

TWO VALLEYS PARISH NEWS



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

October 2025

80p

'Living on the Fell'

PHOTOGRAPHY EXHIBITION

Cartmel Fell Parish Hall, LA11 6NH

An exhibition of recent photographs
of Cartmel & Newton Fells

Free entry - all welcome - come and
vote for the "People's Vote"
prizewinner.

Friday 24th October 4pm - 6pm

Nibbles and a cash bar

Saturday 25th October 10am - 4pm

Browse the exhibits with "Sounds & Seasons
of the Fell" recordings and narrations.

Sunday 26th October 10:30am - 12:30pm

People's vote prize winner announced at
12.15pm.

2026 Calendars on sale at the exhibition.

Pre-order yours at:

pay.cartmelfellvolunteers.com



Church Services for OCTOBER

Sunday 5th October 16th Sunday after Trinity

9.30am	Witherslack	Harvest Festival	Rev. Beverley Lock
9.30am	Underbarrow	Holy Communion (CW)	Rev. Bob Dew
11.00am	Winster	Holy Communion (BCP)	Rev. Beverley Lock
11.00am	Crook	Morning Worship (CW)	Tony & Hilary Fitch

Wednesday & Thursday 8th & 9th Crosthwaite

Experiencing Harvest

Thursday 9th 9.00am School Harvest Festival – all welcome. Rev. Beverley Lock

Sunday 12th October 17th Sunday after Trinity

11.00am	Cartmel Fell	Harvest Festival & Harvest Lunch	Rev. Ray Dent
11.00am	Crosthwaite and Winster	Harvest Festival	Lay Team
11.00am	Crook	Harvest Festival	Rev. George Briggs & Nick Gray
11.30am	Underbarrow	Harvest Festival & Harvest Lunch	Rev. S Howard

Sunday 19th October 18th Sunday after Trinity

9.30am	Witherslack	Holy Communion (CW)	Brian & Rev. Beverley Lock
9.30am	Underbarrow	Holy Communion (CW)	Rev Ian James
11.00am	Winster	Holy Communion (BCP)	Brian & Rev. Beverley Lock
11.00am	Crook	Holy Communion (CW)	Rev. David Parsons

Sunday 26th October Last Sunday of Trinity

9.30am	Cartmel Fell	Holy Communion (BCP)	Rev. George Briggs
9.30am	Underbarrow	Holy Communion (CW)	Rev. Simon Howard with prayers for Healing
11.00am	Crosthwaite	Holy Communion (CW)	Rev S. Howard & D Grace
11.00am	Crook	Morning Worship (CW)	Di Gilmore

Cover photo: Cartmel Fell Orchard from Hannah Gross
Church miniature pictures from watercolours by John Wilcock

A LETTER FROM DIANE GILMORE



Hello, my name is Diane Gilmore. I am a second year SSM curate based at STK and licensed to the Two Valleys Mission Community and I live in Staveley. My paid role is as the Anglican Chaplain at HMP Lancaster Farms. My call to ministry grew unexpectedly out of 15 years volunteering in prisons, and my curacy integrates both chaplaincy and parish experience.

Each October, **Prison Week** invites us to pause, reflect, and pray for all affected by crime and punishment—victims, those in prison, their families, staff, and society. As a chaplain, I walk alongside people in a place most never see, yet which deeply shapes lives.

Prison is often misunderstood, its image shaped by television: slamming doors, harsh voices, long corridors. The reality can indeed be harsh, but also deeply human. Every day as I pass through the gates, I see that prison is more than punishment—it is a community where despair and hope meet and where lives balance between past mistakes and future possibilities.

My role is not to judge, but to be present for people of all faiths and none. Sometimes that means sitting with someone who has just received devastating news, chatting to a man on the wing or sharing a cup of coffee with my congregation after the Sunday service.

One of the most powerful parts of chaplaincy is the “ministry of presence”—being there, consistently, when someone needs to be seen and heard. In a place where trust is scarce, listening can be transformative. I have witnessed men who arrived hardened and defensive gradually open up, realising there is one space where they can speak freely, without agenda.

Prison Week reminds us that these small moments matter. It calls us to pray for those who are afraid, lonely, guilty, or striving for a fresh start. It also invites prayer for prison officers, probation staff, healthcare workers and chaplains who have heavy responsibilities and are working in challenging environments.

Prison Week does not idealise prison or dismiss the pain caused by crime. Instead, it acknowledges the truth that every person is more than the worst thing they have done. As a chaplain, I see this lived out daily in small, hidden ways. As we mark Prison Week, I invite you to join me in prayer and reflection. Life behind the walls is complex and often painful, yet grace is present, and the light of hope—though flickering—still shines.

CALLING ALL PARISHES

Vicar Vacancy Update 13

Update 13 means it's a year now since Rev. Michael Woodcock left. In the last year we have had the usual number of services in our churches in the usual pattern, and it has been an opportunity for us to be led in worship by a range of other people, both clergy and non-clergy, appreciating the diversity of styles and gifts among the Two Valleys Mission Community leadership team and members of our congregations.

This is something to celebrate! It's positive and creative. We are not just in a waiting game; rather, we are looking to develop the gifts and talents of those in our churches, so that when our new Vicar does come to us there is a diverse team of people ready to support and help them as they lead us. Looking after five parishes is a huge task, and not one for just one person. They will need that support to maintain all the regular services, to develop our congregations, to raise the profile of the churches in our communities and to discern and lead us in the loving and good plans that God has for us in our Two Valleys.

In the meantime... the advert for the post of Vicar ran in the Church Times and on related websites, including Carlisle Diocese's, from the end of August until 19th September, with shortlisting planned for 1st October.

Please pray for:

- those who may have applied
- the shortlisting and interviewing teams
- our Church Wardens
- those who take our services.

Please also pray for our congregations, so that we are prepared and ready for the next step in the life of our church communities.

*God, the giver of life,
whose Holy Spirit wells up within your Church:
hear our prayer for all your faithful people in the Two Valleys,
that by the Spirit's gifts we may each be equipped to be an instrument of your love.
Grant wisdom and discernment
to all those involved in the process of appointing a new incumbent,
and draw amongst us one who will lead us and guide us in the victory of your love,
through Jesus Christ your Son our Lord.
Amen.*

Cartmel Fell Volunteers

Our regular sessions continue on Fridays at Cartmel Fell Parish Hall at 1pm with a tea break at 2.30pm. There are a variety of jobs both inside and outside that you could get involved with if you like. We continue to tidy the grounds and gather materials for the Parish Bonfire, and put up signs on each tree cage in the community orchard to show which tree varieties have been planted.

Crosthwaite Art Group

A keen and enthusiastic group of painters and dabblers will be starting up again for their weekly meeting on **Monday 6th October** and would like to invite other interested amateurs to join them. We meet for 10 sessions in the Autumn Term, at Argles Memorial Hal, on a Monday from 1.30-4.00 pm. It is a D-I-Y style class, whereby each person brings their own materials, choosing whatever subject you are interested in, and in whatever medium (watercolours, acrylics, pastels, oils). We do our own thing and we are all at different levels and work at our own pace, and we all help each other through chat and suggestions. It is very informal, relaxed and supportive and everyone is welcome, at whatever level you are- newcomers and beginners especially welcome, to just 'have a go'.

For further information or a chat, please ring me:
(Pat Howarth 07765010252).



ALL WELCOME AT THE NEW MONTHLY

Coffee Mornings

at Underbarrow Village Institute

SATURDAY

4

OCTOBER

10 AM - 12 NOON

AND EVERY FIRST SATURDAY OF THE MONTH

Proceeds to Institute funds

Any questions/suggestions - contact Jenny on 07957211325

Made with PosterMyWall.com



NOTICES FOR INDIVIDUAL PARISHES



BONFIRE & FIREWORKS

Cartmel Fell Parish Hall, LA11 6NH

Saturday 8th November 2025

6pm start with a Procession from the Parish Hall

Hotpot Supper & Homemade Puds

Mulled Wine • Lantern Competition • Raffle • Cash Bar



TICKETS

SUPPER & FIREWORKS: £14 for adults, £6 for children

FIREWORKS ONLY: £7 for adults, £free for children

Visit www.cartmelfellparishhall.com

Contact **Helen** on **07979 840889**

ALL DAY BREAKFAST

At the Witherslack Parish Hall Sunday 12th October



Served 10 til 2. Full Breakfast
£10 for adults, £8 children Veggie options too!

A promotional poster for a singing event. At the top, a group of people are singing. A purple circular badge on the left says 'Fellside Singers'. Text in the center reads 'SING WITH THE HILARIOUS SINGING MACHINE FROM DEEPEST WILTSHIRE THAT IS'. Below this, a large group of people are shown, many wearing black t-shirts with 'THE MAGNIFICENT AKs' logo. A circular badge on the right says 'THE SINGING BLOKES THE MAGNIFICENT AKs OF ASHTON KEYNES'. At the bottom, a man holds a green and white flag with three white flowers. The text at the bottom reads 'KENDAL TOWN HALL ASSEMBLY ROOM 9a Lowther Street, Kendal LA9 4DA 7.30pm 18th OCT 2025 Tickets: £15 conc: £10'. A QR code is in the bottom right corner.

Fellside Singers

SING WITH THE HILARIOUS SINGING MACHINE FROM DEEPEST WILTSHIRE THAT IS

THE SINGING BLOKES
THE MAGNIFICENT AKs
OF ASHTON KEYNES

KENDAL TOWN HALL ASSEMBLY ROOM
9a Lowther Street, Kendal LA9 4DA
7.30pm 18th OCT 2025
Tickets: £15 conc: £10

CARTMEL FELL

Cartmel Fell and District Local History Society

Unfortunately, family health meant Gill Jepson's Potted History of Barrow, our programmed talk for September, has had to be postponed but Stuart Newstead kindly brought forward his talk "From Poor House to Workhouse" an interesting run through the Poor Laws and conditions affecting Workhouses.

Kevin Grice's talk on **13th October at 2pm** will be **Brockhole 125: a pictorial history of a house and garden**. Brockhole House, on the shore of Lake Windermere, was built for a wealthy silk merchant, William Gaddum. This Arts and Crafts villa was designed by Dan Gibson, with gardens created by Thomas Mawson. Kevin will tell the story of Brockhole House and trace its ownership through photographs from the Gaddum Archive to which he has been given unique access. Kevin is a retired barrister and part-time judge, who is now extensively involved with local history and archaeology in Cumbria.

Notice of Thanks

Cartmel Fell PCC would like to thank everyone who helped, donated or attended Hymns and Pimms on 31 August at St Anthony's church. Together we raised over £1,200 towards work to maintain the building. 96 people bought tickets and 12 people sponsored hymns which we all happily joined together to sing after enjoying Pimms and canapés. It was such a great event that we may repeat it next year!

In the meantime, the PCC is looking forward to the **Harvest Lunch on Sunday 12th October at 12 noon in the Parish Hall**, which will follow an 11am Harvest Festival Service in the church.

All are welcome to join us, whether regular churchgoers or not, for a celebration of a bountiful green countryside, a successful crop yield and a celebration of all the good and positive things in people's lives, such as family and friendships. Tickets for the 2-course lunch are £10. Please book at **cartmelfellpcc@gmail.com** or call **07766 592108**. We will be decorating the church for the Harvest Festival on the morning of 11th October from 10am. Any donations of tins or packets for the Food Bank would be gratefully received.



'Cakes & Company on the Fell'

Come along for Tea, Cakes and a friendly Chat

on Friday 10th October in the Parish Hall
from 2pm – 4pm.

Cake Stall

Book Swap

Bring & Buy Stall

Please bring any excess plants, garden produce, jams and preserves you have to sell – with 25% of sales to go to Hall Funds.

If you would like to join us, but need a lift,
please get in touch with Helen on
07979840889



CROOK

St. Catherine's Church, Crook is holding its Harvest Thanksgiving service at 11.00am on Sunday 12th October. Following the service there will be a Bring and Share lunch in the Memorial Hall. We look forward to welcoming everyone to join us. After lunch there will be a talk entitled "All people great and small – experiences of a country solicitor" given by Tony Fitch.

Although it was a wet afternoon on 31st August, several people were able to walk up to the old church tower for a short service of thanksgiving. They were remembering the many years of faithful worship in Crook, both in the old church and the current church. Those who stayed behind enjoyed refreshments and fellowship together sheltering inside the church.





CROSTHWAITE CINEMA
A DIFFERENT KIND OF NEIGHBOURHOOD WATCH

24th OCTOBER
CROSTHWAITE
MEMORIAL HALL
7.30 P.M.

COME ALONG TO OUR INAUGURAL EVENT



£5 in advance (quote surname+BB)

Account No. 31440969 Sort Code 40-26-02

Account name: Argles Memorial Hall Crosthwaite

£6 On The Door

Bring your own Drink

Ice Cream and Snacks on Sale

ALL PROCEEDS TO CROSTHWAITE MEMORIAL HALL

EXPERIENCING HARVEST AT ST MARYS

On **8th and 9th October** children from local schools will be Experiencing Harvest. The children will travel around Crosthwaite Church learning about the Fruits of the Spirit and being given opportunities to learn about thankfulness in different contexts. The lively exhibits include 'The Harvest of the Garden', 'The Harvest of the Flocks', 'The Harvest of the Ocean', 'The Harvest of the Earth', 'The Harvest of the Grain'. These displays will be up in the church for the School Harvest celebration on 9th October and over the Harvest weekend until 13th October. There will be opportunities for adults at each display to reflect on the topics the children have been thinking about. Do come into church to see the incredible creativity of the Crosthwaite community, once again, displayed.

LYTH VALLEY WI GROUP MEETING

Thursday 23rd October 2025

Crook Memorial Hall 2.00 pm

Flower Arranging Demonstration

By Joan Bentley

“The Season of Mellow Fruitfulness”

Entrance Charge - £5 including refreshments



Remember to bring your purse for:

The Raffle which will include Joan's Creations
& The Federation Gift Stall

Competitions

1. Flower picture in any medium
2. Four Shortbread Biscuits

Everyone Welcome – including Friends & Visitors

CROSTHWAITE

ST. MARY'S HARVEST SUPPER IS BACK! MONDAY 13 OCTOBER – 7 P.M.



Come along to this traditional celebration of
Harvest with a supper held in
Crosthwaite Village Hall.

Hot main course and assorted desserts, tea/coffee
(Vegetarian option available on request)

Bring Your Own Drink!

£10 adults, children £5 or family ticket £25 (2 adults, 3 children)

Tickets can be purchased from PCC members, at The Exchange or contact
Geraldine on 07766646504

All proceeds to the Bishop of Carlisle's Harvest Appeal

All welcome!

Crosthwaite Church, St. Mary's Harvest Festival

We will be decorating the church on Saturday 11th October
at 1.30 p.m. for our Harvest Festival Service.

Donations of Autumn flowers and plants or items suitable for
the Food Bank would be most appreciated.

Or maybe just come along and help display these gifts.

Many thanks, Vonnie and Jean.

MAGAZINE DEADLINE

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

tvn@crosthwaiteandlyth.co.uk

Magazine Editor next month: Lorraine Brierley (07826800469)

Advertising Manager and Magazine postal service:

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

07826 800469 brierleyl@yahoo.co.uk



Crosthwaite Show 2026

We know! It's just a few weeks since the last one, but we are already planning to hold next year's Show on:

SATURDAY 18TH JULY 2026

Keep an eye open for Schedules early in the new year. We are announcing the date now in case it impacts on the plans of other local events in the Valleys.

Additional Magazine Editors

We still need to add more editors to the Two Valleys News editorial team. You would need a computer and it helps a little if you are familiar with Microsoft Word or Publisher, but, even if you aren't, the team members will help you get started. We are a cheerful supportive bunch and we find that we are generally only 'on duty' a few times a year. Please don't assume that someone else is going to volunteer.

Contact tvn@crosthwaiteandlyth.co.uk or phone one of the editors to find out more.

Winster Village Hall

Autumn Table Top and Craft Fair

Winster, Cumbria, LA23 3NP

Saturday, 15th November 2025
10am - 4pm

Refreshments available
All Welcome

Tables £12 each
Contact Jane Crowe to book - jane.f.crowe@btinternet.com

UNDERBARROW



Notice

The Parish of Underbarrow with Helsington

Harvest Festival Service and Lunch

11.30am on Sunday October 12th at All Saints, Underbarrow.

The 40-minute service of readings, prayers and traditional harvest hymns will be followed by a Buffet Lunch with wine and soft drinks.

Everyone Welcome.

WITHERSLACK

“TONY’S TOWER PROJECT”



HOMEMADE REFRESHMENTS IN CHURCH

During the Art and Craft Exhibition held in the Barwick Hall we will be serving light refreshments in St Paul’s Church on the following days:-

Saturdays and Sundays from 10.30am – 4.30pm
From 20th September until 5th October.

Everyone is welcome to pop in for a cup of tea or coffee. Jars of jam, marmalade and chutney are gratefully received for the produce stall and plants for the plant stall.

All money raised will go towards the repair of the church tower.

HARVEST SUPPER AND AUCTION SALE

Witherslack Parish Hall Saturday - 4th October at 6.45pm. Enjoy a meat and potato or cheese and onion pie with peas supper plus wine, then assorted sweets followed by a short auction.

Adults £8.50 (includes wine) Children £4 (includes soft drink) under 5's free, family ticket £20.

Tickets available at Community shop (52188) or Janet Read (07555503877)

Contributions of produce, cakes, homemade chutneys and jams for stalls/ auction greatly appreciated.

WITHERSLACK HARVEST FESTIVAL

Our Harvest Festival this year will be at 9.30am on Sunday 5th
October in St Paul's Church.



We are inviting you to our open meeting
Wednesday 8th October 2025 – 7:30pm
At Cartmel Fell Parish Hall – LA11 6NH

**Muncaster Castle's Wartime Secret:
Protecting the Tate Gallery collection during the Second
World War** - Lecture by Rob David

Between 1939 and 1945 a significant proportion of Britain's national collection of modern art from the Tate Gallery in London was brought to Muncaster Castle to save it from destruction from bombings. This illustrated lecture explains why and how this happened, who was responsible, what happened to the pictures while they were stored at Muncaster Castle and reveals some of the pictures which were kept there.

£5 to be paid at the door
Cartmel Fell Parish Hall – LA11 6NH
Wednesday 8th October 2025 – 7:30pm
ALL WELCOME



CARTMEL FELL WI

On August, 19 members & friends enjoyed a trip to Hawes. Julie B was the very able driver of the hired school mini bus, with an extra car needed. First stop was the Heritage Centre where we had coffee before a tour of the displays. The local life and history display was extensive with much memorabilia. The trip along the mine was not for everyone, being very realistic. Lunch was enjoyed at The Wensleydale Creamery before a cheese making demonstration and a history of the Creamery from humble beginnings was found to be most interesting. A cuppa-stop at Country Harvest on the way home, ended a very enjoyable day. 17 members turned out for our September meeting, Julie led us through business before we moved next door to where 6 tables were set ready for a Pasta making demonstration by our own Evelyn Cervetti and daughter Maria. 4 members rolled up their sleeves and washed their hands to 'Have a go'. It was entertaining watching the 4 learners get to grips with the technique. Pasta resting and tea was served and raffle drawn. Yvonne was the lucky winner of a pasta roller kindly donated by Pam. Maria judged a class of 10 'Small is beautiful' entries, Wendy, Beryl and Pam were the winners. The rolling process was explained and caused great amusement among the audience, but after many rolls and mopping of brows beautifully thin lasagne sheets and tagliatelle were produced, all ready for tomorrow's meals or the freezer. The next meeting will be an Open Meeting; Rob David will talk on Muncaster Castle's Wartime Secret: Protecting the Tate Gallery. Everyone will be made welcome for this presentation followed by homemade refreshments.

CROOK WI

This year we had no entries in the Westmorland County Show but several of our members helped behind the scenes with the chores of setting up, staging and stewarding. We had a very interesting talk from Peter Jones, an enthusiastic member of the Lancaster Canal Trust. He had an excellent presentation of slides with captions telling us about the history of the Lancaster Canal from its earliest days. In the early 1800's, before the arrival of railways, it was cheaper to transport goods such as coal and limestone by water.

Now parts of the northern section of the canal are dry or in-filled. There is much wildlife, flowers and butterflies to be enjoyed along the route of the canal and volunteers have already restored one section which is holding water once again. These volunteers also maintain the bridges and have upgraded the tow paths, making the canal a corridor of tranquility in our busy world and a lovely facility for everyone to enjoy.

CROSTHWAITE & LYTH WI

Crosthwaite and Lyth W.I. gathered in force in the Village Hall to enjoy a members' night and heard 8 members give fascinating family historical stories covering a rather wide variety of subjects. They ranged from a South Sea Atoll to a rose grower in Burma with a tiny furnished doll's house, a groat and a deceiving wine glass on the way, as well as that famous picture of damson blossom in the Lyth Valley and a beautiful silk memory cushion. Let's not forget the paper with 5 Beate's signatures and two very strange wooden vases. What interesting times our members and their families have lived through and enjoyed.

5 of our members enjoyed a fun afternoon at Critter Creek Adventure Golf in Troutbeck Bridge for our September social afternoon. There were 3 holes-in-one and the eventual champion was quite fittingly, our President, Jean Sherratt.

UNDERBARROW WI

This month our meeting was a fascinating presentation by Andrew Leitch and Jim Bownass from Cumbria Film Archive, who worked in journalism and local TV. They were both interested in local history and have collected, restored, and added commentary (where needed) to many films about our area. We started with unique clips circa 1900 from Carlisle, Barrow and Whitehaven of royal visits, parades, and workers at factory gates. Young boys in particular were excited about the unusual experience of being filmed and grinned and waved their hats enthusiastically. We then moved on to our area, with films including 'Our Town - Kendal' - from the sixties, the visit in the fifties of the Queen and Prince Philip to Appleby, Ambleside and Kendal, and a report about transport which mentioned the coming of the motorway. Even decades ago, Kendal was known for its traffic problems-no surprise there. Overall, we learnt about employment and working conditions, farming, holiday making, how young professionals could rent a property for £5 a week, saw buildings that were still recognisable and others that had been demolished. WI members commented afterwards about how interesting it was, and we were left wanting to see more of this unique archive. Next month's meeting will be a gin tasting.

WITHERSLACK WI

Members and friends enjoyed a trip to Kirkby Stephen and then on to Eggleston Hall gardens near Barnard Castle in place of our August meeting. It was very warm, and we were glad of the seats to sit on in the garden. Many members bought plants from the nursery.

September's meeting was a talk by Kerry Singleton on 'The Power with Pilates'. She talked about her professional life as a physiotherapist and how she then realised Pilates would be good for people. We then had about half an hour of bending and stretching doing Pilates while sitting on our chairs to make it a little easier for us. We all enjoyed the exercise and I am sure many members will continue to do some of the exercises at home.

Two Valleys Churches

"Enriching lives Embracing God"

Cartmel Fell, Crosthwaite, Winster and Witherslack

Vicar: Vacant

Reader: Dorothy Grace dorothygrace01@btinternet.com 015395 68569

St. Anthony's, Cartmel Fell

Churchwarden: Mrs. Vanda Lambton 015395 31311

St. Mary's, Crosthwaite

Churchwardens: Mr. Steven Brierley 015395 60702/07470 169890
Mrs. Geraldine Wilson 07766646504/ 015395 68836
Mrs. Pat Howarth 07765 010252

Holy Trinity, Winster

Churchwarden: Mrs. Cath Casson 015394 44958

St. Paul's, Witherslack

Churchwarden: Mr. Richard Coates 015395 52469

Underbarrow with Helsington

Associate Priest: Rev'd. Simon Howard

revdsimonhoward92@outlook.com : 07719 889577

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

Beth Booker assjadmin@stkmil.org.uk : 01539 730683

Safeguarding Officer for all the above:

Mrs. Jane Eccles 07779 953763

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

Vicar: Rev'd. George Briggs, george@stkmil.org.uk 015395 83058

St. Thomas Vicarage, South View Lane, Windermere Rd, Kendal.

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

Church Administrator:

Beth Booker assjadmin@stkmil.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

REGULAR EVENTS HELSINGTON & BRIGSTEER

For bookings contact Ann Bryan 015395 68067. Email villagehall.brigsteer@gmail.com

Monday

Short Mat Bowls	19.30—21.30
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Tuesday

Circle Dancing with Miggy	10.00 - 11.45
Tea Shop Tea and chat Last Tues of the month	15.00 - 16.30
Table Tennis	19.00 - 21.00

Wednesday

Yoga with Tara	09.30 - 11.00
WI Second Weds of the month	19.30 - 21.30

Thursday

Dru Yoga with Johan	09.30 - 11.00
Tai Chi with David Intermediate	14.00 - 15.45
Ballroom and Latin Dancing	18.30 - 21.30

Saturday

Pilates with Emma	08.30 - 09.30
	09.45 - 10.45

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 Sept-May at 2.30pm or 7.30pm. Please check time - gandjviney@live.co.uk

CROOK MEMORIAL HALL

For bookings contact Mrs Kath Jackson 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

CROSTHWAITE MEMORIAL HALL

Please check bookings online at :

www.crosthwaiteandlyth.co.uk/memorialhall.html

For Bookings contact Angela Dobson Tel: 07766 881183 or

email: eventsdairy@crosthwaiteandlyth.co.uk

Playgroup	Tuesdays & Thursdays 9:30-11:30am (school term time)
Indoor Bowling	Tue & Thur 7.30-10p.m. Oct 7th-Dec 16th/Jan 6th-Mar 24th
Exchange	Tea@2 1st and 3rd Wednesdays of month 2p.m. to 4p.m
	Celebration Lunches 1p.m. to 3p.m. 5th Feb, 7th May, 10th Dec
Yoga	Wednesdays 7.00-8.30pm (3rd Wednesday from 5 p.m.)
WI	Every third Wednesday of the month 7.30 to 9.30 pm
	Social Afternoon every first Thursday of the month 2 to 4 pm
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 7.00pm (September to end of April)
WI	Every 2 nd Wednesday of the month - 2pm, October to March inclusive, 7.30pm, April to September inclusive.
Coffee Morning	Every 1st Saturday of the month 10am - 12noon

WINSTER

For bookings contact Jane Crowe: Tel. 015394 44098

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	Please check the Witherslack Hub Facebook page for info
Women's Institute	Every 2 nd Tuesday of the month at 7.30pm

Advertise in the Two Valleys Parish News

We have a circulation of 600 every month, reaching homes in Brigsteer, Cartmel Fell, Crosthwaite, Crook, Underbarrow, Winster and Witherslack. With adverts starting from as little as £21.50 for 12 months, why not advertise your business to your local community?

**Contact Lorraine Brierley on 07826 800469
or brierleyl@yahoo.co.uk**

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Email: martind23@btinternet.com

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