

# **TWO VALLEYS PARISH NEWS**

[www.crosthwaiteandlyth.co.uk](http://www.crosthwaiteandlyth.co.uk)



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

**November 2021**

**70p**

**CARTMEL FELL COMMUNITY TRUST**

# BONFIRE

**SATURDAY 6<sup>TH</sup> NOVEMBER**

6pm start with Procession from the Parish Hall



**£8 for adults, £4 for children**

**To include Hotpot Supper & Homemade Puds  
(Without supper - £5 adults, children free)**

**Indoor & Outdoor Seating Available**

Lantern Competition in any medium

**Fireworks      Mulled Wine      Raffle**

Tickets available from Helen - 07979 840889 or via  
our Facebook Page - 'Cartmel Fell Parish Hall'

**Cover picture Misty November sunrise in the Lyth Valley (Martin Grace)**

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

## Church Services for November 2021

Please refer to our website for up to date information [www.crosthwaiteandlyth.co.uk/churches.php](http://www.crosthwaiteandlyth.co.uk/churches.php)  
Online Services may be available on our "Two Valleys Mission Community" YouTube channel.

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### Thursday 4<sup>th</sup> November

9.30am Crosthwaite Holy Communion (CW) Rev. Michael Woodcock

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### Sunday 7<sup>th</sup> November

### The 23<sup>rd</sup> 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	Winster	Holy Communion (BCP)	Rev. Michael Woodcock
11.00am	Crook	Morning Worship (CW)	tba
4.00pm	Crosthwaite	All Souls' Service	Rev. Michael Woodcock

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### Sunday 14<sup>th</sup> November

### The 24<sup>th</sup> Sunday after Trinity

9.30am	Cartmel Fell	Remembrance Service	Rev. Michael Woodcock
10.00am	Helsington	Remembrance Service	Rev. Simon Howard
10.00am	Witherslack	Remembrance Service	Rev. Michelle Woodcock
10.50am	Winster	Remembrance Service	Mrs. Janet Thompson
11.00am	Crook	Remembrance Service	tba
10.50am	Crosthwaite	Remembrance Service	Rev. Michael Woodcock

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### Sunday 21<sup>st</sup> November

### The Last Sunday after Trinity

9.30am	Cartmel Fell	Morning Worship (CW)	Mrs. Jane Eccles & Mrs. Wendy Ellis
9.30am	Helsington	Holy Communion (CW)	Rev. Ian James
9.30am	Witherslack	Holy Communion (CW)	Rev. Michael Woodcock
11.00am	Winster	Holy Communion (BCP)	Rev. Michael Woodcock
11.00am	Crook	Holy Communion (CW)	tba
11.00am	Crosthwaite	Morning Worship (CW)	Mrs Dorothy Grace

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### Sunday 28<sup>th</sup> November

### The 1<sup>st</sup> Sunday of Advent

9.30am	Cartmel Fell	Holy Communion (BCP)	Rev. Simon Howard
9.30am	Helsington	Morning Worship (CW)	Rev. Michael Woodcock
11.00am	Winster	Matins (BCP)	Mr. Roger Bingham
11.00am	Crook	Morning Worship (CW)	tba
11.00am	Crosthwaite	Holy Communion (CW)	Rev. Michael Woodcock
4.00pm	Witherslack	Evensong (BCP)	Rev. Michael Woodcock

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## *A LETTER FROM HILARY FITCH*

'Kind' and 'kindness' are fairly ordinary words but I have noticed over the last few months that they seemed to be popping up more frequently on social media, in the news, on the radio and in daily prayers. The pandemic is partly responsible for this, as the isolation of lockdown and the needs of friends, neighbours and family, spurred people on to be kind, often in quite creative ways. In the villages of the Two Valleys, groups formed that got shopping and medication for people who were shielding; telephone networks kept people in touch; morning coffee or evening drinks were enjoyed together by friends on Zoom. More recently there was a programme on Radio 4 called 'The Kindness Test', done in collaboration with the University of Sussex (still available on BBC Sounds). All this focus on 'kindness' piqued my interest, so I decided to find out more.



If we want a definition, 'kindness' can be described as actions which are generous, helpful and caring towards other people. Instinctively, we all seem to know what kindness is, how it feels and how it makes a difference to our wellbeing when somebody does something which is intended for our benefit. I have got into the habit of saying 'Oh thank you, that's kind' to someone who does a kindness to me because I think that this is affirming the person's behaviour so that they know it has been appreciated as a kind act.

'Kindness' has become part of serious multidisciplinary academic study, including psychology, neuroscience, business, education, social sciences and politics. Psychology indicates that positive emotions are necessary for human beings to flourish. Neuroscience research on the brain reveals that those doing a kindness experience a reward, a 'warm glow', which originates from the same part of the brain that is stimulated by pleasant experiences such as nice food or a lovely gift. So the doer and receiver of the kindness both benefit – in the words of Hada Bejar, Cuban actress and writer, "The fragrance always remains in the hand that gives the rose".

'Kindness' has been found to be a good model for businesses. If business leaders are kind, then it gives the others within the organisation permission to be kind also. Apparently, this leads to workers being more loyal and hardworking – a bit of a contrast to the 'you're fired' model of business relations! In schools, workshops are used to encourage pupils to be kind and considerate of others, and it has also been suggested that politics would produce better outcomes if it were run with more compassion and kindness rather than the gladiatorial contest we seem to have at present. Kindness is often confused with being weak, put upon and indecisive, but studies show that leadership can be both strong *and* kind.

I found all the research I did interesting, positive and quite cheering-institutions, business and politics based on kindness! We perhaps tend to think of kindness on a smaller scale, between friends or family members, but it can be bigger, more far-reaching and can break through barriers.

From a Christian viewpoint, being a follower of Jesus should result in the fruit of God's indwelling Spirit-love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. (Galatians 5:22-23). Kindness appears in this list, but all these attributes work together to produce the fruit. Kindness, and indeed all these other qualities, are like a muscle – the more we use it, the stronger it gets and the more it becomes part of life. We become more connected with each other and with God.

Yours in friendship

*Hilary Mch*

## FROM THE REGISTERS



### **Weddings** Congratulations to:

Christian Helleboid & Georgia Nicholson married at St. Anthony's, Cartmel

Fell on 25<sup>th</sup> September

Edward Scott & Sarah Thorpe married at St. Martin's, Bowness-on-Windermere on 9<sup>th</sup> October



### **Funerals** With sympathy, we remember those who have recently passed away:

Margaret Warner (93) Funeral Service at Beetham Crematorium on 27<sup>th</sup> September

### **Confirmations** We welcome to God's family:

Samuel Taylor, Charlie Taylor, Isla Jessop, Alice Cunliffe, and Frederick Cunliffe who were Confirmed by the Bishop of Carlisle on 10<sup>th</sup> October in St. Mary's, Crosthwaite

## CALLING ALL VILLAGES



**Remembrance Sunday** occurs this month on Sunday 14<sup>th</sup> November. Please note the start times of the services in your respective parish church as these may vary from the norm.

## Remembering our loved ones - All Souls' Service

Every year at the beginning of November we take a little time to remember those who are no longer with us on earth. This year our **All Souls' Service is at 4.00pm on Sunday 7<sup>th</sup> November, hosted at St. Mary's, Crosthwaite.** In this Service we specifically remember those from across the Two Valleys parishes who have died within the last 12 months and whose funerals we have conducted, but if you would like to add any Names to this List; perhaps loved ones who lived elsewhere but who have died this year, or special people from the past, then please write their NAMES clearly in block capitals on the Lists that will have been in each church from Sunday 17<sup>th</sup> October onwards. These Names will then be read out and remembered in the Service in Crosthwaite church at 4.00pm on 7<sup>th</sup> November. All are welcome to attend. It's often a very moving occasion.

## Boxes of Hope Cumbria 2021



The Boxes of Hope shoebox campaign will go ahead as planned in November 2021. While this year will seem easier in terms of shopping, collections and warehouse checking in terms of lessened restrictions, the trustees are hard at work behind the scenes working through the legalities that come from the UK leaving the EU.

Our charity partner and transport team will ensure the boxes will be transported to needy children. We have a distribution team on standby ready to fly out to give the boxes out, though we will be keeping a close eye on government advice re travel and overseas infection rates.

The trustees thank everyone for their support and would ask that our supporters concentrate their amazing efforts on filled shoeboxes, rather than extra knitting as we need to keep things as simple as possible to enable safe export of the shoeboxes.

For more information about what to include (or avoid) in your shoebox and the children we help via Boxes of Hope Cumbria please do visit our website: [www.boxesofhopecumbria.co.uk](http://www.boxesofhopecumbria.co.uk)

A really nice addition that we've seen stuck inside the lid over the years is a photo of your family & a card to say 'Crăciun Fericit!', which means Merry Christmas. (Please also don't forget to include £2 towards transport costs)

If you are able to wrap & fill a shoebox please drop it off at Crosthwaite C of E School, or contact Emma Taylor 07733415204, or Witherslack Community shop before Friday 12th November.

Many Thanks in advance  
Boxes of Hope Cumbria

## The Barwick Trusts seek a Clerk

The Barwick Trusts seek a clerk for administrative work. The role includes: liaising with the Chair & Vice-Chair; preparation of Agendas & Minutes for circulation to the Trustees; attending Trust meetings; and keeping all administrative loose ends tied up. There is scope for development of the role. The Trusts currently meet twice a year, in May and November. This role does not encompass keeping accounts, which are managed by the Trusts' Treasurer.

It is an interesting opportunity to gain insight and develop the works of the long-established Barwick Charities. Currently Witherslack, Meathop and Ulpha's village charities manage 2 houses and a communal hall as well as providing grants for individuals' post-school education and local, good causes.

The post attracts an annual fee. It is likely that the time commitment will average out at about 1 day per month and any additional work will attract additional pay.

A brief letter of application and CV to Nick Stanley at No 1 Halecat, Witherslack LA11 6RT or [info@witherslackwoodlands.co.uk](mailto:info@witherslackwoodlands.co.uk). Closing date 8<sup>th</sup> November.

Please use the e-mail to organise a chat if you would like further details.

## **MYSTERY** visitor lands in Crosthwaite

*The associated photograph of the mystery visitor is on page 27.*

We were just setting off for a walk around the village in early October after a blustery couple of days. Our neighbour at Tarnside met us as we were passing, to ask if we could identify a mystery bird that had landed in her garden, and was clearly in distress.

Expecting to see an unusual small bird such as a finch, we were astonished to see a large sea bird sheltering amongst her compost bins and plant pots. After jointly consulting our bird guides, we decided it was a guillemot. They are birds of the deep sea and rocky coasts, habitats a long way from Crosthwaite. It appeared uninjured, but clearly exhausted and thoroughly dejected. It would have been unlikely to survive the night where it was, and apart from tinned sardines, we had no food to offer it.

We decided that its only chance of survival was to return it to the sea. John set off with the bird in a box, covered with blankets in the boot of our car, for Walney. Unfortunately, the sea was just about as far out as it could be, but he found a suitable spot at the south end of the island, where there were large tidal pools leading out to the open sea.

As soon as the box lid was off, and it could see and smell the sea, it's spirits revived. Flapping its wings and squawking loudly, it was released into the water. It immediately headed off, paddling, preening itself, taking short dives and very much alive. As long as it found food fairly quickly, its chances of survival seemed good.

How did it come to be in a Crosthwaite garden? It will remain a mystery.

Guillemots only lay one egg each breeding season, and many fail to survive to maturity. All seabirds are in serious decline, so hopefully driving to Walney to give just one a chance of survival was worthwhile.

John and Jenny Waldron.

**I'm moving into a shared house with friends for the first time. Although I'm excited, I'm also a bit nervous as I've never rented from a private landlord before. What should I look out for when I move in?**

Most landlords are reasonable people who look after their properties and tenants well, but it's always a good idea to know your rights. Here's a checklist of things to do when you first move in:

**Make sure you have your landlord's contact details.** Your landlord is responsible for keeping your home in good condition and arranging repairs when they're needed. They should be your first point of contact if anything goes wrong.

**Make sure your deposit is protected.** Check that your landlord has given you information about the scheme used to protect your deposit.

**Take photos on the day you move in.** It's also worth asking your landlord or letting agent for an inventory, to check everything is in order. Use this to note down any problems and the condition of the furniture, kitchen, carpets, bathroom etc.

**Check if you're in a 'house in multiple occupation'.** If you're living with two or more people who aren't part of your family, and share a toilet, bathroom or kitchen with you, this is considered an HMO. This means your landlord must make sure your home meets certain safety standards. This includes making sure smoke alarms are installed and there's a safe fire exit. The landlord must also ensure shared areas such as staircases and corridors are clean and in good repair. Some HMOs need to be licensed by the council - if you're unsure whether this applies to your home, [check with your local council](#).

**Make sure your landlord gives you:** a copy of the Gas Safety Certificate, an Energy Performance Certificate and a How to Rent leaflet.

**Understand your tenancy agreement.** It's important to know who's responsible for paying bills and what to do if there are any changes, like if someone wants to move out. The [Citizens Advice website](#) explains the different ways shared accommodation can be organised.

If you encounter a problem with the property, contact your landlord. If it relates to disrepair, for example if your heating system fails or there's damp in the property, it's best to put this in writing so that you have evidence if you need it later. The landlord shouldn't come in without your permission.

If your landlord is unresponsive or refuses to help, contact South Lakes Citizens Advice for support. In serious cases, for example if your health or safety is at risk, you may be advised to contact the council.

**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](http://www.southlakescab.org.uk)**
- **Help to Claim (Universal Support): 0800 144 8 444**



## AIR TRAVEL – A SIDEWAYS LOOK

I have never been terribly enthusiastic about air travel. Airports are bewildering and unsettling, not to mention the hassle of getting there – parking the car and catching the shuttle-bus. And aeroplanes are cramped, the food is nothing to look forward to – at least in the class that we travel – and you never knew what germs the air-conditioning is circulating.



That was B.C. (Before Covid), and now I am even more reluctant to travel in these big flying tubes. There is the nightmare of getting all the paperwork right (and loading it onto your smart-phone if you have one), and being scrutinised even more closely by suspicious officials who regard you as potentially a virus spreader as well as a terrorist. And on top of that, we are now more than ever aware of the environmental damage caused by air travel.

The late Spike Milligan suggested that a retro plane might encourage senior citizens like me to feel more comfortable with this mode of transport. He suggested a Victorian gas-lit airliner, with the air hostesses wearing crinolines and bustles, stewards in full naval uniform, and the crew dressed as Grenadier Guards. When passing over Italy, they should, he said, change to tropical whites.

The walls of the plane would be covered in William Morris style wall-paper and the seats in buttoned velvet with brass fittings. There would be heavy velvet curtains and oil paintings by Landseer. The First Class would have a marble floor with potted palm trees and music provided by a trio on violin, cello and harp. Economy Class, Milligan suggests, would have a Folk Trio and a conjuror. There would be a wood-burning stove placed between the pilot and co-pilot for warmth at higher altitudes. The background music on take-off would be “Land of Hope and Glory” and on landing “God save the Queen”, accompanied by salutes from the crew and a hearty three cheers from the passengers.

I think that I could go along with this and might buy a ticket for the first gas-lit flight – especially if the airport could be designed in like fashion and perhaps named Manchester Terminal three and a half.

Tony Fitch

**South Lakes Dementia Hub.** Meetings at Abbot Hall Social Centre on 9th November, 14th December, 2-4pm. For more details see the October edition, page 15.

# NOTICES FOR INDIVIDUAL PARISHES

## CROOK

CROOK Church was beautifully decorated for the Harvest Festival Service which was well attended. Gifts of flowers and fruit were later distributed and non-perishable gifts were donated to the Food Bank in Kendal. The service was followed by a delicious Jacobs Join lunch in the Memorial Hall.



Anne Poynter and Tony Fitch have produced another lovely book about Crook which was launched at this event. Tony gave a brief explanation about how they had collected all the photographs and information about the mills, farmsteads and hostelries. There are plenty of copies available for purchase from either Tony or Anne priced at £10.

The popular coffee and chat gathering at the church on the first Tuesday in the month has started again. This is hosted by volunteers and everyone is welcome to come any time between 10 and 12noon to enjoy the social get together.

At a recent meeting of the **Parish Council** there was discussion about ideas to celebrate the Queen's Platinum Jubilee next June. There is a plan to light a beacon on a hill overlooking the village.

It is hoped to soon arrange a site visit with the police, the County Council and Parish Council to discuss the problems of the increased traffic which is being directed along the B5284.

## CROSTHWAITE

The **Atkinson and Lyth Charities ....**

..... welcome applications for educational grants from young people living in the Parish of Crosthwaite and Lyth who are going on to further education or apprenticeships.

If you would like to be considered for a grant please send a short letter of application to Rev. Michael Woodcock at The Vicarage, Crosthwaite, Kendal LA8 8HX.

Applications should be made before 1st December.



100

**Argles Memorial Hall 100 Club**

The lucky winner in October was: Ewan Sale

## IT'S BACK!

Yes, you lucky people, Panto Season is nearly upon us.

The cast can't wait to entertain you all once again, and have already started to forget their lines!  
So, save the dates – 29<sup>th</sup> & 30<sup>th</sup> January 2022. You don't want to miss it – you've waited 2 years for this!!



Socially distanced tickets available from December!



Crosthwaite Panto Players

CUMBRIA FILM ARCHIVE & ARGLES MEMORIAL HALL  
present



### **'Memories of Cumberland & Westmorland' followed by 'Memories of Crosthwaite'**

including the building of Oak Fold

**With Pie & Peas Supper**

**Saturday 20th November 2021 7pm**

**Ticket only - £7 adults, £4 Under 12s, available from  
Helen – 07979 840889 or message us through our  
Facebook page (to be reserved by 18th)**



Crosthwaite Memorial Hall

## EXCHANGE UPDATE

Lunch Wednesday 3rd November 1pm - 3pm. Please book a place by **Friday 29th October** by contacting Geraldine, grangeel@hotmail.co.uk, tel. 015395 68836

Future dates:

Wednesday 17th November, Tea & Cakes. 2.30-4.30pm

Wednesday 1st December, Tea & Cakes 2.30-4.30pm

Wednesday 15th December, Tea, Mulled wine, mince pies. 2.30-4.30pm

Wednesday 5th January, 2022. Special New year Lunch Party with complimentary drink, earlier time of 12.30pm. **BOOKING ESSENTIAL** no later than **MONDAY 3rd JANUARY 2022**.

We look forward to seeing you all!



In my role as "Bookings" for the Argles Memorial Hall, Crosthwaite, I have been contacted by a Foot Care Practitioner with a view to setting up a clinic in the village hall.

If anyone in this area is interested in using this service can they get in touch with me and I will pass on the total number of people expressing an interest, to determine whether it is a service which will have enough support to make running it worthwhile for the practitioner. I will only ever pass on only numbers and not anyone's details. If the service is seen to be

worthwhile, I will pass on the details of the Foot Care Practitioner to interested parties at the appropriate time, so that they can make their own appointments directly.

Kath Edwards

Email: [eventsdiary@crosthwaiteandlyth.co.uk](mailto:eventsdiary@crosthwaiteandlyth.co.uk)

Tel: 015395 68879

### Crosthwaite and Lyth Bowls Club AGM

8th November 2021, 19.30 hrs, Memorial Hall, Crosthwaite

Any proposals or items for discussion should be notified to the Secretary, George Swanwick, 07707807044, by 5th November.

### Crosthwaite and Lyth Parish Council

Another excellent turn out for a Council meeting on October 5th, in fact so good there were too many attending for the Parish Rooms to be suitable. Thanks to John Holmes the meeting took place in the Church, for which Council was very appreciative.

The draft minutes are available at <https://www.crosthwaiteandlyth.co.uk/documents/parishcouncil/pcminutes/draftpcminutes.pdf?ver=202110081325>

The Council has a vacancy for a Clerk so if you are interested, or know anybody who would be, then please contact the Clerk for more information.



## highlights

rural touring scheme

**Announce:**

### **Comedy and opera combine in festive show at the village hall in Brigsteer**

A very merry performance of seasonal songs and comedy is set to put the audience in a festive mood.

Seasoned performers The Opera Dudes will present their Christmas cabaret show jam-packed with operatic favourites, West End showstoppers, festive classics plus ridiculous impressions and slapstick humour on **Friday, 10<sup>th</sup> December 2021**.

*The Opera Dudes Swing Song Merrily on High*, which is part of the Highlights Rural Touring Scheme, sees the super slick tenor duo blend their powerful singing with lots of audience participation and hilarious sketches.

Described as Il Divo meets Morecambe & Wise, The Opera Dudes are one of the UK's leading comedy classical double acts.

Kate Lynch, Director at Highlights says:

"We are really pleased to be able to bring this fun and entertaining Christmas show to rural venues. This will be an enjoyable evening for community audiences to enjoy together in the run-up to the festive season."

The Opera Dudes comprise Neil Allen and Tim Lole, an ex-Cambridge scholar and a classically trained ex-builder turned international operatic tenor. Both Tim and Neil are accomplished and established performers in their own right having performed over 50 operas and more than 3000 concert performances in theatres and concert halls throughout the UK.

All performances will adhere to the latest government Covid-19 guidelines. Wherever possible please book tickets online via [info@highlightsnorth.co.uk](mailto:info@highlightsnorth.co.uk)

## Announce:

## Award-winning theatre company brings powerful family drama to **the village hall at Brigsteer**

Sibling rivalry, childhood regrets and the ties that bind us are explored in an unmissable performance by one of the North East's most exciting theatre companies.

Elysium Theatre Company present *Hello and Goodbye*, an intense and moving play by leading South African playwright Athol Fugard as part of the Highlights Rural Touring Scheme on **Sunday 7<sup>th</sup> November 2021 at the village hall, Brigsteer.**

Set in Port Elizabeth in the 1960s, the 'hello' and 'goodbye' of the title refers to the fleeting reunion of estranged siblings Johnnie and Hester Smits after many years apart.

Hester moved away from her hated childhood home 12 years ago and left Johnnie to care for their father - a domineering man who lost his leg in a workplace accident. Now Hester is back to confront her past and for her share of the compensation money. But during her fruitless search for the windfall, a dark drama unfolds around the debts we owe each other, financial and emotional.

Highlights Rural Touring Scheme works with grassroots volunteers from over 65 village halls and community venues across the North of England to bring vibrant, entertaining and thought-provoking performances and live events to the heart of rural communities.

Kate Lynch, Director at Highlights says:

"We work hard to bring high quality arts performances more traditionally found in large theatres to small rural community spaces.

"Elysium Theatre Company has fast gained a reputation for producing trailblazing work and we are thrilled rural audiences will be able to experience their latest production right here on their doorstep." Elysium TC co-founder Danny Solomon and Hannah Ellis Ryan, more recently of *Coronation Street* fame, play the damaged siblings in this emotive two-handed drama about families, love and lost dreams.

All performances will adhere to the latest government Covid-19 guidelines. Wherever possible please book tickets online via [info@highlightsnorth.co.uk](mailto:info@highlightsnorth.co.uk)



# WITHERSLACK

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



When John Barwick died in 1664 he was the Dean of St Paul's Cathedral in London. He bequeathed money for a church and school to be built in Witherslack village where he grew up.

John Barwick also left a legacy to provide money for apprenticeships and dowries for the boys and girls respectively. The Dean Barwick Trustees have modernised this over the years and there are now educational grants for students going onto further education or taking up apprenticeships. The grant is to help with books, tools or equipment.

The following grants are available to students entering Post 16 education;

### **Course grant**

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

### **Apprentice grant**

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

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

1. Must be currently resident in the parish of Witherslack, Meathop and Ulpha
2. Attended Dean Barwick Primary School for at least one academic school year – i.e. 3 terms between Reception and Year 6.
3. Undertaking a recognised F.E. qualification, university course or formal apprenticeship.
4. Not received a grant, (or series of grants) before.
5. An application should include home address and course attended.
6. For the apprenticeship grant, a letter from the employer is needed.

Grant applications are considered at the Trustee meeting in November. Please ensure that your letter of application makes reference to the above factors. Applications must be received by the Trust by no later than Monday 8th November. If a grant is awarded, it is expected that you let the Trustees know, (letter/email) how you have used the grant money and whether you are continuing on the course by no later than the following November meeting.

Applications to  
The Dean Barwick Trust  
c/o Nick Stanley  
No 1, Halecat  
Witherslack  
LA11 6RT

## BRIGSTEER

Following last month's return to the Village Hall, we were glad to gather there again for our October meeting and talk by Vanda Lambton. Vanda's talent in the use of various materials for a range of creative projects was evident as she demonstrated blocking a sinamay percher hat. We learnt that sinamay is one of the most popular hat-making materials, woven in the Philippines from abaca plant fibres, and is very long-lasting. After the demonstration Vanda invited us to try on the selection of hats she had brought along, and ladies couldn't resist viewing themselves from all angles in the mirrors, deciding which might suit them best for the next "hat occasion" - or simply for the fun of trying on. Our next meeting is the AGM on 10<sup>th</sup> November. Afterwards Jane Cooper will take us back to Brigsteer in the 60s and 70s, recounting personal memories of her childhood in the village. Visitors are most welcome to attend the talk at 8pm.

## CARTMEL FELL

We had an interesting evening entertained by Faye Morrissey, the new curator of the Armit Museum, Ambleside.

She was very enthusiastic about the collections and urged us to have a private visit next year. She was also looking for volunteers to help out at the Museum.

The croquet had been enjoyed by 4 pairs in September.

The Christmas dinner is hopefully going to be on Wednesday 1st December.

Our next Meeting is the AGM on Wednesday, November 3rd at 7.30pm at Cartmel Fell Village Hall. There will be Refreshments provided by the committee

## CROOK

CROOK WI had a splendid demonstration at their recent meeting. Owen Jones from Nibthwaite brought his raw materials and working equipment and gave a fascinating talk about working in the woods, collecting raw materials and then making different items, particularly swill baskets. These old traditional skills are very particular to this area and even in Crook there used to be two swill making workshops.

**Magazine Editors next month:** Charles & Ros Walmsley (015395 68745)  
Magazine postbox c/o Crosthwaite Vicarage. e-mail: [tvn@crosthwaiteandlyth.co.uk](mailto:tvn@crosthwaiteandlyth.co.uk)

**Advertising Manager and**

**Magazine postal service:**

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



## CROSTHWAITE & LYTH

Crosthwaite and Lyth W.I. were very lucky to have Christine Tomlinson talk to us about the Cumbria Community Foundation, and an eye-opening talk it was. The Foundation started in 1999 with the goal of Connecting people who Care with Causes that Matter, and it certainly does that.

Donors come in many shapes and sizes, from large businesses who wish to fulfil their corporate responsibilities through legacy donors be it individuals, couples or families, to a small monthly direct debit. They provide philanthropic services and tax efficient strategies and will manage and administer personal funds, but also have the flexibility to move fast when there is a need. They have commissioned research published as "Cumbria Revealed" highlighting areas of need and have given grants of £42 million in Cumbria since 1999. Her final message was simple: following the 2015 floods - *have a grab bag ready*. So many people did not know the name of their insurance company, bank details, passport, driving licence details etc. Wise words indeed.

## UNDERBARROW

Underbarrow WI returned to meetings at the village hall in October after a long delay. This had to be toasted with prosecco of course, and we held our annual Jacob's Join lunch in style, with fifteen members present. We were entertained by a local singing group called Close Quarters who were much enjoyed, their songs reflecting the local area, family life and topical issues. The Annual Meeting followed, and after the president's and treasurer's reports, Maggie Stockdale was elected president for the third year, and the committee of seven people was co-opted again as they are a great team. There followed a discussion of how we will celebrate our centenary in 2022, a garden party and a tree planting being possibilities.

On November 10th at 2.00pm we will meet in the upstairs room of the Black Labrador pub to hear an afternoon of seasonal storytelling and music, guests are welcome to come along and join us. On December 8th we will be holding our Christmas lunch also at the Black Labrador pub in Underbarrow.

### MAGAZINE DEADLINES

Items for entry to the Editor(s) by 12<sup>th</sup> 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](mailto:mich@elwoodcock.com) 015395 68276

**Associate Priest:** Rev'd. Michelle Woodcock [michellewoodcock74@hotmail.com](mailto:michellewoodcock74@hotmail.com)

**Reader:** Dorothy Grace [dorothygrace01@btinternet.com](mailto: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

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## **Underbarrow with Helsington**

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

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

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

**Janet Sullivan** [assjadmin@stkmall.org.uk](mailto:assjadmin@stkmall.org.uk) : 01539 730683

Churchwardens: Mr. John Lee 015395 68470

Mr. Peter Smith 015395 68927

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

**Parish Priest:** Rev'd. George Briggs, St. Thomas Vicarage, South View Lane,

Windermere Rd, Kendal. [george@stkmall.org.uk](mailto:george@stkmall.org.uk) : 015395 83058

**Curate:** Rev'd. Vic Sekasi [vsekasi@gmail.com](mailto:vsekasi@gmail.com) 07786 061972

**Readers:** Tony and Hilary Fitch [fitchesuk@aol.com](mailto:fitchesuk@aol.com) : 015395 68577

**Church Administrator:**

**Janet Sullivan** [crookadmin@stkmall.org.uk](mailto:crookadmin@stkmall.org.uk) : 01539 730683

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

Mrs. Mary Allcock 01539 821312

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

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## REGULAR EVENTS

(all subject to latest pandemic advice — please ring)

### HELSINGTON & BRIGSTEER

Book online at [brigsteervillagehall.co.uk](http://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](http://www.crosthwaiteandlyth.co.uk/memorialhall.html)

For Bookings contact Kath Edwards **015395 68879**

Playgroup	Thursdays 9:30 to 11:30 (school termtime)
Indoor Bowling	Tuesday and Thursday 7.30 – 10.00pm (Oct 5-Dec 16: Jan 6–Mar 31)
Exchange	<b>Lunches</b> 1st Wed of Month 1pm-3pm
(see also p x)	<b>Teas</b> 3rd Wed of Month 2:30-4:30pm from Sept
Yoga	Wednesdays 7.00 – 8.30pm
WI	Social afternoons Monthly 1st Tuesday. 2-4pm
	Evening Meetings Monthly 3 <sup>rd</sup> 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	Mondays from 7.30pm
WI	Every 2 <sup>nd</sup> Wednesday of the month - 2pm, October to March inclusive, 7.30pm, April to September inclusive

*Underbarrow Institute is taking bookings for events again from 1st September.*

## WINSTER

For bookings contact Jane Crowe: Tel. 015394 44098

Vinyasa Yoga	Tuesdays 7pm — 8pm
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## WITHERSLACK

For bookings contact Julie Walker (Tel 015395 52211)

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 2 <sup>nd</sup> 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)

## 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

## **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!

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Phone 015395 68849 or e-mail [\*\*aspendedobson@yahoo.com\*\*](mailto:aspendedobson@yahoo.com)

**To all who advertise in our Two Valley Parish News we say "Thank you" for your support during the past year.**

If you would like to **renew** your advertisement for 2022 *with or without alteration*, or if you would like to advertise for the first time then please contact :

**the Advertising Manager,  
Matthew Dobson, ASPEN,  
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**or e-mail: [eigerbird@hotmail.co.uk](mailto:eigerbird@hotmail.co.uk)**

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## The Lyth Valley Guillemot (see page 7)

### Christmas Fair



**Crosthwaite**

**Christmas Fair**

**Argles Memorial Hall**

**Saturday 4<sup>th</sup> December, from 10am-1pm**

*Lots of lovely local stalls selling unique gifts for  
Christmas*

*Visit Santa in his Grotto!*

*Carols sung by the children*

*Seasonal Refreshments*

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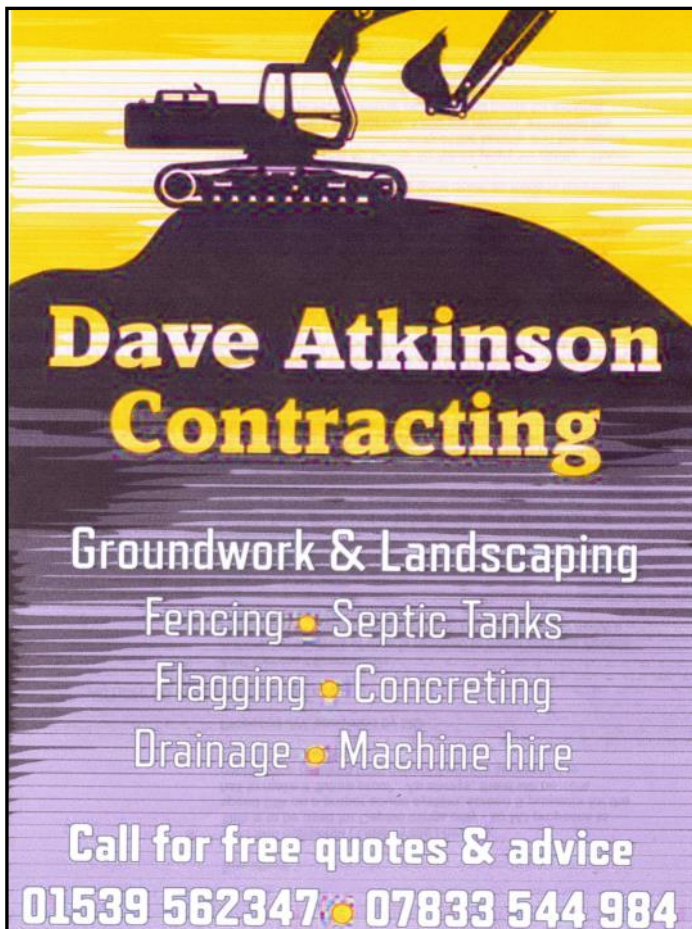


Crosthwaite Memorial Hall

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