments where members were saddened to hear Jean Caldwell had passed away. Jean joined Cartmel Fell W.I in 1994, having being a member for many years in the North East, she joined the committee in 1996 and became press correspondent and in 1998 took on the role of president for 3 years. Jean came off the committee in 2006 but continued as a valued member and supporter.

Ruth and Sue had been to Selside the same day for the viewing of the Annual Meeting from the Royal Albert Hall. The meeting went smoothly, interesting thought provoking speakers and the resolution "Dental Health Matters" from Staveley W.I carried by a huge majority. Congratulations to Anne Boyle, a daunting task carried out calmly and with great courage.

On 3rd July the speaker will be Helyn Connor who will tell us "How to communicate with anyone in any situation" the competition is for a hand-me-down of personal value.

Visitors and new members will be made very welcome.

### **CROOK**

Members at the June meeting of Crook WI enjoyed an interesting talk from Andy Brown all about the Asian Hornet which is becoming a great worry for bee keepers as it is a predatory insect looking rather like a large wasp. Andy gave lots of information and, in particular, what should be done if we spy one of these "enemies". Members had been generous with donations of plants which were sold and business was brisk. Two members of Crook WI were, that day, in London at the AGM of the National Federation in the Albert Hall. A resolution which had been put forward by Staveley WI was presented by Anne Boyle who asked the government to improve the dental health service. There were interesting speakers and Crook members look forward to hearing more about this special day.

## **CROSTHWAITE & LYTH**

Members of Crosthwaite and Lyth W.I. welcomed Sarah Cook from VIP the service for the Visually Impaired who gave a very interesting talk on the many developments in aids for the visually impaired, many of which used mobile phone apps to help gain knowledge and assistance. She also gave members a flavour of the activities and clubs in the area which offer support in many ways to those with visual impairment. Members also enjoyed a day time outing to the Damson Dene hotel where they explored the very extensive model village despite the weather being rather blustery. They then repaired to the terrace to enjoy a cream tea and watch the ducks in the pond.

## **UNDERBARROW**

Underbarrow WI have been having a busy time.

May saw us printing on silk at our meeting, we all produced lovely samplers and could have spent much longer doing it, maybe we will have a whole day workshop in the future.

Later in May we held our fundraising Coffee Morning, a community event with plant and book stalls and a raffle. We would like to thank all our local friends from the village, and Lyth Valley WI members, for supporting this happy and fun event, and helping us to raise £370 for our Underbarrow WI funds.

July is the month for our Annual Outing. This year we are having a trip on the Ullswater Steamer from Glenridding to Howtown, with lunch at the cafe there.

Underbarrow WI wish to congratulate our friends at Staveley WI who proposed the national WI Resolution this year at the Royal Albert Hall, calling on the government to provide better access to NHS Dentistry. This motion was overwhelmingly carried at the London meeting, supported by hundreds of women from all over England and Wales. WI members will also be doing what we can this year to encourage people and children to look after their teeth and promote oral health, to reduce their need for dental treatment.

Any local women of any age are eligible to join our WI group, or to come along to any meetings as a visitor, just turn up, or contact Maggie on 07887881011.

## **WITHERSLACK**

Hattie Crabtree was the speaker for our May meeting. She gave us an insight into how her career in leather work had started after being diagnosed with multiple sclerosis at a young age. She explained the training she undertook to show her how to make the lovely leather saddles and bridles she makes along with the very decorative handbags (all hand sewn) and keyrings.

In June we discussed plans for our summer trip to Harlow Carr in August and also our 100th birthday party in September. We also heard a report from our Lyth valley group representative at the NFWI annual meeting where Staveley WI presented their resolution about dentists.

Andrew Leitch and Jim Bownass then gave us a very good film show about Memories of our county from the Cumbria film archive. There were scenes from the very first film shot in 1902 showing films of workers leaving various factories in the region to fell walkers going up the fells just wearing their everyday clothes. Through the time to the 1950's we were treated to scenes from the Grange lido, rush bearing and workers at K shoes among others.

Our next meeting in July is South Lakes Carers.

**Notice to all 2 Valleys magazine contributors – particularly those involved in organising parish events**

Over the last 18 months or more there has been a huge increase in requests for full-page colour 'posters' advertising local events. It is great to see so much going on in the 2 Valleys, and we have always done our best to do justice to all material, but we need now to adopt a slightly more careful editorial policy as follows:

- The 2 Valleys Parish magazine is essentially a black and white publication and we can no longer guarantee colour printing for any contributors' material. 'Posters' advertising events can always be submitted in colour but will be reproduced in black and white. There may be an exception each month for just one such poster which may appear on Page 2 (inside the front cover) in colour at the Editor's discretion but there is absolutely no guarantee.
- When submitting 'posters', whether in black and white or in colour, it would help us very greatly if you could design them in 'landscape' format. Alternative versions of the same poster in both 'landscape' and 'portrait' format would be even better. A portrait format inevitably occupies a full page and can only be reduced to a ¼ page which is usually much too small for easy reading. On the other hand a 'landscape' format can be accommodated as a ½ page which is often enough to display all the necessary information and leaves half a page for another one. We are not banning full page portrait formats but trying to use available space to best advantage.

Thank you. Please contact any of the Editors for further information or explanation.

**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](mailto:tvn@crosthwaiteandlyth.co.uk) or telephone one of the editors if you would like to find out more.

**Magazine Editor next month:** Stephen Rowlinson (07776656393 )

Magazine postbox c/o Crosthwaite Vicarage.

e-mail: [tvn@crosthwaiteandlyth.co.uk](mailto:tvn@crosthwaiteandlyth.co.uk)

**Advertising Manager and Magazine postal service:**

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

07826 800469 [brierleyl@yahoo.co.uk](mailto:brierleyl@yahoo.co.uk)

# Two Valleys Churches

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## **Cartmel Fell, Crosthwaite, Winstler, and Witherslack**

**Vicar:** Rev'd. Michael Woodcock, The Vicarage, Crosthwaite, LA8 8HX  
(not available Fridays) [michaeldavidwoodcock@gmail.com](mailto:michaeldavidwoodcock@gmail.com) 015395 68276  
**Reader:** Dorothy Grace [dorothygrace01@btinternet.com](mailto: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. Geraldine Wilson 015395 68836  
Mrs. Pat Howarth 015395 68652

### **Holy Trinity, Winstler**

Churchwarden: Mrs. Cath Casson 015394 44958

### **St. Paul's, Witherslack**

Churchwarden: Mr. Richard Coates 015395 52469

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## **Underbarrow with Helsington**

**Associate Priest:** Rev'd. Simon Howard

[revdsimonhoward92@outlook.com](mailto:revdsimonhoward92@outlook.com) : 07719 889577

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

**Janet Sullivan** [assjadmin@stkmail.org.uk](mailto:assjadmin@stkmail.org.uk) : 01539 730683

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**Safeguarding Officer for all above:**

**Mrs. Jane Eccles** 07779 953763 : 015395 58138

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

**Vicar:** Rev'd. George Briggs, St. Thomas Vicarage, South View Lane,  
Windermere Rd, Kendal. [george@stkmail.org.uk](mailto:george@stkmail.org.uk) : 015395 83058

**Readers:** Tony and Hilary Fitch [fitchesuk@aol.com](mailto:fitchesuk@aol.com) : 015395 68577

**Church Administrator:**

**Janet Sullivan** [crookadmin@stkmail.org.uk](mailto: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](mailto:lilatkinson8@gmail.com)

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# REGULAR EVENTS

## HELSEINGTON & BRIGSTEER

For bookings contact Ann Bryan 015395 68067. Email [villagehall.brigsteer@gmail.com](mailto:villagehall.brigsteer@gmail.com)

### 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

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](mailto: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 12<sup>th</sup> of previous month by e-mail or letter please.

## CROSTHWAITE MEMORIAL HALL

Please check bookings online at :

[www.crosthwaiteandlyth.co.uk/memorialhall.html](http://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	Tuesday and Thursday 7.30-10.00pm (9 <sup>th</sup> Jan-28 <sup>th</sup> March 2024)
Exchange	Tea@2 1st and 3rd Wednesdays of month 2p.m. to 4p.m Celebration Lunches 1p.m. to 3p.m. 3rd Apr, 2nd Oct, 4th Dec Afternoon teas 1st May, 3rd July
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 <sup>nd</sup> 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](mailto: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 <sup>nd</sup> Tuesday of the month at 7.30pm

## Advertise in the Two Valleys Parish News

We have a circulation of 240 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?

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