

TWO VALLEYS PARISH NEWS



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

July 2026

£1

T'ai Chi For Health

Underbarrow Institute

Tuesday 14th July 5-6pm

£8 cash or BACS, no need to book

**For more info see kendalqigong.co.uk
or contact Jenny on 07957211325**

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**Cover picture: Six-Spot Burnet Moth by Graham Aldridge
Church miniature pictures from watercolours by John Wilcock**

Church Services for JULY

Sunday 5th July 5th after Trinity

9.30am Witherslack	Morning Worship (CW)	Dorothy Grace
9.30am Underbarrow	Holy Communion (CW)	Rev. Bob Dew
11.00am Crosthwaite	Holy Communion (CW)	Rev. Michael Hunter
11.00am Crook	Morning Worship (CW)	Kevin Cook

Sunday 12th July 6th after Trinity

9.30am Cartmel Fell	Holy Communion (BCP)	Brian and Rev. Beverley Lock
9.30am Underbarrow	Holy Communion (BCP)	Rev. Simon Howard
11.00am Crosthwaite	Holy Communion (CW)	Brian and Rev. Beverley Lock
11.00am Crook	Morning Worship (CW)	Tony & Hilary Fitch

Sunday 19th July 7th after Trinity

9.30am Witherslack	Holy Communion (CW)	Rev. Beverley Lock
9.30am Underbarrow	Holy Communion (CW)	Rev. Simon Howard
11.00am Winsters	Holy Communion (BCP)	Rev. Simon Howard
11.00am Crook	Holy Communion (CW)	Rev. George Briggs

Sunday 26th July 8th after Trinity

9.30am Cartmel Fell	Morning Worship	Lay Team
9.30am Helsington	Morning Worship (CW)	Rev. Ron Rutter
10.00am Witherslack	Café Church	Dorothy Grace
11.00am Crosthwaite	Morning Worship	Lay Team
11.00am Crook	Morning Worship (CW)	Nick Gray

A LETTER FROM DOROTHY GRACE

Dear friends,

We have a date for our new Vicar joining us! There's a separate notice in the magazine, but please put **Tuesday 1st September** in your diary if this is a significant event for you. It certainly is for me! I'm looking forward to new leadership, having had two years without a Vicar directly leading our Two Valleys churches. It's a bit odd though for me; if I were starting a new job, I would be in a new environment, new colleagues, new place of work. But a new incumbent means a new boss in the same environment, with the same colleagues in the same place. My job description is the same, though the role of Reader (Lay Minister) is very varied depending on local circumstances, gifting and personality. However, Emily is very different from our previous incumbent, and so her way of doing things will be different and she and I will work together in a new way. But the Managing Director and the organisational vision haven't changed: God is still in control and the church's mission is still to bring the love of God, his forgiveness and acceptance through Jesus, to everyone in Cumbria – and across the world – and particularly to our Two Valleys communities.



As we start a new chapter in the life of our churches in September, it's perhaps time to take stock. This reminded me of what we were discussing at the last Café Church at the end of May. Being Pentecost Sunday, we were looking at the gifts of the Holy Spirit – what they are and what they're for. There are a lot of gifts mentioned in the letters that St. Paul wrote to various churches, most of which are quite ordinary-sounding (if you're interested, visit Romans chapter 12, 1 Corinthians chapter 12 and Ephesians chapter 4). In our discussions we learnt that people have different gifts suited to who they are, some to be used to benefit the church and grow people's faith (teachers, pastors) and others to benefit everyone:

"God has given us different gifts for doing certain things well... If your gift is serving others, serve them well. If you are a teacher, teach well. If your gift is to encourage others, be encouraging. If it is giving, give generously. If God has given you leadership ability, take the responsibility seriously. And if you have a gift for showing kindness to others, do it gladly. Share with the Lord's people who are in need. Practise hospitality" (Romans chapter 12).

We're encouraged to use the gifts God gives to us to benefit others and, in doing so, we ourselves are blessed. None of us has all the gifts, but just one or two that fit with our personality and abilities. Exercising our gifts helps us to flourish and grow in our faith, and builds up a community of people who care for each other and provide support as we all journey through life – not just in the church community but in our local communities too. So perhaps it's time to consider prayerfully: what gift can I offer to our church fellowship and wider community? A new start – perhaps a new direction? All under the loving care and guidance of our supreme Managing Director. With best wishes,

Dorothy Grace

CALLING ALL PARISHES

Services for August 2026

As in August last year, there will be one service each Sunday across our Two Valleys parishes, held in a different church each week. All the services will include Communion, though of varying types. Please come to the different churches over the summer, to boost the congregations and enjoy being in a different place of worship with people we may not see very often.

Sunday 2nd August:

9.30am Holy Communion (BCP) at Cartmel Fell with Rev. George Briggs

Sunday 9th August:

11.00am Holy Communion (CW) at Crosthwaite with Rev. Di Gilmore

Sunday 16th August:

9.30am Holy Communion (CW) at Underbarrow with Rev. Ian James

Sunday 23rd August:

10.00am Café Church service with Communion at Witherslack Parish Hall with Dorothy Grace and Rev. Beverley Lock

Sunday 30th August:

9.30am Communion (CW) at Helsington with Rev. Simon Howard

Tuesday 1st September at 7pm in St Mary's Crosthwaite

More info to follow next month; please remember them in your thoughts and prayers.

Thank you.

Can you help us trace any living relatives of these people who are buried in our graveyard?

We want to get in touch with them about relatives' graves that are leaning and, although safe at the moment, will need to be either repaired or laid down safely. In each case, from our burial records we only have their date of death, name and their address at the time of death. We have sent a letter to each address but with no response so far.

If you can help with contact details of any living relatives, please contact our churchwarden Steven Brierley on 07470 169890 or email him at stevenjbrierley@yahoo.co.uk

Thank you

31.12.1938	Frances Jane Walker	Fox Hole Bank
30.12.1914	Mary Ann Dixon	Meathop Hall Farm
31.10.1973	George William Kershaw	Broomhill, Windermere
20.04.1917	Charles R Abraham	School House, Crosthwaite
12.01.1902	Joseph Harrison	Training Colony, Starnthwaite
28.11.1931	George Prickett	Cowperthwaite Farm, Firbank
17.04.1925	Anne Metcalfe	Whitbarrow Cottage

CONSULTATION

Crosthwaite and Lyth Strategic Plan (Draft)

Government funding for the finalisation of the Crosthwaite and Lyth Neighbourhood Development Plan was curtailed in 2025 and that Plan has therefore been paused for the time being.

In the meantime, the Parish Council has agreed to produce a Strategic Plan to advise and inform Parishioners of its priorities over the next 5-year period.

A first draft has been approved by the Parish Council and is currently on the website at:

www.crosthwaiteandlyth-pc.gov.uk/?Home.

VACANCY FOR A PARISH COUNCILLOR

Are you passionate about your local area and interested in making a contribution to its social, cultural and environmental quality? If you live or work locally, you may be able to do so by becoming a Parish Councillor.

Crosthwaite and Lyth Parish Council is seeking to co-opt a new Councillor to fill a current vacancy. The work of the Parish Council can be seen on its website at: www.crosthwaiteandlyth-pc.gov.uk and particularly in its draft Strategic Plan (on the Home page).

If you are interested in supporting the local community and would like more information, please contact any Parish Councillor or email the Parish Clerk at: clerk@crosthwaiteandlyth-pc.gov.uk.

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)

NOTICES FOR INDIVIDUAL PARISHES

CARTMEL FELL



Cartmel Fell Volunteers

Summer Party

6.30pm for 7pm,

Saturday 18th July 2026

at Cartmel Fell Parish Hall, LA11 6NH

Buffet Supper & Homemade Desserts

Adults £13 Children £6.50

(and first drink free too)

Get your tickets by 6th July at:

www.cartmelfellvolunteers.com

*Free food ticket for attendees of
our CPR & Defib awareness courses.*

CPR and Defibrillator awareness

Free course at Hodge Hill Farm, LA11 6NQ

4.30pm 18th July 2026

By a Community Resuscitation Trainer for the
North West Ambulance Service NHS Trust.

sign up by 6th July

Contact team@cartmelfellvolunteers.com

Accompanied teenagers welcomed.



**The Friends of
St Anthony's Church,
Cartmel Fell
invite you to**



Hymns and Pimms

On Sunday 16th August at 5.30 pm.

Please join us for a summer evening get-together to raise the roof with well-loved hymns, and raise funds for our beautiful church.

Tickets are:

£5 for adults which includes a glass of Pimms and nibbles.

There will be soft drinks for children.

Please book your tickets ahead of time to help with catering although some tickets may be available on the evening.

Please call 07966 791095 to book.

Payment can be made to Cartmel Fell PCC account 75934299 sort code 01-04-66

Please use reference "HandP" event

We also invite you to sponsor your favourite hymn and have it dedicated to an event or loved one. Please contact Wendy Ellis at elliswena@hotmail.com if you would like to do this. (By 4th August).

CROSTHWAITE

— ST. MARY'S CHURCH —
— CROSTHWAITE —

VOLUNTEERS NEEDED!

Outdoor Boon Day



**SATURDAY
1ST AUGUST**



**10:00 A.M.
- 4:00 P.M.**



Help is needed with various jobs in the grounds, car park and graveyards.



Whether you can spare an hour or stay for longer, your help will make a big difference!



Tea, coffee and biscuits will be on offer for all volunteers throughout the day.



To let us know you can help, please contact Steven Brierley on

07470 169890



CROSTHWAITE SHOW

Saturday 18th July 2 pm onwards—Argles Memorial Hall

We are hoping the weather will stay kind to gardeners planning to exhibit fruit and vegetables. The chilly nights in May were a bit of a challenge, but now all chance of a late frost has passed, we only have to contend with the ravages of slugs, pigeons and rabbits!

Roses have been enjoying the recent rain, and with luck, will still be looking good in a few weeks' time. Sweet peas are just starting to flower and should continue to do well if the mixture of sunshine and showers continues. Dahlias are new for this year, hopefully some sunshine will bring them into flower by mid-July.



In the domestic classes there are a few new ideas for the aspiring Mary Berrys and Paul Hollywoods out there. It can be fun to find new recipes and experiment. The Committee Choice cake uses ingredients many will already have in their store cupboard, so it's easy to have a go without heading for the supermarket.

Every year people tell us they had intended to enter but didn't quite make it. It's easy to enter, either at the hall on Tuesday 14th July between 7pm and 9pm or by posting or delivering your form (which you will find on the back of the show schedule) to Pat Howarth at Cedar Lodge in Crosthwaite.

Please come along and help make this an enjoyable day for everyone. Entry is free, and it's a good chance to catch up with friends and neighbours over a cup of tea and cake. Visitors on holiday seem to really enjoy the afternoon and finding out what village life is really like. Please mention it to anyone you know may be staying nearby.

See you at the Show!

St Mary's Church, Crosthwaite seeks a PCC Secretary

This voluntary position involves attending 4 PCC meetings a year plus the Annual Parochial Church Meeting. The secretary is responsible for taking minutes that are circulated by email to PCC members after each meeting.

A comprehensive handover will be provided by the current secretary who is stepping down in November. If you are interested in finding out more please contact the current Secretary, Lorraine Brierley, on **07826 800469** or email brierleyl@yahoo.co.uk

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

UNDERBARROW



ALL WELCOME AT THE NEW
MONTHLY

Coffee Mornings

at Underbarrow Village
Institute

SATURDAY 4 JULY

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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WITHERSLACK



Café Church **Sunday 26th July** **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.

THE CROSTHWAITE EXCHANGE COUNTRY MARKET

The Crosthwaite Exchange Country Market is looking for growers of **fruit**, **vegetables**, **flowers**, and producers of **preserves, honey and jam** to sell their excess produce on our Country Market Stall.



Every **1st** and **3rd**
Wednesday of
the month
from 2 to 4 p.m.



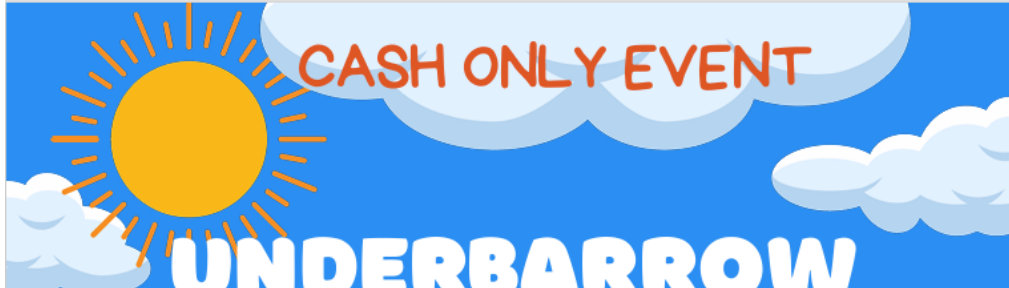
the Exchange welcomes
a constant group of
visitors who would love
to buy **fresh produce**.



10% of every sale
goes towards running
the Exchange and
you keep **90%** of your
chosen sale price.



*Just turn up at the Exchange
with your produce and we'll do the rest!* ♥



CASH ONLY EVENT

UNDERBARROW

MARROW DAY

Sunday 20th September

LIVE MUSIC FROM ASHLEIGH WOOD

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

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

Children's competition

**Dig out those old wellies. Let your imagination go wild!
We want to see the best decorated Welly boots!
Age groups: Under 5, Under 10 and 10 and over**

ALL COMPETITION ENTRIES TO BE SUBMITTED BY 1.00

Will you win the top prize in the Duck race?



**OPEN 11.30 - End
FREE ENTRANCE!**



DUCK DAY



Field
opens at
12 o'clock

11 JULY
2026

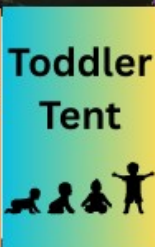


Cash
Preferred



First Race
1pm

Friends of Crosthwaite C.E. Primary School



In the Field at Bowland Bridge



Yew Trees and All Saints Underbarrow

The parish of Underbarrow with Helsington has two churches: The much visited St. John's with spectacular views both of the Lakeland mountains and the Kent estuary, and the parish church, All Saints. The latter does not have fine views, not least because of the topography in which it sits, but also because it is entombed in a grove of yew trees. What both churches share is neither is the first church on either site. This year we are celebrating 300 years of Christian worship at St. John's, but the present church dates from 1898 and is believed to be the third church on the site, succeeding the second built in 1859. All Saints is also the third known church on the site dating to 1869, the second of which was built in 1708 and incorporated the village school. The first was built in 1547.

The Rev. Thomas Machell made tours of churches in the Barony of Kendal in the 1690s, and from that we have a description of the first church of All Saints: 'the chapel is twenty seven yards long and seven broad. There are six yew trees; three on each side, and one before the gate twenty four yards in diameter, paved underneath, and three or four seats, one above another like the stairs of a cross. These trees do so shelter and overshadow the chapel and yield such a verdant and gloomy shade that it makes it look solemn like a place of devotion...'

There is alas no clear indication of this mighty tree remaining which even in the late 17th Century could easily have been a thousand years old, perhaps indicating the site was a place of worship long before 1547. Machell's recorded measurement of the tree, however, must have been in error, unless he was referring to the canopy rather than the trunk, perhaps his yards were feet. My friend and former brilliant colleague, Dr John Tallis, who has made a study of churchyard yews in England, Wales and northern France, considers that the tree in the churchyard at Estrý in Normandy, with a girth in excess of 33 feet, is probably the largest single trunked yew alive today.

The All Saints' churchyard now houses 12 yew trees, two of which are either side of the present gate. Whether any of these trees were present at the time of Machell's visit is debatable. The trees do vary in girth, and probably also in age. However, none are ancient as indicated by the absence of any hollowing of their trunks which often begins in trees 20-23 feet in girth. How does one age yew trees without cutting them down or boring holes to extract cores? The answer is with difficulty not least because trees will grow faster in good soil than for example clinging to a cliff edge. However, a relationship between trunk girth and known planting dates, and dates derived from ring counts, has been made for English trees, including churchyard examples, which may allow an approximation of age. Yew trees can live for a few thousand years, and churchyards in England and Wales contain some of our very oldest trees. The girths of the All Saints' trees range from c.6 to c.15 feet, suggesting that one or two at least may date back to the 16th Century. What is certain is that several at least are considerably older than the present building.

John Lee

DRONE HOTLINE HELPS PROTECT CURLEW NESTS AND CHICKS

Update 5 June



33 nests found



61 chicks
hatched from
17 nests



10 nests lost
(predation and abandoned)



16 families
being followed



6 nests still sitting

At the time of writing (mid-June), Curlew Recovery South Lakes volunteers have found 33 curlew nests. Most are located through patient fieldwork with binoculars but we also use a thermal drone to scan fields before grass cutting. If farmers suspect there may be a curlew nest or chicks in a field due to be cut, please get in touch. Early notice gives us the best chance of helping.

Contact Barney Sykes ☎ 07710 936005 or George Taylor ☎ 07901 720610

Once a nest is located, we usually protect it with an electric fence. This keeps predators such as foxes and badgers away, while allowing farm operations to continue safely around the nest.

We have found more nests this year than in previous seasons, helped by farmer tip-offs and what we have learned over the last few years. Hatching success has been encouraging so far, although the damp and cold weather at the start of June is challenging for very young chicks.

Of the 33 nests found, 24 belong to known returning pairs, and 9 were families that were new to us, but likely have been breeding locally for some time. Four nests were found thanks to tip-offs from farmers, whose support continues to be invaluable. We may still be missing some pairs that have nested in the area in previous years.

There is still at least a month of the breeding season to go, and many factors remain beyond our control – especially the weather. We certainly would not dare predict how the season will turn out.

Curlew Recovery South Lakes is now in its third year as a registered charity and we are always pleased to welcome new volunteers. If you would like to get involved, please contact us via Facebook or email us at

curlewrecoverysl@gmail.com.

As we find more nests, we also need more fencing equipment to protect them. If you would like to support our work, donations can be made at:

justgiving.com/charity/curlewrecoverysl

BRIGSTEER WI

Our June meeting was an open meeting with a visit from Lesley Connolly, Unique Jewellery Design. Lesley has forged a new career after retirement from teaching and is now busy making and designing jewellery, selling mostly in Keswick. Lesley brought samples of gemstones which she collects on her travels from China, India, Russia and Uzbekistan, among others, together with the jewellery she makes using them. All pieces are unique and use Lesley's creative talent. Lesley also brought some beautiful jewellery and items made from silver and pewter. We all got a chance to try on and treat ourselves to any favourite pieces. A very interesting, informative and enjoyable evening plus some retail therapy!

Our next meeting in July is our summer outing, a trip to Windermere Jetty Museum with a heritage boat trip and, of course, tea and cake.

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

CROOK WI

The speaker at our recent meeting was Stan Aspinall who fascinated us with stories in a talk entitled "Skeletons in the cupboard at Sizergh Castle". The history of the Castle goes back many hundreds of years involving many generations of branches of the Strickland family. The Craft Group are meeting regularly each month. This past month several members made some pretty decorated lanterns using pressed and dried flowers. Marian has been leading monthly walks and an outing is planned for a visit to Brantwood. Our President Liz has started off growing some sunflower plants. She has challenged each member to take one and will see who can grow the tallest by the end of August!

CROSTHWAITE & LYTH WI

There was a full house for Hartley Trotter and Desmond Holmes talk on "The Lyth Valley—Then and Now". This was an Open Meeting and a truly fascinating talk it was, beginning pre the Ice Age right up to the present day. Hartley and Desmond proved to be excellent raconteurs, who provided their audience with many a tale of personalities and happenings in the Valley. They told of the major historical changes which affected how we live and who lived here. It was a privilege to have been able to enjoy listening to the two of them and see their wonderful pictures and tools.

UNDERBARROW WI

Sinead McCann, manager of Growing Well at Low Sizergh, gave an excellent talk about this 22-year-old charity which 'cultivates good mental health' through supported volunteering at its three vegetable growing projects. We learned how we can get involved by volunteering, donating or buying some delicious vegetables. Margaret, our president, took a trip down memory lane remembering the start of fruit and vegetable growing on the site, with mushrooms and then strawberries, 66 years ago!

WITHERSLACK WI

Linda welcomed 19 members to our June meeting where we discussed our Summer trip in August.

We then had a very interesting music and picture show by Maurice Steele about Past, Present and Future. There were lovely photos, which Maurice had taken himself showing flowers, wildlife, collections and many more things that belonged to the past or perhaps could be happening in the future—all with written dialogue. Everyone was amazed at the variety of photos and the time it must have taken to put together the lovely and descriptive show.

EXCITING NEWS FROM MILL SIDE!

In June we were very lucky to see a red squirrel near the lane to Beck Head. It has been reported to Westmorland Red Squirrels and understand it is the very first sighting to be recorded. Keep your eyes open and you may be lucky.

You can visit their website
<https://westmorlandredsquirrels.org.uk>
to record any sightings or
email records@westmorlandredsquirrels.org.uk



Advertising Manager and Magazine postal service:

Lorraine Brierley, 4 Whitbarrow Grove, Levens. LA8 8LT.
07826 800469 brierleyl@yahoo.co.uk

Two Valleys Churches

"Enriching lives Embracing God"

Cartmel Fell, Crosthwaite, Winster and Witherslack

Vicar: Vacant

Reader: Dorothy Grace dorothygrace01@btinternet.com 015395 68569

St. Anthony's, Cartmel Fell

Churchwarden: Mrs. Vanda Lambton 015395 31311

St. Mary's, Crosthwaite

Churchwardens: Mr. Steven Brierley 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
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