

January 2011

60p



CROSTHWAITE



CARTMEL FELL



HELINGTON

**TWO
VALLEYS PARISH
NEWS**



UNDERBARROW



WITHERSLACK



WINSTER

A LETTER FROM BRIAN CROWE

As each year passes, we expect to be ever more in control of our world. The media are outraged if anything interferes with our world or our daily lives. 2010, though, was yet another year when, human beings were patently not in control of events. Do you remember the Icelandic volcano eruption in March? Huge numbers of us in Europe (including me!) had travel schedules disrupted after government authorities banned flights across many countries. And when planes failed to fall out of the sky, those same authorities were blamed for being too cautious.

The BP oil spill remained news headlines for months as environmental disaster was predicted, and it became apparent that neither the oil companies, nor their regulators knew how to control deep sea drilling. Inevitably BP was blamed, and CEO Tony Hayward was forced to resign.

At local level, as all farmers know, we cannot control our weather; a drought in April, May and June was followed by persistent rain for the next few months, with the rain beginning coincidentally on the first day of the hosepipe ban! Maybe, those responsible for the hosepipe ban were in control after all!

And before December, snow had arrived and we experienced some of the coldest temperatures for years. The blame culture meant that in Scotland, the numbers stranded in the snow on Scottish roads resulted in the resignation of the Scottish Transport minister!

Just as we cannot control volcanic eruptions, deep sea oil drilling or the weather, at an individual level we cannot control our health. Many of us will have suffered from various health concerns during 2010, and others have experienced the pain of bereavement, perhaps the final demonstration that we are not in control. Christians believe that God is ultimately in control of our world and our lives, even when chaos seems to reign.

We do not know what 2011 will bring, however much we may make plans; our life is not certain, nor is it risk-free. God is in control, not us. So as we begin 2011, rather than make New Year's resolutions that are outside our control, perhaps instead we should resolve to recognise our place in God's world, rather than his place in ours.

In January the church celebrates Epiphany – the time when the three kings followed a star and arrived at Jesus' birthplace. They hadn't typed their destination into the Satnav in advance; they followed the star wherever it led. That way they reached Jesus and gave their gifts. Perhaps we should take a leaf out of their book this year, and be prepared to follow God wherever he leads us; we might remain in our own home, or our local church, but if we are prepared to trust his leading, perhaps we will encounter something of God even there.

Happy New Year!

Brian Crowe

FROM THE REGISTERS



Baptisms

5th December

Noah Joseph Thistlethwaite at Holy Trinity, Winster



Funerals

9th December

Funeral service for Joyce Spencer at Barrow Crematorium

Valley News SUBSCRIPTION 2011

subscriptions for 2011 are due the beginning of January.

The price has been kept at **£6.00** Parishioners please pay your Parish distributor promptly.

Those who get by post, pay cheque **£10.00** made payable to **Crosthwaite PCC** and sent to Matthew L. Dobson, ASPEN, Crosthwaite, Kendal, Cumbria. LA8 8BS

Those on the **HELSINGTON** Postal list: Please make Cheques payable to **Helsington P.C.C.** and send to **M. Wrigley**, Orchard House, Brigsteer, Kendal LA8 8AN

WEEK OF PRAYER FOR UNITY - MONDAY 24TH JANUARY

There will be a special service at 2.00pm on Monday 24th January being hosted by St. Mary's Crosthwaite for the Week of Prayer for Christian Unity. This is part of the celebrations being organized by the Churches Together in Kendal and District for this special week. Do come alone for this short time of Readings and Prayers as we continue our commitment to ecumenical welcome in these valleys.

Holy Days in January

1 The Naming and Circumcision of Jesus - Festival

2 Basil the Great & Gregory of Nazianzus, Bishops, Teachers of the Faith, 379 and 389 - Lesser Festival

6 The Epiphany - FEAST

12 Aelred of Hexham, Abbot of Rievaulx, 1167 - Lesser Festival

13 Hilary, Bishop of Poitiers, Teacher of the Faith, 367 - Lesser Festival

17 Antony of Egypt, Hermit, Abbot, 356 - Lesser Festival

18-25 Week of Prayer for Christian Unity

19 Wulfstan, Bishop of Worcester, 1095 - Lesser Festival

21 Agnes, Child Martyr at Rome, 304 - Lesser Festival

24 Francis de Sales, Bishop of Geneva, Teacher of the Faith, 1622 - Lesser Festival

25 The Conversion of Paul - Festival

26 Timothy and Titus, Companions of Paul - Lesser Festival

28 Thomas Aquinas, Priest, Philosopher, Teacher of the Faith, 1274 - Lesser Festival

30 Charles, King and Martyr, 1649 - Lesser Festival

EPIPHANY WEDNESDAY 6TH JANUARY

Please Note that on Thursday 6th January there will be a 9.30am special service of Holy Communion for the Feast of Epiphany in St. Mary's Crosthwaite, to be followed by some refreshments .as we celebrate the Feast of the Epiphany.

A SPECIAL SERVICE EXPLORING THE THEME OF “DEPRESSION”

Depression is such a common thing to suffer from in our stressful world. Is it OK for a Christian to feel depressed? This is a genuine question that many people today struggle with; “If Christian faith is supposed to bring joy, then how come I feel depressed?” This can lead many people into feelings of guilt when they are depressed and this guilt then makes them feel even worse - it can feel like a vicious circle at times. **At 6.30pm on Sunday 6th February the Evening Service in St. Mary's, Crosthwaite** will be dedicated to exploring this theme and will help us discover that it is indeed OK to feel depressed. This service will also hopefully be of help to those who live with others who suffer from depression. If anybody is interested in this service and wishes to know more (or who may have something to contribute) then do get in touch with Rev. Michael Woodcock 015395 68276 before hand. This is of course a special Two Valleys service and so we extend an open invitation to people from all our villages .

Don't let the cold beat you

Last winter 9 pensioners an hour died from ‘cold related deaths’ and around 4 million homes are said to be in ‘Fuel Poverty’ (spending more than 10% of income on heating) according to National Statistics.

If you receive one of a range of income-related benefits then your energy supplier should offer you a slightly cheaper rate called a Social Tariff. You should also qualify for a Cold Weather Payment of £25. This occurs each time the temperature in your area is recorded below zero for 7 consecutive days between 1 November and 31 March. If you were state pension age on the 3rd Monday in September you qualify for Winter Fuel payment. This can be between £125 and £400 depending on your situation.

All these benefits should be paid automatically, but if you are missing out and want to check if you are entitled you can look at www.direct.gov.uk or ask your local CAB for a benefit check.

The Department of Health has produced a guide called Keep Warm Keep Well, it can be downloaded at www.dh.gov.uk. It gives useful tips on how to keep healthy and what grants and benefits are available to help with heating costs.

If your street is short of grit or not being cleared of snow and ice, there's a handy website www.fixmystreet.com where you can enter details that will be passed to your local council. You can also report a range of other problems such as broken street lighting or paving slabs.

Free, confidential advice and help is available on any aspect of this article as well as debt, benefits, employment, and any other problems. You can contact the Grange or Windermere Citizens Advice Bureau by phone or in person. Call 015395 33100 / 015394 46464.

CALLING ALL PARISHIONERS

5TH SUNDAY SERVICE

On **30th January** at 10.30am the 5th Sunday service at All Saints, Underbarrow will have a slightly different feel to it. Having had a very 'old' style of service in October at Cartmel Fell, which was wonderful, this time the service will have a more contemporary feel in terms of music and other aspects of the service.

There won't be a 5th Sunday choir as such, but we would like to gather a group of singers who will lead the hymns and songs, along with one or two instrumentalists and a digital piano. Much will be familiar, just done a slightly different way.

If you would like to be part of the singing group, please come to practices on Thursdays 20th & 27th January at 4pm in St Mary's, Crosthwaite. For more information please contact Dorothy Grace (015395 68569).



It's PANTO Time

ALADDIN
and the
BEANSTALK



World premier of this brand-new Crosthwaite Pantomime!

Yes, the waiting is almost over. The Crosthwaite Panto Players will be performing this (almost) famous new work at the Argles Memorial Hall, Crosthwaite

Friday 28th & Saturday 29th of January 2011.

Last year was a big sell-out, so book your tickets early from:

Caroline Holmes: 015395 68599

Geraldine Wilson: 015395 68836

Marilyn Shuttleworth 015395 68522

or from the Exchange on Wednesdays

Children: £3 - Adults: £7.50

WESTMORLAND DAMSON ASSOCIATION– TREASURER

Janet Read, our current Treasurer, will be stepping down from this position at the next AGM in 2011. If you are interested in taking on this position would you please contact John Holmes on 015395 68599 (07766 74326) or email at: cjh@coyote-software.com.

F L O W E R S H O W 2 0 A U G U S T 2 0 1 1

The Art and Photography classes for this year's show are:

- Lyth; Heritage; Love

We look forward to some interesting entries.

OPERATION CHRISTMAS CHILD SHOEBOX CAMPAIGN 2010

We would like to thank everyone who helped out, donated Shoe Boxes and items to fill boxes for the 2010 Campaign. Your thoughtfulness and generosity helped us to raise 441 boxes from the Two Valley's Parishes. This is a fabulous effort and we know they will be greatly appreciated by the children who receive them.

CROOK MORRIS WASSAIL DAY

Saturday 15th January 2011

Last year was our 2nd Wassail Day, and although the very icy conditions had to be overcome we had a very enjoyable day and thanks to all the people who attended. Thanks also to our hosts at The Row, Mr & Mrs John Walker, who cleared an area for us to dance, and likewise James and Muriel at the Hare & Hounds, Bowland Bridge.

We will meet at the Lyth Valley Hotel around 11.30pm for refreshments before processing to The Row via a footpath opposite the hotel (short walk). Parking is very limited at The Row, so we park at or near to Lyth Valley Hotel. The ceremony starts at 1.30pm. We will dance before processing in a noisy, boisterous manner to our damson tree, where liquid refreshment (our own recipe) and wassail cake, made with damsons will be passed around. Pieces of bread soaked in the liquid will be placed on the tree branches. After one or two Morris Dances we sing to our hosts before making our way to the Hare & Hounds, Bowland Bridge.

Weather permitting, we will dance outside until about 3.30pm when we perform our own Mummers Play. We then adjourn to the pub for music and singing. Later on the Mummers Play will be repeated and more music and singing will hopefully carry on well into the night. Singers and musicians will be most welcome, in fact, the more the merrier!

We would like to thank Mr & Mrs John Walker for their kind hospitality and also Kerry and Peter of the Hare & Hounds for allowing us the use of their pub for the afternoon and evening performances.

NOTICES FOR INDIVIDUAL PARISHES

BRIGSTEER

BRIGSTEER OPEN GARDENS 2011 Sunday & Monday May 29th & 30th

Although this seems a long way ahead it will come all too quickly. Lots of help will be needed from opening your garden to assisting with parking and catering. Please put the dates in your diaries. If you need more information or wish to volunteer please phone Beryl Mansbridge on 015395 68570.

CARTMEL FELL

QUIZ NIGHT

A most enjoyable evening was had by all when 50 people sat down at the Masons Arms for a quiz and hot pot on Monday 15th November. Sincere thanks to all who supported this event which raised over £300 for church funds, and to the Masons Arms for their generosity and hospitality.

BURNS NIGHT SUPPER.

At the kind invitation of Oliver & Vicky we are holding a Burns Night Celebration in Cowmire Hall on Tuesday 25th January at 7.30pm, cost £10.00 to include a glass of wine. Tickets available from Vanda (015395 31311) or Bowland Bridge Shop and must be purchased before Saturday 22nd January.

CARTMEL FELL PARISH COUNCIL.

The next meeting will be on Thursday 2nd December at Tower Wood Outdoor Pursuits Centre commencing at 7.30pm. Members of the public are welcome to attend and there is always an opportunity for public participation at the start of the meeting, in order to raise matters of concern for discussion by the Council. We still have one vacancy on the Council, despite previous advertising and we would welcome an expression of interest, which should be communicated to the Clerk, Kevin Price on 01539-821596. There are currently four meetings each year, usually on Thursday evenings, two of which are held in the Parish Hall and two at Tower Wood"

The **Cartmel Fell Educational Foundation** is meeting on 8 February 2011. If you are under 25 and live in St Anthony's Parish and would like to be considered for a grant please send a short application letter explaining how you would use the funds to the Foundation Secretary Mrs Angela Nicholson at Little Hartbarrow Cartmel Fell Windermere LA23 3PA. The Foundation encourages applications from all students, apprentices or young people pursuing artistic or sporting talents or interests. Individual grants are typically up to £50 and in addition a small grant is paid for each child of primary school

age living on the Fell direct to the school they attend. If any children have recently moved into the area or have just started school please let us know so that we can include them.

ST ANTHONYS ROTAS COFFEE

Jan.9th Anne Bennett

Jan.23rd Anne Emmett

FLOWERS

Anne Bennett & Jane Eccles.

CROOK CHILDREN'S TEA PARTY & HOT- POT SUPPER & QUIZ

The Crook Memorial Hall Children's tea party will take place on Saturday 8th January from 2.00 – 4.00pm. Children and grandchildren are very welcome! This is followed by a Hot Pot Supper and Quiz at 7.30pm.

House groups will resume on Thursday 6th January, continuing to meet at the home Of Hilary and Tony Fitch at 2.30pm and Ann and Peter Keene at 7.30pm. We will meet fortnightly thereafter until 3rd March. During those five sessions, The Lord's Prayer will be the basis for our discussions. Anyone is welcome to join us who would like to think and discuss what we are praying for when we say this prayer together week by week.

The first 'At Home' of the New Year will be on Thursday 13th January. Soup and Sandwiches from 12.30pm; come and relax and enjoy each others company.

No need to book just turn up. Transport is available if you need it; call Brian on 015395 68959.

The St. Catherine's Epiphany Supper Party is on Friday 21st January, starting at 5pm at Middle Blakebank. Come and enjoy a fun evening with others while we wait for the snowdrops and signs of spring!

CROOK AND WINSTER PARISH COUNCIL

The next meeting of the Parish Council will be held on Tuesday 18th January at Winster Village Hall commencing at 7.30pm. This is the first time the Council has met in Winster and it is proposed that this year two meetings will be held there and the remaining four at Crook Memorial Hall. The Parish Council consists of five Councillors from Crook and two from Winster (although there is one vacancy at present) and the Chairman is Councillor Richard Metcalfe. Members of the public are welcome to attend the meetings and there is always an opportunity for questions or comments to be addressed to the Council. Kevin M Price. Parish Clerk. 01539-821596

CROOK YFC 'COMMUNITY CHALLENGE'

For the past few years this has taken place with other young farmers clubs in the area, doing sponsored bike rides/runs etc to raise money for Cumbria Young Farmers' chosen charity, the Great North Air Ambulance. However, this year Crook YFC have decided to look closer to home and see if there is anything we

can do in our local community as we are running a number of other fundraising events.

In the past we have done things like moving a church yard wall, delivered firewood to vulnerable people in the community through winter and re-decorated community buildings. These are the types of 'challenges' we are looking to take on again. Anything that needs doing we will consider doing it!

We are also hosting a **Beetle Drive** at Crook Memorial Hall on Tuesday the 12th January 7.30pm start (£1 per beetle card) and a **Darts, Dominos and Connect 4** Night at Underbarrow Punchbowl on Friday the 21st January 8pm, both to raise money for the Great North Air Ambulance. All are welcome.

For further details and information contact: Rebecca Redmayne, Mobile : 07977932256 Email : crookyfc@hotmail.co.uk
Web: www.crookyfc.co.uk

CROSTHWAITE

Calor Cumbria Village of the Year
2 0 0 9
www.crosthwaiteandlyth.co.uk

THANK YOU

A very big thank you to all the people of Crosthwaite & Lyth who donated their Morrison's vouchers to Crosthwaite School. We have counted just over 3,000 vouchers and now chosen some lovely new playground and garden equipment.

May I also remind people that we are having a fund raising clothes collection on 27th January called 'Bag2School'. They take bags of bedding, clothes, bags, hats, shoes and soft toys, weigh them and give us a percentage per ton. Let me know if you want a bag to fill. Please bring your bags to school before (not in the holidays) or on the day between 8am-9am Let me know if you are unable to drop off at these times and I will come and collect it.

Julia Porter

ST MARY'S CHURCH FLOWER FESTIVAL

This event will now be held on the weekend of 25th and 26th June 2011, please note the change of date! Would anyone who would like to help with the flowers at this event please contact Yvonne Sharp Tel. 015395 52005 or Eileen Alston Tel. 015395 68565.

ST MARY'S ROTAS COFFEE

9th Lorraine Brierley & Gillian Smith.
23rd Pat & Gordon Howarth.

FLOWERS

2nd Flowers from Christmas.
9th Vonnie Sharpe & Eileen Alston
16th Vonnie Sharpe & Eileen Alston
23rd Vonnie Sharpe & Eileen Alston
30th 5th Sunday @ Underbarrow. Flowers from the 23rd ..

Note: Will volunteers for Flowers please contact Vonnie Sharp (52005)
Or Eileen Alston (68565)

CROSTHWAITE HELPLINE

Please contact:

Geraldine & Arthur Wilson on 015395 68836.

UNDERBARROW

HOTPOT SUPPER & BARN DANCE

The Underbarrow Marrow Day Committee would like to thank all those who bought tickets, everyone who attended on the evening and all those who donated raffle prizes for the above event. Your kindness and generosity helped us raise nearly £800. All money raised is donated to local cancer charities so thank you for your continued support. A cheque for £2500 was presented to St Mary's Hospice, Ulverston on the night of the event.

UNDERBARROW & BRADLEYFIELD PARISH COUNCIL

The next meeting of the Parish Council will be held on Tuesday 11th January at Underbarrow Institute commencing at 7pm. Members of the public are welcome to attend the meeting and there is always an opportunity for questions or comments to be addressed to the Council. Kevin M Price. Parish Clerk. 01539-821596

UNDERBARROW HELPLINE

Please contact:

Frank Hodson on 01539 728280

Mabel Evans on 015395 68481

Tom Handley on 01539 724013

WINSTER

HOLY TRINITY FLOWERS

2nd, 9th, 16th Katrina Hardman

23rd, 30th Cath Casson

WITHERSLACK

www.witherslack.org

SUNDAY CLUB

The next Sunday Club will be on Sunday 6th February. We meet at St. Paul's church, Witherslack from 9.30am - 10.30am. All children aged 3 - 12 are welcome and will enjoy making friends with our small existing group who eat biscuits, play games and create craft items! For more details phone Michelle Woodcock on 015395 68276.

EVENING SERVICES : NOVEMBER – MARCH

From November the evening services at Witherslack will be held at 4.00pm through the winter until the end of March.

BARWICK HALL

The renovations are almost complete and what a difference! Volunteers, to whom we are most grateful, have re-decorated the hall and kitchen and have installed a toilet block. If you wish to hire the hall, please contact Irene Brennand 015395 52337

irene.brennand@mypostoffice.co.uk

ST PAUL'S ROTAS SIDESMEN

2nd Henry Jackson, 9th Janet Read

16th Dorothy Mallinson

23rd Diane Woollard

READERS

2nd Chris Bagnold, 9th Hilda Jarvis

16th Trevor Farrer, 23rd Val Pattison

They're Back! Those wonderful **Church Bulletins!** These sentences actually appeared in church bulletins or were announced in church services:

- Remember in prayer the many who are sick of our community. Smile at someone who is hard to love. Say 'Hell' to someone who doesn't care much about you.
- Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.
- Please place your donation in the envelope along with the deceased person you want remembered.

WINTER NEWS FROM CROSTHWAITE SCHOOL

The first term of the new school year has come to an end. It has been a busy term with many activities and exciting happenings. We have enjoyed the new facilities that were installed over the summer – super new toilets and cloakroom areas, and the wooden cabin situated facing the school garden which the 5 to 7 year olds love having as their classroom.

We have had fun with our various themes and crosscurricular work this term, firstly with the emphasis on the harvest of grain and healthy living, and studying the human body at KS2, whilst the KSI and EYFS children learnt about themselves, their homes and where they live. Trips and visits were made which enriched the children's learning. The KS2 class then went on to learn about the Victorians whilst the younger children had a great time studying festivals and celebrations. The older children studied St Mary's as a Victorian church, and have made relevant visits including an exciting trip to the Judges' Lodging House in Lancaster. We went by train from Grange, and experienced what life was like for servants in a house of importance. The highlight had to be the lesson in the Victorian classroom, but the toy museum was also truly amazing.

This term has been packed with different learning experiences. The youngest children have spent time in the school garden investigating forest school activities with Mrs Porter and Miss Burn, and the older juniors had a very moving afternoon meeting a Chinese musician and his wife, who came to Crosthwaite to talk about life as a child during the cultural revolution. They thought the children were very fortunate to have such a happy school in such a beautiful setting.

We have been to Ferry Nab to have a talk by local lake warden, Denis, who gave us an exhilarating journey in the rain on board a brand new lifeboat for which we had fun thinking of a name. We have had Mad Science sessions exploring dynamic science activities, and the juniors have explored Fair Trade and global trading issues with Eleanor from CDEC. We shall be taking part in Fair Trade fortnight next February. Art activities with our art teacher have included investigating Victorian painters and using textiles to make Victorian characters and cards. We are also busy making cross stitch calendars which will now be completed in January.

The end of term was complicated by the weather. We had 2 school closures, and several worrying days when we wondered if we would be able to complete our seasonal plays and visits, but with the main roads being gritted, we managed to fit everything in. The children loved “Danny Champion of the World “ at the Brewery in Kendal, whilst the

youngest children had a wonderful time celebrating a special Christmas with the animals at South Lakes Animal park. They also presented a lovely nativity in church called “The Sleepy Shepherd”, which we followed with a Christingle. Pictures of this are below.

The rest of the school presented our Christmas show, “Are we nearly there yet?” in the village hall, followed by seasonal refreshments provided by Frocs, who work tirelessly for the school in raising funds for us to spend (thank you Frocs), and also in providing social events, such as the craft and film night held in November, which was a great success.

The year draws to an end as I write, and Crosthwaite School celebrates another year of fun, success and plenty of hard work. We wish you all a very happy New Year in 2011.



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CROSTHWAITE

Marylyn Shuttleworth presided over the A.G.M. Penny Blair has resigned as President after 6 years, she was thanked and given a Plant, the new Co-President will be Pam Bownass/The reports showed an enjoyable and busy year. Later Pam Bownass demonstrated "How to make a Christmas Card", and then helped the members to make their own.

Recipes for the New Year...

Alternative Corned beef Hash

A great winter warmer

Ingredients

Potatoes Diced
Onion 1 or 2
Garlic 2 Cloves
Corned beef
Salt and pepper
Olive oil
Egg

Method

Par boil diced potatoes for approximately 10 minutes, drain. Pre heat a baking sheet then add a good glug of good olive oil add par boiled potatoes onion and garlic. Place in pre-heated oven 180 for 30-35 minutes until starting to turn golden brown, then add diced corned beef put back in oven for further 10-15 minutes. Whilst the Hash is finishing fry or poach one egg per person. Plate up the Corned beef Hash season and place egg on top and serve.

Baked Almond & Date Tart

Ingredients

85g digestive biscuits
175g butter , room temperature, chopped
100g caster sugar
25g plain flour
1 tsp baking powder
100g ground almonds
3 eggs
100g dates , preferably Medjool, stoned and roughly chopped
25g blanched almonds , roughly chopped
TO SERVE
Icing sugar , for dusting
clotted or pouring cream

Prep 30 - 35 mins Cook 25 - 30 mins

Method

1. Heat oven to 180C/fan 160C/gas 4. Lightly butter and flour a 23-25cm fluted flan dish or tin (not loose-bottomed). Crush half the digestive biscuits with a rolling pin. Cream the butter and sugar in a food processor until light and fluffy, 2-3 mins, scraping down the sides halfway through. Add the flour, baking powder, ground almonds and crushed digestive biscuits, along with the eggs, then process again just until smooth. Transfer the mix to a bowl.
2. Break the remaining digestive biscuits into chunky crumbs, (see step 1, left). Stir them into the mix (step 2) along with the chopped dates and almonds. Spoon the mix into the flan dish. Bake for 25-30 mins until golden and the tart is just beginning to come away from the sides.
3. Remove the tart from the oven and leave it to cool a little, before dusting over icing sugar. Serve warm with cream. Recipe by Gary Rhodes from Good Food Magazine.

REGULAR EVENTS

BRIGSTEER

Scottish Dancing	Thursdays at 7.30pm in Brigsteer Village Hall Contact Pauline Hampson 015395 68672
Table tennis	Tuesdays at 8pm in from October 5th in Brigsteer Village Hall
Yoga	Tuesdays 6 - 7.30pm from 14th September in Brigsteer Village Hall

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 8pm during winter
Chi Kung (beginners)	Wednesdays 4-5pm
Tai Chi	Thursdays 4-5pm

CROSTHWAITE MEMORIAL HALL

Check bookings online at <http://www.crosthwaiteandlyth.co.uk>

Art Club	Mondays 1.45pm from 3rd Jan
Rainbows	Mondays 4.30pm-5.30pm from 10th Jan
Aerobics	Mondays 7.30pm-8.30pm from 10th Jan
Playgroup	Tuesdays & Thursdays 9.30-11.30am from 7th Jan
Exchange	1st Wednesday 1pm-4pm; other Weds 2pm-4pm from 5th Jan
Women's Institute	Wednesday 19th Jan at 7.30pm
Indoor Bowling	Tuesdays and Thursdays 7.30pm—10.00pm from 4th Jan

UNDERBARROW INSTITUTE

Quilting class	Mondays 2-4pm
Billiards Club	Mondays from 7.30pm
Brigsteer Table tennis	Tuesdays 8pm (see above)
WI	Every 2nd Wednesday of the month at 7.30pm (1.30pm in Nov, Dec, Jan & Feb)

WINSTER

Book & Plant days	10.30am—4.30pm last Saturday in the month
Keep Fit	Mondays 9.30am-10.30am
Line Dancing Classes	Mondays 7.30pm-9.30pm at Winster Village Hall

WITHERSLACK

Indoor Bowling	Wednesdays 7.30-10pm
Parent & Toddler Group	Tuesdays 10am until Noon
Tea & Chat Group	Every 1st Tuesday of the month at 2pm
Women's Institute	Every 2nd Tuesday of the month at 7.30pm
The Art Club	Fridays 9.30am-12.30pm