

TWO VALLEYS PARISH NEWS



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

March 2026

£1



ALL WELCOME AT THE NEW
MONTHLY



Coffee Mornings

at Underbarrow Village
Institute

SATURDAY 7 MARCH

10 AM – 12 NOON

AND EVERY FIRST SATURDAY OF THE MONTH

Proceeds to Institute funds

Any questions/suggestions – contact Jenny on
07957211325



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- **Car parks**
- **Caravan parks**
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- **Industrial.**

Phil Hawkins

Surfacing & Groundworks



07890 636167

philhawkinssurfacing.com

phil@philhawkinssurfacing.com



Cover photo: by Steve Rowlinson : View towards Cartmel Fell from high on the cliff face of Whitbarrow Scar February 2025 just before it snowed !
Church miniature pictures from watercolours by John Wilcock

Church Services for March 2026

Sunday 1st March 2nd of Lent

9.30am	Witherslack	Holy Communion (CW)	Rev. Howard Smith
9.30am	Underbarrow	Holy Communion (BCP)	Rev Bob Dew
11.00am	Winsters	Holy Communion (BCP)	Rev. Howard Smith
11.00am	Crook	Morning Worship (CW)	Nick Gray

Sunday 8th March 3rd of Lent

9.30am	Cartmel Fell	Holy Communion (BCP)	Brian & Rev. Beverley Lock
9.30am	Underbarrow	Holy Communion (CW) with Prayers for Healing	Rev Simon Howard
11.00am	Crosthwaite	Holy Communion (CW)	Brian & Rev. Beverley Lock
11.00am	Crook	Holy Communion (CW)	Rev. Rob McLellan

Thursday 12th March

9.15am	Crosthwaite	Holy Communion with the school	
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Sunday 15th March Mothering Sunday

9.30am	Cartmel Fell	Mothering Sunday service	Lay Team
9.30am	Witherslack	Mothering Sunday service	Dorothy Grace
9.30am	Underbarrow	Holy Communion (CW)	Rev. Ron Rutter
11.00am	Crosthwaite & Winsters	Mothering Sunday service at Crosthwaite	Lay Team
11.00am	Crook	Morning Worship (CW)	Tony & Hilary Fitch

Sunday 22nd March 5th of Lent

9.30am	Cartmel Fell	Holy Communion (BCP)	Rev. Anne Pettifor
9.30am	Underbarrow	Morning Worship (CW) followed by APCM	Nicola Whitehead
10.00am	Witherslack	Café Church	Ben McLeod
11.00am	Crosthwaite	Christening Service	Rev. Beverley Lock
11.00am	Crook	Morning Worship (CW)	Kevin Cook

Sunday 29th March Palm Sunday

10.30am	Two Valleys Confirmation Service at Crosthwaite		Bishop of Carlisle
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A LETTER FROM BRIAN LOCK



What a world!

Which word would you use into the 'blank' above?

A glance at any headlines or lead stories in the media might result in a negative adjective in the statement. There seems to be wars and rumours of wars, of various types. Meanwhile the delicate natural balance of the planet we depend on is heading on a projected route to overheating and destruction. Looking back in history it seems that the future was never certain.

I have just read a biography of the (British) East India Company, which started as a Royal Charter in 1600 trading silks and spices from Asia to the UK. In the mid-18th Century, when taking advantage of shifting geopolitical circumstances, the Company established an effective monopoly of supply, suppressing the prices it paid for goods. The result, vast fortunes made by relatively few directors, senior executives and local agents of the Company. The cost, much hardship then for the indigenous population and seeds planted for much of the uncomfortable, even disturbing, circumstances that we now associated with the legacy of colonial rule.

Historians link individual names with events in India in the 1750s, and will likely do the same when writing up the history of our time. As if individuals and opportunity coalesce to effect significant change. Change that could be for good or ill, for both the current and future generations.

After being baptized, the Bible relates how Jesus was tempted by the Devil (read about it in Matthew's Gospel chapter 4). For one temptation the Devil offered Jesus authority over the whole world, if only he would worship his tempter, the Devil. Jesus declined, commenting that only his father, God, the creator of the world, was worthy to receive such adoration, honour and power.

Those of us not among the mega-rich, or powerful CEOs of global corporations, or movers and shakers in national and international politics, may feel at a loss to know what we can do to meaningfully improve things, being just an individual against a host of immovable objects and irresistible forces!

In the Church calendar it is the season of Lent, a time set aside for reflection, a chance to work out where we 'stand'. For instance, what is our morality in how we regard other people, and the world. Christians will also look forward with the hope offered by the events of Easter, at the end of Lent, to fulfil their own potential in the world. Especially that bit of the world immediately around them in their time and place.

Another biography that I have recently read is that of George Lansbury, a less familiar name perhaps. Lansbury was born in 1859 of working-class heritage. He lived through the rise of industrialization and urbanization in the UK and the decline into the 1930s depression.

Lansbury was a trade unionist, a local elected representative in various offices in Bow and Poplar in London's East End, ultimately becoming MP for that area.

For 40 years, from 1893, he served as a Poor Law Guardian in Bow overseeing the provision of 'Relief', the public aid to the poorest in society, the Workhouse system.

Lansbury lived and raised his family in Bow, amongst those people. Initially fighting for the workhouses in his area to be well managed, then improving the rules applied to them to be more humanitarian.

Lansbury did not succeed in eradicating poverty, nor even the abolition of the workhouse system. However, many significant improvements were achieved and a direction of travel set towards the establishment of the welfare state after WW2. Lansbury's motivation was his concern for his neighbours in Bow, and his Christian faith.

During this Lenten season of reflection, rather than be frustrated at things which we cannot change, let us think positively about improving the world immediately around us, for both the place and the people, drawing strength and motivation from the Easter story.

Brian Lock

Licensed Lay Minister

(St. Thomas Kendal and Crook)

SERVICES OVER EASTER

Thursday 2nd April

Maundy Thursday Communion, 7.30pm in St Paul's Witherslack

Friday 3rd April

Good Friday Holy Hour Reflection, 2.00pm in St Anthony's, Cartmel Fell

Sunday 5th April: Easter Day

9.30am Cartmel Fell Easter Communion

9.30am Witherslack Easter Communion

9.30am Underbarrow Easter Communion

11.00am Crosthwaite/Winster Easter Communion at St Mary's

11.00am Crook Easter Communion

Vicar Vacancy Update 17

Good news! We have an applicant for the post of Vicar from the latest round of advertising! The shortlisting team met on 4th February & agreed to invite the applicant for interview. The interview date is scheduled for 16th March. Please pray for this person & all those involved in the recruitment process, that they would discern God's will, & determine whether this is the right person for the Two Valleys churches.

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.

NOTICES FOR INDIVIDUAL PARISHES

CARTMEL FELL

The Cartmel Fell Education Foundation



If you are under 25yrs of age, live in St Anthony's parish and would like to be considered for a grant please apply by letter or email stating your age, address, current educational establishment and very briefly what the grant would be used for. Applications should be sent to The Secretary, Cartmel Fell Education Trust c/o Fell House, Cartmel Fell, Windermere LA23 3PB or emailed to helenatcowmire@talk21.com to arrive by **23rd March 2026** at the latest.

Applications can be made every year whilst the residence and age conditions are met from students, apprentices or any young person pursuing an artistic or sporting talent. In addition, grants can be made direct to school in respect of qualifying school children.

ABOUT CARTMEL FELL VOLUNTEERS

Typically, a volunteering day (or more accurately a half day) starts with a flurry of WhatsApps explaining why folk *cannot* come that day, but then usually a disparate group of mainly late middle-aged enthusiasts gather at the Village Hall at about 1pm, followed by a second, shorter, flurry of WhatsApps with excuses for being late. There then follows a period of tool envy, as the latest devices for controlling the rampant natural growth in our neck of the woods is shown off, followed by the boring but important bit of filling in the POWRA form. Eventually teams will trudge off into the undergrowth to address the tasks in hand, and some serious work is actually undertaken. But it is not long before there is talk of a brew or, better still, WhatsApp comes to the rescue again with news that a non-combative member has brewed up at the Hall. If cake is also mentioned the outward trudge is converted into a veritable stampede. Valuable time is then wasted sitting on the grass refuelling before returning to the tasks. The second session usually ends when we have either had enough, or have finished the task in hand, or it is 4 o'clock, or talk about continuing the session in the pub becomes irresistible, whichever of these comes sooner.

Despite what might appear to be an excuse to drink tea and beer in the company of others, a lot has been done in the last 18 months or so, and anybody and everybody is welcome to come along and find out for themselves.

Find us at CartmelFellVolunteers.com or on the fell.

Cartmel Fell and District Local History Society

We are looking forward to hearing **Mark Hatton's** new talk about the history of Slate Quarrying in The Lake District on Monday 9th March at 2pm in the Parish Hall, Cartmel Fell.

On 13th April **Dr Chris Donaldson** will be explaining the Links between Cumbria's history and the history of the US including Harriet Martineau's role.



'Cakes & Company On The Fell'

Come along for Tea, Cakes and a friendly Chat

on Friday 6th March in the Parish Hall

from 2pm – 4pm.

Cake Stall Book Swap

Bring & Buy Stall

Please bring any excess plants, garden produce, jams and preserves you have to sell
– with 25% of sales to go to Hall Funds.

If you would like to join us, but need a lift, please get in touch with Helen on
07979840889



MAGAZINE DEADLINE

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

tvn@crosthwaiteandlyth.co.uk

Magazine Editor next month: Steve Rowlinson

St Paul's, Witherslack Boon Days

We're having two boon days on Friday 27th and Saturday 28th March in the church and prior to the start of the Champing season. Should anyone like to come and help between 10am and 2pm on either day (or outside of these times), even if you only have a half hour free, you would be most welcome and much appreciated. Refreshments will be available and there's a list of cleaning jobs at the back of the church.

Mothering Sunday service, St Paul's Witherslack

Please come and join us if you can, on Sunday 15th March at 9.30am to celebrate the gift of mothers and to collect a posy of Spring flowers. All are welcome.

Café Church ***Sunday 22nd March*** ***at 10am in Witherslack*** ***Parish Hall***

Come and join us for fellowship, refreshments and discussions about aspects of the Christian faith and how we might live out our faith day-to-day

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

UNDERBARROW



Save the date

Underbarrow & Bradleyfield Sports Day

ALL WELCOME ON

Saturday 27th June 2026

12 Noon with races starting at 12.30pm prompt

On Underbarrow village sports field

Traditional sports races and tug 'o' war

BBQ & bar & Ice lollies

Prizes for every child. Sports day entry free.

For more information contact Alec: 07919233112

Katie: 07795084316 or Emma: 07733415204

See you there!



Winterberg School Charity Plant Stall
Opens 1st March
With Cash and QR Code payment options
Rockyfield, Thorns Lane, Underbarrow LA8 8BB

In aid of The Winterberg School for local farm children in the remote Eastern Cape, South Africa <http://winterbergschool.org>

Enquiries to Beth on 07789 515 868

CROSTHWAITE



Confirmation 29th March 10.30am Crosthwaite Church.

We are very pleased to be hosting the Deanery Confirmation Service at St. Mary's Church on 29th March at 10.30am

Confirmation is such an important opportunity for people who have been baptized as babies or young children to affirm their faith for themselves.

We are delighted that our Diocesan Bishop, The Rt Rev. Robert Saner-Haigh, will be Confirming the candidates. The young people are from the Two Valleys Community with a few others from the wider area. We look forward to welcoming them, and their families, to this special service for Palm Sunday.

It is such a special service and it has been six years since we had this event in the Two Valleys that we do hope as many folk as possible will come and support our young people.

If you think that this is something that you would like to do – the closing date for names is 12th March.

Crosthwaite Show Schedule of Classes for 2026

Our local show will again take place at the Argles Memorial Hall on **Saturday 18th July.**

The Show Schedule is now ready for you to collect either from the box by the Hall notice board, from School, church, WI meeting or from Committee members. It will help you to decide what to plant and sow, what to knit and make, what to paint and photograph- and hopefully encourage you, your children or grandchildren to take part.

Please pick up a free copy to inspire you !

You can also download a copy at <https://tinyurl.com/58azuict> and additional entry forms at <https://tinyurl.com/4k5xd346>

ST. MARY'S CHURCH BOON DAY SATURDAY 7TH MARCH 10 a.m. – 4 p.m.

We will be getting together to clean the inside of church only this time. If you would like to be part of this year's cleaning party, then please come along on the day. Any time you can spare would be greatly appreciated, even if its just an hour of your time. Jobs will be allocated once you arrive and all equipment and cleaning products are provided. We look forward to seeing as many of you there as possible and thank you for helping to keep our beautiful church looking its best!

Geraldine Wilson

Crosthwaite Pantomime Players present Jack Up the Beanstalk 2026

Lights, camera, action!

As the curtains closed on another hugely successful village Pantomime everyone should be congratulated on a fantastic job well done!

With a cast and crew of 32 people, ranging in age from 7 to almost 87, the audience were treated to colourful costumes and wigs, plenty of jokes, silliness, singing, dancing, and terrific sound effects.

Kate Done was an utterly convincing Jack Trott supported by her ever faithful best mate Silly Billy played by Sam Taylor, along with their loveable talking cow Pat who was Elsie Smith. The very credible giant was Josh Barton, assisted by his wise servant Pip. The gorgeous Gertie (Charlie Taylor) and fabulous Fanny (Helen Todd) were the glamorous fame hungry sisters, ably kept in check by their exasperated mother Dame Trott, aka Callum Smith, who never passed an opportunity to grab a man from the audience! Fiona Zobole was an excellent greedy 'baddie' getting plenty of boos, and of course the evening would not be complete without The Fairy from the Row, Marilyn Shuttleworth.

Georgia Bethell laid golden eggs with skill as the magical hen, while the performing beans and scary skeletons - Florence Riley, Marnie Lee, Cameron Smith, Ben Taylor, Austin Hawkins, Georgia Bethell, Hazel Hawkins gave high energy and enthusiastic performances each night.

The script was written by Helen Todd who also produced and directed it with Marilyn Shuttleworth. Special thanks go to Jim Bownass for his unfailing and invaluable support each year.





Action for **climate**
and communities

Identify your Home 'Cold Spots' Free Thermal Imaging Surveys!

CLEAN has been loaned a thermal imaging camera until the end of March & we are now trained to carry out initial surveys to identify 'cold spots' & heat loss in your home. The images and temperature ranges provide essential information to help home owners - and tenants - identify the action needed to make your home warmer and more comfortable in these cold days. This might include reviewing cavity wall and loft insulation or replacing doors and windows with more thermally efficient products, or suggestions for simpler and cheaper alternatives. Make your home **warmer, healthier and cheaper to heat, and lower your carbon footprint. This is a free service, open to any resident in Crosthwaite and the surrounding villages. If you would like to book a session, please contact us at CLEAN. Pat Howarth (07765 010252) or Steven Brierley (07470 169890)**

Energy Saving Advice and Help for any parent Pop up/Drop-in session 4th March Argles Memorial Hall Crosthwaite

CLEAN, in partnership with Futureproof Cumbria, is holding an informal pop-up session at the Exchange on Wednesday 4th March from 2 - 4 p.m.

Come along for independent energy advice and information on draughtproofing, insulation, boilers, heat pumps, solar panels and more!

This is an informal drop in event providing free home energy advice together with access to other support like thermal imaging surveys and information and support with grants towards improving your home.

Do call in and chat to friendly experts over a cup of tea!

Power up your home with Solar PV - Wed April 29th 7.00pm to 8.30pm at Crosthwaite CofE School

CLEAN, in partnership with Futureproof Cumbria & Crosthwaite CofE school are hosting this event. Find out if solar power is suitable for your home. Explore how you could use batteries to store any surplus. Get free advice, meet local, vetted installers, hear real stories, and receive free support to start your solar journey.

More details to follow but put the date in your diary now !



FRIDAY 13TH MARCH

7.30 P.M.

DOORS OPEN AT 7 P.M

(CERT 12)

TICKETS:

£6 ON THE DOOR

£5 IN ADVANCE*

ON SALE

- **POPCORN**
- **SNACKS**
- **ICE CREAMS**

**BRING YOUR OWN
DRINK**

***Account No. 31440969**

Sort Code 40-26-02

Account name:

Argles Memorial Hall

Crosthwaite

**(use surname+ Thelma
as reference)**



ALL PROCEEDS IN AID OF CROSTHWAITE MEMORIAL HALL



Big Breakfast

At Crosthwaite C.E. Primary School!

 **Sunday, 1st March 2026**

 **10 am - 12 pm**

Join us for a delicious breakfast with family and friends!

Prices :

	Adult	Child
	£10	£5





Mothers Day Afternoon Tea
Boxes to enjoy at home

SANDWICHES:

Four different fillings on a selection of breads

- Egg Mayonnaise
- Beef and Tomato
- Pork with Apple Sauce
- Cheese & Pickle

SAVOURY:

- Sausage Rolls
- Quiche Lorraine

SWEET:

- Scones served with Jam & Cream
- Brownie
- Victoria Sponge
- Carrot Cake
- Flapjack
- Shortbread biscuits and Tea

£15 PER PERSON
PLEASE CONTACT KATIE TO BOOK:
07776177933
KSMITH@CROSTHWAITEPRIMARY.NET
ORDERS NEED TO BE PLACED BY
11TH MARCH 2026



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 have some familiarity with Microsoft software, such as Word or Publisher, but, even if you aren't, the current 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.

CARTMEL FELL WI

19 members listened to the interesting emotional journey Ben McLeod had travelled to realise his dream of becoming a full time artist. This interactive presentation along with the demonstration Ben gave of his painting techniques, proved most enjoyable. There was a class of 9 inspiring entries in the competition for Something creative you made; this included a large freshly baked loaf of bread ! The winners were Jane C, Jane E and Lesley, showcasing exceptional work. The next meeting on the 4th March is a Spirit talk & tasting by Shed One. The competition is "A book you would recommend". As always guests will be most welcome.

Make your home cheaper to heat

Cartmel Fell WI open meeting - Everyone welcomed
Wednesday April 1st -7:30pm

Join us to find out how 'Future Proof Cumbria' can help you to make your home cheaper to heat. Future Proof Cumbria is a charity that helps people, communities and organisations tackle the climate crisis and become more energy efficient. The speaker will talk about the independent advice and equipment they provide to make your home warmer, more comfortable and cheaper to heat.

Cartmel Fell WI is looking forward to seeing many of you at this open meeting at Cartmel Fell Parish Hall near St Anthony's church (LA11 6NH). £5 for visitors to pay at the door.

WITHERSLACK WI

At our January meeting we invited friends to listen to Chris Bibby give a very interesting talk about the history of Bibby's Coaches. He talked about his great granddad starting up as a fruit and vegetable delivery man progressing to milk tankers and then coaches in 1956 (70 years of Bibby's coaches). He told us interesting stories about things that had happened on the trips and broke his talk up by playing the euphonium (he had been a keen brass band player until the pressures of work forced him to stop.) He gave us all a raffle ticket and then drew three numbers to receive a Bibbys voucher. It was a very jolly and interesting talk.

February. Linda welcomed Keith from Kendal First Responders with members from the Lyth valley responders including one of our members, Steph, who had kindly come at short notice as a replacement for our booked speaker. We practised how to put someone in the recovery position and how to try to get a heart working again. We were then shown how to use a defibrillator. We all felt as though we had learned a lot and were more confident on what to do in an emergency.

UNDERBARROW WI

January

Prompted by the WI Resolution “Bystanders can be Life Savers” and the installation of a Defibrillator at the Village Hall, Underbarrow WI member, Sally Soady, organised a CPR and Defibrillator training session. About 30 members and guests from the village attended this practical session led by Kerry Stafford-Roberts, a North West Ambulance volunteer and First Responder. Kerry talked us through the procedure from first discovering a casualty, administering CPR and how to operate a Defibrillator and we all practised the techniques. The session was very useful and we left with increased confidence that we could help to preserve life while waiting for the emergency services.

At the end of January, members enjoyed a delicious lunch at Kendal College; we were again impressed by the skills of students and staff and the beautiful presentation of the food.

In February, a member taught us the principles of felting. She has made many beautiful felted sheep, and while in an hour we couldn't aspire to her expertise, we all managed to make a felted Emoji. Several people left inspired to pursue this hobby, and one member was even spotted collecting wool from the hedgerows on the way home!

3 March 2pm: The Laughter Prescription; a mixture of jokes, anecdotes, stories and humorous poetry, by the Rev. John Morton.

New Members are welcome! Please contact sarahrashleigh@gmail.com

BRIGSTEER WI

It was a fantastic turnout for our February meeting with members and guests taking part in a quiz accompanied by cheese and wine. Five teams battled through challenging but fun questions resulting in a very close finish with just half a point separating first and second place. A very enjoyable evening was had by all, enhanced by a varied choice of wines and cheeses and good conversation.

The next meeting on 11th March is an open meeting with a speaker from the Blood Bikers, a voluntary service transporting blood and blood products to NHS hospitals. This promises to be a very interesting and informative talk. All welcome.

Also on 8th April we will be hosting a fashion show by Kitty Brown Boutique. (see poster overleaf). Tickets £6 including a glass of Prosecco, all welcome. Ticket enquiries to Ann 07792 485361 or Pauline 07485 009769.

New members & visitors always welcome. Contact Johan 07810 013787, Gerry 07870 664492 or Nicola 07986 132350.

KITTY BROWN FASHION SHOW

At Brigsteer Village Hall
Hosted by Brigsteer W.I

Brigsteer, Kendal LA8 8AL
In aid of Bendrigg Trust

Wednesday
8th April- 7:00 for
7:30pm

£6 includes a glass
of Prosecco
Raffle

Tickets from
Ann- 07792 485361
Pauline- 07485 009769

Bendrigg





My water bills are going up *again*, on top of everything else. I can't manage to pay the increase. I've tried cutting down on showers and laundry, but what else can I do?

You are not alone. Citizens Advice recently found that one in five bill payers in England and Wales were unable to afford their water bill in the last year. 36% cut back on other essentials, 37% cut back on the amount of water they used, and 22% went into arrears.

Help might be available if you are on a low income, such as a social tariff or the WaterSure scheme, but each water company has different rules. First of all, contact your provider either online or by phone (details will be on your water bill) and check if you are eligible. Water companies cannot cut off your water supply, but they can take you to court for debt and they can have payments deducted from benefits, so it's important to talk to them as soon as possible.

The Consumer Council for Water (CCW) website has lots of useful information on saving water – checking for leaks can save a lot of money if you are on a water meter – but do not compromise your family's health.

Citizens Advice say it's a postcode lottery for bill support and creating a single social tariff is the best and fairest way to strengthen support and protect low-income households.

If you are still finding it hard to manage, contact South Lakes Citizens Advice for help with managing debt, checking your eligibility for benefits, and/or possible one-off grants.

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](tel:01539446464) (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**

South Lakes Citizens Advice is a local charity based in the heart of South Lakeland. Can you help us by giving six hours a week to train to be a volunteer and help local people, or by joining our Trustee Board, or by donating to support our vital service? If so, please contact Karen – manager@southlakesca.org.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 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@stkmil.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@stkmil.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:

Beth Booker 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

REGULAR EVENTS HELSINGTON & BRIGSTEER

For bookings contact Ann Bryan 07729101252

Email: villagehall.brigsteer@gmail.com

Monday

Strength circuits
Pilates

8:15-9:00
9:10-10:00

Tuesday

Circle Dance
Tea Shop (last Tuesday in the month)
Table Tennis

10:00-11:45
15:00-16:30
19:00-21:00

Wednesday

Yoga with Tara
WI (second Wednesday in the month)

9:30-11:00
7:30-21:30

Thursday

Dru Yoga
Tai Chi
Ballroom and Latin dancing

9:30-11:00
14:00-15:45
8:30-21:30

CARTMEL FELL

For bookings contact Julie Balshaw Tel. 015395 68506 Email: balsh@hotmail.com

Women's Institute
Local History Society

First Wednesday in the month at 7.30pm
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
Art Group
Table Tennis

Guitar Group
Young Farmers Club
WI

Sewing/Craft Group
Aerobics/Body Toning
Folk Dance Group

Monday morning
Monday afternoon
Monday and Friday 7.30 – 10.00pm
(from September during the winter months)
Tuesday morning
Occasional Tuesdays 7.30 – 9.30pm
First Wednesday in the month
(afternoons in winter, evenings rest of year)
Occasional Wednesday evenings
Thursday 10am – 11.00am
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	Tuesdays & Thursdays 7.30-10pm Jan 6th-Mar 24th
Exchange	Tea@2 1st and 3rd Wednesdays of month 2pm. to 4pm
Yoga	Wednesdays 7.00-8.30pm (3rd Wednesday from 5pm)
WI	Every third Wednesday of the month 7.30 to 9.30pm
	Social Afternoon every first Thursday of the month 2 to 4pm
Art Club	Mondays 1.30-4pm (January-March then October-December)

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For bookings contact Valerie O'Loughlin: Tel. 015395 68655

Snooker Club	Mondays from 7.00pm (September to end of April)
WI	Every 1st Wednesday of the month (from February 2026) 2pm, October to March inclusive, 7.30pm, April to September inclusive.
Coffee Morning	Every 1st Saturday of the month 10am - 12noon

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For bookings contact Jane Crowe: Tel. 015394 44098

WITHERSLACK

For bookings contact Jane on 07787075544 or email janeveaves@gmail.com or
Linda Park on lindalowfell@aol.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

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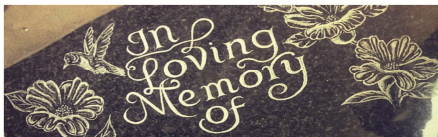


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