

TWO VALLEYS PARISH NEWS

www.crosthwaiteandlyth.co.uk



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

April 2023

70p

Book/Cake/Plant

DAYS ARE BACK!

Sat April 29th

in the **School House**

10.00am - 4.00pm

TEA COFFEE SOUP

HOME-MADE CAKES

BOOKS PLANTS

ALL WELCOME

For info:- Yvonne 01539488563/ Gill 01539443304

KITTY BROWN BOUTIQUE FASHION SHOW

At Brigsteer
Village Hall

Brigsteer W.I.
In aid of Manna House,
Kendal

Wednesday
12th April
7:00 for 7:30pm

£5 includes glass of
Prosecco and nibbles

Sue 07718 904082
Liz 07894 710014



14

ROSE ROOM

"Classy vintage swing and gypsy jazz played by a band that combines brilliant musicianship and warm personality."
- Ann Stockdale

Serving up a mix of 1930s standards, original music and Gypsy Jazz favourites with their signature flair and fireworks.

Helsington & Brigsteer Village Hall
LA8 8AL
Sun 21 May 7:30pm

Tickets: melanieyates800@gmail.com or 07771 737629
www.highlightsnorth.co.uk
(B.Y.O drinks & glasses)

highlightsnorth.co.uk

Witherslack Parish Hall Committee are hosting a



NIGHT

Friday 21st April

Witherslack Parish Hall 7pm for Eyes
down at 7.30pm

Prize for a line and a Cash prize for a full
house!

Tea, Coffee and Soft drinks will be available, but if you would
prefer to bring something a little bit stronger, please feel free to
bring your own!

Everyone Welcome

Cover picture by Liz Croy

Church miniature pictures from watercolours by John Wilcock

Church Services for APRIL 2023

Sunday 2nd April

9.30am Underbarrow
9.30am Witherslack
11.00am Winster
11.00am Crook

Palm Sunday

Holy Communion (CW)
Holy Communion (BCP)
Holy Communion (BCP)
Morning Worship (CW)

Rev. Simon Howard
Rev. Michael Woodcock
Rev. Michael Woodcock
Mr. Kevin Cook

Maundy Thursday 6th
Good Friday 7th

7.30pm Holy Communion at St. Mary's Crosthwaite
10.00am Meditation at Holy Trinity Winster
2.00pm "At the Foot of Cross" at St. John's Helsington
9.00pm Easter Vigil at St. Anthony's Cartmel Fell

Sunday 9th April

9.30am Cartmel Fell
9.30am Underbarrow
9.30am Witherslack
11.00am Winster
11.00am Crook
11.00am Crosthwaite

EASTER DAY

Easter Communion (BCP)
Easter Communion (CW)
Easter Communion (CW)
Easter Communion (BCP)
Easter Communion (CW)
Easter Communion (CW)

Rev. Ray Dent
Rev. Bob Dew
Rev. Michael Woodcock
Rev. Michael Woodcock
Rev. David Parsons
Rev. Ian James

Sunday 16th April

9.30am Underbarrow
9.30am Witherslack
11.00am Winster
11.00am Crook
5.30pm Cartmel Fell

The 2nd Sunday of Easter

Holy Communion (CW)
Morning Prayer + APCM
Morning Prayer + APCM
Morning Worship (CW)
Evensong (BCP)

Rev. Ron Rutter
Rev. Michael Woodcock
Rev. Michael Woodcock
Tony & Hilary Fitch
Rev. Michael Woodcock

Sunday 23rd April

9.30am Cartmel Fell
9.30am Underbarrow
11.00am Crook
11.00am Crosthwaite

The 3rd Sunday of Easter

Morning Prayer + APCM
Morning Worship + APCM
Morning Worship (CW)
Morning Prayer + APCM

Rev. Michael Woodcock
Rev. Simon Howard
Rev. George Briggs
Rev. Michael Woodcock

Sunday 30th April

11.00am Lambing Service

The 4th Sunday of Easter

United Service for the Two Valleys at High Farm, Crook

Sunday 7th May

9.30am Cartmel Fell
9.30am Witherslack
11.00am Underbarrow
11.00am Winster
11.00am Crook
11.00am Crosthwaite

The 5th Sunday of Easter

Coronation Celebration Service
Coronation Celebration Service
Coronation Celebration Service
Coronation Celebration Service
Coronation Celebration Service
Coronation Celebration Service

Mr. Julian Lambton
Rev. Michael Woodcock
tbc
Rev. Michael Woodcock
tbc
tbc

Thanksgiving for Lambing Service

in the barn at High Farm, Crook (LA8 8LR)

at 11.00am on Sunday 30th April



All are welcome from the
Two Valleys Parishes of Cartmel
Fell, Crosthwaite, Crook,
Helsington, Underbarrow,
Winster & Witherslack & beyond!

A short service for all ages led by
Rev Michael Woodcock as we gather together to
give thanks and celebrate the Lambing season.

Burneside Brass Training Band will
accompany some well-known hymns.

Tea & cakes will be served afterwards.

Please let Emma Taylor (07733415204)

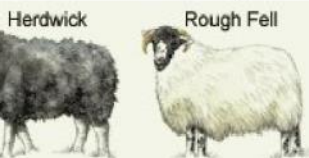
know if you can bring some cakes to

share or for further information.



Please bring a picnic blanket or rug as seating will be
in the form of hay bales! Parking is limited so car

sharing would be
appreciated.



FROM THE REGISTERS



Baptisms We welcome into the Lord's family:
Lilly Maria Dobson baptized on 26th February at St. Mary's Crosthwaite



Funerals - with sympathy, we remember those who have recently passed away:
5th December 2022 – Clifford Samuel Price (97) Burial at St. Catherine's Crook

CALLING ALL PARISHIONERS

King's Coronation Celebration Services

There will be special services on Sunday 7th May in our local churches to celebrate the King's Coronation.

Changes to patterns of Church Services

We are currently experimenting with some changes to our pattern of Church Services at Cartmel Fell, Crosthwaite, Winster and Witherslack. You can easily find out when and where the Services are taking place by the following means:

- ✦ The current edition of the Two Valleys Parish News magazine
- ✦ Notices pinned up in each Church
- ✦ Our Church website: www.crosthwaiteandlyth.co.uk/churches.php
- ✦ Facebook group: www.facebook.com/groups/1277901119079207

We are encouraging worshippers to share transport and travel together to wherever the Service is being held each Sunday at 9.30am or 11.00am. This has been working well this year, but needs everyone to stick with it and develop new habits.

HOLY WEEK and EASTER

This year we would again like to encourage you to come to some special services each day from Maundy Thursday to Easter Day. Over these four days we experience the unfolding of the last days of Jesus on earth and enter into the mystery and wonder of his death and resurrection. Each Service is distinctive and focuses on a different part of the Story. Please do come along on each of these days to get the most out of Easter this year:

Maundy Thursday 6th April 7.30pm Maundy Thursday Communion at St. Mary's Crosthwaite

Good Friday 7th April 10.00am Meditation at Holy Trinity Winster
2.00pm Meditation at St. John's Helsington

Holy Saturday 8th April 9.00pm Easter Vigil* (see note below) at St. Anthony's Cartmel Fell

Easter Day 9th April Service in all our Churches – see page 3 of the Magazine.

*** EASTER VIGIL – 9.00pm ON HOLY SATURDAY NIGHT**

Do consider coming along to our Easter Vigil to be held at 9.00pm on Holy Saturday (the day before Easter) 8th April in St. Anthony's, Cartmel Fell. This is a wonderfully atmospheric service as we sit in darkness, lit only by candlelight, and listen to some of the most well-known stories from the Old Testament telling the story of Salvation ... Gradually the sense of Easter and resurrection approaching grows stronger and the service climaxes with the lighting of the Easter Fire, outside the church, from which the Easter Candle is lit and processed back into the church where we proclaim the Resurrection. This special service is hosted at Cartmel Fell church but is designed for residents of all our villages to attend ... Why not come along and make Easter that bit more special this year?

Additional Magazine Editors

We are looking for some additional **editors** for this local Parish Magazine, the **Two Valleys News**, to join the existing team. Currently each editor is taking a two month turn followed by six months break, though this could be made more flexible. Some basic computer skills would be helpful, but existing editors will be able to assist and guide you. For more information email tvn@crosthwaiteandlyth.co.uk.



Two Valleys Badminton & Table Tennis anyone ?

Steve and Mary Rowlinson were wondering if anyone out there would like to join them in setting up a fun social badminton and table tennis / other court sports group in the valleys on Monday evenings ? If of interest please let us know on **0777 6656393** by the end of April.



**THE LANDOWNERS OF CROSTHWAITE AND LYTH
MANAGEMENT OF THE HIGH ALLOTMENT**

The High Allotment on the northern end of Whitbarrow is owned by The Landowners of Crosthwaite and Lyth for the community and has recently come within a Countryside Stewardship grant scheme for management as Wood Pasture. Visually this will bring little change and will enhance the special environmental nature of the

approximately 30 acres. There will be scrub clearance (volunteers always welcome), selective planting of clumps of native trees and improvement of the flora by selective and intermittent conservation grazing by heritage cattle.

Whitbarrow Road, which runs around the edge of the land, is a byway open to all traffic (BOAT) and as such is attractive to motorcycle trail riders and 4x4 vehicles which should comply with all required legislation for use. Unfortunately these users occasionally stray from the track without any permissions and cause long lasting damage to the sensitive and nationally important habitat. We therefore intend to fence the track off with a post and two or three strand wire fence which will have the benefit of containing any grazing animals on the land side and vehicular users on the track side. This will additionally prevent funnelling of cattle into the narrow enclosed track running round to the lime kiln making for safer pedestrian and vehicular use of the track.

Rest assured that we are not intending the restriction of pedestrian access to the Allotment and on through the gate in the wall to Township Allotment and Whitbarrow summit. This is a facility well-used by locals. A Permissive Path along the line of the existing trod up the rock steps from the track heading in a straight line up the slope to the gate will be created which will be clearly open to all walkers. There will be three kissing gate access points through the new fence: the first near the gate on the track from The Row, the second further along on the level and the third at the existing trod up the rock step near the footpath passing The High. A locked vehicular gate to allow maintenance vehicles access will also be installed near the middle kissing gate.

Further details and a plan will be published on the C&L Parish website and for any observations on the proposals please email landowners@crosthwaiteandlyth.co.uk

Martin Casson. Chairman of the Trustees.

NOTICES FOR INDIVIDUAL PARISHES

CARTMEL FELL

The Cartmel Fell Education Foundation

If you are under 25yrs of age, live in St Anthony's parish and would like to be considered for a grant please apply by letter or email stating your age, address, current educational establishment and very briefly what the grant would be used for. Applications should be sent to The Secretary, Cartmel Fell Education Trust c/o Fell House, Cartmel Fell, Windermere LA23 3PB or emailed to helenatcowmire@talk21.com to arrive by 12th April 2023 at the latest.

Applications can be made every year whilst the residence and age conditions are met from students, apprentices or any young person pursuing an artistic or sporting talent. In addition, grants can be made direct to school in respect of qualifying school children.



Cartmel Fell and District Local History Society

In March Suzanne Tiplady followed “the fortunes of the Baptist community at Hawkshead Hill”

After the Easter break on the **17th April** Professor Fiona Edmunds of Lancaster University will speak on ‘**Furness Abbey and the Irish Sea region in the Medieval period**’. Dr Edmunds’ particular areas of interest are the Irish Sea region in the Viking Age and central Britain (northern England and southern Scotland) prior to the Anglo-Scottish border. She will also update us on the Victoria County History project. **7.30pm in the Parish Hall, Cartmel Fell, LA11 6NH**

CROOK The hard working BARN contractors and volunteers are making excellent progress with some of the routes now completed. Well over 100 properties have already been connected. Those who are interested and involved with this community project have been able to follow progress with regular facebook posts including some excellent photographs.



CROSTHWAITE



The 100 Club is a great way of supporting the Argles Memorial Hall, ensuring that the Hall is looked after and maintained for everyone in our community to use for many years to come. Your support is essential in making this happen.

Subscription for this will be £12 per year, with a draw made for £25 every month. All proceeds from the 100 Club go towards the general upkeep of our lovely Hall. Payment can be made straight into the Argles Memorial Hall bank account by electronic transfer, or by cheque and posted to our Treasurer, or left in our letterbox outside the main doors.

Renewal emails have been sent out to all existing members; if you have already paid, thank you, if



**** Please note that the 100 Club will now run from April to March; first draw made in April ****

not please consider doing so as soon as possible.

We do have a few numbers left for this year, so if you would like to join, please fill in your details and send to the contact details given below.

I/we would like to join the Argles Memorial Hall 100 Club. We would like number(s) at £12 each.

I/we enclose payment of £.....

Name:

Tel No:

Email Address:

Please make **cheques payable to Argles Memorial Hall**, and send to:

Mrs Jenny Waldron, Brow Cottage, Tarnside, Crosthwaite LA8 8BU.



Save this date! - Saturday 15th July **Crosthwaite Show 2023 at the Argles Memorial Hall**

The Committee is busy drafting the schedule of classes to attract all parishioners and people who work, learn or play in our village to exhibit and come along to our Show.

The Schedule will be published by Easter, so get chitting your potatoes, sort out your seeds, sharpen your knitting needles, practise your baking and generally get creative.

....more information coming soon.

The Show Committee

NB: there is no Crosthwaite Exchange on Wednesday May 3rd.



Footcare at Crosthwaite Memorial Hall

Lakes Foot Care

Wednesday 5th April

Contact Debbie, Registered Foot Health Practitioner on
07706851814 for an appointment/enquiries

St. Mary's Easter Flowers

Gifts of vases of Spring flowers or pot plants would be very helpful to decorate the church for Easter. We will meet at 1pm on Saturday 8th April. Both adults and children are most welcome to help. *Vonnie Tel. 015395 68208*

King's Coronation Celebration Service at 11.00am on Sunday 7th May in St. Mary's, Crosthwaite. Bring your own Lunch to enjoy eating together afterwards.

WITHERSLACK

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



Magazine Subscriptions for 2023 have been kept at £6.50.

If you haven't already paid please do so with one of the following options:-

Pay your distributor

Leave money at the Shop for the attention of Janet Read

Pay online: sort code 01-03-46 a/c no 83286209 PCC Witherslack Parish Church.

Thank you.

"Vicar at The Derby" - last Wednesday of each month.

I will be at The Derby Arms again from 12noon until 2.00pm on Wednesday 26th April.

Happy to have a chat with anyone about anything really.....



I ordered a watch online with personalised engraving for my partner's upcoming 40th birthday. The company has since gone out of business. I keep phoning and emailing them but can't get through to anyone. I can't afford to buy another gift until I get my money back. Please can you help?

If the company has gone into administration, it may still be able to fulfil outstanding orders, but if it is already in liquidation, you'll need to try to get your money back. If you're unsure about what state the company is in, the Citizens Advice website has information on how to find out.

Is there a shop or office you can visit, to get an update on your order, or request a refund? If that isn't possible, the next steps depend on whether it's a limited company (it will have ltd or plc after its title) or if it's a sole trader (someone who runs their own business) or partnership.

If it's a limited company, you'll need to get details of the administrator or receiver - the person dealing with settling the trader's debts. The names of those administrators will usually be on the website of the company that's gone bust. You should register your claim as a creditor on the GOV.UK website. Fill out the form with details of what you're owed and send it to the administrator.

Unfortunately, there's only a small chance you'll receive any money back because you'll be last in a long list of creditors who need to be paid.

If you paid by debit or credit card, you could also try getting your money back with a Section 75 claim or a chargeback claim to your card provider or bank. Full details about both these types of claims can be found on the Citizens Advice website.

If the seller was a sole trader or partnership and not a limited company, pursuing a Section 75 or chargeback claim is your best option.

Every case is different when traders go under, but you can call the Citizens Advice consumer helpline to find out exactly what your rights are: 0808 223 1133 and visit <https://www.citizensadvice.org.uk/consumer/somethings-gone-wrong-with-a-purchase/if-a-company-stops-trading-or-goes-out-of-business/>

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***

The Stations of the Cross

Easter Day is on 9 April this year, and so the long preparatory penitential season of Lent began on 22 February with Ash Wednesday. As we get closer to Easter and enter Passiontide on the fifth Sunday in Lent, known as Passion Sunday, the intensity increases; and on the following Sunday, which is Palm Sunday, we begin Holy Week, the most solemn period of the church's year. On Palm Sunday itself we celebrate Christ's Entry into Jerusalem. But we know what is about to come: the Last Supper, Betrayal, Trial, Crucifixion and Burial, which we commemorate on Maundy Thursday, Good Friday and Holy Saturday. Then, at last, following all our meditation on suffering and sacrifice and our lengthy period of penitence and self-denial throughout Lent, we come to Easter Sunday, with its joyous celebration of the Resurrection.

One of the devotional practices associated with Passiontide is that of processing around the church and meditating on stages in Christ's progress from the moment of his condemnation by Pilate to his body being taken down from the cross and laid in the tomb. Pilgrims to Jerusalem, from at least as early as the fourth century, followed the traditional route from the site of the condemnation to the site of Calvary, reflecting on the significance of it all and spiritually sharing in Christ's suffering. The route quickly became known as the Via Dolorosa, the Sorrowful Way (more commonly translated as the Way of Suffering, or the Way of Sorrows), and it is still the focus of pilgrimage today.

A millennium later, in the fourteenth century, it was realised that this pilgrimage could be spiritually re-enacted within the local church. This devotional 'reliving', which probably came about under the influence of the Franciscans, was instantly popular. To give focus to the practice within the church, removed as it was from the historical sites themselves, progress was organised into stages or stations: moments of pause and focussed reflection on particular episodes in Christ's experiences from Condemnation to Burial. Most of the details which provided the focus for these successive stages or stations of mediation and prayer were drawn from the four gospels, but some were legendary elaborations, such as the story of how St Veronica wiped Christ's sweating face with a cloth, on which was left a miraculous imprint of his visage. It became increasingly common for each pause-point to be marked by an image of the episode to be meditated upon, and these are known Stations of the Cross. In England the Reformation swept away devotional practices such as this, together with the associated images. But as the Church of England developed a High Church tradition in the nineteenth century, Stations of the Cross and the devotional practice of which they were a part were reintroduced within that tradition. Their use gradually spread rather more widely, although there are very many Anglican churches in which the Stations are not found. Of course, the Roman Catholic church did not break with the medieval practice, and so Stations of the Cross are to be found in all their churches.

Nowadays, at least within the Roman Catholic tradition, there are customarily fourteen Stations, although the number and sequence of episodes was not finally settled until the 18th-19th centuries. The Stations themselves may be indicated around the walls of the church by pictures or icons, carvings, or just numbers, sometimes with a brief sentence alongside to signal the episode in question.

Joyce Hill

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, Winsters, 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 (Winsters)	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 / 07826 800469

or e-mail brierleyl@yahoo.co.uk

REMINDER - MAGAZINE SUBSCRIPTION 2023

If you receive a monthly Two Valleys Parish News then your subscription for 2023 is now due.

The price is being held at **£6.50** for 12 issues and you are asked to please pay your Parish distributor promptly or make a payment via bank transfer using the bank details below. Please give your name as a reference so we can track your payment!

If you receive your TVPN by POST then the cost for the next year is £14.50. Please make cheques payable to Crosthwaite PCC and send to:

Lorraine Brierley, 4 Whitbarrow Grove, Levens, Kendal, LA8 8LT.

Alternatively you can pay by bank transfer using the details below:

Account Name: Crosthwaite PCC

Sort Code: 40-26-02 Account No.: 20262366

If you pay by bank transfer PLEASE use your name as a reference and let me know so I don't chase you for payment !

Tel: 07826 800469 Email: brierleyl@yahoo.co.uk

If you are on the Helsington postal list please make cheques payable to:

Underbarrow with Helsington PCC

And send to: Marilyn Taylor, 5 Crow Wood, Brigsteer, Kendal, LA8 8AW



The Exchange invites you to a

***Coronation
Celebration
Dinner***

***Friday 5th May 6 for 6.30 p.m.
The Argles Memorial Hall***

***3 course dinner including wine
£25 per person Dress to Impress***

***Booking Essential!
Tickets from Geraldine
015395 68836
07766 646504***

Grangee1@hotmail.co.uk

All proceeds to Memorial Hall Funds



Cartmel Fell Community Trust & Cartmel Fell W.I
invite you to their
CORONATION AFTERNOON TEA
on Sunday 7th May 2023 in Cartmel Fell Parish Hall
from 2-4pm
Come and join us to celebrate the Coronation of
King Charles 3rd
All Welcome!



UNDERBARROW CORONATION PARTY

SUNDAY 7TH MAY

**12 TILL 2 FOLLOWED BY A
ROYAL QUIZ**



**£5 PER ADULT AND A SMALL
DONATION FOR CHILDREN**

AFTERNOON TEA PROVIDED

**BAR/NONALCOHOLIC
REFRESHMENTS AVAILABLE**

**CHILDREN'S CROWN COMPETITION
(AGE GROUPS - 4 AND UNDER, 5 TO
8, 9 TO 12, AND 13 AND OVER)**

FOR MORE INFORMATION CONTACT IRENE MATTHEWS ON:

07789671830 or 01539568495



Have you ever wanted to
try Bell Ringing?



Why not train to be a bell ringer in time to
ring for the King's coronation
on 6th May 2023

If you want to have a go, please contact:
Keith Hackney 015395 38823



We warmly welcome all the community to join and support us on the day. Whether this be cheering on the runners in the dash, having the pleasurable task of throwing paint over the children, or joining us for a drink and ice cream. We'd love to see you!



WITHERSLACK CELEBRATES

Join us for a right royal knees-up

Friday 5 May: CORONATION CEILIDH

7.30pm in the Parish Hall with ***Striding Edge***

** tickets limited so get them early, check Witherslack Hub for details **

Sunday 7 May: STATELY CELEBRATIONS



9.30am **ST PAUL'S CHURCH** celebration service

11am **CEREMONIAL KING CHARLES III TREE PLANTING** and plaque unveilings, including for the existing oaks commemorating the coronations of Elizabeth II and George VI, on the church green

11.30 **onwards Dean Barwick school field**

KING & QUEEN FANCY DRESS, prizes for children and adults

PICNIC LUNCH, bring your own, best dressed picnic table prize

SOVEREIGN SPORTS, join in the fun and games - welly wanging, rope stretching, rounders, slippery foam adventures and more, some with trophies

We look forward to welcoming our loyal subjects for fun, laughter and regal revelry.
Check Hub for updates, best decorated house entries, flags and bunting hanging

Making Witherslack Happy and Glorious



Winster Church invites You to a special **Coronation Village Service** and **Jacobs Join Lunch at 11 am on Sunday 7th May** at Winster Church. A chance for the whole village to get together and share lunch as part of nationwide celebrations.

If you can bring some food to share as part of the Jacob's Join lunch then please let Debbie Glover know on 07787 766722. There will be tea, coffee and squash provided but do bring your own drinks.



REPORTS & NEWS

BRIGSTEER

Our President Sue, was pleased to welcome three new members and three guests to our March meeting, when Fiona Dodd gave us a fabulous demonstration of easy recipes and tips for a dinner party. We especially enjoyed the tasting afterwards and several members have already tried some of the recipes out. Eight members were off to the theatre the following evening to see Ladies That Dig at the Brewery. Next month we have our Spring Fashion Show by Kitty Brown Boutique on 12th April with any proceeds going to Manna House. Our models are ready and tickets, £5 each including a glass of fizz and nibbles are selling fast. Our monthly walks restart on 21st April when we're planning to go to see the seals at the Walney Island Nature Reserve following the Cumbria Wildlife Trust talk last year. New members and visitors are always welcome to our meetings on the 2nd Wednesday of the month at 7.30 in the village hall. Call Sue or Liz on 07718 904082 or 07894 710014.

CARTMEL FELL

Five gentlemen, 2 new members and all but 3 members of the Institute greatly enjoyed Mr. Bill Nelson's talk on the 1818 Auction House.

Auctioneering had changed over the last few years and there is now very little waiting for the gavel to drop, but now on line bids at timed auctions.

Vanda was the winner of the competition with a cigar cutter and brush. Bill assessed all the competition entries and explained what they were. On leaving he gave an open invitation to go to the Auction House and view the lots followed by a visit to the café.

The next meeting will be 5th. April when Sue Spencer will be Backpacking Solo around the World Approaching 50. The competition is for a holiday photograph.

The W.I and Community trust are putting on an Afternoon Tea in the village hall on Sunday 7th. May to celebrate the Coronation of King Charles III, details in this edition. It is hoped this community event will be well supported.

CROOK

We had a really interesting and informative talk about the Morecambe Bay Search and Rescue Team. Gary Parsons, their founder and leader, had some stories, good slides and some videos. He told us about the varied events with which the team had been involved. They are often life savers when people have become stuck in the treacherous sands around the Bay. The team have a great variety of different vehicles so are called to help at times of flood and, occasionally, during snow storms where their tracked vehicles can come into their own.

CROSTHWAITE & LYTH

Members of Crosthwaite and Lyth W.I. gathered in force to listen to a very interesting talk by Karl Connor about the workings, trials, tribulations and many successes of St Mary's Hospice in Ulverston. As less than 20% of its funding comes from the N.H.S. Fundraising is a significant and vital part of the support the Hospice requires for the many and varied types of care the Hospice offers the local community. There are 8 inpatient beds, but many other ways the team support those needing their care and the carers, from Hospice at Home to the fortnightly Memory Cafe for those who are having difficulty with remembering. Support for the bereaved in a variety of ways and always a listening ear. We are indeed fortunate in this area to have such a Hospice as this. Penny Blair thanked Karl Connor for making us all so much more aware of what is available in our community.

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 015395 68569

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 60702 07470 169890

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

Safeguarding Officer for all above: Mrs. Jane Eccles 07779 953763 015395 58138

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 07786 061972

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 for Crook: Mrs. Lilian Atkinson, Low Fold, Crook
lilatkinson8@gmail.com

Magazine Editor next month: Jolyon Dodgson (015395 52222)

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

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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 09:15 - 10.15

CARTMEL FELL

For bookings contact Julie Balshaw Tel. 015395 68506 Email: balsh@hotmail.com

Women's Institute	First Wednesday in the month at 7.30pm
Local History Society	Second Monday in the month 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 9:30-1:30am (school term time)
Indoor Bowling	Tuesday and Thursday 7.30-10.00pm (Jan 10 th -Mar 30 th then October 3rd-December)
Exchange	Lunches 1st Wednesday of month 1pm-3pm Teas 3rd Wednesday of month 2:00-4:00pm NB: There is no Crosthwaite Exchange on Wednesday May 3rd.
Yoga	Wednesdays 7.00-8.30pm
WI	Social afternoons, Occasional 2:00-4:00pm Evening Meetings, Monthly 3 rd Wed 7.30-9.00pm
Art Club	Mondays 1.30-4pm (January-March then October-December)

UNDERBARROW INSTITUTE

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

Snooker Club	Mondays from 7.30pm
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

Books, Cakes and Plants Last Saturday in the month (April-November)

WITHERSLACK

For bookings contact Janet Crowe 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

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