

TWO VALLEYS PARISH NEWS



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

September 2025

80p

CROSTHWAITE
OPEN GARDENS
SEPTEMBER 2025

PLEASE JOINS US ON
SEPTEMBER 20TH AND 21ST
AT 10 AM- 4 PM

REFRESHMENTS AND FOODS
IN THE SCHOOL HALL, CRAFT
STALLS IN THE VILLAGE
HALL

EXPLORE CROSTHWAITE'S
BEAUTIFUL LOCAL GARDENS,
TO SUPPORT LOCAL AND
NATIONAL CAUSES

DRY STONE WALLING
DEMO, BEE KEEPING,
HEDGE LAYING DEMO

**Tickets on sale next month -
early bird discounts**

**For information please call 015395
68471 or Email**

mjessop@crosthwaiteprimary.net

Church Services for SEPTEMBER 2025

Sunday 7th September 12th Sunday after Trinity

9.30am Witherslack	Morning Worship (CW)	Ben McLeod
9.30am Underbarrow	Morning Worship (CW)	Nick Gray
11.00am Winstar	Holy Communion (BCP)	Rev. Simon Howard
11.00am Crook	Morning Worship (CW)	tbc

Sunday 14th September 13th Sunday after Trinity

9.30am Cartmel Fell	Holy Communion (BCP)	Brian & Rev. Beverley Lock
9.30am Underbarrow	Holy Communion (BCP)	Rev. Bob Dew
11.00am Crosthwaite	Holy Communion (CW)	Brian & Rev. Beverley Lock
11.00am Crook	Morning Worship (CW)	tbc

Sunday 21st September 14th Sunday after Trinity

9.30am Witherslack	Holy Communion (CW)	Brian & Rev. Beverley Lock
9.30am Underbarrow	Holy Communion (CW)	Rev. Ron Rutter
11.00am Winstar	Holy Communion (BCP)	Brian & Rev. Beverley Lock
11.00am Crook	Holy Communion (CW)	tbc
4.00pm Crosthwaite	Songs of Praise	All welcome!

Sunday 28th September 15th Sunday after Trinity

9.30am Cartmel Fell	Holy Communion (BCP)	Rev. George Briggs
9.30am Helsington	Holy Communion (CW)	Rev. S. Howard & Nicola Whitehead
10.00am Witherslack	Café Church in the Parish Hall	Ben McLeod
11.00am Crosthwaite	Holy Communion (CW)	Rev. George Briggs
11.00am Crook	Morning Worship (CW)	tbc

Cover photo: Helsington Church from Hannah Gross
Church miniature pictures from watercolours by John Wilcock

A LETTER FROM DOROTHY GRACE

Dear friends,

The lazy, hazy days of Summer are almost over (completely over for meteorologists!). I hope you managed to keep sufficiently cool in the hot spells in August. I love warm, sunny weather, but not when it's really hot and particularly not when it's humid as well. It's a challenge to keep cool and hydrated, and any physical effort can be overwhelming in the heat. So much for pleasant-sounding lazy, hazy days!



In Café Church at the end of July we were challenged by the words of the Lord's Prayer that say, 'Give us today our daily bread'. Rev. Simon Howard mentioned this in his letter in July's TVN, that this prayer was about having enough – not more and not less, just enough. It's definitely worth a re-read to see what he says about it.

The main message from Café Church was that God will provide for us – just enough for the day. Our discussions acknowledged that it is a challenging concept because we have, and expect, so much. We concluded with an action to thank God every day for a week for three things for which we are thankful. I would suggest that it's a good discipline to continue, whether or not you acknowledge God as the giver; it helps to keep things in perspective.

The Lord's Prayer challenges both our moral and spiritual outlook and our actions. God's Kingdom is about being content with what we have, looking to God for provision of what we need and not being anxious about what we don't have. The Kingdom demonstrates God's priorities of love, kindness, respect and justice, and seeking God's way above our own. This is a challenge! It's countercultural, and may at times put us at odds with our family, neighbours, work colleagues. But Jesus was never one to compromise, and we are encouraged not to compromise either, drawing on his strength to stick to Kingdom principles, with love and respect for those who may not see things the same way. Life in general can be challenging in many ways: physically, mentally and emotionally as well as morally and spiritually.

How do we cope? Where do we turn?

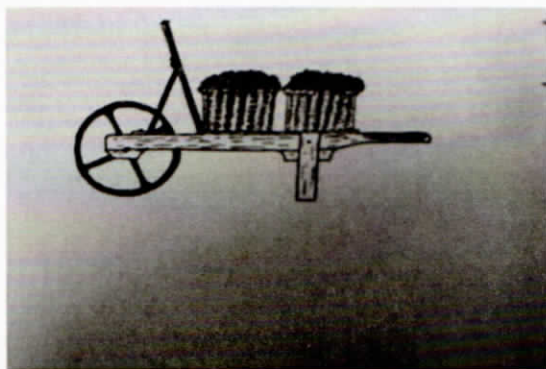
God is always available to us to help us through. We don't need any formulae or fancy words, just honesty. God will respond as we reach out, to provide love, acceptance, forgiveness and strength to help us face the challenges, and to find a way to deal with them. This may be through human agency, or through comfort and assurance that God is entirely trustworthy and true, providing peace to replace anxiety.

Psalm 34 says, 'I sought the Lord's help and he answered me; he delivered me from all my fears. Taste and see that the Lord is good. How blessed is the one who takes shelter in him'.

Best wishes

Dorothy

**Westmorland
Damson
Association**



This year's harvest will be a bumper crop. Fresh damsons are available on the roadside along the Lyth Valley Road from local orchards from the end of August into early September.

Get cooking and preserving with all this wonderful fruit. If you miss the fresh fruit harvest, frozen Lyth Valley damsons are available from Witherslack Community Shop.

Anyone looking for information on picking or needing help with harvesting, please contact:

Mark at info@lythdamsons.org.uk

CALLING ALL PARISHES

Vicar Vacancy Update 12

The Diocese, through our Archdeacon Vernon, is trying very hard to find an interim Priest-in-Charge to be with us until next Spring/early Summer. So far, those he has asked have said no. So, we are going to proceed with Plan A and Plan B. Vernon will continue to approach those he feels might be interested in the temporary Priest-in-Charge role, and we will also advertise again in the Church Times and associated websites, plus the Diocesan website. The contract with the Church Times runs until the post is filled, but there is a limit on the time gaps between adverts.

Please pray for:

- guidance for Vernon
- our Church Wardens
- those who take our services
- our congregations

Please also pray that God would continue to prepare the person he has chosen to be our next Vicar, and also prepare us to welcome them in due course.

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.



CURLEW RECOVERY SOUTH LAKES

In early August the last of our curlew chicks fledged. From the 32 pairs we monitored, a total of 26 or 30 chicks successfully made it to young adulthood. The volunteers enjoyed seeing many of them take their first flights. These young birds will join flocks around Morecambe Bay before heading off for their Autumn migration. 26 to 30 fledged chicks is an amazing result from so much effort from so many people. It's also a healthy increase on previous years. In 2024 we monitored 24 families and saw 18 to 20 chicks fledge. And that was a big improvement from just 4 or 5 fledged chicks in 2023 and only one in each of the two years before. These positive results reflect the efforts of so many farmers, landowners, field workers, volunteers, gamekeepers, donors and the local communities. It is a fantastic outcome for our curlew population. Huge thanks to everyone who has been involved. This year we have found new families to the north, extending our area. And, for the first time we had a thermal drone which helped when there were chicks on the run, in fields of long grass. The drone meant we could work with farmers to find and temporarily move the chicks before cutting.

Curlew Recovery South Lakes is a registered charity. Contact: curlewrecoverysl@gmail.com. Thank you to everyone who's helped make this our best year yet. <https://justgiving.com/curlewrecoverysl>

Curlew Recovery South Lakes 2025



Update 12 Aug



**32 curlew
families
followed**



**26-30 chicks
fledged**

CHESS PLAYERS IN THE TWO VALLEYS

A small group of enthusiasts are thinking of having a regular get together for anyone interested in playing or learning chess.

Meetings will probably be for a few hours on a Monday evening, venue yet to be decided.

Come and join us! All abilities and ages welcome.

For more details, please call Peter on 07714661719

NOTICES FOR INDIVIDUAL PARISHES

CROOK

St. Catherine's Church, Crook will be having their
Harvest Thanksgiving Service on Sunday
12th October at 11.00am.



This will be followed by a 'Bring and Share' lunch and we look forward to as many people as possible joining us.

BRIGSTEER



FROG RECORDS AGENCY PRESENTS

Claude Bourbon

Progressive Blues

**SUNDAY 7
SEPTEMBER**

Show : 7.30pm
Doors : 7pm

BYO drinks & snacks

WWW.CLAUDEBOURBON.ORG



"Claude Bourbon weaved his songs through the audience as if on a journey through life taking in different flavours of Europe and beyond... from classical openings, across a whole continent of cultural roots, holding audience attention under a musical spell, his music would not have been out of place in the courts of Emperors and Kings." (G. Mann)

Helsington and Brigsteer Village Hall

Underbarrow Road, Brigsteer, Kendal, LA8 8AL

Tickets : £10 online or at the doors. Info: Melanie 077 717 376 29

<http://www.ticketsource.co.uk/helsingtonbrigsteervillagehall>



CALL FOR ENTRIES



PHOTOGRAPHY EXHIBITION

'Living on the Fell'

An exhibition of recent photographs

- Criteria: Photos taken of, or on Cartmel & Newton Fells including Gummers How. Show us any aspect of living on the Fell since September 2024 - people, scenery, animals, anything you like.
- Deadline for entries: 19th September 2025
- Entries open to all
- Enter online at - www.cartmelfellvolunteers.com/show
- Contact Julie for more info/help - team@cartmelfellvolunteers.com

Exhibition Open

- Fri 24th Oct 2025 - 4pm - 6pm
- Sat 25th Oct 2025 - 10am - 4pm
- Sun 26th Oct 2025 - 10:30am - 12:30pm

People's Choice Winner announced on
Sunday at 12:15pm

**Cartmel Fell
Volunteers.com**

Enter your photo:



Cartmel Fell and District Local History Society

We start the Autumn programme with a talk by Barrovian Historian Gill Jepson based on her book: **'Barrow - A Potted History'** on **Monday 8th September**.

On **October 13th**, Kevin Grice will present:
'A story in pictures: **Brockhole 125'**

Both talks will be at 2pm in the Parish Hall, Cartmel Fell.

Visitors (£5) are most welcome.

For further information email: gandjviney@live.co.uk

Cartmel Fell Volunteers

- Get in touch if you want help or advice with Himalayan Balsam clearance - we're surveying sites for next year as well as helping clear them this year
- Send us your ideas—things that would really make a difference that we could help with
- Come and volunteer occasionally—we would love to see you!
- Our next (public) meeting will be at 7pm on Thursday 18th September at Cartmel Fell Parish Hall

CartmelFellVolunteers.com

SHARED EARTH 2

A JOINT EXHIBITION OF WORKS BY

FIONA CLUCAS AND MARY GLADSTONE



FIONA CLUCAS



MARY GLADSTONE



Exhibition open from Sunday 7th to Sunday 14th September 2025 | 10am to 4pm daily
Hare Hill Barn, 1.5 miles north of High Newton

Tel. 07766 592108 | Email. info@harehillbarn.co.uk
Hare Hill Barn, Cartmel Fell, Grange over Sands, Cumbria LA11 6NZ

HAREHILLBARN.CO.UK

Winster Village Hall

Autumn Table Top and Craft Fair

Winster, Cumbria, LA23 3NP

Saturday, 15th November 2025
10am - 4pm

Refreshments available
All Welcome

Tables £12 each
Contact Jane Crowe to book - jane.f.crowe@btinternet.com

CROSTHWAITE

ST. MARY'S HARVEST SUPPER IS BACK!

MONDAY 13 OCTOBER – 7 P.M.



Come along to this traditional celebration of
Harvest with a supper held in
Crosthwaite Village Hall.

Hot main course and assorted desserts, tea/coffee
(Vegetarian option available on request)

Bring Your Own Drink!

£10 adults, children £5 or family ticket £25 (2 adults, 3 children)

Tickets can be purchased from PCC members, at The Exchange or
contact Geraldine on 07766646504

All proceeds to the Bishop of Carlisle's Harvest Appeal

All welcome!

Crosthwaite Songs of Praise
Sunday 21st September at 4pm in St
Mary's. A fitting conclusion to the
Open Gardens Weekend.

Everyone Welcome!

If you would like to suggest a hymn for us all to sing,
please let me know (dorothygrace01@btinternet.com),
along with the reason why—even if it's just that it's
your favourite hymn—and then come along to sing it!

Thankyou. Dorothy Grace. dorothygrace01@btinternet.com

Crosthwaite Art Group

A keen and enthusiastic group of painters and dabblers will be starting up again for their weekly meeting on **Monday 6th October** and would like to invite other interested amateurs to join them.

We meet for 10 sessions in the Autumn Term, at Argles Memorial Hal, on a Monday from 1.30-4.00 pm. It is a D-I-Y style class, whereby each person brings their own materials, choosing whatever subject you are interested in, and in whatever medium (watercolours, acrylics, pastels, oils). We do our own thing and we are all at different levels and work at our own pace, and we all help each other through chat and suggestions. It is very informal, relaxed and supportive and everyone is welcome, at whatever level you are- newcomers and beginners especially welcome, to just 'have a go'.

For further information or a chat, please ring me:
(Pat Howarth 07765010252).



What shape are you? Not your body — YOU!



Spiritual Gifts	God's unique gifts to you
Heart's Desire	What motivates and excites you
Abilities	Your talents, knowledge and skills
Personality	Your character, personal qualities and strengths
Experience	Your life experiences and all you've gained from them

If you would like to explore what SHAPE you might be, then come to the six-week course, starting Thursday 4th September, 7-9pm in St Thomas's Church. To book, go to www.trybooking.co.uk/CNFA or phone 07884 849407.



CASH ONLY EVENT

UNDERBARROW

MARROW DAY

Confirmed programme of events

Sunday 21st September

LIVE MUSIC FROM SHELLY'S BANE!

LOTS OF STALLS TO BROWSE PLUS TOSS THE SHEAF, DOG SHOW, DOG SCURRY, WELLY WANGING, BBQ AND BAR, FACE PAINTING, CHILDRENS ENTERTAINER, TEA AND CAKES AND MUCH MORE!

Who will have the Heaviest, Ugliest, most Beautiful or best pair of Marrows or pumpkins?

Children's competitions

Can you make a vegetable animal?

Age groups: Under 5, Under 10 and 10 and over

ALL COMPETITION ENTRIES TO BE SUBMITTED BY 100

Will you win the top prize in the Duck race?



OPEN 11.30 - End
FREE ENTRANCE!



WITHERSLACK

"TONY'S TOWER PROJECT"

HOMEMADE REFRESHMENTS IN CHURCH



During the Art and Craft Exhibition held in the Barwick Hall we will be serving light refreshments in St Paul's Church on the following days:-

**Saturdays and Sundays from 10.30am – 4.30pm
From 20th September until 5th October.**

Everyone is welcome to pop in for a cup of tea or coffee. Jars of jam, marmalade and chutney are gratefully received for the produce stall and plants for the plant stall.

All money raised will go towards the repair of the church tower.

HARVEST SUPPER AND AUCTION SALE

Witherslack Parish Hall Saturday - 4th October at 6.45pm

Enjoy a meat and potato or cheese and onion pie with peas supper plus wine, then assorted sweets followed by a short auction. Adults £8.50(includes wine)

Children £4 (includes soft drink) under 5's free, family ticket £20.

Tickets available at Community shop (52188) or Janet Read (07555503877)

Contributions of produce, cakes, homemade chutneys and jams for stalls/auction greatly appreciated.

WITHERSLACK HARVEST FESTIVAL

Our Harvest Festival this year will be at 9.30am on Sunday 5th
October in St Paul's Church.

Café Church *Sunday 28th September* *at 10am* *Witherslack Parish Hall*

The theme is 'God's Kingdom on Earth—What might
that look like?'

*Come and join in, everyone is welcome! Whether you have a
Christian faith or not—just come.*

UNDERBARROW



ALL WELCOME AT THE NEW MONTHLY

Coffee Mornings

at Underbarrow Village Institute

SATURDAY

6

SEPTEMBER

10 AM - 12 NOON

AND EVERY FIRST SATURDAY OF THE MONTH

Proceeds to Institute funds

Any questions/suggestions - contact Jenny on 07957211325

Made with PosterMyWall.com

CROSTHWAITE & LYTH WI

Louise Latham, professional violinist, was the guest speaker on July 16th and she spoke about 'My life in Music'. It was a very well attended open meeting. She was accompanied for her musical interludes by her friend and colleague, pianist Helena Morwood. Louise talked about her upbringing in Preston where her Dad was a butcher.

She had the good fortune to have her talent spotted early, coupled with very supportive parents. At seven she began lessons with an enthusiastic primary school head. During her childhood music was everywhere, on the radio transmitted by various BBC regional orchestras, and made at home around the piano whenever there was a gathering. She soon graduated to youth orchestras where she realised she needed to learn more technique, and improve her understanding of musical theory. She worked hard, formed quartets and trios, and fell in love with orchestral and chamber music. She had found her calling!

Despite having only ever done Grade 1 violin, she got paid gigs and could see a pathway to her future career. She played in a folk group in her teens, was invited to annual summer schools with eminent teachers and joined The National Youth Orchestra. She 'slipped' into the Royal Northern College of Music where she spent 4 years honing her skills. Her teacher, Hungarian violinist Rudolf Botta was a truly inspiring and abiding influence, teaching her techniques which made her the versatile musician she is today. Her subsequent career took her to the BBC Philharmonic orchestra, The Halle, Scottish Chamber Orchestra and Opera North for which she currently works on a freelance basis. There were many tours abroad and throughout the UK, and she also worked on luxury cruise ships providing the "entertainment". Louise is well known as a brilliant violin teacher, and tutor, for her chamber and orchestral music workshops. Music is like a second language to Louise. She says she feels privileged to have had the opportunities and support she has had. She regrets that children do not have access to the teaching and instruments at school which were available in her day. She has had a most fulfilling and enjoyable career. It was a pleasure to hear her story.

CROOK WI

Several members of Crook WI will be helping at the Westmorland County Show. We are not entering a co-operative item this year but assisting behind the scenes is helpful and fun.

We had a very interesting talk given by Vicky Auld. Some of you may remember a number of years ago there was a picture of her on the front of the WI magazine with an article inside. She has spent her career with the British Antarctic Survey and most recently has been a pilot ferrying goods and personnel between the different bases down in Antarctica. It is a beautiful and wild part of the world and pilots have unusual challenges such as sometimes landing planes on skis rather than wheels. It is definitely important to be patient and resilient when living in confined spaces with colleagues for long periods away from home.

WITHERSLACK WI

We enjoyed a walk around Troutbeck with Andy Lowe on a lovely sunny evening in July, a contrast to the previous week's rain which caused us to reschedule. We looked at the old houses in the village, many with dates on their chimneys dated in the late 17th century. Old doors and windows were admired, and we were shown different buildings built in different centuries-we could really tell the difference in the stonework. We admired the lovely scenery from the viewpoints Andy led us to and we all thought we had learned a lot of the history of the village by the time the walk finished.

Notice

The Lyth Valley Group of WI's will be having a group meeting on Thursday 23rd October at Crook Memorial Hall at 2pm when Joan Bentley will be giving one of her flower-arranging demonstrations.

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: Hannah Gross (07933952756)

Advertising Manager and Magazine postal service:

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

07826 800469 brierleyl@yahoo.co.uk

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

Churchwarden: 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:**

Beth Booker 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

CROSTHWAITE MEMORIAL HALL

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. Oct 7th-Dec 16th/Jan 6th-Mar 24th
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 nd Wednesday of the month - 2pm, October to March inclusive, 7.30pm, April to September inclusive.
Coffee Morning	Every 1st Saturday of the month 10am - 12noon

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 2 nd 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

MARTIN DODDS
GENERAL BUILDER & PLASTERER
MILNTHORPE

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

☎ 07950 033089

Email: 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 6BV

☎ 01539 887988

Website: www.highgate-vets.co.uk

Inner Calm
MEDITATION



Would you like to:

- ❖ Feel calmer?
- ❖ Improve your sleep?
- ❖ Reduce over thinking?

Meditation offers many more benefits too.

Learn to meditate in an afternoon

*Weekly Crathwaite meditation groups on Tuesday and
 Thursday evenings*

Contact Sarah Eden, Qualified Meditation Teacher
sarah.meditate@gmail.com Tel 07814453151

HADWINS (LINDALE) LTD

Audi - Volkswagen Dealers - Service & Parts

☎ Grange (015395) 35522 / 34242

JOE DOBSON LTD

Joinery manufacturers & construction management

07979 226748 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

Tel: 07806484202

Email: 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

**HALECAT HOUSE & GARDENS,
 WITHERSLACK**

Available for self catering weeks or weekends.

Sleeps up to 11 guests

To book or make an enquiry

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

**PLUMBING & GENERAL
 PROPERTY MAINTENANCE**

☎ PETE 01539 821853/ 07734 983803

COMPUTER HELP AT HOME

Plain English help with your computer.

☎ Graham Brook 015395 60868



ANTHONY CLARKE
FUNERAL DIRECTOR

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

015395 31481 (24h.) | www.agclarke.co.uk

PARKIN & JACKSON LTD
Monumental Sculptors est. 1855

14 Appleby Road, Kendal, LA9 6ES

☎ 01539 722838

New Memorials, Additional Inscriptions
and Renovations, house Names and Numbers
www.parkinandjackson.co.uk
info@ParkinandJackson.co.uk

YOGA IN CROSTHWAITE

Wednesdays 7pm in the Village Hall

Mixed level class - all welcome

Website www.mountainyoga.uk

Tel 07966 815911

RICHARD MCCONNACHIE

Painting & Decorating Services

Free Quotations

☎ 07403 447346

E-mail Rmcc50@hotmail.com

G.J.W Painting and Decorating

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

Fully insured.

Contact. **Gary Walker**

07966589453 - 01539 723068

Garywalker2000@yahoo.co.uk

www.gjwpaintinganddecorating.co.uk

MYERS INTERIORS LTD

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

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

Please ring for a free quotation.

☎ 015395 68418 or

mobile: 07890 556857

E-mail: myersinteriors1@gmail.com

**TERRA FIRMA LANDSCAPE
CONSTRUCTION**

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

Garden structure design. Also digger and
groundwork services.

Joel Crompton ☎ 07786 073606

website: www.terrafirma-landscapes.co.uk

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

Daily Membership from £7.95 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 9-4

Wednesday 10-2

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

CHIMNEY SWEEP

Est. 1992,

☎ 015394 45117 or

mobile: 07763 145594

Andrew Backhouse

Chimney Sweep Ltd

WAYNE PUTLEY

DRY STONE WALLING

☎ mobile: 078525 21488

3 Bowness Road, Ridge Estate,
Lancaster LA1 3HW

JAMES E PARK

Forestry, & tree surgery.

Locally sourced seasoned logs delivered.

All aspects of tree work undertaken.

☎ 015395 34977 or

mobile: 07866 479949



If you need physiotherapy or want to find out
more please do not hesitate to contact me.
www.jesphysio.co.uk

Email: janet@jesphysio.co.uk

07831 219849

101 Lake Road, Ambleside, Cumbria, LA22 0DB



LAKES CHIMNEY
SWEEP
AND STOVE MAINTENANCE

CHIMNEY SWEEP

AND

STOVE MAINTENANCE

TEL/WHATS'APP 07387817819

INFO@LAKESCHIMNEYSWEEP.UK

WWW.LAKESCHIMNEYSWEEP.UK



Lindale

Grange over Sands

LA11 6LU

Independent
Award winning
modern premises
Community Nursing
24/7 Pet care

015395 32699

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@wither Slackwoodlands.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

**To advertise here
contact
Lorraine Brierley
07826 800469**

**Timber Hitchings
Professional Tree Care**
Fully trained and insured local business
providing tree care, hedge cutting,
stump grinding.
☎ 01539 732 398
mobile 07917116939
TimberHitchingsPTC@gmail.com

**SAM CROMPTON - JOINER
LOFT CONVERSIONS, WINDOWS,
DOORS, CONSERVATORIES etc.**
in Hardwood, Softwood or UPVC
Any other internal and external joinery work
and alterations undertaken.
PVC fascia boards and guttering
supplied and fitted
☎ 015395 68298 or mobile: 077894
34903

CARTER ROOFING SERVICES LTD
Your local roofing specialist - over 35 years
experience in all aspects of roofing.
Pitched Slate, Tiling, Flat Roofing, Gutters &
Chimneys Repairs, Renewals & Expert Advice :
No Job Too Small
Contact Nick for your free quotation & a
friendly, reliable service at sensible rates.
☎ 07824 469427
or e-mail: **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

**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@windermertilesandbathrooms.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**



Damson Dene Hotel

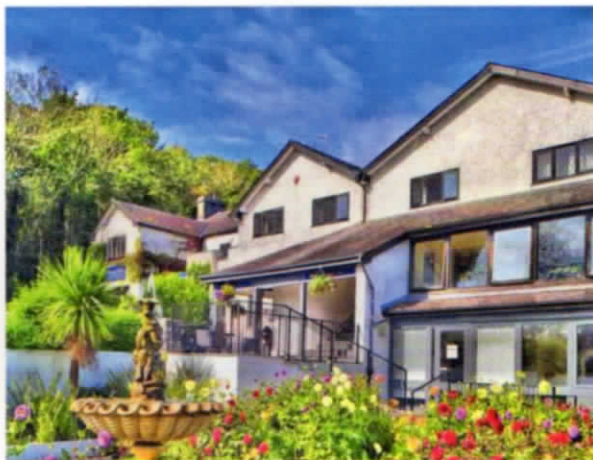
Freshly prepared food, real
ales and a cosy lounge

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

Functions & parties catered
for



015395 68676
stay@damsondene.co.uk



To Advertise your
business here,

in full colour:

Contact Lorraine
on

07826 800469



ABLE MEMORIALS LTD.

- Headstones and Memorials
- Nameplates
- Commemorative Plaques
- Architectural Masonry
- Restoration and Conservation
- Signs



SHOWROOM & OFFICE

T: 01539 735583 M: 07779 025745

E: sales@ableworldofstone.co.uk

1 Wildman Street, Kendal
Cumbria LA9 6EN

www.ableworldofstone.co.uk



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
Make 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

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

01539 720820

info@crossbankdental.com