

# **TWO VALLEYS PARISH NEWS**



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

**November 2025**

**80p**

# Christmas Fair



**SATURDAY 29th NOVEMBER  
2025**

**10.00am – 1.00pm**

**ARGLES MEMORIAL HALL,  
CROSTHWAITE**

**Admission - £1, under 12s Free**

Join us for craft & food stalls,  
Christmas wreaths & plants, chocolates & sweets  
with raffle and festive refreshments.

**PLEASE BRING CASH!**

**\*plus crafts and games with the  
children at Crosthwaite School \***

**Cover photo: Unsplash.com**

**Church miniature pictures from watercolours by John Wilcock**

# Church Services for NOVEMBER

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## Sunday 2nd November All Saints

9.30am Witherslack	Morning Worship (CW)	Wendy Ellis
9.30am Underbarrow	Morning Worship (CW)	Rev. Bob Dew
11.00am Crook	Morning Worship (CW)	tbc
4.30pm Crosthwaite	All Souls Service	Rev. Simon Howard

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## Thursday 6th November

9.15am Crosthwaite	Holy Communion with School	Rev. Beverley Lock
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## Sunday 9th November Remembrance Sunday

9.30am Witherslack	Remembrance Service	Nick Gray
9.30am Cartmel Fell	Holy Communion (BCP) And Remembrance Service	Rev. Ray Dent
10.00am Underbarrow	Remembrance Service	Rev. Simon Howard
10.45am Winsters	Joint Remembrance Service with Crosthwaite	Brian & Rev. Beverley Lock
10.45am Crook	Remembrance Service	Tony & Hilary Fitch

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## Sunday 16th November 2nd Sunday before Advent

9.30am Witherslack	Holy Communion (CW)	Rev. Simon Howard
9.30am Underbarrow	Holy Communion (CW)	Rev. Ron Rutter
11.00am Winsters	Holy Communion (BCP)	Rev. Simon Howard
11.00am Crook	Holy Communion (CW)	tbc

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## Sunday 23rd November Christ the King

9.30am Cartmel Fell	Holy Communion (BCP)	Brian & Rev. Beverley Lock
9.30am Underbarrow	Morning Worship (CW)	Nicola Whitehead
10.00am Witherslack	Café Church (Parish Hall)	Dorothy Grace
11.00am Crosthwaite	Holy Communion (CW)	Brian & Rev. Beverley Lock
11.00am Crook	Morning Worship (CW)	tbc

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## Sunday 30th November Advent Sunday

4.00pm Crosthwaite	Evensong for Advent	Rev. Beverley Lock
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## *A LETTER FROM TONY FITCH*

### **“... WITH FOWER SADALL WAIES FOR THE INHABITERS OF CROK”**

So wrote one Myles Wilson “a man of three score and eighteen years” in 1575 recording, presumably for posterity, the construction some time earlier of the then new church in the village of Crook and, more specifically the entrances through the four dry-stone walls around it. Just what was a saddle-way is not defined in any dictionary of mine nor in my search on the computer, but I guess that it was a gap in the wall wide enough to admit a person on horseback.



That old church, built in the early 1500's stood on the hilltop in the geographical centre of the village of Crook for nearly 400 years. It had fallen into disrepair and was demolished in the 1880's – all except the tower – when the present church was built. The vicar, the Reverend Thomas Brassington in his wisdom decided to keep the old tower as an historical landmark, and it remains there as such to this day, clearly seen to the south as one drives along the main road between Kendal and Windermere ferry. It is said that the RAF jets flying over this area use it as a marker to start preparing for their return flight!

The said tower is still surrounded by dry-stone walls on all four sides but only one of the four “saddle-ways” still exists. However, a photograph taken just before the body of the church was demolished shows those ways or entrances as then still existing – all four of them, one in each stretch of wall, inviting the villagers to the north, south, east and west to come for worship.

Once a year, usually in August, St Catherines Church at Crook holds a “Tower Service” where the congregation – those who are able – walk up to the old tower to hold a little service out in the open to renew the connection between the old and the new and to commemorate and reflect on the continuity of worship in the village, a beacon of Christian faith, going back many centuries to a time even before the building of the old church and its tower when there was, records show, a simple wattle church there or nearby.

Churches – the buildings – are still an important and prominent feature in our villages and towns, usually marking the geographical centre and often containing much of the history of the locality for those interested in the life-story of the parish - some going back hundreds of years. Many, like Crook, were constructed with local money and local labour when times were lean but faith was strong.

Our present church at Crook and all six other churches in the Two Valleys, although they don't perhaps have access-ways to serve all four points of the compass, still invite parishioners and visitors to enter their gates and doors and enjoy worship and fellowship. Churches are still a place where one can detach oneself from the hustle and bustle of the busy outside world and reflect on the fact that there is perhaps something more to life – something embracing and epitomising the love “that makes the world go round” – or that “still small voice of calm”!

In common parlance now, of course, the word “church” refers to the building. However, the word “church” in the New Testament of the Bible comes from the Greek and translates as “assembly” or “congregation” – the gathering of Christian believers for fellowship and worship of God, a gathering that could be in any building or even outside. Jesus promised that where two or three people are gathered together in His name, he would be there in spirit with them.

Modern church worship is designed to be up-lifting and leaders and congregations go out of their way to be welcoming, helpful and friendly to everyone. Very often there are refreshments served after the service and there is time for discussion, explanations or just a chat. Our village churches need congregations – need you – if we are to keep these beacons of Christian faith still burning as they have over centuries past. All are welcome, believers, enquirers and doubters. Another dimension to life awaits!

Tony Fitch

#### **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)

**Magazine Editor next month:** Lorraine Brierley (07826 800469)

**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)

# CALLING ALL PARISHES

## Vicar Vacancy Update 14

In the last update we celebrated lots of good things in our Two Valleys churches and communities. There was also a request for prayer for the recruitment process. Well, there were three applications in response to the latest round of advertising!

The shortlisting team met on 1<sup>st</sup> October. The first application was a re-application; this was turned down, as it had been before. The second was withdrawn just before shortlisting for family reasons (sadly). The third applicant was shortlisted and interviewed on 28<sup>th</sup> October. As this was in half-term, the candidate visited Crosthwaite and Dean Barwick schools during the previous week, along with the Vicarage and the six churches.

Please pray for discernment for the candidate and for the interviewing team as both continue to pray as to whether this is the right incumbency and the right person.

*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.*

## Additional Magazine Editors

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

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



# BONFIRE & FIREWORKS

**Cartmel Fell Parish Hall, LA11 6NH**

## Saturday 8th November 2025

**6pm start** with a Procession from the Parish Hall

**Hotpot Supper & Homemade Puds**

**Mulled Wine • Lantern Competition • Raffle • Cash Bar**



## TICKETS

**SUPPER & FIREWORKS:** £14 for adults, £6 for children

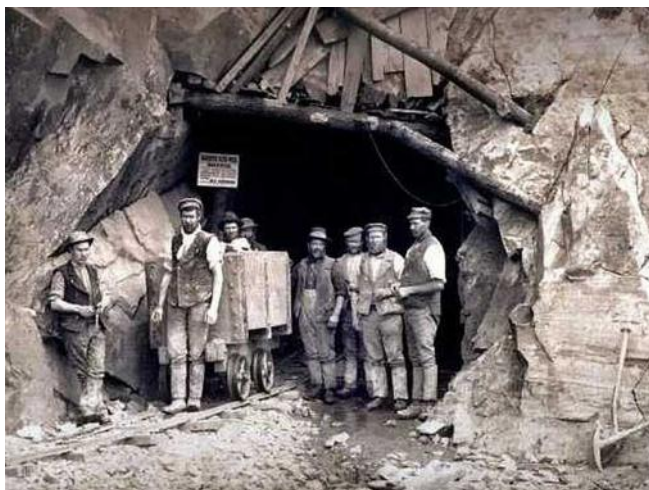
**FIREWORKS ONLY:** £7 for adults, £free for children

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

Contact **Helen** on **07979 840889**

## **The Thirlmere Aqueduct - An illustrated talk**

95.9 miles of tunnels, pipes and water courses, taking 50 million gallons of water daily between Thirlmere and Manchester.



John Butcher was the United Utilities engineer and manager of the aqueduct for 30 years. His talk takes you on a fascinating journey from Thirlmere to Manchester, from conception to completion and current usage.

Brigsteer Village Hall Friday December 12<sup>th</sup> 2025 7-30pm

Tickets £10 per person to include interval tea or coffee

**CASH ONLY AT THE DOOR**

Please reserve your seats by email - [FtTalk@gmail.com](mailto:FtTalk@gmail.com)

(This is a very popular talk, reserve ahead to avoid disappointment)

John is kindly supporting Fix the Fells with no fees for his talk.

Fix the Fells - caring for the upland footpaths, dealing with footfall erosion, and maintaining the Lake District National Park.

Talk organised by Andy Clifford - Fix the Fells Volunteer



## **Is Traditional Dance and Music Your Thing??**

Westmorland Step and Garland Dancers who dance both Clog and Morris dances are moving back into their ancestral home, The Two Valleys. They will be in their new venue, Levens Village Hall on Monday evenings from 7.30pm to 9.30pm from Monday October 27th. It's a fun way of keeping fit to lively tunes. Those interested in Clog and Garland dancing for which the surrounding area is so famous will find a warm welcome. Clogs provided for both men and women. Musicians are also very welcome. Any queries, phone Ann Smith on 015395 68671.





## **CPR & DEFIBRILLATOR AWARENESS TRAINING**

**17 NOVEMBER 1.30 P.M.  
CROSTHWAITE VILLAGE HALL**

### **PRACTICAL TRAINING ON:**

- ♥ LOOKING AFTER SOMEONE WHO IS UNWELL
- ♥ HOW TO CORRECTLY DO CPR
- ♥ HOW TO USE A DEFIBRILLATOR

THIS IS A FREE 1.5 HOUR SESSION, OFFERED  
BY  
**NORTH WEST AMBULANCE SERVICE**  
FOR  
**CROSTHWAITE & LYTH WI**  
AS PART OF THE WI'S  
**"BYSTANDERS CAN BE LIFESAVERS" CAMPAIGN**

WE ARE INVITING **NON WI** MEMBERS TO TAKE  
ADVANTAGE OF THIS TRAINING

IF YOU ARE INTERESTED IN TAKING PART  
**CONTACT**  
**LORRAINE BRIERLEY ON 07826 800469**

# NOTICES FOR INDIVIDUAL PARISHES

## CARTMEL FELL

### Cartmel Fell Volunteers

Cartmel Fell Volunteers hosted a visit from Councillor Jenny Boak at the Community Orchard in September. The Volunteers planted the orchard during winter 2024-2025 and at the Cartmel Fell Spring Show our Woodland Walk aimed to showcase the newly planted trees.



The orchard was funded by a grant from DEFRA arranged by Westmorland & Furness council, and Emily - our liaison at the council came to photograph the progress of the orchard work in bright September sunshine.

During a dry spring and changeable summer the trees have been tended to by the Volunteers and a programme of works including weeding and clearing bracken and holly has continued. This autumn, fruit and nut tree species name boards are being added to the wooden cage around each tree, made from recycled wood and written using a pyrography (burning) technique.

Volunteering sessions continue on Fridays from 1pm at the Parish Hall & woodland. Contact us: [team@cartmelfellvolunteers.com](mailto:team@cartmelfellvolunteers.com)

## CROSTHWAITE

### 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 Hall, 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).



### Appleby Cheeses

Crosthwaite Christmas Fair will be on Saturday 29th November at 10am to Noon in the Argles Memorial Hall and Appleby Cheeses will be there once again. There will be Cheese Boxes containing 6 hard cheeses dated post Christmas for sale at £25 per box. Suitable for postage, and now the postie will collect parcels from your door!!

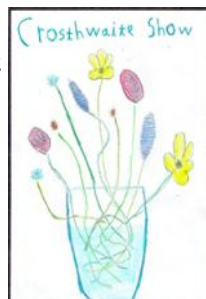
If you would like to order a box please ring Ann Smith on 015395 68671.

## Crosthwaite Show 2026

We know! It's just a few months since the last one, but we are already planning to hold next year's Show on:

**SATURDAY 18TH JULY 2026**

Keep an eye open for Schedules early in the new year. We are announcing the date now in case it impacts on the plans of other local events in the Valleys.





*Poetry reading afternoon  
in Underbarrow Church  
Saturday November 15th  
at 2pm*

*Fantasy and Imagination  
Poems that go beyond or play with  
normal reality*

*'There is usually a wide variety of poetry with  
plenty of humour.*

*The theme can be interpreted widely with the  
readings lasting for roughly about an hour.*

*It will be followed as always by tea  
or coffee and cake.*

*Just come along, but please let Jenny Whalley  
know if you have something you would like to  
read*

*on 07443529490  
preferably by the day before.*



# ***Café Church***

## ***Sunday 23rd November***

### ***at 10am in***

### ***Witherslack Parish Hall***

Come and join us for fellowship and refreshments as we conclude our discussion around the Lord's Prayer.

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

## WINSTER



*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](mailto:jane.f.crowe@btinternet.com)

## WITHERSLACK



### HARVEST SUPPER THANKS

MANY MANY THANKS to everyone who helped, came to or were involved with the Harvest Supper. You raised £871.48 which will go to Church funds. Brilliant, everyone and thanks again.

The pies from Irvings at Ulverston were really good and you can always buy them from our Village Shop.

### TONY'S TOWER FUND

During the sale of teas, coffees and cakes at Church whilst the Art and Craft Exhibition took place a total of **£1565.78** was raised.

Many thanks to Farrers (for the tea and coffee), and to all the volunteers and cake bakers, and to the wonderful public who supported us.

## **The Dean Barwick Educational Trust - Post 16 Grant**

When John Barwick died in 1664, he was the Dean of St Paul's Cathedral in London. He bequeathed money for a church and school to be built in Witherslack village where he grew up. John Barwick also left a legacy to provide money for apprenticeships. There are educational grants for students going onto further education or taking up apprenticeships. The grant is to help with books, tools or equipment. The following grants are available to students entering Post 16 education.

### **Course grant**

£300 a year towards books and educational equipment, (available for two years of a degree or further educational course). A third-year grant of £400 is awarded in the final year of study. This grant must be applied for on a yearly basis.

### **Apprentice grant**

A one off £500 grant to assist with buying tools and equipment for an apprenticeship.

The factors taken into account by the Trustees when considering applications include, but are not limited to:

1. **EITHER**

a) Currently resident in the Parish of Witherslack, Meathop and Ulpha and attended Dean Barwick Primary School for at least one academic school year – i.e. 3 terms between Reception and Year 6.

**OR**

b) Attended Dean Barwick Primary School for a full 6 years, (the whole of primary education, not including nursery) but do not reside in the Parish.

**OR**

c) Resident in the village for most of your life, (at least 12yrs) but did not attend Dean Barwick Primary school for other reasons.

2. Are undertaking a recognised F.E. qualification, university course or formal apprenticeship.

3. Have not received a grant, (or series of grants) from the DBT before.

### **How to apply**

Your application, a handwritten letter, should include home address and course attended, (Please note for the apprenticeship grant, a letter or statement from the employer is needed).

In applying, you must make sure that you describe your eligibility by reference to the factors stated above. Grant applications are considered at the Trustee meeting in November and must be received no later than **Monday 3rd November**.

Applications to, **Cath Crawshaw, Clerk to The Dean Barwick Trust c/o No 1, Halecat, Witherslack, Grange over Sands, Cumbria LA11 6RT**

PLEASE NOTE if a grant is awarded, it is expected that you let the Trustees know by handwritten letter how you have used the grant money and whether you are continuing with the course by no later than the following November. If no letter is received, you will forfeit the option to apply for a grant for the following year.

## AN INSIGHT INTO THE HISTORY OF CROSS-THWAITE

The manor court of Crosthwaite and Lyth held in 1677 records the admittance of William Robinson as customary tenant of three closes of land with a total rental of 8d. The closes were named “low close”, “seall how close” and “great Crosthwaite”. They may have adjoined in one block of land. They had previously been held by Thomas Borwick. I have recently located the close or field called Great Crosthwaite. It is described in the mineside deeds, a feoffment made in 1700. “All one close of Meadow Milne meadow 7 roods adjoining the miln race or a close of the said Thomas Atkinson, called Great Crosthwaite”. Great Crosthwaite is now in the ownership of Andy Brown.

This field is almost certainly where a preaching cross was erected sometime in the late 8<sup>th</sup> or early 9<sup>th</sup> century, and named by incoming Norse Vikings Cross Thwaite, the clearing with a cross. The thwaite may have been larger than its current size of say 4 acres. It may have extended to the River Gilpin. Its current eastern boundary, the mill race, would not have existed in the 10<sup>th</sup> century. The field to the west of the river or ‘beck’ is also called Thwaite, the “Middle Thwaite”. There is a group of meadow fields downstream in Lyth called Thwaite, which may have been common meadow in the medieval period. The site is near the river crossing at Esp ford. Ford is Old English and Esp, the aspen, could be Old English or Old Norse espi.

The site of the cross, which may have been made of timber, was probably in the northeast corner sheltered by a rock outcrop. The field is reasonably level and could have accommodated a large congregation. There are springs to the northwest, but the River Gilpin could have been used for baptism. There may have been burials. The priest would carry a portable altar. The name of the priest who erected the cross is unknown. Curiously there is a field in Crosthwaite called ‘St Aldam cros’, thought to be named after St Aldhelm of Malmesbury, who died in 709 and had no known connection with Crosthwaite.

Somewhere within the Churchtown area is the ‘Aynerholme’, a demesne wood in the Middle Ages, last mentioned in 1390 as held by Robert Philipson, ‘the pannage of Ayndholme 2s’. He also paid £2 for the water corn mill. Holm indicates land near water. Ayner is probably Einarr, the old Norse personal name. Dr William Farrer, the medieval historian of Whitbarrow Lodge, firmly states it was near the church. Wood Yeat is likely to have been on its boundary. Woodside is on or near the site of Brundwood or Burnt Wood, another former demesne woodland area.

The discovery of the location of the cross site was made possible by the late Martin Argles’ decision to deposit the deeds of the remaining Argles properties in the Kendal Record Office. There may be more information in the deeds of properties in the Churchtown area, Wood Yeat Spout and Espford. Perhaps the owners would consider depositing them at the Record Office, currently operating from Kendal Library.

**Desmond Holmes**



**After last winter, I'm really worried about falling behind on my energy bills again as we head into the colder months. What can I do if I'm struggling to keep up with payments?**

If you're struggling to afford your bills, it's important to act quickly - support is available. The first thing is to contact your energy supplier - they're responsible for helping you come to a solution, like setting up an affordable repayment plan if you've fallen behind.

Check that your bills are based on accurate readings. If you see the letter "E" next to the readings on your latest bill, that means it's estimated. Send an up-to-date reading to get an accurate bill. Smart meters sometimes stop working – contact your supplier.

You might be able to apply for support with the cost of energy efficiency upgrades like insulation, a new boiler or a heat pump via your energy supplier or government scheme.

If you're behind on your bills, you might be able to get a grant to help you pay off your debt via your energy supplier. You'll need to get full debt advice before applying and can do this through South Lakes Citizens Advice. (If you are disabled or of state pension age, you can also apply for non-financial support from your supplier through the Priority Services Register.)

Remember, you don't have to face this alone. If you're struggling to afford your energy bills, contact South Lakes Citizens Advice.

***Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or any other problems. 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](http://www.southlakescab.org.uk)***

### BRIGSTEER WI

Sue welcomed members to our October meeting. Our speaker for the evening was Andy from Shed One Distillery in Ulverston. He gave us a fascinating and informative talk on their history, how they started and the process of making gin. We had the opportunity to taste three of their gins and some of their tonic to enhance the gin. A great night was had by all. We also collected donations for the Kings Food Bank, this was followed by refreshments. Carol singing around the village will be on Monday 8th December and the WI Christmas party is on Wednesday 10th December in the Village Hall. New members and visitors are very welcome to our meetings. Call Sue or Liz on 07718 904082 or 07894 710014.

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### CARTMEL FELL WI

Members and guests enjoyed the previously postponed presentation by Rob David on Muncaster Castle's Wartime Secret - Protecting the contents of The Tate Gallery. Even though Rob had been to the History Society at Cartmel Fell with this talk, it was well received, generating interesting questions, with informative answers. The competition was for a self knitted/crochet item, winners were Julie W, Jane C and Lesley.

Ruth reported on the trip to Hawes and the WI Harvest Supper at Preston Patrick, herself, Molly and Sue had enjoyed. Members were looking forward to the Group Meeting at Crook and the Annual Quiz.

The next meeting on 5th November will be the Annual Meeting with a Jacobs Join supper.

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### CROOK WI

Crook WI had a most interesting and informative talk given by Aiden Monks and his wife Catherine Connor. They are the owners of the award winning business "Lovingly Artisan". It is felt that people are becoming more aware of how important it is we avoid ultra-processed foods and that sourdough bread products are really good for our gut health. We heard how the business began and has grown, how they source their cereals and do some of their own milling. There were very useful tips, including the importance of good quality flour in bread making. We looked at raw ingredients and sampled some of their delicious bread. We learned a great deal from this inspiring talk.

Crook WI will in future have their AGM in February rather than November. So, for this year, we have a fifteen month calendar and have changed some items on our printed programme.

## **CROSTHWAITE & LYTH WI**

Members gathered in force to hear Penni and Dougie Blair talk about the Churchill Fellowship who had awarded Dougie a trip to Europe in 1976. He went to study the use of compost rather than chemical additives to grow his tomatoes and become Great Britain's first commercial organic tomato grower. They were truly leaders in the field, and Dougie showed us a large folder of newspaper cuttings of serious chemical accidents in the horticultural world which had raised his concerns about the industry and motivated him to find a better way. They were an excellent double act combining the deep concerns they had about industrial farming with laughter and fun, and their gratitude to the Churchill Fellowship for giving Dougie the chance to travel to Germany, France, Switzerland and Italy to visit and learn from other growers.

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## **UNDERBARROW WI**

Underbarrow WI meets on the second Wednesday of the month, in the Underbarrow Institute - at 2.00pm in winter (and at the later time of 7.00pm in summer months).

November 12th @2pm is an open meeting when our speaker is Rachel Keller. She will be talking about "Ultra Processed Food and Diet Related Diseases". You will be very welcome to join us for the first hour of our meeting as a visitor, maybe not staying on for the WI business, which we do afterwards - we just ask for a donation of £3, which includes refreshments.

We held our Annual Meeting on October 8th, preceded by our usual excellent Jacob's Join Lunch. At the September Meeting we were expertly guided through making a fabric necklace by Sylvia Bearpark (one of our members). We were all thrilled with the results.

We would love to have more people joining us from the village. Without any new blood we are in danger of having to close after over 100 years. For more information please contact Margaret Hodgson : 015395 68281.

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## **WITHERSLACK WI**

Witherslack WI enjoyed a very interesting talk by Stuart Hann The Blind Chocolatier who has a shop in Staveley Mill Yard. He told us about his life before and after he became blind and his dream of opening his own chocolate shop. Stuart explained how some of his chocolates are made and brought samples for us to taste and also a very nice selection of his products for us to buy. It was a very interesting evening.

# 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

Churchwarden: Mrs. Vanda Lambton 015395 31311

### St. Mary's, Crosthwaite

Churchwardens: Mr. Steven Brierley 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

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## Underbarrow with Helsington

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

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

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

**Beth Booker** [assjadmin@stkmil.org.uk](mailto:assjadmin@stkmil.org.uk) : 01539 730683

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**Safeguarding Officer for all the above:**

**Mrs. Jane Eccles** 07779 953763

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

**Vicar:** Rev'd. George Briggs, [george@stkmil.org.uk](mailto:george@stkmil.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:**

**Beth Booker** [assjadmin@stkmil.org.uk](mailto:assjadmin@stkmil.org.uk) : 01539 730683

**St Catherine's Churchwardens:** Mrs. Lilian Atkinson 01539 821389

Mrs. Mary Allcock 01539 821312

**Safeguarding Officer for Crook:** Mrs. Lilian Atkinson, Low Fold, Crook  
[lilatkinson8@gmail.com](mailto:lilatkinson8@gmail.com)

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## **REGULAR EVENTS HELSINGTON & BRIGSTEER**

For bookings contact Ann Bryan 07729101252

Email: [villagehall.brigsteer@gmail.com](mailto:villagehall.brigsteer@gmail.com)

### **Monday**

Strength circuits

8:15-9:00

Pilates

9:10-10:00

### **Tuesday**

Circle Dance

10:00-11:45

Tea Shop (last Tuesday in the month)

15:00-16:30

Table Tennis

19:00-21:00

### **Wednesday**

Yoga with Tara

9:30-11:00

WI (second Wednesday in the month)

7:30-21:30

### **Thursday**

Dru Yoga

9:30-11:00

Tai Chi

14:00-15:45

Ballroom and Latin dancing

8:30-21:30

## **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 2.30pm or 7.30pm. Please check time - [gandjviney@live.co.uk](mailto: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](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. 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 <sup>nd</sup> 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](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

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