TWO VALLEYS PARISH NEWS

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

July 2025 **80p**

GOOD SOULS

Good Souls is a collaboration between award winning artist Bob Sutcliffe and renowned photographer Tiree Dawson.

Take a moment to pause and be inspired by the moving and inspiring stories of 10 unsung local heroes.

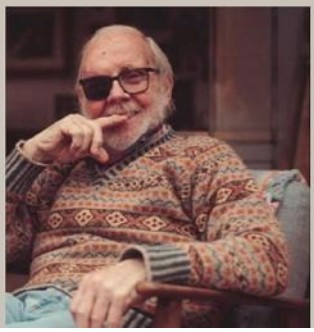
Illustrated by Bob's paintings and Tiree's photographs alongside some amazing stories, this unique exhibition brings life to the old Holker Hall stables.

We are located just off the courtyard cafe at Holker Hall and Gardens. Free entry. Opening hours Wed-Sunday 10-5pm (plus Bank Holidays)

Bob will be in residence throughout the summer. For more information, get in touch with Bob via his website or social media.

@bobonpaintings
www.bobsutcliffeart.com

Tiree Dawson
www.tireedawson.co.uk
@tireedawson



Church Services for JULY 2025

Sunday 6th July 3rd after Trinity

9.30am	Witherslack	Morning Worship (CW)	Dorothy Grace
9.30am	Underbarrow	Holy Communion (CW)	Rev. Bob Dew
11.00am	Winster	Morning Worship (CW)	Dorothy Grace
11.00am	Crook	Morning Worship (CW)	tbc

Sunday 13th July 4th after Trinity

10.30am	Cartmel Fell	United Communion Service	Rev. Anne Pettifor
11.00am	Crook	Morning Worship (CW)	tbc

Sunday 20th July 5th after Trinity

9.30am	Witherslack	Holy Communion (CW)	Brian & Rev. Beverley Lock
9.30am	Underbarrow	Holy Communion (CW)	Rev. Ron Rutter
11.00am	Winster	Holy Communion (BCP)	Brian & Rev. Beverley Lock
11.00am	Crook	Holy Communion (CW)	tbc

Sunday 27th July 6th after Trinity

9.30am	Cartmel Fell	Matins (BCP)	Tony & Hilary Fitch
9.30am	Helsington	Morning Worship (CW)	Nicola Whitehead
10.00am	Witherslack	Café Church in the Parish Hall	Dorothy Grace
11.00am	Crosthwaite	Morning Worship (CW)	Nick Gray
11.00am	Crook	Morning Worship (CW)	tbc

Cover photo: Curlew Chicks 2025, Susannah Bleakley
Church miniature pictures from watercolours by John Wilcock

A LETTER FROM SIMON HOWARD

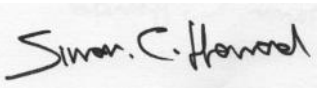
They came from two different directions, but they were telling me the same thing. A deeply uncomfortable message personally, but for society as a whole they were taking a sledgehammer to a cultural foundation stone.

First it was Mike Berners-Lee speaking at Crosthwaite Memorial Hall about his new book, 'A Climate of Truth'. I warmed to his analysis that our response to the climate emergency needs to be rooted in three core values, 'Respect for other people: Respect for the environment: Respect for the truth.' I inwardly cheered at his critique of the influence of billionaires and the petro-chemical industry, and at his analysis of the inadequacy of the political and social processes for change. But what really hit me was hearing him say that unless we dethrone the ideology of perpetual economic growth, all our attempts to combat the effects of manmade climate change and ecological destruction will fail.

Then a few days later I turned on my 'Thy Kingdom Come'* prayer app and heard the Archbishop of York, Stephen Cottrell, speaking about the line in the Lord's Prayer that says, "Give us today our daily bread". The clue was in the title of the talk, 'Having Enough'. In his two and half minute reflection he went straight to the point. This line in the Lord's Prayer, he said, is a request for 'enough' food for this day; not a week's surplus, or a guaranteed month's supply, but enough for today. So, in these words of prayer we are saying, 'Give me enough for today and stop me wanting more than my fair share.' In the west most of us have more than enough. In order to feed the world and save the planet we need to learn what enough looks like. So this line in the most well known and most often repeated Christian prayer is, he suggested, the most important and radically challenging prayer we can ever pray! Every time we pray these 6 words we are committing ourselves to inhabiting the world differently. If we could say these words and mean them, our life and the life of the planet would be changed.

Mike's scientific analysis and Stephen's spiritual reflection on the challenges we face had come to the same point. The need for radical, swift, cultural change. In the face of that call it is easy to feel overwhelmed and react out of fear. Fear takes us into our fight, flight or freeze responses, none of which are very useful in this situation. What if we dig deeper and seek to respond out of love? Who or what, other than ourselves, do we love the most? What do you and I need to do for those objects of our love to flourish in the future? What action does love lead us into?
Fuelled by love many more things become possible.

Yours hopefully,
Simon
Associate Priest in the Two Valleys Mission Community
The Parish of Underbarrow with Helsington



**Thy Kingdom Come' is a global, ecumenical. prayer event, begun 10 years ago by the Archbishops of Canterbury and York. It runs each year for the 9 days between the two Christian festivals of Ascension and Pentecost. https://www.thykingdomcome.global/*

CALLING ALL PARISHES

Vicar Vacancy Update 10

The process to find a new Incumbent for our Two Valleys Mission Community continues in the background. The closing date for applications was 4th June, and the Shortlisting team met over Zoom on 11th June. The date set for interviews is 15th July. Please continue to pray for this process, that God's chosen person would come to us. Please pray for wisdom and discernment for the interviewing team, which includes one representative from each of the five PCCs: Cartmel Fell, Crosthwaite, Underbarrow with Helsington, Winster and Witherslack.

On **Sunday 13th July** we are holding a joint Communion service at 10.30am at St Anthony's, Cartmel Fell, which will be led by our Rural Dean, Rev. Anne Pettifor. During this special service we will celebrate worshipping together and pray specifically for our church communities and for the interviews on the 15th, assuming we have candidates.

The Two Valleys Mission Community leadership team continues to work to find people to take our services, particularly the Communion services, and will endeavour to find cover for a minimum of one Communion service in each church during each month. However, this may not be possible in August because of holidays, so we're looking at options for that month.

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.

Jolyon finally puts down his 'pen'

Regrettably Jolyon Dodgson MBE has now stepped away from the editorial team of the Two Valleys Parish News. We could not let that happen without marking the occasion in this edition.

Jolyon's first production was the October 2020 edition, just as the community was beginning to emerge from the first Covid lockdown, during which the magazine had been produced as an online only product. What was he letting himself in for?

Since then, he has brought to the task an eye for detail and precision, together with an abundance of valuable suggestions for improved practices, that the whole team can follow.

He can be proud to have played such a big part in ensuring that this magazine product is now of such high quality.

Jolyon leaves the team with the admiration of his colleagues for a job skilfully carried out and, we hope, the appreciation of this magazine's readers, past and present, for the role he has played in the gradual improvement of the magazine's content and quality over those years.

Colin Edwards & Dorothy Grace

House Groups – how they work

Also known as home or fellowship groups, house groups are up to ten Christians who meet together every week or fortnight for a couple of hours in members' homes. The house group is an opportunity for members to develop their faith and maturity as Christians, beyond what is possible through worship at church or even personal bible study. Through study together and openly sharing their thoughts, questions, experiences and doubts, members not only deepen their faith but also develop closer and deeper friendships. A further purpose is to both provide and receive support when members may be going through a difficult time.

The house group meeting typically focuses on a pre-agreed subject or theme, led by one of the group but often requiring preparatory reading by members. The chosen topic may be part of the bible being studied over several meetings, with guidance from a book, commentary or sermon. It may also be discussion of how Christians should respond to opportunities and problems of modern society. There is always a time set aside for prayer, on topics of concern to members or for people known to them. And, as in any meeting of friends, discussion over tea and coffee is important.

Group members may be Christians or those who are searching; new to the faith or long-serving Christians. It doesn't matter; in fact a mix of those and of people from different churches or worship traditions can be very useful in widening debate and understanding. But members must agree to commit to meeting regularly; a house group is not a group from which you can drop in and out. Members must also agree to respect others' opinions, to listen well, to speak openly but to the point, and to keep confidential anything personal that is shared.

There are currently three house groups in the Two Valleys. We very much hope that more of you will experience the benefits of belonging to one of them. Next month I will tell you how the group with members from Crosthwaite, Underbarrow and Helsington operates, and what we have done over the past three years. Meanwhile, if you would like to know more, please do contact me.

Mike Fleetwood
mikejohnfleetwood@gmail.com

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 phone one of the editors to find out more.

Curlew Recovery South Lakes

We are so lucky to have curlews in our valleys as they are now missing from large areas of England. They are in serious decline because many curlew pairs fail to breed successfully.

For us, the start of breeding season has gone well. We've found and protected more nests overall, including in new neighbouring areas, and the hatching rate has been good. It's a busy time for the volunteers. There are good days when nests are found, or a missing curlew family reappears. And sad days when nests fail or chicks are lost.

Curlews are long-lived birds and return to the same places to breed. We think some of our curlew pairs failed to return this year, or we didn't find them despite looking.

Curlew chicks take 6 weeks to fledge and are very vulnerable to predation from buzzards, crows, foxes, badgers, even domestic cats. Last year, a curlew family at the edge of Crosthwaite village successfully raised 4 chicks. Sadly, this year they lost their chicks at about 10 days old. Curlew conservation is full of is full of highs and lows, but the volunteers are working hard, as always.

Thank you to everyone who kindly supports the work. Farmers, landowners and contractors have all been fantastic, with three nests saved while cutting (amazing skill – thank you). And, as in previous years, farmer tip-offs led to new nests being found and protected.

Curlew Recovery South Lakes is a registered charity. To get involved contact: Barny Sykes, George and Emma Taylor or Susannah Bleakley: curlewrecoverysl@gmail.com.

Thank you to everyone who's donated to fund nest cameras and fence equipment. Can you help with a gift? https://justgiving.com/curlewrecoverysl Thank you.

NOTICES FOR INDIVIDUAL PARISHES

CARTMEL FELL

SAVE THE DATE...

SUNDAY 31ST AUGUST 5.30 PM

Pimms and Hymns fundraiser

At St. Anthony's Church, Cartmel Fell

CARTMEL FELL VOLUNTEERS

Himalayan Balsam
If you would be willing to help at one of our Balsam Bashing dates we would really appreciate your help! ALSO If you need help with Balsam Bashing, email us: team@cartmelfellvolunteers.com.

Woodland volunteer sessions
We're always looking for more volunteers, and we meet regularly on Fridays 1-4pm plus other dates. You can come for tea and a chat when we take a break around 2.30pm. We do all kinds of activities; planting, woodland management, brush cutting, crafts and more ...
Sessions advertised at: facebook.com/cartmelfellvolunteers

Future Dates for your diary - Save the date

- "Thriving" - film night, 23rd October
- "Life on the Fell" - photograph exhibition and audio-visual experience - 24-26 October

CROOK

The **annual village walk** and Ba-B-Q was very well attended. Outfield Meadow, which is owned by the Memorial Hall Trustees on behalf of the local community, is a good venue and the evening remained mainly fine so that it was possible to picnic and socialise after returning from the walk. Andy Brown had prepared a quiz for completion by the walkers who eagerly searched for clues on the way.

Fifth Sunday

June has a fifth Sunday and there will be no church service at Crook. Underbarrow will be leading a walk at 10.30 that day for everyone in the six parishes.

Crook Art Group Exhibition

Free entry

Saturday 16 and Sunday 17 August 2025

10.30 am to 4 pm

The Memorial Hall

Crook Road LA8 8LG

Pop-up Cafe

Meet Artists at Work

Enjoy Home Made Refreshments

Everyone welcome

CROSTHWAITE

The Climate of Truth

It was a sold out full house on 28th May for **Mike Berners-Lee's** talk on his new book, "*The Climate of Truth*", and all the £1,000 proceeds went to the Village Hall.

Mike was as interesting as he was entertaining and extremely thought provoking too, and the Qs and As kept us going for quite a while. The message I took away was the need for truth and that we may well be quite near a tipping point in public opinion. The book is a good read too.

Thank you Mike for so generously giving of your time.

Ann Smith

Crosthwaite Show - 12th July, don't forget!

This is your last reminder in this magazine for this year!

The Show is on **Saturday 12th July** between 2 and 4pm at the Argles Memorial Hall in Crosthwaite.

BUT

You must bring your entry forms and fees to the Memorial Hall on **Tuesday 8th July** between 7 pm and 9 pm when registration is taking place.

If you are entering ART, PHOTOGRAPHY or HANDICRAFTS you need to bring the exhibits themselves to this registration session. **The request to bring HANDICRAFT exhibits (classes 79-84) on the Tuesday is new this year.**

If you can not come on the Tuesday, you can deliver or post forms and the necessary entry items to Pat Howarth, Cedar Lodge, Crosthwaite, Kendal, LA8 8HX TO ARRIVE by Tuesday 8th July.

Also new this year - on your entry form you should indicate which exhibits you are happy to donate for sale by donation at the end of the Show.

Just in case you haven't picked up a copy of the Show Schedule yet, there are copies outside the Memorial Hall or online at https://tinyurl.com/2ksmwum4. Members of the Show Organising Committee will be able to help you as well. If you just need an extra entry form you will find one at https://tinyurl.com/murffu3w.

Let's see if we can exceed the large number of entries enjoyed by Show attenders in 2024.

This year there will again be a Children's Quiz and also Face Painting for the youngsters along with the usual delicious refreshments provided by the WI.

Show Committee

Crosthwaite & Lyth

Recreational Field Trust

Strawberry Tea

Sunday 6th July 2025

2.00pm to 4.00pm on the Recreation Field

Bouncy Castle

Fun and Games for the whole family

Target Bowls – Tombola – Cakes & Produce and much more

Admission: Adults £7.50

Accompanied Children (Up to 16 yrs) Free

Tickets will include a lovely bowl of Strawberries with Cream and Scone

Further details from Rec. Field Committee Members or call John Holmes 015395 68599/07766 774326

the WI
INSPIRING WOMEN

Crosthwaite and Lyth WI
Open Meeting

Wednesday 16th July at 8pm

Louise Latham and her fiddle introduce us to her

Life in Music

Cost £4.00
including light refreshments
Crosthwaite Memorial Hall

Come and enjoy a night of music and insights into the life of a professional musician
All Welcome!

Crosthwaite Village Hall

Great news! The village hall is now equipped with a state of the art Projector / Screen and Sound system! It is very easy to use and is available to use with any hall booking at a small extra cost.

To make use of this facility we would like to hold **FILM NIGHTS**!

Just in the planning stage at the moment, but if you would like to be involved or just want to come along to check it out, there is going to be a meeting on

Tuesday 29th July 2025 at 6pm

To discuss….

Just in the winter months? * What films? * Films for younger people?

Other add ons … Bar / popcorn / ice creams? * What night?

Come with ideas!

We are looking for a small group of people to spread the organisational load.

Do you have any experience in this area?

No need to let us know but if you are keen to be involved contact:

filmnights@crosthwaiteandlyth.co.uk

UNDERBARROW

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.

JOIN US FOR

wine & cheese night

Underbarrow MARROW DAY CHARITABLE ORGANISATION EST. 1984

12TH JULY, 7PM

HOSTED BY UNDERBARROW MARROW DAY & INSTITUTE

£27.50 PER PERSON TO INCLUDE: 2 WHITE, 2 RED, 2 ROSÉ, A SPARKLING WINE & A SELECTION OF DELICIOUS MEATS AND CHEESES

PLEASE CONTACT 07825959268 OR UNDERBARROW.MARROWDAY@GMAIL.COM TO BOOK

ALL PROFITS TO BE SHARED BETWEEN THE UNDERBARROW INSTITUTE AND PADDLER FOR LIFE

Thank you to everyone who bought plants from the **Winterberg School** Charity Plant stall last year and to friends who provided cuttings and chunks of herbaceous plants for splitting and potting. Together we raised £1350. The stall is open again in **Thorns Lane, Underbarrow, LA8 8BB**. All the plants are locally grown and are proven winners!

Would you like to add some drama to your garden and create a jungle feel? Rheum is a dramatic architectural plant with big large leaves 30 cm across, tinged with red, and tall flower spikes of red or cream flowers. There are a number of these plants on the stall; they look small now but will grow to be giants like the photo! The Rheum would look great paired with some of our hostas!

Please do call in at the stall and look at all the different varieties available.

The Winterberg Trust School is in a remote and rural area in the Eastern Cape, South Africa. 30 years ago the local community approached the farmers and asked them to build a school for their children. The school offers education to 150 families who work on the farms, and the school currently has 125 pupils aged 3 to 13 years. The children are collected by mini-buses from their homes,. Some children have to start as early as 5am to get to school on dirt roads. A further 32 children are taken to the township secondary school in Tarkastad. The mini-buses travel 700km per day on school runs to outlying farms. This means that young children can continue to live at home on the farms with their families, rather than being sent away to live with relatives in the potentially more dangerous townships. The Trust has also given scholarships for students to go to high performing secondary schools and onto to university and further education. These young people will build on the positive ethos and values of the Winterberg School and grow up to contribute to their country and community, and may become South Africa's future leaders.

So every plant you buy from the Charity Plant stall will help make a difference to these young people's lives. Thank you!
If you would like to call and chat about gardens and plants, please give me a call on 07789 515 868.

Beth Curl

Café Church

Sunday 27th July
at 10am in
Witherslack Parish Hall

Come and join us for fellowship, refreshments and discussion around the Lord's Prayer.

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

MAGAZINE DEADLINE

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

tvn@crosthwaiteandlyth.co.uk

Magazine Editor next month: Colin Edwards (015395 68879)

Advertising Manager and Magazine postal service:
Lorraine Brierley, 4 Whitbarrow Grove, Levens. LA8 8LT.
07826 800469 brierleyl@yahoo.co.uk

I have just discovered that my brother has got into debt and is having to use a food bank because he has no money left after his monthly payments. He told me it's because he bought some furniture on a 'Buy now, pay later' deal which he thought was really good, but he didn't realise how high the interest payments were going to be when they kicked in. How can I help him?

Suggest to your brother that he looks on the Citizens Advice website, or contacts his local Citizens Advice, for help on dealing with debt. He is not alone in being caught out by BNPL (Buy now, pay later) deals – over 10 million people use them but they are totally unregulated. The government itself calls it a "Wild West" situation.

Citizens Advice has been campaigning for the past few years for BNPL products to be brought into regulation, and new legislation has now been announced. From next year, BNPL firms will need to follow consistent standards — so shoppers will know exactly what they're signing up to, whether they can afford it, and how to get help when things go wrong.
That means upfront checks to make sure people can repay what they borrow, fairer and faster access to refunds, and the right to complain to the Financial Ombudsman — bringing BNPL in line with other credit products.
In the meantime, encourage your brother to get help, because debt can be managed once you know how to tackle it.

How to access:

- Call 015394 46464 (9.30am – 2pm, Monday – Friday)

- Drop in sessions at Wainwright's Yard, Kendal, LA9 4DP (10am – 1pm, Tuesday and Thursday)

- Adviceline: 0808 2787 984 (9am - 5pm, Monday – Friday)

- Email advice via the submission page on our website

www.southlakescab.org.uk

BRIGSTEER WI

On May 28th Brigsteer members had a training session on CPR following this year's WI resolution 'Bystanders can be Lifesavers'. It was 'hands on' with practice on dummies. Participants found it extremely useful, even if they had had previous instruction on the topic.

A large group from WI went on a guided walk round historic Kendal on the evening of June 11th, in unusually balmy weather. We all discovered parts of Kendal we'd never visited before. The walk was led by John Bateson, ex-mayor, and other members of Kendal Civic Society. We learnt how, in historic times, there were huge numbers of pubs in Kendal, the streets were gory from the butchers' kiosks after animals were butchered in the streets, and Fellside was completely lawless and a no-go area for local police.

Our next meeting will be a trip to Conishead Priory near Ulverston in July. It is now a centre for Buddhist studies and meditation.

CARTMEL FELL WI

14 members and one guest enjoyed an excellent presentation by Margaret Wilmot, 'Painting on Silk'. We heard the history of silk, how it was traded along the Silk Road, and today's production of silk. Samples of different qualities were passed round, and we learnt how slub silk was produced. Margaret then explained the paints and tools she used and demonstrated her painting. The paintings displayed on the wall behind the demonstration were greatly admired.

Following tea and biscuits, Sue chaired a short business meeting. Julie, Sue and Ruth had been to the screening of the Annual Meeting at Selside on which Julie reported.

The raffle winner was Ivy and the winners of the competition for a silk scarf were Molly, Vanda and Lesley

The next meeting will be 9th July, NB, not the usual 1st Wednesday. The speaker will be Maria Whitehead MBE and the competition a jar of homemade jam or chutney. Visitors will be given a warm welcome.

CROOK WI

Two members enjoyed the afternoon at Lane Farm hearing from several excellent speakers about different breeds of sheep and admiring how sheep's wool can be put to so many uses. It is alarming to hear how some farmers are being forced to have many fewer sheep, especially on the fells, in the interest of "re-wilding". This was followed by the well supported weekend of Country Fest where some members were stewards in the WI exhibition tent. (continued…)

In June we had our annual plant bring and buy event which proved as popular as ever. Our speaker that evening was Stewart Lambert from Kitridding Farm. He was very interesting, explaining how he was one of the founders of the Farmers' Markets in this area. His is a mixed farm although they no longer keep pigs. Farming these days is regulated by very many rules laid down by government departments.

CROSTHWAITE & LYTH WI

On a lovely warm summer evening we enjoyed inspiring photos of beautiful gardens and spaces enhanced by local communities who had entered Britain in Bloom. Carol Berryman, who is a senior judge for the scheme, explained its 60 year history and the huge amount of success it has had in encouraging local people to make their surroundings much more attractive.

UNDERBARROW WI

Underbarrow WI would like to thank all those WI friends from around the valley who supported our Coffee Morning on 17th May. I spotted WI friends from Crook, Crosthwaite and Cartmel Fell; it was lovely to see you and feel a WI fellowship with you. Also our event was well attended by people from our village, and it provided a good chance to catch up with neighbours and friends we don't often see. The real stars were the Underbarrow WI team, baking wonderful cakes, growing plants to sell, donating prizes, and working cheerfully on the day. We made about £400 for our WI funds, so thanks everyone.

At our May meeting we had a great film show from the well known Maurice Steele, this time all about the River Eden.

At the June meeting we had a talk about recycling textiles, and were given tips on how to reduce clothing waste. The discussion included clothes swaps, sewing machines, and recycling rag.

In July we have our annual outing, which will be lunch at the Swan Hotel at Newby Bridge. In August the social will be another pub lunch at the Brown Horse at Winster.

WITHERSLACK WI

The May meeting welcomed a local artist, Ben McCleod. He gave a very interesting talk about his journey to become a full time artist in his studio at Halecat. He also teaches art, and brought along some postcards and cards which he had painted.

Members had visited 1818 auction rooms at J36 the previous month to meet Bill Nelson and have an informative look around the new sale rooms with items for sale in the current and next online sales.

At our may meeting we had a puzzle evening with Philip Barley. Many puzzles in boxes for us to try to solve. We had to be shown by Philip how to complete most of them. A very enjoyable evening.

Two Valleys Churches

"Enriching lives …… Embracing God"

Cartmel Fell, Crosthwaite, Winster and Witherslack

Vicar: Vacant

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. Geraldine Wilson 07766646504/ 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 : 07719 889577

For baptism, wedding, & funeral enquiries contact the **Church Administrator:**
Janet Sullivan assjadmin@stkmail.org.uk 01539 730683

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

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

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

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

HELSINGTON & BRIGSTEER

For bookings contact Ann Bryan 015395 68067. Email 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

Women's Institute	First Wednesday in the month at 7.30pm
Local History Society	Second Monday in the Month Sept-May at 2.30pm or 7.30pm. Please check time - gandjviney@live.co.uk

CROOK MEMORIAL HALL

For bookings contact Mrs Kath Jackson 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

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Please check bookings online at :
www.crosthwaiteandlyth.co.uk/memorialhall.html
For Bookings contact Angela Dobson Tel: 07766 881183 or
email: eventsdairy@crosthwaiteandlyth.co.uk

Playgroup	Tuesdays & Thursdays 9:30-11:30am (school term time)
Indoor Bowling	Tue & Thur 7.30-10p.m. - Jan 7th – Mar 25th
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 2nd 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

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 2nd Tuesday of the month at 7.30pm

Advertise in the Two Valleys Parish News

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