

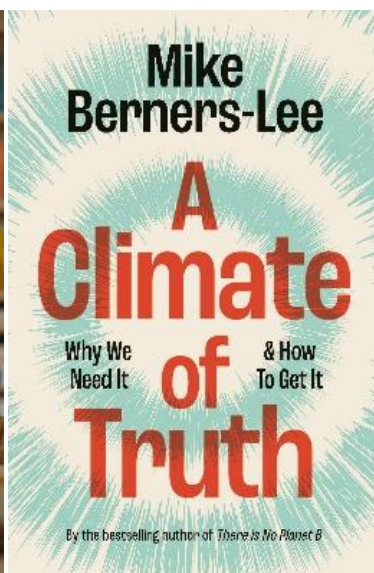
# **TWO VALLEYS PARISH NEWS**



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

**April 2025**

**80p**



**A CLIMATE OF TRUTH:  
AN EVENING WITH MIKE BERNERS-LEE  
8 p.m. 28 May 2025  
Argles Memorial Hall Crosthwaite LA8 8HT**

*A Climate of Truth* explores why, despite developments in technology and most people's desire for greater action on the climate crisis, our global emissions are worse than ever.

**Book your place now!**

**TICKETS £8  
Call Ann 015395 68671  
Email [roger.smith100@btinternet.com](mailto:roger.smith100@btinternet.com)  
All proceeds to the Argles Memorial Hall**

**Cover photo: Courtesy of Unsplash.com  
Church miniature pictures from watercolours by John Wilcock**

## Church Services for APRIL 2025

### Sunday 6<sup>th</sup> April

### Lent 5 - Passion Sunday

9.30am Witherslack	Morning Worship (CW)	Linda Hunter
9.30am Underbarrow	Holy Communion (CW)	Rev. Bob Dew
11.00am Winster	Holy Communion (BCP)	Rev. Michael Hunter
11.00am Crook	Morning Worship (CW)	Tony & Hilary Fitch

---

### Sunday 13<sup>th</sup> April

### Palm Sunday

9.30am Cartmel Fell	Morning Worship	Brian Lock
9.30am Underbarrow	Morning Worship and APCM	Rev. Simon Howard
11.00am Crosthwaite	Morning Worship (CW)	Brian Lock
11.00am Crook	Morning Worship (CW)	Nick Gray

---

### Thursday 17th April

7.30pm Winster	Maundy Thursday Communion	Rev. Beverley Lock
----------------	---------------------------	--------------------

---

### Good Friday

2pm Helsington	Holy Hour	Rev. Simon Howard
----------------	-----------	-------------------

---

### Sunday 20<sup>th</sup> April

### Easter Sunday

9.30am Cartmel Fell	Easter Communion	Rev. Beverley & Brian Lock
9.30am Witherslack	Easter Communion	Rev. Ian James
9.30am Underbarrow	Easter Communion	Rev. Simon Howard
11.00am Crosthwaite	Easter Communion	Rev. Beverley & Brian Lock
11.00am Winster	Easter Communion	Rev. Simon Howard
11.00am Crook	Easter Communion	Rev. David Parsons

---

### Sunday 27th April Easter 2

9.30am Cartmel Fell	Morning Worship and APCM	
9.30am Underbarrow	Morning Worship (CW)	Rev. Ian James
11.00am Crosthwaite	Morning Worship (CW)	Lay Team
11.00am Crook	Morning Worship (CW)	Tony & Hilary Fitch

---

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

### Easter 3

9.30am Witherslack	Morning Worship and APCM	
9.30am Underbarrow	Holy Communion (CW)	Revd Bob Dew
11.00am Winster	Holy Communion (BCP)	Rev. Beverley & Brian Lock
11.00am Crook	Morning Worship (CW)	

## *A LETTER FROM GEORGE BRIGGS*

What's happening in the garden?

Things have been appearing: first came the snowdrops (a little later than last year), followed by more colours gradually coming through and carpeting the ground – and the daffodils coming up to bring some gold! I love the signs that spring is here – and everything that it promises. Perhaps I wouldn't say that lightly if I had to see in the new lambs and calves!



What's happening in the garden?

This is a pretty revealing question as we approach the celebration of Easter this month – there are two very significant scenes that take place in a garden. In the first, Jesus is found praying, desperate about what he is going to do, left to wrestle alone whilst his friends sleep nearby. Jesus cries out, asking if there is another way to draw the world back to God the Father, another way to secure our freedom and the healing of hearts and lives and nations. But as he expresses his anguish he also expresses his resolve to finish what he came to do. “Not my will, but yours...” he says, not in submission to the cruel whim of an angry God, but in agreement with the one so filled with love that he would give everything to make us his own... In the garden, he chose us. So Jesus’ betrayal and arrest led him from the garden to his trial and his death.

What's happening in the garden?

Some of Jesus’ followers take his body and lay it in a new tomb, in a garden near to the place he was crucified. They leave it there whilst they observe the custom of the Sabbath, and early on Sunday morning, while it was still dark, we read in John’s Gospel that Mary Magdalene came and found the stone had been rolled away from the tomb entrance. She runs to find Peter and John, distraught that the body has gone. The two men return with her. They hadn’t realised that Jesus would rise from the dead, and leave in wonder. But Mary stays, weeping, inconsolable. The excitement of Peter and John, and even the appearance of angels in the empty tomb are no comfort – it is Jesus that she wants. She wants to see him again. A figure behind her she assumes to be a gardener asks her what the matter is, and she explains her desperation – just tell me where to find him... Then Jesus says her name, “Mary!”, and at once she knows who it is and throws her arms around him. No amount of evidence and other people’s wonder would satisfy her – only meeting Jesus for herself in the garden.

Mary takes us to the heart of Easter, in that garden – it is her encounter with the risen Jesus that shows us what Easter is about – that we meet him ourselves. When she left that garden, she would never be the same again!

Two gardens – he chose us in the first, meets us in the second – have a joyful and life-giving Easter!

With every blessing,  
**Rev. George Briggs**



## Experiencing Easter

On **Thursday 3rd** and **Friday 4th April** Crosthwaite Church will be the venue for **Experiencing Easter**.

This is an exciting, interactive event for school children to take them through the Easter story via a series of themed bases.

At each base the children have a story, an activity and a chance to reflect on some aspect of the Easter story; Hopes and Dreams (Palm Sunday) Alone (Gethsemane) Remember Me (The Last Supper) ....

All coming together with a celebration of Easter Sunday.

In order that everybody can **Experience Easter** the displays will be up in the church from **5th April**.

Do make a note in your diary to come along and see what it is all about.

**Rev. Beverley Lock**

# CALLING ALL PARISHES

## VICAR VACANCY UPDATE

We had two applicants for the post of Vicar here, and the shortlisting group met on Friday 28<sup>th</sup> February to discuss the applications. This group comprises two PCC representatives from each of the five parishes, a representative from each of two Patrons, Rural Dean Rev. Anne Pettifor and Ven. Vernon Ross, Archdeacon (Chair). Following discussion, and advice from Bishop Rob and Vernon, it was agreed that neither applicant would be called for interview.

Although this is disappointing, it was a brave decision. We want the right person, God's choice, to be our new Vicar, and neither candidate fitted that bill. Perhaps we thought it would be straightforward, and we would have a successful candidate first time, but it's not worked out like that. So, we need to be praying even more about the recruitment process, for the God's person to apply. It is a wonderful place to live and work, and Vernon described our Parish Profile as 'outstanding', so we have done our best to attract someone.

The non-appointment may not greatly affect the timescale of finding a new Vicar for us. We will advertise again after Easter, by which time those Curates across the country who are completing their training in May should be in a position to be looking and applying for their first incumbency. They won't have a notice period to serve, and so would be available more quickly than someone already in a parish.

Please keep praying that God would bring the right person to us at the right time.  
God, the giver of life,

*whose Holy Spirit wells up within your Church:*

*hear our prayer for all your faithful people in the Two Valleys,*

*that by the Spirit's gifts we may each be equipped to be an instrument of your love.*

*Grant wisdom and discernment*

*to all those involved in the process of appointing a new incumbent,*

*and draw amongst us one who will lead us and guide us in the victory of your love,*  
*through Jesus Christ your Son our Lord.*

*Amen.*

**Magazine Editor next month: Steve Rowlinson**

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)

## HOPE IN A WOUNDED WORLD

### A LENT COURSE over 5 weeks

2pm @ St Mary's Crosthwaite, starting Tuesday 11 March

An exploration of ecological concerns through the  
lenses of love, truth, wisdom, justice and hope.

A time for discussion, reflection on scripture and a gathering of  
ideas to resource meaningful action.



*Hope and despair" @Aylsa Williams*

The 5 sessions will be led by: Nick Gray, Brian Lock, Tony and Hilary Fitch,  
Revd Rob McLellan and Dorothy Grace

Please register your interest by emailing : [dorothygrace01@btinternet.com](mailto:dorothygrace01@btinternet.com)

**Look forward to sharing together this Lent.**

### **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 [vn@crosthwaiteandlyth.co.uk](mailto:vn@crosthwaiteandlyth.co.uk) or phone one of the editors to find out more.

## CROSTHWAITE SHOW 2025 - 12 JULY



entries yourself!

Easter hols are approaching so why not take the opportunity to think about what you - or your children or grandchildren - might enter....grab a Schedule from the box outside the Hall or download a copy from <https://tinyurl.com/2ksmwum4>

- Get the kids painting 'Weather' or taking a photograph of what they did at the weekend, or maybe a bit of craft recycling?
- You could do something similar- look at the class titles on page 8 of the Schedule
- Easter is a time for a trip to the garden centre- see what veg or flowers you could plant
- Practice making a loaf or a Swiss roll - or maybe you've never tried a Fat Rascal....

Please have a go...don't leave it to others...the Show is even better when you have put in a few



The members of Crosthwaite and Lyth W.I.  
would like to invite you to our Open Meeting

on **Wednesday 16<sup>th</sup> April at 8pm**

(Our business meeting starts at 7.30 and visitors are very welcome  
to come and listen)

**Speaker**  
**Susannah Bleakley**  
**Conserving Curlews**



Cost: £4.00, including light refreshments  
Men are welcome too!



# STEALING THUNDER STORYTELLING FESTIVAL 2025

Join us in **Bowland Bridge** for an epic storytelling festival this summer!

Our 2025 festival theme is *Scandinavian Midsummer, encompassing all the beauty, wonder and wild abandon of the midnight sun!*

Expect a jam-packed programme for all ages with some of the finest storytellers from all across the UK and Scandinavia, as well as brilliant musicians, magicians, artists and workshop leaders, all descending on the Valley for one unique, unmissable weekend!

For GROWN-UPS there's late night ghost stories, live music, comedy, epic stories from the southern hemisphere with sonic electrickery, late night campfire sessions, great food, coffee and cocktails. Plus on Saturday night the chance to let your hair down to uplifting beats from a renowned Los Angeles DJ.

For YOUNGER CHILDREN there's interactive live shows with the award winning podcast, 'Super Great Kids Stories' as well as family magic shows, kids silent disco, storywalks, RagTag's 'cardboard kingdom building' and circus skills, art and craft workshops, bedtime stories, facepainting and (for the brave) some strange costumed characters lurking in the woods...

And for TEENAGERS, there's an outdoor (fingers crossed!) production of **Beowulf** (where the only prop is a watering can). Plus circus skills, drumming workshops, a chance to learn some magic tricks from an award-winning magician and lots of 12+ shows to choose from including Norse Mythology and the most captivating telling of King Lear you'll ever see!

Stealing Thunder Storytelling Festival is all about stories, shared experience, and journeying into worlds of the imagination – it's a brilliant experience to share with both young and not so young children. And brilliant for just adults too!

Join us for the day, or come and camp for the full weekend experience!

**Date:** 20th-22nd June 2025

**Venue:** Bowland Bridge

**Tickets:** [www.stealingthunder.co.uk](http://www.stealingthunder.co.uk)

*Children under 7 go free!*

A **50% Discount** on Day Passes is available to all residents in the 2 Valleys (Lyth & Winster - including Crosthwaite, Underbarrow & Brigsteer) as well as Cartmel Fell. Please use the Promo Code **2VCF25** (Only valid for residents in these areas.)

The discount is only valid on tickets bought online. Tickets are likely to sell out so early booking is advised.

We also have number of free day passes for any local low-income adults/families who would struggle to afford to buy a ticket. Please use Promo Code **THUNDER25**

**Contact:** [emily@stealingthunder.co.uk](mailto:emily@stealingthunder.co.uk)

## **Damson Day 2025 Saturday April 12 Westmorland Showground**

### **Adult Competition Classes:**

#### **Produce**

*Using any Lyth Valley grown or foraged fruits*

1. Jam/Jelly
2. Preserve (Chutney, gumbo, condiment, cheese etc)
3. Gin/Liqueur
4. Fruit juice or cordial

#### **Craft**

1. A knitted/crocheted item in damson colours
2. A collage in damson colours

#### **Art**

*In any medium/ any size. Must be mounted but not necessarily framed*

1. Water in the Valley
2. A still life of damson produce

#### **Photography**

*Any size. Must be mounted but not necessarily framed*

1. Water in the Valley
2. Anything Damson! - could be still life, for instance

Entries to be brought to Crosthwaite Memorial Hall between 9.30 and 11.00 am on **Friday 11th April.**

**HELPERS needed to organise the day**

**For more details contact**

**Mark at [info@lythdamsons.org.uk](mailto:info@lythdamsons.org.uk)**

# NOTICES FOR INDIVIDUAL PARISHES

## CARTMEL FELL

### CARTMEL FELL VOLUNTEERS

Woodland Trail at the Spring Show (12pm - 4.30pm on Saturday 3rd May 2025, Cartmel Fell Parish Hall LA11 6NH) a trail sheet will be available from the Spring Show. Following a storybook theme trail, you'll see the newly-planted nut trees and fruit trees in the Parish Nuttery and Orchard, and go on a mini adventure along the paths that have been cleared by the volunteers around the enchanted woodland.



### DATES FOR YOUR DIARY

- AGM & Sausage and Cider event - 28th June
- "Life on the Fell" photograph exhibition 24-26 October

### WOODLAND VOLUNTEER SESSIONS

Planting, clearing, pruning and dry stone walling continues into the Spring and we're always looking for volunteers. We usually meet on Fridays 1-4pm and sometimes on other days too. If you like, come for tea and a chat about what we do when we take a break around 2.30pm.

Contact us: [team@cartmelfellvolunteers.com](mailto:team@cartmelfellvolunteers.com) or [facebook.com/cartmelfellvolunteers](https://facebook.com/cartmelfellvolunteers)

## Cartmel Fell Community Trust

### COMMUNITY SHOW

**On Saturday 3<sup>rd</sup> May 2025**

In Cartmel Fell Parish Hall

Classes to include:

Handicrafts, Home Baking, Flower Arranging, Garden Produce,  
Art and Children's classes.

Also Scarecrow Trail and Homemade Refreshments

Look out for our Show Schedule on our website

[www.cartmelfellparishhall.com](http://www.cartmelfellparishhall.com)

or facebook page – Cartmel Fell Community Trust,

or phone Helen on 07979840889

**The Cartmel Fell Community Trust AGM** will be held on 21st May 2025 at 7.30pm in the Parish Hall. All welcome.

## Cartmel Fell and District Local History Society

Early in March, Mike Mapleton recounted interesting anecdotes of many Postal Workers around Cumbria and enabled us to identify our photograph of the Windermere/ Newton postie. On 14th April at 2 p.m. **Claire Bradshaw**, of Morecambe Bay Partnership, **Archaeology and Heritage Officer** is going to tell us about "Defending the Docks - Wartime Barrow" in the Parish Hall on Cartmel Fell. Visitors (£5) most welcome.

CARTMEL FELL COMMUNITY TRUST

## SPRING SHOW

SATURDAY 3<sup>RD</sup> MAY 2025

SHOW OPENS TO VISITORS 12 – 4.30PM

WITH PRIZEGIVING AT 4PM

❖ HOMEMADE REFRESHMENTS

❖ PLANT STALL

❖ HOME PRODUCE STALL

❖ RAFFLE

❖ CHILDREN'S WOODLAND TRAIL

❖ SCARECROW TRAIL GUIDES FOR SALE



FOR MORE INFO SEE OUR WEBSITE – [cartmelfellparishhall.com](http://cartmelfellparishhall.com)  
OR FACEBOOK PAGE – cartmel fell community trust

### **MAGAZINE DEADLINE**

Items for entry to the Editor(s) by 12<sup>th</sup> of previous month by  
e-mail please:

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

**Cartmel Fell Spring Show is back!**  
**Saturday 3<sup>rd</sup> May 2025 in Cartmel Fell Parish Hall**

**Section 1: Flowers & Plants**

Cut Spring Flowers	Pot Plant – Flowering or Foliage
Bowl of Flowering Bulbs	Cactus or Succulent

**Section 2: Floral Art**

A Jug of Garden Flowers, arranged for decorative effect	A floral arrangement 'A Mayday Celebration' space allowed is 60cms
---	--

**Section 3: Cookery**

A Victoria Sponge, made in 1 tin, split and jam filled	4 pieces of Tray Bake
4 Sausage Rolls	4 Scones
A Jar of Jam	A Jar of Marmalade
A Jar of Lemon Curd	A Jar of Chutney
5 pieces of Fudge	A Bottle of Fruit Flavoured drink

**Section 4: Handicraft**

A Greetings Card in any medium	A Hat in any medium (may be split into different categories)
An Item of Woodwork, not exceeding 30cm x 30cm	Any other Handicraft in any medium

**Section 5: Art & Photography**

A Spring Inspired Picture – drawn or painted	A Collage in any medium
Photograph – 'Spring in the 2 Valleys'	A Water Inspired Photograph

**Section 6: Children's Classes**

A Garden on a Plate	An Edible Monster
A Painted Stone (maximum 30cm x 30cms)	4 Decorated Cup Cakes
4 Biscuits	A Birthday Card in any medium
Something New from Something Old	A photograph 'My best friend'

Entry Forms are available from our website  
[www.cartmelfellparishhall.com](http://www.cartmelfellparishhall.com), or email Helen  
[helenatcowmire@talk21.com](mailto:helenatcowmire@talk21.com), or ask any Committee member

## **CROOK**

### **VE DAY AT CROOK**

We are holding a Celebration of VE Day on 8th May with a Beacon in the Old Church Tower at 9.30pm, when a Tribute will be read out. Everyone would be very welcome to join us.



The Trustees of Crook Memorial Hall have recently lost a long-standing member of their committee with the death of Mrs. Nancy Bowes. She was a stalwart supporter of our Hall and a wise and valued member who will be greatly missed.

The monthly soup and sandwich lunches have been very well attended and much appreciated by the local community. They are an opportunity to get together and catch up with friends.

St Catherines were very pleased to welcome Stephen and Tabitha Bell to our morning service at the beginning of March. They are missionaries, whom we support, as they work to plant new churches in the Balkans. They brought us news of their family and told us something of the work they have been involved with for the past few years.

## **CROSTHWAITE**

### **GARDENING BOON DAY FOR THE CHURCHYARD**



**Saturday 17th May**

**10am to 3pm**

**St. Mary's Church Crosthwaite**

**Do come and help us take care of the churchyard by  
creating wildflower areas,  
tidying borders, cutting back trees etc**

**Hot drinks and biscuits provided.**

**Contact Steven Brierley for more information  
07470 169890**

We are still looking for a contractor to cut the grass in St. Mary's churchyard. 6 cuts a year, good access to car park and bridle path.  
Contact Geraldine Wilson 07766 646504 or Pat Howarth 07765 010252

## **CROSTHWAITE AND LYTH NEIGHBOURHOOD DEVELOPMENT PLAN**

Crosthwaite and Lyth Parish Council invites Parishioners, landowners and stakeholders to participate in an **informal public consultation** on the first public draft of the proposed Neighbourhood Plan for the Parish.

**The consultation period runs from 24 March to 13 April 2025**

The full draft plan, design codes and other relevant documents are published on the Parish Council website at:

**[https://www.crosthwaiteandlythpc.co.uk/?Neighbourhood Plan](https://www.crosthwaiteandlythpc.co.uk/?Neighbourhood%20Plan)**

Hard copies of the Draft Plan and Design Code are also provided at the Argles Memorial Hall in Crosthwaite. All households will receive a summary of the Plan together with a response form (also to be found on the website) which when completed may be returned by post, email or to boxes in the village.

Everyone is invited to come along to a public Drop-in event to meet Working Group members, find out more and ask any questions about the draft Plan.

The **Drop-In Event** will be held at:

**Argles Memorial Hall**

on

**Monday 31 March 2025 from 6.00p.m. to 9.00p.m.**

For further information email: [crosthwaiteandlyth.pc@hotmail.co.uk](mailto:crosthwaiteandlyth.pc@hotmail.co.uk)

### **WEBMASTER SOUGHT! *crosthwaiteandlyth.co.uk***

The Crosthwaite and Lyth website hosts a number of pages for local organisations such as the church, the WI, landowners, memorial hall, bowling club, art club, snooker club, tennis club just to mention a few! This vital local resource is under threat because we cannot find anyone to take over the running of it.

If you think you might be able to do this, please do get in touch with the current webmaster Colin Edwards to have an initial chat about what's involved.

*webmaster@crosthwaiteandlyth.co.uk*  
*015395 68879*

It would be a shame to lose this wonderful way of communicating what's going on in our vibrant community. Please do think about whether this is something you could do to help keep our village life alive.

## CROSTHWAITE EXCHANGE

### TEA@2

2 till 4 p.m. in the Memorial Hall

Tea/Coffee and homemade cakes.

A chance to catch up over a cuppa and a homemade cake!

Every 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month

Country Market Stall selling homemade cakes, chutneys and honey

## ARGLES MEMORIAL HALL 100 CLUB

Support our Argles Memorial Hall - Join our 100 Club!

The 100 Club is an easy way of supporting the Argles Memorial Hall & one of many fund raising events ensuring the hall is looked after & maintained for everyone in our community to use for years to come.

Subscription is **£12 a year**, with a monthly draw taking place for **£25**. You can take out more than 1 membership! All profits will go towards the upkeep of our lovely hall. Places are limited to 100 so join up now!

Payment can be made by Bank Transfer (preferred) or by cheque - see details below.

Please send an email to **charlweb58@gmail.com** with your....

**Name, Home address, phone no. AND Number of Memberships @ £12**

**Or** write out & post through my door -Stonegarth, Crosthwaite, Kendal, LA8 8HT (middle bungalow opposite the village hall) or the Hall post box in the entrance porch.

**Bank Transfer : Account name : Argles Memorial Hall**

**Account no.: 31440969**

**Sort Code : 40-26-02**

**Bank : HSBC**

**Please use your full name as reference.**

**Cheques : Payable to Argles Memorial Hall**

## UNDERBARROW

### SAVE THE DATE

**Underbarrow Marrow Day 2025**

**Sunday 21st September**



Get your Marrow seeds growing ready to see if you have the heaviest, ugliest or best pair at the show!

There will be lots of stalls to browse, tea and cakes and plenty of fun things to do for everyone including live music, Toss the sheaf, Welly Wanging, BBQ and Bar, Dog Show and Dog Scurry, Duck race and much more.



## WINSTER



# Winster Villiage Hall Spring Table Top & Craft Fair

Winster, Cumbria, LA23 3NR

Saturday, 24th May 2025  
10am to 4pm

Refreshments Available  
All Welcome

Tables £10 Each  
Contact Jane Crowe to book  
[jane.f.crowe@btinternet.com](mailto:jane.f.crowe@btinternet.com)



### **BRIGSTEER WI**

Brigsteer hosted the Lyth Valley Group Meeting recently, when our speaker was David Moreland, head of butchery at Westmorland Farm Shops. We heard a very interesting (and amusing) talk about his long and varied career in the meat trade, through difficult times like the BSE outbreak, and Foot and Mouth disease which was so devastating for Cumbria. David was asked to set up the butchery department at Tebay Services. He sources meat locally and uses all the different cuts of the animals for sale in his shops and cafes. He brought along some gorgeous sheepskins and wool products which we could purchase. Next month we will have an interactive talk led by Philip Burley on the history of puzzles.

---

### **CARTMEL FELL WI**

18 members enjoyed a very informative talk by Angela White, "Building Better Bones" Osteoporosis, the silent disease. Her whole working life has had connections with health care, latterly specialising in orthopaedic trauma, hip fractures and osteoporosis. She is a trustee of Age UK and at 53 started running, leading to running from John O'Groats to Lands End. Angela appreciated running was not for everyone but keeping active and supple was most important. Explaining the changes in bones at different ages and helpful dietary suggestions made for a most useful presentation. The raffle winner was Margaret and the winners of an entry of 13 in the competition for a wooden object were Sheila, Marion and Florence. Molly reported on the meeting in Windermere 'Inspiring Women' she had attended with Anne. Though interesting and a good tea, the turnout had been poor. 7 members were hoping to go to the Group meeting at Brigsteer. Our next meeting is on 9th April when Rob David will give a talk Muncaster Castles' Wartime Secret: Protecting the Tate Gallery. This will be an open meeting with refreshments and a good raffle, the proceeds of which will go to charity. The competition will be for a small artwork. As always, everyone will be made most welcome.

---

### **CROOK WI**

For the February meeting the speaker was Mr John Bolwell who told us about how he had travelled widely, especially in the east, and became interested in different forms of Tai Chi, Taiko drumming, martial arts and various interesting movements and exercises including juggling

The speaker at the March meeting was Captain Colin Thomson who gave a very interesting talk entitled "Titanic". He had lots of graphics, statistics and photographs explaining how the "unthinkable" happened with the sinking of the Titanic on its maiden voyage in 1912. It is amazing how much interest there still is after all these years.

## **CROSTHWAITE & LYTH WI**

Over 50 people gathered in the Village Hall to hear Captain Robert Beale the author who is a skipper on the Windermere boats give us a fascinating history of the boats on Windermere from Neolithic times through to the present day. The more recent history over the last 150 years for which he had a wonderful array of slides not only of the many boats, but of the development of Bowness, Ambleside, Newby Bridge and Lakeside interested us all. It was a privilege to listen to a young man who knew his subject inside out and so obviously enjoyed it.

18 members gathered in the Punchbowl Inn in Crosthwaite for our annual Spring Lunch. The food was delicious and enjoyed by all the participants, many of whom appreciated not having to travel too far.

---

## **UNDERBARROW WI**

Underbarrow WI meets on the second Wednesday of the month, at 2 pm in winter, and at 7.30pm in summer months, at the Underbarrow Institute. All women are very welcome to come along and join us, and anyone is welcome to come to the speaker part, the first hour, of our meetings as a visitor. We ask for a donation of just £3, including refreshments.

Our 2025 programme is displayed on the village noticeboards, or copies are available to pick up at our meetings.

At the March meeting we drew on the talent of our own members, speaking for five minutes each on a wide variety of topics.

April will be the first of our evening summer meetings, and the speaker, Beryl Worrall, will talk about the health benefits of Aloe Vera. This will be on Wednesday April 9th, starting at 7.00pm.

Underbarrow WI are planning a village coffee morning, open to all, on Saturday 17th May - do make a note in your diaries. Any queries contact Maggie on 07887881011.

---

## **WITHERSLACK WI**

Our March meeting was a very enjoyable talk by Lin Stratton and Sarah Middleton, both WI members, about Trekking on the West Highland Way. They talked about the route they had followed and showed us lovely photographs of the places they had stopped at on their nine day trek and the scenery along the way. They said they did not really need the maps they had taken as the route was very well defined and there were lots of people to follow.

Our meeting on Tuesday 8<sup>th</sup> April is a talk by Kevin Preston titled Sweet peas and Summer flowers. This is an open meeting for anyone to attend at 7.30 in Witherslack village hall please join us to listen to this entertaining speaker.

New members are also welcome to our meetings on the 2<sup>nd</sup> Tuesday of the month.

# Two Valleys Churches

*"Enriching lives ..... Embracing God"*

## Cartmel Fell, Crosthwaite, Winster and Witherslack

**Vicar:** Vacant

**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 07765 010252

### Holy Trinity, Winster

Churchwarden: Mrs. Cath Casson 015394 44958

### St. Paul's, Witherslack

Churchwarden: Mr. Richard Coates 015395 52469

---

## 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

---

**Safeguarding Officer for all the above:**

Mrs. Jane Eccles 07779 953763 : 015395 58138

---

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

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

**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)

---

## REGULAR EVENTS HELSINGTON & BRIGSTEER

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

### Monday

Short Mat Bowls	19.30—21.30
-----------------	-------------

### 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
WI      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 Sept-May at 2pm or 7.30pm. Please check time - <a href="mailto:gandjviney@live.co.uk">gandjviney@live.co.uk</a>

## CROOK MEMORIAL HALL

For bookings contact Mrs Kath Jackson 01539 821415

Email: [eventsdiary@crosthwaiteandlyth.co.uk](mailto:eventsdiary@crosthwaiteandlyth.co.uk)

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

## **CROSTHWAITE MEMORIAL HALL**

Please check bookings online at :

**[www.crosthwaiteandlyth.co.uk/memorialhall.html](http://www.crosthwaiteandlyth.co.uk/memorialhall.html)**

For Bookings contact Angela Dobson Tel: 07766 881183 or

email: [eventsdairy@crosthwaiteandlyth.co.uk](mailto:eventsdairy@crosthwaiteandlyth.co.uk)

Playgroup	Tuesdays & Thursdays 9:30-11:30am (school term time)
Indoor Bowling	Tue & Thur 7.30-10p.m. - Jan 7 <sup>th</sup> – Mar 25 <sup>th</sup>
Exchange	Tea@2 1st and 3rd Wednesdays of month 2p.m. to 4p.m
	Celebration Lunches 1p.m. to 3p.m. 5th Feb, 7th May, 10th Dec
Yoga	Wednesdays 7.00-8.30pm (3rd Wednesday from 5 p.m.)
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 7.00pm (September to end of April)
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

## **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 600 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](mailto:brierleyl@yahoo.co.uk)**

**MARTIN DODDS**  
**GENERAL BUILDER & PLASTERER**  
**MILNTHORPE**

Alternations, Extensions, Plastering,  
 Dashing, Roofing, Block Work, Pointing,  
 Patios and Fencing

☎ 07950 033089

Email: [martind23@btinternet.com](mailto:martind23@btinternet.com)

**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 Stacey 077914 96889

**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](http://www.highgate-vets.co.uk)

*Inner Calm*  
**MEDITATION**



*Weekly Crosthwaite meditation groups  
 on Tuesday and Thursday evenings*

*Learn to meditate in an afternoon – courses on  
 Crosthwaite & Lyth Facebook Page*

- ✦ Technique is very effective, simple & non-religious
  - ✦ Helps to reduce stress, improve health & sleep
  - ✦ “Meditation has changed my life” recent student
- Contact Sarah Eden, Qualified Meditation Teacher  
[sarah.meditate@gmail.com](mailto:sarah.meditate@gmail.com) Tel 07814 453151

**HADWINS (LINDALE) LTD**

Audi - Volkswagen Dealers - Service & Parts

☎ Grange (015395) 35522 / 34242

**JOE DOBSON LTD**

Joinery manufacturers & construction management

07979 226748 [joedobsonjoinery@yahoo.com](mailto:joedobsonjoinery@yahoo.com)

**Chloe Suret (MBACP)**

Counselling & Psychotherapy (Ulverston)  
 In-person and online therapy for short or  
 long-term support.

Website: [www.chloesurettherapy.co.uk](http://www.chloesurettherapy.co.uk)

**Tel: 07806484202**

Email: [csuret24@gmail.com](mailto:csuret24@gmail.com)

**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

**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](mailto: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](mailto:info@halecat.co.uk)  
 website: [www.halecat.co.uk](http://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**  
FUNERAL DIRECTOR

Independently caring for families in  
the Two Valleys and surrounding  
areas for over 40 years.

015395 31481 (24h.) | [www.agclarke.co.uk](http://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](http://www.parkinandjackson.co.uk)

info@ParkinandJackson.co.uk

**YOGA IN CROSTHWAITE**

Wednesdays 7pm in the Village Hall

Mixed level class - all welcome

Website [www.mountainyoga.uk](http://www.mountainyoga.uk)

Tel 07966 815911

**RICHARD McCONNACHIE**

Painting & Decorating Services

Free Quotations

☎ 07403 447346

E-mail [Rmcc50@hotmail.com](mailto: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](mailto:Garywalker2000@yahoo.co.uk)

[www.gjwpaintinganddecorating.co.uk](http://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](mailto: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](http://www.terrafirma-landscapes.co.uk)

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

Daily Membership from £7.95 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*

**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,*

*kindling, damson produce, Dry Cleaning,*

*local craft presents, Community Notices, Provide the Westmorland Gazette  
Parish Council Planning folder, Bus timetables.*

*Use it or lose it*



## ZERO CARS

100% Electric  
Executive Airport / Seaport Transfers  
Contact: richard@zero-cars.co.uk  
Tel: 07595 699862

## MILKMAN AND NEWSAGENT

Contact **Stephen and Mandy Walling** for your  
fresh milk, eggs, potatoes and daily newspapers  
☎ **015395 68135**

## WOODEN FLOOR RESTORING SANDING AND REFINISHING LTD

ADAM HUGHES  
Mobile 07483855937  
Email, [adamhughes0482@gmail.com](mailto:adamhughes0482@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**

*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](http://www.jesphysio.co.uk)

Email: [janet@jesphysio.co.uk](mailto:janet@jesphysio.co.uk)

**07831 219849**

101 Lake Road, Ambleside, Cumbria, LA22 0DB



## CHIMNEY SWEEP

AND  
STOVE MAINTENANCE

TEL/WHATS'APP 07387817819

INFO@LAKESCHIMNEYSWEEP.UK  
[WWW.LAKESCHIMNEYSWEEP.UK](http://WWW.LAKESCHIMNEYSWEEP.UK)



Lindale

Grange over Sands  
LA11 6LU

Independent  
Award winning  
modern premises  
Community  
Nursing  
24/7 Pet

015395 32699

[www.archway-vets.com](http://www.archway-vets.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**

## 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](mailto:sales@witherslackwoodlands.co.uk)

## 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](http://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](mailto: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.

☎ 07824 469427

or e-mail: **[nickcarter62@hotmail.co.uk](mailto:nickcarter62@hotmail.co.uk)**

## **S & A HODGSON LTD**

Excavation Contractor

26 Ton Beavertail Wagon

1-13 ton Excavators & Breakers

Kubota with Rototilt

General Digger Work

Drainage & Groundworks

☎ Andy 07836 782707 or

015395 52458

**[www.sandahodgsonplant.co.uk](http://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

## **Windermere Tiles & Bathrooms**

Bathroom showroom located in Bowness-on-Windermere  
offering full supply and installation service

also available for:

Supply Only

General Plumbing

Tiling

Joinery work/Kitchen Installations

Showroom currently open by appointment only

Please call us to book a free consultation

Tel: 015394 45552

[info@windmeretilesandbathrooms.co.uk](mailto:info@windmeretilesandbathrooms.co.uk)

18 Lake Road, Bowness-on-Windermere LA23 3AP

## **MARK EDEN HOME SOLUTIONS IN WOOD**

Handcrafted furniture for any space

Sash window refurbishment  
& new windows

**Based in Crosthwaite**

**Call Mark 07590 054223**

**[markjeden@gmail.com](mailto:markjeden@gmail.com)**



## Damson Dene Hotel

Freshly prepared food, real  
ales and a cosy lounge

Restaurant and bar are  
open to non-residents for  
lunches, dinners and  
afternoon teas.

Functions & parties catered  
for



015395 68676  
stay@damsondene.co.uk



Witherslack Parish Hall Committee are hosting a



## NIGHT


Friday 25<sup>th</sup> April

Witherslack Parish Hall 7pm for  
Eyes down at 7.30pm

Cash prize for a line and for a full house!

Tea, Coffee and Soft drinks will be available, but if you would prefer to bring something a little bit stronger, please feel free to bring your own!

## Everyone Welcome



**Dave Atkinson  
Contracting**

Call for free quotes & advice  
• 07833 544 984

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

# Missing teeth?

Crossbank  
dental care  
have the smile you wish for

We can replace them with dental implants



Book your **complimentary consultation** today  
to see how we can help you have the smile you wish for

Restore your smile, restore nature

For every dental implant placed, we plant a tree through our "Implant a Tree" scheme



[www.crossbankdental.co.uk](http://www.crossbankdental.co.uk)

Crossbank Dental Care, 10 Captain French Lane, Kendal, Cumbria, LA9 4HP

01539 720820

[info@crossbankdental.com](mailto:info@crossbankdental.com)