

TWO VALLEYS PARISH NEWS

www.crosthwaiteandlyth.co.uk



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

January 2023

70p

Kip Dave
Winter Wilson

"A tour-de-force display of outstanding songwriting."

John Waltham, *The Living Tradition*



"Kip Winter simply has a voice to die for."

John Roffee, *Maverick Magazine*

"Winter Wilson just get better and better."

Dai Jeffries, *RnR Magazine*

"An unmissable album."

Johnny Whalley, *Folk Radio UK*



Helsington & Brigsteer Village Hall
Friday 17th February 7:30pm (Doors 7pm)

**Tickets £12. To reserve email Melanie at
melanieyates800@gmail.com
or book direct via www.winterwilson.com/dates**

www.winterwilson.com

Cover picture : Charles Walmsley
Church miniature pictures from watercolours by John Wilcock

Church Services for JANUARY 2023

Sunday 1st January

9.30am	Cartmel Fell
9.30am	Witherslack
10.30am	Underbarrow
11.00am	Winster
11.00am	Crook
4.00pm	Crosthwaite

The 2nd Sunday of Christmas

Matins (BCP)	Mr. David Hunt
Morning Worship (CW)	Rev. Michael Woodcock
Holy Communion (BCP)	Rev. Bob Dew
Holy Communion (BCP)	Rev. Michael Woodcock
Morning Worship (CW)	tbc
Evensong (BCP)	Rev. Michael Woodcock

Thursday 5th January

9.15am	Crosthwaite	Holy Communion (CW)	Rev. Michael Woodcock
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Sunday 8th January

9.30am	Cartmel Fell
	No Service at Witherslack
	No service at Winster
10.30am	Underbarrow
11.00am	Crosthwaite
11.00am	Crook

The Epiphany

Holy Communion (BCP)	Rev. Michael Woodcock
Holy Communion (CW)	Rev. Simon Howard
Holy Communion (CW)	Rev. Michael Woodcock
Morning Worship (CW)	tbc

Sunday 15th January The 2nd Sunday of Epiphany

9.30am	Cartmel Fell	Morning Worship (CW)	tbc
9.30am	Witherslack	Holy Communion (CW)	Rev. Michael Woodcock
10.30am	Underbarrow	Holy Communion (CW)	Rev. Ian James
11.00am	Winster	Holy Communion (BCP)	Rev. Michael Woodcock
	No Service at Crosthwaite		
11.00am	Crook	Holy Communion (CW)	tbc

Sunday 22nd January

9.30am	Cartmel Fell
10.00am	Witherslack
10.30am	Underbarrow
11.00am	Crosthwaite
	No Service at Winster
11.00am	Crook

The 3rd Sunday of Epiphany

Holy Communion (BCP)	Rev. Michael Woodcock
Café Church in the Parish Hall	
Morning Worship (CW)	Rev. Simon Howard
Holy Communion (CW)	Rev. Michael Woodcock
Morning Worship (CW)	tbc

Wednesday 25th

7.30pm	Crosthwaite	Refresh
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Sunday 29th January The 4th Sunday of Epiphany

10.30am	Witherslack	5 th Sunday Joint Service	Rev. Michael Woodcock
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A LETTER FROM NICK GRAY



This month our opening Letter is written by Nick Gray, one of our licensed Readers in the Two Valleys Mission Community. Nick is based at St. Thomas' in Kendal, but for many years he worked as a Vet and visited many of the farms across our Lyth and Winster Valleys.

Our greetings of “Happy Christmas” are soon followed by “Happy New Year” and now here we are in 2023; that last one went very quickly didn’t it? The angels and shepherds have departed, trees and decorations been tidied away, and there is a sense of relief that the festive deadlines have been and gone. But if December holds Advent and Christmas, the month of January - in the Church - sees a **continuation** of the joyful celebration of Christmas, with **“Epiphany”**. Epiphany celebrates the revealing of God in Jesus to the wise men from the East.

The first king was on horseback.

The second a pillion rider.

The third came by plane.

Where was the God-child?

He was in the manger

with the beasts, all looking

the other way where the fourth

was a slow dawning because

wisdom must come on foot.

Well the poet here, the Welsh priest R.S. Thomas, certainly knew how to grab his reader’s attention; with the poem’s opening images of wise men on ever more speedy modes of transport. The poem is also short enough to remember, and is maybe one to carry with us through this month of Epiphany.

Perhaps the three short verses may help us to reflect on:

The increasingly swift arrival of the Kings seeking the God-child. Possibly they travel with more of a greedy curiosity, to add to their “completed” list - rather than approaching in humble worship? Might that include ourselves as we tick off the “celebrations” and move ever more quickly to the next?

Where is this God-child to be found ? Unexpectedly, Jesus may well be out in the cold with the “beasts” of His creation and looking away from where we are standing. Where do we need to be this year to join in?

This wisdom, this understanding, this epiphany comes slowly like the dawn. It takes time, and perhaps needs the deeper observation enabled by some travelling at “walking pace” through our lives this year, to be discovered.

Wisdom in the Bible is both “religious and practical”, and in the fullest sense of the word “belongs” to God. As we “start afresh” this year in the continuation of our own life journeys, with all their difficulties and joys, let us seek “**Wisdom**”, both at the right pace and in the right place.

With very best wishes for a thoughtful and fulfilling New Year.
Nick Gray.

FROM THE REGISTERS



Funerals With sympathy, we remember those who have recently passed away:
20th December Peter Ainsworth (80) Funeral & Burial at St. Paul's Witherslack

5th Sunday Service

On 29th January we shall have one church service for the villages at 10.30am in St. Paul's Witherslack. We welcome visiting speakers from the Food Bank who will update us on how we are looking out for each other through this winter. Please do look to share transport and arrange to come together with friends from your local congregations as we join together for this united act of worship.

CALLING ALL PARISHIONERS

LANDOWNERS OF CROSTHWAITE AND LYTH

Registered Charity 1073467

Notice is given that the Annual General Meeting
of the

Landowners of Crosthwaite and Lyth
will be held in

Crosthwaite School
on

Tuesday 7th February 2023
at 6.00pm.

PLEASE NOTE THE EARLY START.

The existing Trustees are seeking re-election and Minutes of the previous AGM,
together with draft accounts will be available on the website

www.crosthwaiteandlyth.co.uk/landowners.php

from 17th January.

Agent to the Charity: Mr Julian Lambton, Carter Jonas, 52 Kirkland, Kendal.
Tel: 01539 722592.

Crosthwaite & Lyth Trust (formerly The Nurses Trust)

On 18 October 2021 the Trustees resolved to Transfer the Charity's Assets to The Landowners of Crosthwaite & Lyth, in accordance with Section 268 of The Charities Act 2011. The resolution was considered by The Charity Commission and became effective on 19 March 2022. The funds have now been transferred and Crosthwaite & Lyth Trust has been removed from the Charity Commission Register.

Age UK Lunch Club

Held at Derby Arms Witherslack, 1st Tuesday of the month

For more information and to book a place

Please phone Linda Park

01539552275

Crosthwaite and Lyth Parish Council

ASH DIE-BACK – and what to do if you spot it

Ash is one of the most familiar and attractive trees in our area, occurring along our lanes as roadside trees or as a major component of the many pockets of woodland of the region.

Many of you will know that ash is slowly succumbing to a fungal disease known as ash die-back (*Hymenoscyphus fraxineus*). This is a major threat and may kill around 80% of ash trees across the UK with major implications for landscape character, woodland biodiversity and for the hardwood industry. There is also a relatively minor risk that trees may shed branches causing damage, so felling larger trees that are clearly suffering may be required.

Signs of ash die-back are most easy to see in the spring and summer when leaves will blacken and wilt leaving the crown of trees bare. As the disease progresses it may pass to the trunk where dark lesions or dry and cracked bark are often seen.

The Parish Council has been asked for advice on what to do if you suspect that a roadside tree or one along a public footpath may have ash die-back. The answer is to report this on the Cumbria County Council website at www.cumbria.gov.uk.

Once there follow these links: Roads, Travel and Parking / Report a Highways problem / scroll down to 'A problem with trees or vegetation'. You will then be asked to give detail about the location including, for instance a what3word address. This is best done on a smartphone when you are at the location as it will be more easily traced. Using this process will log the problem onto the CCC register of issues.

We will repeat this advice in mid summer when infected trees will be easier to spot.

Crosthwaite and Lyth Neighbourhood Plan – can you help?

Crosthwaite and Lyth Parish Council is making good progress on the process of creating a Neighbourhood Plan for the Parish.

A new application for grant support has now been submitted and a new Neighbourhood Plan Working Group (NPWG) has been formed. Its Terms of Reference have been agreed and are on the Parish Council Website. Meetings of the Group are formal and public and it will make recommendations to the Parish Council on how the plan should be constructed.

All Members of the Parish Council have been appointed to the Working Group, but it is now looking to bring on other members of the community (up to a maximum of five people) who have an interest in working with the Group.

If you believe that you have relevant skills or expertise that can assist this process, which must include the ability to work as part of a team, then please email an expression of interest explaining what you can offer to the Group and why you want to join it to: crosthwaiteandlyth.pc@hotmail.co.uk to arrive no later than 5.00 p.m. on Friday 13 January.

The first formal meeting of the NPWG will be held on Monday 16 January (further details to be posted nearer the time) when any applications to join the Group will be considered. The Parish Council will consider recommendations from the NPWG at its meeting on 06 February and confirm appointments to the Group, reserving the right to decline applications if, in its judgement, an applicant has not demonstrated relevant attributes.

Parish Council Land to Rent

The Parish Council has several small plots of land that it lets out to tenants at low-cost annual rents. There are currently two vacant plots which are available on application:

The first is **Hubbersty Head** (GR 918 428). This attractive piece of mixed woodland is about 2 acres in size and lies to the north of Hill Top and east of the footpath along Head Lane. There is a stream and a public footpath running through it and it is floristically interesting with a good show of bluebells in the Spring. The rent for this is £25 per year.

The second is **Cowmire Quarry** (GR 887 427) - again mixed woodland on an old quarry site of about one acre located on the corner of the road running south west from Cowmire Hall. The rent for this is £15 per year.

If you are interested in either plot please submit an expression of interest, including information on why you would like to rent the site to:

crosthwaiteandlyth.pc@hotmail.co.uk

to arrive no later than Friday 13 January. Expressions of interest will be dealt with on a first come, first served basis and the successful applicant will enter into a formal Agreement with the Parish Council. The Council reserves the right to decline an application.

NOTICES FOR INDIVIDUAL PARISHES

CROOK

The team of volunteer diggers and fitters are working very hard for B4RN and a number of properties have already been connected with the amazingly fast broadband. It is making a huge difference to many households and is proving to be a great benefit. It is a concerted community effort which is moving forward at a great pace.



On 7th January there will be the Quiz and Hotpot Supper in Crook Memorial Hall. To book a table and for further enquiries contact Kath Jackson on 01539821415

CROSTHWAITE

Dear all. We're not having a Big Sing this year as we can hold our Carol Service in church this Sunday and the Crib & Carols service on Christmas Eve. Instead we are having a...



Crosthwaite Community Big Carol Sing !

Come and join us at 6pm next Monday, 19th, to sing carols around Crosthwaite village. We start and finish at the Memorial Hall, ending with a warm drink at the Hall at about 8.15pm. We'll be shaking a tin as we go around, the proceeds going to the Memorial Hall's funds. All welcome! Don't forget your torch, and wrap up warm! Hope to see you there!

Crosthwaite Exchange

Come and raise a glass to celebrate our 17th birthday
at Crosthwaite Exchange.

Wednesday 1st February @ 12-30pm.

Complimentary Prosecco
followed by two course lunch, birthday cake tea/ coffee.

£12 BOOKING ESSENTIAL, no later than Friday 27th January.

Please contact Geraldine, 07766646504. grangeel@hotmail.co.uk.



Café Church is back!

***Sunday 22nd January at 10am
in Witherslack Village Hall***



Café Church is a time of informal fellowship and discussion, sitting at tables with refreshments, like a café. It's an opportunity to discuss aspects of faith, considering what we think about lots of spiritual issues, and asking questions, which we can't normally do in a Sunday service!

Everyone is welcome, whether you usually come to church or not. Just come and see.

There will be another **Café Church** in **March, May, July, September and November** in 2023, on the 4th Wednesday of the month.

For more information please contact Dorothy Grace or Revd. Michael Woodcock (contact details on Two Valleys Churches page).

King Charles I

If you look at the Calendar of Holy Days in *Common Worship*, you will see that King Charles I, named as 'Charles, King and Martyr', is commemorated on 30 January. A martyr is someone whose death was caused by their persistence in the faith of Christ, and who, through their death, bore witness to their faith. Charles's elevation to the status of martyr in 1660 was, frankly, a blatant political act. But the story of how this came about is an interesting one, and I rather mischievously thought it would be a topic for starting 2023, the year when another King Charles will be crowned.

January 30 is the date on which Charles I was beheaded. Martyrs are normally celebrated on the day of their death, so his inclusion in the calendar under this date follows the normal pattern. But the highly political nature of it all is immediately evident from the fact that his designation as a martyr was a means of asserting the Monarchists' triumph over the republican Puritans at the end of the Civil War. The ecclesiastical Convocations of Canterbury and York, sensing their return to power, chose to make a grand political gesture on 19 May 1660 by declaring Charles I to be canonized. The monarchy itself was formally restored, after the puritanical republican interlude, in the person of Charles II, son of Charles I, ten days later.

So, how could anyone argue that Charles's beheading was all about witnessing to the faith? Of course, we are dealing with an era when religion and politics were inseparable: the Civil War was, in a sense, undeniably about religion, or at least the expression of religion, but this was a means of defining and justifying different concepts of power, around which the struggle was played out. The conflict wasn't really about *faith* in the way we associate with martyrs. Charles held to a deeply hierarchical High Anglicanism, which for him was actually as much about the nature and power of kingship as it was about belief. The Puritans, by contrast, were much more reformist, taking positions against Charles's sacramental churchmanship and the somewhat absolutist power that he consequently claimed as the anointed king. In reality, of course, in political terms this meant that the struggle was between king and parliament. For a time the parliamentarians were in the ascendant, to the extent of beheading the king and running the country as a republic (although in truth the Lord Protector's rule became increasingly king like as time went by). The restoration of the monarchy in 1660 seemed to present the kingly party as the victors, and indeed formal High Anglican sacramentalism, of the kind that the Puritans disliked, was also restored. But in all honesty the restoration was a compromise: the 'new' monarchy had for ever lost key elements of its power to Parliament. It was in this context that the newly restored Church of England rushed to canonize Charles I. Not only was there to be a red-letter feast for Charles, but also one to commemorate the failure of the Gunpowder Plot, and another for the birth of Charles II.

These three triumphalist State Services were omitted from the 1859 Book of Common Prayer by royal and parliamentary authority, but without the agreement of the Convocation of the Church of England, which fought back. In the end, the commemoration of Charles was restored to the liturgical calendar in 1980 (Alternative Service Book), although downgraded to a Lesser Festival, and it persists in *Common Worship*.

Joyce Hill

Life is getting more and more expensive. I've seen offers for 'Buy Now Pay Later' when I'm doing online shopping. It seems like a good way to spread the cost of some of the things I need to get for my family but how can I make sure I don't get into debt?

There are lots of things you can do to try and stay in control of your money, but you are right to be wary of 'Buy Now Pay Later' offers.

Before you start spending, work out exactly what money you have coming in and going out each month. Be realistic about what you need for essentials like food and travel. Take a look at the [budgeting tool](#) on the Citizens Advice website. This can help you set a budget you can stick to.

You'll also be able to find tips on [how to reduce your regular living costs](#), which might be helpful if you're struggling to keep within your budget.

While it can be tempting to split payments with schemes like Buy Now Pay Later (BNPL), you will need to pay in the end, so you need to plan how you will do it. Keep a record of how much you owe in total.

Always make sure you understand what you're signing up for, how you'll make the repayments and what will happen if you can't pay on time. It's important to check the returns process for both the retailer and credit provider. Paying through BNPL may also affect the cost of postage returns if you've ordered online. The riskiest thing about it is that you're not guaranteed to be protected if something goes wrong. For example, you can't go to the Financial Ombudsman Service if you have a complaint.

If you find yourself turning to credit cards, your overdraft, or store cards for your spending, keep track of what you owe. You should prioritise paying your rent or mortgage, plus energy bills and Council Tax first, because not paying these has the most serious consequences. On the [Citizens Advice website](#), you can find information on what bills to prioritise and how to manage debts. There's also information on [the support available for paying these and other bills](#). If, like many during this crisis, you find you can't afford to reduce your debts after paying your priority bills and essentials, seek advice as soon as possible. Call us on 015394 46464 or 0808 2787 984.

Everyone's circumstances are different, particularly when it comes to managing personal finances. Our advisers are here to help you find a way forward.

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](tel:01539446464) - 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**

BRIGSTEER

A Happy New Year from all at Brigsteer WI!

As usual, December is a busy time for us. Some members helped decorate St John's Church ready for the Carols by Candlelight service. We then joined the Brigsteer Band for carol singing around the village and were accompanied by several residents. We raised over £400 for the North West Air Ambulance and were provided with plenty of warming refreshments en route. We then held our Christmas Party at Kendal College. Beryl handed out our programme for 2023 and Susie has booked lots of great speakers.

Our first meeting is on Wednesday 11th January when local residents Johan and Peter Welsh will speak to us on "The Queen Elizabeth National Park, Uganda: Schools and Wildlife" They will be talking about the charity they support and their time based in a national park, working with local schools and wildlife rangers.

Our meetings start at 7.30 in the village hall and this meeting is open to all from 8pm. Visitors £3 including refreshments.

If you would like a copy of our programme or more information about our group, please contact Sue on 07718 904082 or Liz on 07894 710014





CROOK

Crook WI had a very festive gathering for their December meeting. Everyone had been encouraged to bring some donations for both the Kings Food Bank and also the Womens Refuge. As usual members had been generous and there were also some perishable and seasonal items for sale for institute funds. The Hall had been beautifully decorated, tables had pretty cloths and flower arrangements and there were delicious nibbles and refreshments for all tastes. The afternoon concluded with a quiz which everyone enjoyed.

The January meeting will be our annual party and we look forward to welcoming friends from other institutes.

CROSTHWAITE AND LYTH

Crosthwaite and Lyth W.I. held their Annual General meeting and unanimously voted Christine Gibson President for another year. She was especially thanked by Denise for keeping us together and inspiring us into action during and after the Covid years. After the annual and monthly business was complete the serious business of some fiendish quizzes set by Jean Sherratt helped by cheese and wine kept us all on our toes, although Pat and Marilyn seemed to have second sight and know all the answers. A friendly, fun and funny night was enjoyed by all the members and an excellent programme has been planned for next year.

Crosthwaite and Lyth W.I. had a splendid Christmas Feast beautifully prepared by our President. She even reared the beef and it was delicious. There were devious puzzles greeting us at every turn, a furious game of Yellow Submarine (it was Beetle really under disguise), several poetry readings, and a superb short sketch by 3 members which had us rolling off our seats. The evening ended with carol singing before we all braved sub zero temperatures to go home. Especial thanks to our President's son who collected ladies from the more isolated farms and drove them home again despite the snow and ice.

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

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. Steven Brierley 015395 68849

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@stkmil.org.uk : 01539 730683

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

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

Windermere Rd, Kendal.

george@stkmil.org.uk : 015395 83058

Curate: Rev'd. Vic Sekasi

vsekasi@gmail.com 07786 061972

Readers: Tony and Hilary Fitch

fitchesuk@aol.com : 015395 68577

Church Administrator:

Janet Sullivan

crookadmin@stkmil.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

Magazine Editor next month: Colin Edwards (015395 68879)

Magazine postbox c/o Crosthwaite Vicarage. e-mail: tvn@crosthwaiteandlyth.co.uk

Advertising Manager and

Magazine postal service:

Lorraine Brierley 4 Whitbarrow Grove, Levens.

LA8 8LT. (015395) 60702 brierleyl@yahoo.co.uk

REGULAR EVENTS

(all subject to latest pandemic advice — please ring)

HELSINGTON & BRIGSTEER

Book online at brigsteervillagehall.co.uk

Contact Ann Bryan (015395 68067)

Pilates Intermediate	Mondays 09:15 - 10:15
Pilates Fundamentals	Mondays 10:30 - 11:30
Circle Dancing	Tuesdays 10:00 - 11:45
Table Tennis	Tuesdays 19:00 - 21:00 September to May
Yoga	Wednesdays 09.30 - 11:00
WI	Second Wednesday of the month 19:30
Dru Yoga	Thursdays 09.30 - 11:00
Tai Chi	Thursdays 13:45 - 15:45
Pilates	Fridays 12:00

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: 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	Occasional Wednesday evenings
Aerobics/Body Toning	Thursday 10am – 11.00am
Folk Dance Group	Thursdays 7.30pm – 10.00pm
Painting Group	Friday afternoon

MAGAZINE DEADLINES

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

CROSTHWAITE MEMORIAL HALL

Please check bookings online at website address:

www.crosthwaiteandlyth.co.uk/memorialhall.html

For Bookings contact Kath Edwards **015395 68879** or **07407 386976**

Playgroup	Tuesdays & Thursdays 9:30-11:30am (school term time)
Indoor Bowling	Tuesday and Thursday 7.30 – 10.00pm (starting again in October)
Exchange	Lunches 1st Wed of Month 1pm-3pm (12:30 on 6th April - Booking essential) Teas 3rd Wed of Month 2:00-4:00pm
Yoga	Wednesdays 7.00 – 8.30pm
WI	Social afternoons Monthly 1st Tuesday. 2-4pm Evening Meetings Monthly 3 rd Wed 7.30 to 9pm
Art Club	Mondays 1.30–4pm

UNDERBARROW INSTITUTE

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

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

WINSTER

For bookings contact Jane Crowe: Tel. 015394 44098

WITHERSLACK

For bookings contact Janet Crowe (Tel 07919 988566

janet.crowe@outlook.com

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
Women's Institute	Every 2 nd Tuesday of the month at 7.30pm
The Art Club	Fridays 9.30am - 12.30pm

Caring for our Community

Are there times when you feel lonely, or in need of a listening ear?

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 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 join our waiting list 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, Lorraine Brierley,

Phone 015395 60702 or e-mail

aspendobson@yahoo.com

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Please contact Peter: **Mobile 075392 90879**

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

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173 Highgate, Kendal, LA9 4EN

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Kendal, LA9 6BW

☎ 01539 887988

Website: www.highgate-vets.co.uk

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