

TWO VALLEYS PARISH NEWS

www.crosthwaiteandlyth.co.uk



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

September 2021

70p

ALL DAY BREAKFAST

At the

Witherslack Parish Hall

Sunday 17th October



Served 10 til 2

**Only £8 for adults,
£4 children, £20 family**

Cover picture by Stephen Rowlinson '...to the last drop'
Church miniature pictures from watercolours by John Wilcock

Church Services for September 2021

Here are our proposals for the next few weeks. Depending on the situation locally regarding the virus, this may change. Please refer to our website for up to date information www.crosthwaiteandlyth.co.uk/churches.php Online Services may be available on our "Two Valleys Mission Community" YouTube channel

Sunday 5th September The 14th Sunday after Trinity

9.30am	Cartmel Fell	Matins (BCP)	Mr. David Hunt
9.30am	Helsington	Holy Communion (CW)	Rev. Bob Dew
9.30am	Witherslack	Morning Worship (CW)	Rev. Michael Woodcock
11.00am	Winstar	Holy Communion (BCP)	Rev. Michael Woodcock
11.00am	Crook	Morning Worship (CW)	tbc
6.30pm	Crosthwaite	Evensong (BCP)	Rev. Michael Woodcock

Sunday 12th September The 15th Sunday after Trinity

9.30am	Cartmel Fell	Holy Communion (BCP)	Rev. Michael Woodcock
9.30am	Helsington	Holy Communion (CW)	Rev. Simon Howard
10.00am	Witherslack	Family Service	Rev. Michelle Woodcock
11.00am	Winstar	Morning Worship (CW)	Tony & Hilary Fitch
11.00am	Crook	Morning Worship	tbc
11.00am	Crosthwaite	Holy Communion (CW)	Rev. Michael Woodcock

Sunday 19th September The 16th Sunday after Trinity

9.30am	Cartmel Fell	Holy Communion (BCP)	Rev. Derek Jackson
9.30am	Helsington	Holy Communion (CW)	Rev. Ian James
9.30am	Witherslack	Holy Communion (CW)	Rev. Clive Duxbury
11.00am	Winstar	Holy Communion (BCP)	Rev. Simon Howard
11.00am	Crook	Morning Worship	tbc
11.00am	Crosthwaite	Morning Worship (CW)	Mrs. Dorothy Grace

Sunday 26th September The 17th Sunday after Trinity

9.30am	Cartmel Fell	Holy Communion (BCP)	Rev. Michael Woodcock
9.30am	Helsington	Morning Worship (CW)	Mrs. Dorothy Grace
11.00am	Winstar	Matins (BCP)	Mr. Roger Bingham
11.00am	Crook	Morning Worship	tbc
11.00am	Crosthwaite	Harvest Festival	Rev. Michael Woodcock
5.00pm	Witherslack	Evensong (BCP)	Rev. Michael Woodcock

Please note that due to building work in Underbarrow church, all the services for this parish will be in St. John's Helsington during September.

A LETTER FROM MICHAEL WOODCOCK

Dear friends,

We have been learning many things over the past 18 months; not least our need for each other. Human contact has been so severely restricted and very much missed by many people. At the same time, we have been reminded that we struggle to manage life on our own. No one can do it all – feed, clothe, heal, comfort, house, employ, and educate – either for ourselves or our families. Our particular brand of western society has encouraged independence and individualism for a long time, but at what cost? The pandemic suddenly threw us into a state of existing which exposed the weaknesses of such individualism.



It has been argued that from the very beginnings, humankind has worked together in mutually beneficial ways in order to survive. Particularly through times of crisis, humanity has needed to pull together; over thousands of years we have collaborated, traded, and built cultures. We have created federations and large and loose organizations of reciprocity, all of which have helped to sustain life, despite the inevitable disagreements and wars that have punctuated human history.

We face such times again now. Helping and caring for one another through this pandemic has been brought into focus: at a very local level as we look after our immediate neighbours; on a national scale as we have sought to overcome covid-19 across the UK; and now the challenge remains for the global community to work together in seeking to vaccinate all countries.

As the pandemic has been subsiding, we have also been reminded again of the greater threat of climate change as we have seen almost weekly reports of extreme weather, floods and fires, in all parts of the world, and an increasing sense of real urgency now that things have to change – we can't play around with this issue any longer.

We need each other and we need to co-operate and work collaboratively. In the Christian tradition we have the accounts of the feeding of thousands from just a few loaves and fishes (see Matthew 14, Mark 6, Luke 9 and John 6). This records a miracle and the “breaking in” of God's power from heaven to earth in order to demonstrate his reality. But the feeding of so many also relied on the willingness of the few to share what little they had. A further interpretation of this event suggests the “miracle” was the generosity lying dormant within the crowds. The resources were there waiting to be called forth.

We have many challenges ahead of us, as we emerge from the effects of these past 18 months, but also as we face the challenges of a changing climate. Dorothy Day (1897–1980), the founder of the Catholic Worker, called her book about the movement Loaves and Fishes. She wrote:

“Young people say, ‘What good can one person do? What is the sense of our small effort?’ They cannot see that we must lay one brick at a time, take one step at a time; we can be responsible only for the one action of the present moment. But we can beg for an increase of love in our hearts that will vitalize and transform all our individual actions and know that God will take them and multiply them, as Jesus multiplied the loaves and fishes.”

We need each other. We need to work together in order to flourish. The potential is there within us, as we have seen in countless examples of service and generosity over recent months. We now need to take that momentum forward and not let it slip. And with God, all things are possible.

yours in friendship,

Rev. Michael Woodcock,
The Vicarage, Crosthwaite.

FROM THE REGISTERS



Weddings **Congratulations to:**
31st July Joe Dobson & Rachel Bainbridge, married at St. Mary’s
Crosthwaite

Calling all Villages

Harvest Festivals

We plan to hold Harvest Festival Services in our churches on the following dates. We are now able to meet in larger numbers inside our buildings, although we are still able to keep at reasonable social distances and many are choosing to wear face coverings whilst inside. Despite these limitations, everyone is welcome and now that we can sing again, our Harvest Festivals will provide a much-needed tonic as we bring our village communities together. We look forward to welcoming you.... do come along.....

11.00am	Sunday 26 th September	Harvest Festival at St. Mary’s Crosthwaite
9.30am	Sunday 3 rd October	Harvest Festival at St. Paul’s Witherslack
11.00am	Sunday 3 rd October	Harvest Festival at Holy Trinity Winster
11.00am	Sunday 3 rd October	Harvest Festival at St. Catherine’s Crook
9.30am	Sunday 10 th October	Harvest Festival at St. Anthony’s Cartmel Fell
9.30am	Sunday 24 th October	Harvest Festival at All Saints Underbarrow

Martyrs

At the end of June I had the great pleasure of visiting the British Museum's exhibition about Thomas of Canterbury. He was killed on 29 December 1170 and was canonised by Pope Alexander III in 1173. The extraordinary speed with which he was sanctified as a martyr and the equally extraordinary speed with which his cult spread were of course results of the high profile of the murder and the sensational sequence of events: King versus Archbishop, the knights killing Thomas within the very walls of his own cathedral, and then Henry II's spectacular public penance. But the cult's energetic promotion was because the archbishop's death was instantly weaponised by the church in a European wide struggle between the religious and secular powers in these centuries.

Politics and martyrdom have often been intertwined, never more so than in the 'Age of Martyrs' in the first three centuries of Christianity. The great waves of Roman persecution coincided with times of political difficulty, either because the emperor himself needed to find scapegoats (as in the case of Nero in the first century) or, more usually, because the empire itself was under stress (as in the time of Diocletian at the end of the third). The Romans generally didn't bother much about what people actually believed. But what they were concerned about was adherence to social norms in support of social order; and it was when they tightened up on these, as a way of exerting authority at a time of threat, that Christians fell foul of law and custom and were then killed as convenient public examples of what happens to those who refused to comply. The actual beliefs of the victims were not closely enquired into; the issues, rather, were their refusal to conform, their tendency to cohere as a group apart, holding to a loyalty above the emperor, and their practice of meeting in secret, which created huge suspicion in an empire always paranoid about secret societies. Religious toleration was pronounced by Constantine in 313, and in the late fourth century Christianity became the official religion of the empire. This radical change marked the end of the 'Age of Martyrs', but not, of course, the end of martyrdoms. The difference was that there were fewer mass martyrdoms; and circumstances were usually more particular and individualised, although not necessarily separated from politics, just as Thomas's was not, nor the killings of Latimer, Ridley and Cranmer, commemorated by the Martyrs' Memorial in Oxford. They were burnt at the stake for their protestant beliefs when Mary Tudor led England back to Rome for the short duration of her reign. Martyrs have often been victims of conflicts within Christianity itself.

In the light of history, we define a 'martyr' as someone who suffers persecution and death for resolutely upholding and so 'witnessing to' their religious belief. When, in Acts 1 v.8, Jesus tells the disciples that they will receive the Holy Spirit and so be empowered to become 'witnesses' to Christ throughout the world, the word used is *μάρτυρες* [martyrs]. This is nothing to do with how they will die; it is all about how they will spread the gospel, how they will be 'witnesses' to what they have seen and learnt. Witnessing to the power of faith to the point of death is the most extreme form of public witness. These repeated examples across the centuries, inspiring believers and sometimes even converting non-believers, are why the word 'martyr' has come to have the specialised meaning that it does today.

Joyce Hill

CALLING ALL PARISHIONERS

Caring for our Community

Are there times when you feel lonely, or in need of a listening ear? Many of us have struggled through these last months to come to terms with the effects of the pandemic.

There is now a small team of community visitors, alongside Rev. Michael Woodcock, for the parishes of Cartmel Fell, Crosthwaite, Winster, and Witherslack; each has been safely recruited under our Safeguarding Policy and is trained and experienced in this role. Please feel free to contact any of the team below if you would like some company, a phone-call or a friendly chat over a (socially-distanced) cuppa, irrespective of which parish you live in. Although we are not professionals, we can be a listening ear. It doesn't matter whether you attend any of the churches or not. All conversations are confidential.

Anthony Clarke (Cartmel Fell)	015395 31481
Lily Holme (Winster)	015395 60247
Pat Howarth (Crosthwaite)	015395 68652
Alyson Groom (Crosthwaite)	015395 68930
Dorothy Grace (Crosthwaite)	015395 68569
Rev'd. Michael Woodcock	015395 68276

Walk, Talk, Pray, Eat Monday September 13th

10.30am walk from St John's Helsington

12 Noon picnic in the church yard (or the back of the church!)

After the week of walks back in May the cry was, 'Please can we have some more!'. So here is the second of three gentle autumn walks led by members of the ministry team. As well as walking and talking together we will pause 2 or 3 times to be still and, in the silence, pray for aspects of the life of our community. If prayer isn't your thing, just enjoy reflecting in the silence.

We have added an optional picnic at the end. The hope is that if you don't feel up to a walk, you can come and join in the picnic.

I look forward to seeing you on the 13th; another step in reconnecting with each other now that our old freedoms are returning.

Yours sincerely
Rev'd Simon Howard

P.S. The third walk will be on Wednesday October 14th

*Rev'd Simon Howard,
Associate Priest (SSM) in the Two Valleys Mission Community,
The Parish of Underbarrow with Helsington.*



South Lakes

My Universal Credit is going to be cut by £20 a week. I struggle to get by as it is and I'm really worried that I'll get into serious debt. I'm already behind on some of my bills. What can I do to avoid things getting worse?

You're not alone in this - there is support available.

Firstly, depending on your situation, you might be able to ask to have your Universal Credit paid differently - these are called 'alternative payment arrangements'. This might be an option if you're in rent arrears, among other reasons. To apply for an alternative payment arrangement, call the Universal Credit helpline on: 0800 328 5644.

If you're behind on some of your bills, the first step is to make a list of how much you owe and add up how much you need to pay each month.

You now need to prioritise your debts. We have [advice on our website](#) to help you do this. Some bills can cause you more problems than others if you don't pay them. Rent or mortgage arrears, energy bills and council tax are your priority debts as there can be serious consequences if you don't pay them.

Be sure to get in touch with the organisations you owe money to. Not everyone feels confident to do this, but they might be able to help by letting you pay smaller amounts or taking a break from payments. Many organisations have put in place protections for people who've struggled to pay their bills during the pandemic.

The government-backed [Breathing Space](#) scheme could also give you extra time. If you're eligible, you could get 60 days where your creditors can't contact you, take action to make you pay, or add interest and charges to your debt. You'll need to get advice from a debt adviser first - they'll check all your debts to see if they're covered by the scheme.

Finally, it's always a good idea to have a budget - take a look at the [budgeting tool](#) on our website and make sure you're getting all the [income](#) you're entitled to.

Everyone's circumstances are different, particularly when it comes to managing personal finances. If you need more specific support or don't feel able to manage your situation alone, call us on 015394 46464. **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.**

South Lakes Citizens Advice, your local charity, is here for you.

How to access:

- **Call 015394 46464 - this is being staffed from 9:30 – 2pm**
- **Adviceline: 0808 2787 984**
- **Email advice via our submission page on our website www.southlakescab.org.uk**
- **Help to Claim (Universal Support): 0800 144 8 444**

Dementia Friendly Churches – Update and Information

South Lakes Dementia Hub

The Coronavirus pandemic has meant that the normal monthly meetings, to support people with dementia and their families, have not been possible. I am now pleased to confirm that meetings will be restarting in the normal way at **Abbot Hall Social Centre, Kendal from 2.00 pm. - 4.00 pm** on the following dates:

14th September

12th October

9th November

14th December

The meetings provide an opportunity to access information, guidance and support and some organisations and professionals will be available to talk about how they can help. If you would like more information about the meetings call **Sally Nelhams on 07774238081** or at [**KendalDAA@gmail.com**](mailto:KendalDAA@gmail.com)

As the Dementia Enabler for the Two Valleys community I would be pleased to talk to anyone who would like to discuss, in confidence, any particular concerns that they might have. I can be contacted on: 015395 68680.

With my good wishes,

Di Dew

Magazine Editor next month: Colin Edwards (015395 68879)

Magazine postbox c/o Crosthwaite Vicarage. e-mail: [**tyn@crosthwaiteandlyth.co.uk**](mailto:tyn@crosthwaiteandlyth.co.uk)

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Matthew Dobson, Aspen, Crosthwaite. LA8 8BS
(015395 68849)

NOTICES FOR INDIVIDUAL PARISHES

CROOK



The B4RN Group is very active. Having learned from the experiences of the other parishes in the Two Valleys it is hoped that the very large area covered by the Crook Group will become viable. The sign-up stage has been reached and it is hoped to encourage as many as possible to participate in this community effort; even those who have acceptable reception at present. Almost every property has now been leafleted and routes and wayleaves are being considered. The prospect of amazingly fast broadband will be of interest to everyone in the future, as technology progresses.

Several matters were considered at the recent meeting of Crook and Winstar Parish Council. There is concern at the additional amount of traffic on the B5284, probably due to the signing at the roundabout at Plumgarths. There was no prior warning given that visitors would be advised to take this route to Bowness rather than continue on the main road. The matter of poor surfaces on several roads in the parishes continues to be a problem. Councillor Bland will enquire about the replacement of the bent sign post just past the Staveley road junction and it is also soon hoped to install a Speed Indicator Device on the B5284 at that end of Crook.

As restrictions are eased events and classes are gradually returning to the Memorial Hall. The Annual Meeting of the Hall Trustees was recently held and it was noted that the central heating boiler has been replaced and that several maintenance jobs have been completed.

CROSTHWAITE

Community Care at the Exchange

At the Exchange, which restarts on 1st September, there will be a Community Table for anything relating to the community. The Crosthwaite members of the Community Care Team are providing the opportunity for any prayer requests to be left in a box on this table. Cards with the names and phone numbers of the whole Team on one side and space on the back to write your prayer requests will be next to the box, which will be emptied each time by one of us and prayers said accordingly. This is all confidential, and anonymous unless you choose to give your name. If you would like a phone call, or someone to visit you for a chat (Covid permitting), then please give your name and a contact no. for us to arrange this.



Thankyou.

Dorothy Grace, Alyson Groom, Pat Howarth and Rev. Michael Woodcock

All residents of Crosthwaite & Lyth and
surrounding villages

are invited to an

'OPEN HOUSE'

To

"Welcome you back to the Village Hall"

On **Saturday 4th September, from 10.30 -
12.30**

In Crosthwaite Memorial Hall

Please come along to see which groups meet in
our village hall - all of which would love to
welcome new members. This is **YOUR** village hall
and whether you are 8 or 80 we would really like
to hear **YOUR** views on anything else you would
like to see happening in the hall.

Complimentary refreshments will be available -
we look forward to seeing you then !



HOW TO BUILD A VICARAGE

It must have “two sitting-rooms, not less than sixteen feet by fourteen, a study about fourteen by twelve and no fewer than five bedrooms, each bedroom having a fireplace.”

If you were an aspiring vicar in the late 1800s and wanted your status in the feudal scene to be recognised, then you might want one of these new vicarages. Many villages have them – large, imposing, and usually in the gothic style. Also very cold and draughty, but that was not the point.

You would apply to the Ecclesiastical Commissioners at No. 10, Whitehall Place, London, and they would supply you with a copy of the June 1868 edition of the “Rules and Instructions respecting Parsonage Houses, to which strict attention is particularly requested”. And if you wanted the funding – about £1,500 – then you had better do as you were told!

In my collection of largely useless bits of information I have a copy of these Rules and Instructions and they make quite interesting reading. They were issued, they stated, “having regard on the one hand, to the limited income of those benefices for which they assist , and on the other hand to the importance of securing to every clergyman a convenient and comfortable residence.....”.

The vicar was certainly not given a free hand in the project. “There should also be a pantry or china closet, larder, water closet, wine and beer cellar, coal-house, dustbin etc”. Nothing too modest then! Detailed specifications and an estimate were to be sent to the Commissioners for prior approval, and the money would be released in instalments as the work proceeded.

The Rules and Instructions then went on to prescribe in great detail such things as the types of wood to be used in the window-cills, the roof and all external woodwork, as well as the thickness of the walls and the spaces between the rafters and joists. The middle roof and parapet gutters were to be of “seven pound lead”, the slates fixed with copper nails, and the rain-water pipes to be of cast iron protected by four coats of paint.

There is a footnote to the effect that the vicar did however have a free hand in choosing the wallpaper, which I am sure made him and his wife feel much empowered. And, of course, they were free to choose their live-in domestic staff.

Tony Fitch.

CARTMELL FELL

Cartmel Fell WI enjoyed their annual outing which was a mystery trip. We ended up at Hutton in the Forest near Penrith on a very sunny Wednesday where we enjoyed a morning coffee followed by a private organised tour of the property. The house is an interesting mix of styles from the medieval Pele Tower to the Victorian additions. We then enjoyed our lunch. Afterwards we visited the walled gardens which were full of fabulous borders of both perennial and herbaceous plants. We returned home via 'The Pot Place' and Tebay Services where some of us did some shopping. It was a good day enjoyed by all.

Our next meeting is on Wednesday 1st of September at 7.30pm at Cartmel Fell Village Hall. Our local explorer Clive Darley will entertain us with an illustrated talk **'Shangri-La : a short walk in the Hindu Kush'**.

CROOK

The August meeting of Crook WI was held in the Memorial Hall which was the first time we have been able to join together in our usual venue for many months. We were careful not to crowd too closely together and refreshments were served as we remained seated. We enjoyed a very interesting talk by the ever popular Caroline Eames. Her job as a forensic scientist means she has some very interesting stories of cases with which she has been involved. With the advent of DNA testing, unsolved crimes from many years ago can now be re-investigated.

Our speaker in September will be our own member, Christine Raafat. Christine has written a very interesting book called "The Will to Succeed" about the life of Lady Anne Clifford.

BRIGSTEER

We held our August Garden meeting at Beryl's house, so it was nice to get back to normal, with the usual nibbles and drinks, and in keeping with previous years, the weather decided to do its worst.

We're now looking forward to holding our first meeting in the village hall next month, when we have Robert Moser giving his talk entitled "The Surgeon, The Barmaid and The Banker. Decisions , Decisions, Decisions" This will be on 8th September at 7.30, and will be open to all from 8pm.

UNDERBARROW

Underbarrow WI held their annual outing in August, and it was great to be able to have a day together as a group now the Covid restrictions have eased. Twelve members enjoyed a woodfired pizza lunch at Askham Hall Café and a tour of the gardens there, which are very interesting and are highly recommended for a visit.

In the afternoon they braved blustery weather to explore the extensive gardens at Lowther Castle and especially enjoyed the Rose Gardens in full bloom. There was general agreement that the tea and cake that followed was up to WI standard. A good time was had by all.

On Wednesday September 8th at 2:00pm Underbarrow WI will meet in the village hall again after eighteen months; this will be something to celebrate. We will have a speaker to talk about the relaunch of the Grange Lido. It will be an open meeting; anyone who is interested, men and women, are very welcome to attend for a donation of £3.00. Refreshments will be served. Underbarrow WI is currently a group of twenty women from a wide range of backgrounds; they would welcome new members or visitors. Contact Maggie on 68662.



MAGAZINE DEADLINES

Items for entry to the Editor(s) by 12th of previous month by e-mail or letter please.

Two Valleys News Email Address has changed

If you need to contact the editors of this magazine, the email address has changed.

It is now tvn@crosthwaiteandlyth.co.uk. Please replace the old yahoo address in your email address book with this new one.

Two Valleys Churches

"Enriching lives Embracing God"

Cartmel Fell, Crosthwaite, Winster, and Witherslack

Parish Priest: Rev'd. Michael Woodcock, The Vicarage, Crosthwaite, LA8 8HX
(not available Fridays) mich@elwoodcock.com 015395 68276

Associate Priest: Rev'd. Michelle Woodcock michellewoodcock74@hotmail.com

Reader: Dorothy Grace dorothygrace01@btinternet.com

St. Anthony's, Cartmel Fell

Churchwardens: Mr. Anthony Clarke 015395 31481

Mrs. Vanda Lambton 015395 31311

St. Mary's, Crosthwaite

Churchwardens: Mr. Matthew Dobson 015395 68849

Mr. John Holmes 015395 68599

Holy Trinity, Winster

Churchwarden: Mrs. Lily Holme 015395 60247

Mrs. Cath Casson 015394 44958

St. Paul's, Witherslack

Churchwardens: Mr. Tony Walshaw 015395 52491

Underbarrow with Helsington

Associate Priest: Rev'd. Simon Howard

revdsimonhoward92@outlook.com : 07719 889577

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

Janet Sullivan assjadmin@stkmail.org.uk : 01539 730683

Churchwardens: Mr. John Lee 015395 68470

Mr. Peter Smith 015395 68927

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

Parish Priest: Rev'd. George Briggs, St. Thomas Vicarage, South View Lane,
Windermere Rd, Kendal. george@stkmail.org.uk : 015395 83058

Curate: Rev'd. Vic Sekasi vsekasi@gmail.com : 0778 6061972

Readers: Tony and Hilary Fitch fitchesuk@aol.com : 015395 68577

Church Administrator:
Janet Sullivan crookadmin@stkmail.org.uk : 01539 730683

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

Mrs. Mary Allcock 01539 821312

Safeguarding Officer: Mrs. Jane Eccles 07779 953763 : 015395 58138

REGULAR EVENTS

(all subject to latest pandemic restrictions—please ring for advice)

HELSINGTON & BRIGSTEER

Book online at brigsteervillagehall.co.uk

Contact Ann Bryan (015395 68067)

Pilates Intermediate	Mondays 09:30 - 10:45
Pilates Fundamentals	Mondays 11:00 - 12:00
Short Mat Bowls	Mondays 19:30 - 21:30 September to April
Circle Dancing	Tuesdays 10:00 - 11:45
Community Teashop	Fourth Tuesday of the month 15:00 – 16:45
Table Tennis	Tuesdays 19:45 - 21:45 September to May
Yoga	Wednesdays 09.30 - 11:00
Dru Yoga	Wednesdays 18:00 - 19:30
WI	Second Wednesday of the month 19:30
Pilates	Thursday 18:00 - 19:00
Storynights	Second Thursday of the month 19:30
Pilates	Fridays 12:00 - 13:00

CARTMEL FELL

For bookings contact Helen Caldwell Tel. 015395 68428

Women's Institute	First Wednesday in the month at 7.30pm
Local History Society	Second Monday in the month at 7.30pm during winter

CROOK MEMORIAL HALL

For bookings contact Mrs. Kath Jackson Tel. 015398 21415

Table Tennis	Monday & Friday 7.30pm - 10pm (from September through Winter months)
Young Farmers Club	Tuesday 7.30pm - 9.30pm
Aerobics/body toning	Thursday 10am - 11am
Folk Dance Group	Thursday 7.30pm - 10pm
WI	Wednesday 7.30pm (1st Wednesday of the month)

CROSTHWAITE MEMORIAL HALL

Please check bookings online at website address:

www.crosthwaiteandlyth.co.uk/memorialhall.html

For Bookings contact Kath Edwards ☐ 015395 68879

Playgroup	Thursdays 9:30 to 11:30 (school termtime)
MiniMovers	Not meeting at the moment
Indoor Bowling	Tuesdays & Thursdays 7:30-10:00pm from October
Exchange	Lunches 1st Wed of Month 1pm-3pm from Sept
	Teas 3rd Wed of Month 2:30-4:30pm from Sept
Yoga	Wednesdays 7.00 – 8.30pm
WI	Social afternoons Monthly 1st Mon. 2-4pm
	Evening Meetings Monthly 3 rd Wed 7.30 to 9pm
Art Club	Mondays 1.30–4pm (Jan-Mar and Oct-Dec)

UNDERBARROW INSTITUTE

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

Snooker Club
WI

Mondays from 7.30pm
Every 2nd Wednesday of the month - 2pm, October to March
inclusive,
7.30pm, April to September inclusive

Underbarrow Institute will be taking bookings for events again from 1st September.

WINSTER

For bookings contact Jane Crowe: Tel. 015394 44098

WITHERSLACK

Indoor Bowling

Wednesdays 7.30pm - 10pm
(from September to end of April).
New members welcome - all equipment is provided.

Parent & Toddler Group

Tuesdays 10am until Noon in the Parish Hall

Tea & Chat

Every Monday 1.30pm - 2.30pm in the Parish Hall

Women's Institute

Every 2nd Tuesday of the month at 7.30pm

The Art Club

Fridays 9.30am - 12.30pm

Yoga

Wednesdays 6.00pm in the Dean Barwick Hall (£7/session)

Advertising in the Two Valleys Parish News

Would you like to advertise your company, business, shop, hotel, crafts, art or services to the local community? We have a circulation of almost 700 potential customers!

Contact our Advertising Manager, Matthew Dobson, Aspen, Crosthwaite. LA8 8BS
Phone 015395 68849 or e-mail
aspendobson@yahoo.com

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CALL MARK: 01539 821910 /
07476965432 / 07890565223



Having a Clear Out?

We collect old suitcases, leather bags, trunks, galvanised buckets or similar, wooden ladders, coat stands, old wooden boxes and crates, old kitchenware, TG Green Cornishware.

Cash payment. Pleasant service guaranteed.

Please contact Peter: Mobile 075392 90879

or e-mail: eigerbird@hotmail.co.uk

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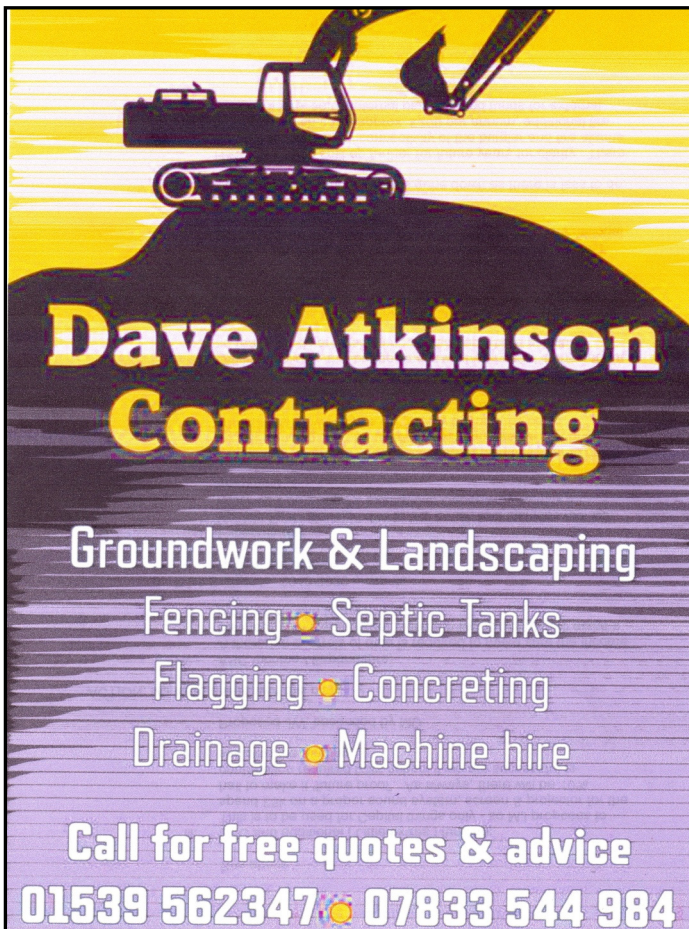
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