

TWO VALLEYS PARISH NEWS



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

June 2026

£1



ALL WELCOME AT THE NEW
MONTHLY



Coffee Mornings

at Underbarrow Village
Institute

SATURDAY **6** JUNE

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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**Cover picture: Easter sunrise, Morecambe Bay—Hannah Gross
Church miniature pictures from watercolours by John Wilcock**

Church Services for JUNE

Sunday 7th June 1st after Trinity

9.30am	Witherslack	Morning Worship (CW)	Ben McLeod
9.30am	Underbarrow	Holy Communion (CW)	Rev. Bob Dew
11.00am	Winsten	Holy Communion (BCP)	Rev. Beverley Lock
11.00am	Crook	Morning Worship (CW)	Nick Gray

Thursday 11th June

9.15am	Crosthwaite	Holy Communion with Crosthwaite School
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Sunday 14th June 2nd after Trinity

9.30am	Cartmel Fell	Holy Communion (BCP)	Brian & Rev. Beverley Lock
10.00am	Underbarrow	Holy Communion (BCP) With prayers for healing	Rev. Simon Howard
11.00am	Crosthwaite	Holy Communion (CW)	Brian & Rev. Beverley Lock
11.00am	Crook	Morning Worship (CW)	Rev. Di Gilmore

Sunday 21st June 3rd after Trinity

9.30am	Witherslack	Holy Communion (CW)	Rev. George Briggs
9.30am	Underbarrow	Holy Communion (CW)	Rev. Ian James
11.00am	Winsten	Holy Communion (BCP)	Rev. George Briggs
11.00am	Crook	Holy Communion (CW)	Rev. David Parsons

Thursday 25th June

9.15am	Crosthwaite	Holy Communion with Crosthwaite School
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Sunday 28th June 4th after Trinity

9.30am	Cartmel Fell	Holy Communion (BCP)	Brian & Rev. Beverley Lock
9.30am	Helsington	Morning Worship (CW)	Nick Gray
11.00am	Crosthwaite	Holy Communion (CW)	Brian & Rev. Beverley Lock
11.00am	Crook	Morning Worship (CW)	Neil Carter

A LETTER FROM DI GILMORE

June is a beautiful month. The days are longer, the evenings stay light well into the night, gardens are full of colour, and the world feels alive with energy and possibility. At this time of year, many of us slow down a little and notice more of the beauty around us.

And in those moments, we may also catch a glimpse of something deeper. This year, Trinity Sunday falls on 31 May. On this day, the Church reflects on one of the central mysteries of

Christian faith: God as Father, Son, and Holy Spirit. It can be difficult to explain, and most of us probably feel we do not fully understand it. But perhaps that is exactly the point. The Trinity is not meant to be a problem to solve, but a relationship to experience. It speaks of love, connection, and the many ways God is present with us. In the Gospel, Jesus sends his followers out with the words: “Go therefore and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit.”

In those words we hear the threefold nature of God held together as one. St Paul expresses the same idea when he speaks of the grace of Christ, the love of God, and the fellowship of the Holy Spirit. From the earliest days of the Church, Christians have known God in these connected ways: as Creator, Redeemer, and Sustainer. The changing weather of June can offer us a small reflection of this mystery. The warmth of the sun brings life, growth, and energy, reminding us of God the Creator. Rain refreshes the earth and sustains what is growing, much like the quiet, renewing work of the Spirit.

And in the beauty of the world around us—the colours, movement, and life—we see something of Christ, through whom God’s love is revealed. Each part is different, yet together they belong to one living whole. As we move through this season, perhaps we can take a little more time to notice these ordinary moments: the warmth of the sun on our faces, the sound of rain against the windows, the steady growth of gardens and fields.

In experiences like these, we are invited not only to think about God, but to encounter him in the life of the world around us.



Di Gilmore (Assistant Curate at STK, in plurality with St Catherine’s, Crook and in the Two Valleys Mission Community)



Underbarrow Church Poetry Group
are excited to be hosting
Award winning poet
Martyn Halsall

Martyn has been a reporter for The Guardian and has also been attached to Carlisle Cathedral as a poet in residence.

He will be presenting readings from his two most recently published poetry collections. Setting his poems into context and opening up a discussion after each one. He will also look at how poetry may reflect a Christian context

on

Saturday June 27th
at 2.30 pm
in All Saints Church, Underbarrow

Followed by our usual home made cakes and coffee or tea.
There will be no charge but donations to charity may be made, if wished, on the day.

Everyone welcome but please can you let Jenny Whalley know in advance if you are attending: jenwhall43@gmail.com

NOTICES FOR INDIVIDUAL PARISHES

CARTMEL FELL



Cartmel Fell Volunteers

Notice is given of the Annual Meeting of Cartmel Fell Volunteers to be held at 7pm on Thursday 11th June 2026 in Cartmel Fell Parish Hall.

Invitations are extended to parishioners and members of the public who would like to stay informed about or get involved with any of our activity during the coming year. We will also host a BBQ evening on Saturday 18th July; more details will follow next month.

You can get in touch via our website, www.CartmelFellVolunteers.com

NOTICE



We have registered to take part in the **Churches Count on Nature week** to record wildflowers, bugs, birds and mammals that we see in our beautiful churchyard.

The allocated days are from 6th June to 14th June and I propose spending the afternoon of **Sunday 7th June** recording the wildlife in St Anthony's Churchyard. If you would like to join us, please come.

For further information give me a call on 07766 592108.

Many thanks.

Vanda



'Cakes & Company on the Fell'

Come along for Tea, Cakes and a friendly Chat
on Friday 12th June 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



The Annual General Meeting of the Cartmel Fell Community Trust will be held on
Thursday 4th June at 7.30pm in Cartmel Fell Parish Hall.

Please come along to see the improvements we have made to the Hall and
grounds over the last year, and to hear our plans for the future.

We look forward to welcoming you!

CROSTHWAITE

NOTICE



St Mary's Church, Crosthwaite seeks PCC secretary

This voluntary position involves attending the four meetings of the Parochial Church Council (PCC) every year plus the Annual Parochial Church Meeting. At each meeting the secretary will be responsible for taking notes of the meeting's discussions to create the minutes that are required and circulating these by email to the PCC members.

We will have a new vicar, Emily Bagg, in post soon and the secretary is an important position much valued by the clergy.

Full training for this position will be provided by the current secretary who is stepping down in November.

If you interested in finding out more about the position, please contact the current Secretary Lorraine Brierley on **07826 800469**

The Trouble with Toilet Paper



Each of us uses an average of 127 rolls per year.

This means that the UK gets through a staggering 8,572,500,000 rolls per year. If everyone switched from a virgin tree pulp-based toilet roll to a BAMBOO based toilet roll, we could save 5,700,000 trees per year. BAMBOO grows 30 times faster than trees, absorbs 35% more carbon than trees and produces 30% more oxygen than trees. It grows itself back after harvest. It is a renewable GRASS, not a tree!

If you want to be environmentally friendly, look for the PANDA logo.

Penny Blair

CROOK



There will be the annual Ba-B-Q on Saturday 13th June in the village field. If you would like to join in for the walk beforehand, this will set off at 6pm. Food will be provided but bring your own drinks.

There will be a raffle and donations of traybakes are always welcome. It would be helpful to have an idea of numbers so if you think you might come please phone Kath Jackson on 01539821415

Crosthwaite Show 2026 Saturday 18th July



Please note that the date we showed in last month's edition was the wrong one (apologies!) and, speaking of dates, don't forget that you will need to bring your entry forms and the entries for art, photography and handicraft to the Village Hall on **14th July, the Tuesday** before the Show between 7 and 9pm.

The flowers and blossom are particularly plentiful so far this year and yours could give a lovely display when shown at the Hall. Meanwhile the cool but dry period that we have experienced this spring might prove testing for you vegetable and fruit growers, but I'm sure any difficulties will be overcome with a bit of rain between now and July, and your careful husbandry of course.

If you don't have a Show Schedule yet you can pick one up from outside the Village Hall or from a member of the Show Organising Committee or you can download one as a booklet from <https://tinyurl.com/58azuict>.

If you already have one but would like an extra entry form or two you can download them from <https://tinyurl.com/4k5xd346>.

Crosthwaite & Lyth

Recreational Field Trust

Strawberry Tea

Sunday 5th July 2026

2.00pm to 4.00pm on the Recreation Field

Bouncy Castle

Fun and Games for the whole family

Target Bowls – Tombola – Cakes &

Produce and much more

Admission: Adults £8.00

Accompanied Children (Up to 16 yrs)

Free

Tickets will include

a lovely bowl of Strawberries

with Cream and Scone

Further details from Rec. Field Committee Members

or call John Holmes 015395 68599/07766 774326

Irenaeus June 2026

There is an entry in the Common Worship Calendar for 28 June which reads 'Irenaeus, Bishop of Lyon, Teacher of the Faith, c.200'. The date of c.200 shows that this feast-day honours one of the very early bishops of the church.

We don't know the exact dates of Irenaeus's life and we have very few biographical details, but his surviving writings justify the description of him as 'the first great Catholic theologian' (*Oxford Dictionary of the Christian Church*). It's important to remember that he was active at a time when Christianity was still not a publicly practised religion: it did not – and could not – go public until the Roman Emperor Constantine made space for it by his Edict of Milan in 312, which allowed all religions to be openly practised alongside the long-established Roman cults. Constantine tended to favour Christianity, but it was not until the end of the fourth century, under the Emperor Theodosius, that Christianity became the state religion of the Roman Empire. Furthermore, Irenaeus was thinking, teaching and writing at a time when the doctrines of Christianity, the understanding of the nature of Jesus, the concept of the Trinity, and ideas of what was orthodox and what was not, were still being worked out. And in those very early centuries there was not even a fixed Christian Bible, or even an agreed group of texts that would go on to become the books of the New Testament.

Although all four gospels existed, other texts were also in circulation, some of which were not, in the end, included in the New Testament; and even the gospels were often not considered together as complementary texts, as we do today. Different groups fastened on one gospel as the definitive text and downplayed the others, and while some groups paid close attention to written texts (not always just ones we use today), others paid scant attention to what was written. There were also various sects and philosophical systems which had some points of similarity with Christianity, so much so that some of these groups claimed to be Christians – although many Christians (Irenaeus among them) thought they were not. This was the difficult context in which Irenaeus provided formative leadership, helping to lay important foundations for future theologians. In a world that predated the formation of the Bible, Irenaeus nevertheless argued for the primacy of the four gospels of Matthew, Mark, Luke and John as texts of complementary importance; and in his writings he also made extensive use of the Jewish Scriptures (which became our Old Testament), showing how they related to the new world of Christianity. So he was a major contributor to the development of the Bible as we know it. He also contributed to the challenging debates on nature of Jesus, insisting on the unity of God the Father and God the Son, whilst at the same time giving positive value to Jesus's human nature on earth.

It is thought that Irenaeus was born in Smyrna (modern Izmir) in Asia Minor and so was a native Greek speaker, the language in which his works were originally written. But he studied in Rome and then became a presbyter in Lyon, one of the great Roman cities. He was in Rome on ecclesiastical business c.177, when there was a local persecution of Christians, in which Bishop Pothinus was martyred. Irenaeus succeeded him as bishop on his return in 178. We do not know how he died, or precisely when, but his dates are usually given as c.130-c. 200.

Joyce Hill

UNDERBARROW WITH HELSINGTON



Saint John's Church, Helsington

A poem for the 300th anniversary

Set high above the half-drowned valley
yet lower than the scar's scrubbed rubble,
a Spirit's place but physical; you clutch your coat
against the wind, pick your way
through cow's muck, as you approach.

Half-hidden, yet framed, by guardian trees
a building spare and to the point
like the biro'd prayers pinned inside -
*Dear God, please take care of Janet's baby -
Help Stephen pass his exams this time.*

To those who stop to look, who listen,
it speaks, quietly, of longer spans,
of ends and continuities - echoes of shared praise,
memorials of wars, family names repeated
on weathered stone outside.

People come here for the context, the view
that's wide, and deep, embracing fells that reach
through cloud, the cross-hatched valley drains,
a scattering of distant sheep, the bay's
silvered ebb and flow seeking the ocean.

Saint John too, apt patron, begins with the context,
wide, and deep. *In the beginning was the Word,
and the Word was with God, and the Word was
God ... the Word became flesh and dwelt among
us, full of grace and truth.*

© Robert Dew

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

A vibrant summer fair poster. At the top, a string of colorful pennant flags (blue, pink, red, yellow) hangs across the frame. The background is a light teal color. In the center, a large white circle contains the main text. To the left and right of this circle are two hot air balloons: one with blue and white stripes, and the other with red and white stripes. Below the central text, a blue banner with the words 'FREE ENTRY' in red, stylized letters is positioned. At the bottom of the poster, a green hill features four ice cream bars (orange, chocolate, pink, and yellow) and two red and white striped tents with yellow star emblems. A yellow speech bubble on the right side of the hill contains contact information.

**Witherslack
Community Shop**

Join us for our

SUMMER FAIR

Saturday June 20th

Holdfast Cottage, Townend
Look out for the balloons!

1:30 pm to 4:00pm

FREE ENTRY

*If you're interested in
helping with the
organisation, call Debbie
on 07391593523*

Sample a selection of items from our village
shop plus second hand books, Bric-a-brac,
plants and local crafts stalls.

**Tea, coffee, and of course delicious
cakes, also on sale.**



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, strawberries and cream & Ice lollies

Prizes for every child. Sports day entry free.

For more information contact Alec: 07919233112

or Emma: 07733415204

See you there!



DUCK DAY



11 JULY 2026

Friends of Crosthwaite C.E. Primary School



In the Field at Bowland Bridge



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: Lorraine Brierley (07826 800469)



I bought a jacket online and when it arrived it looked nothing like the images shown. The company said if I want a refund I must pay to ship it to an address in China,

but the website claimed the brand was UK-based. Is this a scam and how do I avoid it in future?

This is a really frustrating situation and unfortunately, it's very common. It's a type of retail scam where companies pretend that they're based in the UK using fake brand names and UK websites or postal addresses. What they actually do, as in your case, is ship low-quality items from overseas. Shoppers are then asked to fork out for expensive international shipping fees if they want their money back. Understandably, many people don't bother. When sellers are based overseas, UK consumer laws are far harder to enforce, so it can be difficult to recover your money.

There are a few steps you can take to help you avoid these scams. Research companies before buying - check online reviews.

Watch out for too-good-to-be-true prices, be especially alert to targeted shopping adverts in your social media feeds, and check if images look as though they were created by AI. Also check the company's website delivery information – overseas stores take much longer. If you paid by debit card, ask your bank to use the 'chargeback scheme'. If you paid by credit card and the item cost less than £100, you can ask to use the same scheme. If it cost between £100 and £30,000, tell your credit card company you want to make a 'section 75' claim. The Competition and Markets Authority (CMA) has the legal power to enforce UK consumer laws against traders based abroad, but they rely on people reporting it. The Citizens Advice Consumer Service can offer support with individual situations. You can also report an advert you think is a scam to the Advertising Standards Agency.

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. New opening hours: Tuesday - Drop in at Wainwright's Yard, Kendal 10am - 1pm, last client at 12.45

Wednesday - Pre-booked appointments

Thursday - Pre-booked appointments

Adviceline: 0808 278 7984

Consumer Helpline: 0808 223 1133

Universal Credit Helpline: 0800 328 5644

BRIGSTEER WI

Our May meeting was an open meeting with a fascinating and inspiring illustrated talk from Nigel Rowe recounting his long-distance cycling adventure east of Moscow. The 6000km trip took him and his friends from Moscow across Siberia and Mongolia. The pictures of the trip showed many varied and spectacular landscapes together with encounters with many friendly local people who included them in their traditional activities and celebrations.

On 10 June at 8pm we are holding an open meeting with a talk from Lesley Connolly from Unique Jewellery Design. Lesley travels widely around the world and will talk about her recent journeys and how these influence the materials and designs of her jewellery.

She works with real gemstones and freshwater pearls, sterling silver and pewter. Lesley will be bringing a wide selection of her work for sale. Looking forward to an interesting and entertaining evening, all welcome. £5 for visitors includes tea/coffee and cake.

New members and visitors always welcome – contact Johan 07810 013787, Gerry 07870 664492 or Nicola 07986 132350

CARTMEL FELL WI

It has been a busy time in the institute this month. 5 members went to Rheged to see the Longest Yarn Exhibition, and it did not disappoint. 5 attended the Group meeting at Underbarrow where Marion was lucky in the raffle. The afternoon and evening quiz teams were both placed 5th, both teams agreeing the questions were quite difficult! A trip has been arranged for the 20th to Muncaster. The monthly meeting on the 6th was a jolly affair. Following the business a wonderful Jacobs join supper was arranged and two cream cakes with candles alight came to the table, one for Lesley and the other for Laura who both will be celebrating significant birthdays in May. The four spring flower arrangements displayed down the table were all declared winners. The next meeting on 3rd June is Yvonne Cervetti and her subject Earthing, the competition, something from the garden.

Visitors will be most welcome.

CROOK WI

The Lyth Valley Group of six local WIs had an interesting and entertaining evening at Underbarrow when Mitch Bridgewater told us about his experience as a competitor on the BBC programme “The Great British Sewing Bee”.

Crook WI welcomed Margaret Wilmot to their May meeting. She told us the fascinating history of the production and trading of silk over thousands of years. She then demonstrated making some wonderful silk paintings using several different methods.

CROSTHWAITE & LYTH WI

We were treated to a fascinating and lively illustrated talk by Joe Murphy from The Cumbria Wildlife Trust who have 5 thousand hectares of land in Cumbria of which 90% is internationally important. Jo covered many aspects with tremendous enthusiasm, explaining about the complexities of rewilding Foulshaw Moss and their latest challenge of recreating Skiddaw Forest, most of which is over 400 metres above sea level, and the establishment of Community Nurseries around the County to nurture the seedlings and infant trees.

We were introduced to fascinating wildlife habitats in our immediate area which we can now enjoy exploring. Brigsteer Woods saw a gathering of Crosthwaite ladies for a delightful wander led by Marilyn Shuttleworth. Among many wild flowers they found some Herb Paris lurking in the undergrowth on their way to the Bird Hide. They were able to identify a Reed Bunting from the hide, Dab chicks and herons were also among the many birds they saw.

On their way back up the hill they met another rarity—Eastern Hemlock. Then they retired to Levens Hall for cake. A big thank you to Marilyn who guides us so well.

WITHERSLACK WI

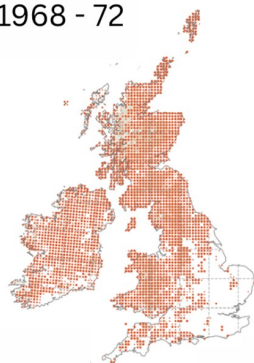
The May meeting of Witherslack WI was well attended for our talk by Owen Jones speaking about making swills using hazel and oak. He demonstrated how he prepared the oak to make the materials needed to weave the swills and told us about the preparation from chopping down the tree to making the finished swill. He brought many examples of different baskets and reed hats he makes.

He uses all the wood making hurdles and gates and pea sticks and bean poles. This was a very informative and very interesting talk.

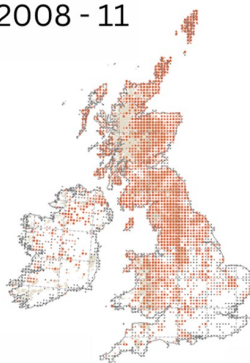
Curlew Recovery South Lakes

“They’re back!” Reports of hearing the first curlews have been flooding in from farmers and locals around our valleys since mid-February. Curlews are one of those birds that people take note when they hear them back. Their beautiful bubbling call is much-loved as a marker of the return of spring. Locally a group of volunteers work with farmers to protect curlews. Last year the group had their best results yet with 27 chicks fledged in 2025 compared with 18-20 in 2024. Our curlews, those that breed in our valleys, spend the rest of the year feeding in flocks on muddy estuaries and marsh – usually west or south-southwest of here. They are very site loyal and will return to the same few fields to nest year after year. We are so lucky to have them still. Curlews are in significant decline, their numbers falling by half in 25 years. Curlews were once a common breeding bird across Britain. The Lyth Valley is one of the last lowland breeding strongholds. These maps show how they have been lost from much of Ireland, and their presence as a breeding bird falling across lowland Britain. 2008-2011 is the last year for which we have BTO bird atlas records. However, the contraction of their range continues apace.

1968 - 72



2008 - 11



Map – breeding curlew distribution – black dots – not present when previously recorded.

If you would like to join the volunteer group please get in touch with George and Emma Taylor, Susannah Bleakley, Barny Sykes or John Waldron:
curlewrecoverysl@gmail.com.

As we find more nests, we need to grow our equipment. Please give to buy nest fence and nest camera equipment:

<https://justgiving.com/curlewrecoverysl>

Links to the Charity’s Facebook and annual reports are here:

<https://linktr.ee/curlewslakes>

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

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

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

Once a month on Thursday afternoons.

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.php

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)

UNDERBARROW INSTITUTE

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

WINSTER

For bookings contact Jane Crowe: Tel. 015394 44098

WITHERSLACK

Contact: Jane on 07787075544 email, janeweaves@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

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,
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