

TWO VALLEYS PARISH NEWS



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

January 2026

80p



CROSTHWAITE CINEMA
A DIFFERENT KIND OF NEIGHBOURHOOD WATCH

FRIDAY 6TH
FEBRUARY

7.30 P.M.

DOORS OPEN AT 7 P.M
(CERT PG)

TICKETS:

£6 ON THE DOOR

£5 IN ADVANCE*

ON SALE

- **POPCORN**
- **SNACKS**
- **ICE CREAMS**

BRING YOUR OWN DRINK

*Account No. 31440969

Sort Code 40-26-02

Account name:

Argles Memorial Hall

Crosthwaite

(use surname+100FT as
reference)

When the spirited Kadam family opens a bold, flavoursome Indian restaurant directly across from Madame Mallory's elite French establishment, a culinary war erupts—until young chef Hassan's extraordinary talent forces both sides to confront their prejudices. What begins as a fierce rivalry becomes a journey of ambition, cultural fusion, and unexpected connection, all sparked across a mere hundred feet.

"ABSOLUTELY CHARMING... A PERFECT FEAST"

★★★★ "HILARIOUS & HEART-WARMING" ★★★★★



Helen MIRREN

The **HUNDRED-FOOT
JOURNEY**

Om Puri Manish DAYAL Priyanka CHOPRA LE BOH

PG PARENTS STRONGLY CAUTIONED



COMPETITION IS THE SPICE OF LIFE

ALL PROCEEDS IN AID OF CROSTHWAITE MEMORIAL HALL

Cover photo: by Julian and Vanda Lambton as exhibited at the 'Life on the Fell' exhibition in October
Church miniature pictures from watercolours by John Wilcock

Church Services for JANUARY 2026

Sunday 4th January Christmas 2

9.30am Witherslack	Holy Communion (CW)	Ven. Vernon Ross
9.30am Underbarrow	Holy Communion (CW)	Rev. Simon Howard
11.00am Winsters	Holy Communion (BCP)	Ven. Vernon Ross
11.00am Crook	Morning Worship (CW)	Neil Carter

Sunday 11th January Epiphany Baptism of Christ

9.30am Cartmel Fell	Holy Communion (BCP)	Rev. Beverley and Brian Lock
9.30am Underbarrow	Holy Communion (CW)	Rev. Bob Dew
11.00am Crosthwaite	Holy Communion (CW)	Rev. Beverley and Brian Lock
11.00am Crook	Morning Worship (CW)	Nick Gray

Tuesday 13th January

9.15am Crosthwaite Holy Communion with the school

Sunday 18th January Epiphany 2

9.30am Witherslack	Morning Worship (CW)	Tony & Hilary Fitch
9.30am Underbarrow	Holy Communion (CW)	Rev. Ron Rutter
11.00am Winsters	Holy Communion (BCP)	Rev. Mike Hunter
11.00am Crook	Holy Communion (CW)	Rev. David Parsons

Sunday 25th January Epiphany 3

9.30am Cartmel Fell	Holy Communion (BCP)	Rev. Ashley Henderson
9.30am Underbarrow	Morning Worship (CW)	Rev. Simon Howard
10.00am Witherslack Café Church		Dorothy Grace
11.00am Crosthwaite	Holy Communion (CW)	Rev. Simon Howard
11.00am Crook	Morning Worship (CW)	Rev. Di Gilmore

Sunday 1st February Candlemas

9.30am Witherslack	Morning Worship (CW)	Dorothy Grace
9.30am Underbarrow	Holy Communion (CW)	Rev. Bob Dew
11.00am Winsters	Holy Communion (BCP)	Rev. Mike Hunter
11.00am Crook	Baptism service	Rev. George Briggs

A LETTER FROM SIMON HOWARD



The minister leading the service clearly had something on his mind. It was the middle of Advent with all the business that brings to church life, yet he was more energised than usual. He wasn't due to preach, but as he stood up to introduce the speaker, he just couldn't help himself.

"I just wanted to tell you, I was talking to a friend of mine who is a vicar in a housing estate down in Essex.

He was telling me that for the last 3 or 4 years they have averaged 3 or 4 baptisms a year. This year they have had 34!! It sounds like there is something going on!"

"It sounds like there is something going on." What did he mean? What was this "something" that a 10-fold increase in baptisms might indicate was "going on"?

As I pondered this, I recalled a couple of recent conversations I had had with members of 'Gen Z' (young adults in their 20's). Both started the conversation by saying that in their teens they had been atheists, but now they would call themselves Christians. One had found moral foundations to build their life on and a sense of purpose to life in the Christian community. The other, to their surprise, turned to God in desperation and found their prayers answered in a way that "could only have been God!". With the foundations of their atheism firmly shaken they had dived into the bible and discovered this character called Jesus and found themselves drawn into a relationship with him. Mmm, it sounds like there is something going on.

After the feasting and festivities of Christmas, January is often a time to pause and ponder. With the grey days and depleted resources that this month often brings we can find ourselves in a reflective mood as we look to the new year stretching out before us. In that place we might find that for us too "something is going on."

There are all sort of things we can do with those thoughts and feelings. One thing you might like to do is bring them to The Pilgrim group we are running in February and March.

'Pilgrim' is a suite of 6 session courses developed by the Church of England to help people explore the landscape of the christian faith.

It is designed with 3 groups of people in mind.

- ◆ Those who wouldn't call themselves Christians but who are interested in finding out more.

- ◆ People who are just beginning the journey of faith.
- ◆ Folk who have been involved in church for a while and would like some sort of refresher course.

The introduction to Pilgrim describes the course in this way.

“It is not assumed that participants necessarily share the beliefs that are being explored, just that they want to find out more about them. - - - The course material approaches the great issues of faith not by trying to persuade participants to believe but by encouraging them to practise the ancient disciplines of bible reflection and prayer which have always been at the heart of the living out of Christian faith.”

If you find yourself intrigued and would like to hear more, come along to the **Introductory Gathering** (see below). Coming along doesn't commit you to attending the course; you can make that decision at, or shortly after, the meeting. We will decide at this gathering the time and venue for the 6 sessions, which will be face to face.

Simon

Revd Simon Howard,

Associate Priest in the Two Valleys Mission Community

The Parish of Underbarrow with Helsington

'Pilgrim'

A 6-session course

exploring Christian faith and spirituality.

Introductory Gathering on Sunday January 25th

4pm in the Punch Bowl Inn, Crosthwaite

We will be enjoying scones and tea together so
please email or text me to book a place.

Coming along
doesn't commit you to attending the course

To get a flavour of Pilgrim visit
www.churchofengland.org/resources/pilgrim-course

Revd Simon Howard.

Email revdsimonhoward92@outlook.com

Text 07719889577

Vicar Vacancy Update 15

Happy New Year! We pray that this year will be one of blessing and a new Vicar!

The last update in November's magazine reported that there was an upcoming interview at the end of October. This took place, but it was decided that the candidate wasn't right for us and so wasn't offered the post.

So, back to the drawing board. The year of Vacancy and the process of interviewing has highlighted that although the desired qualities that we stated in the Parish Profile in the section 'The Vicar we're hoping for...' remain the same, the priorities and emphasis have evolved and become clearer. The interviewing team PCC reps got together and amended the role description and created a new advert to reflect this, which is punchier and more upbeat, while still stating the same priorities for a new Vicar. The advert will run for four weeks in the *Church Times* and on related websites, and on our Diocesan website, from the end of December with a closing date of 28th January. Shortlisting is due to be on 4th February, with interviews scheduled for 16th March.

Our new Vicar is out there somewhere! Please keep praying that they will see the advert and apply, and that we will recognise them as God's chosen person for us here in the Two Valleys.

*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.

CONFIRMATION

'This is what I believe.'

Confirmation is a service in church where the Bishop comes to hear people of all ages confirm for themselves the promises that were made at their baptism or if they have not been baptised to baptise them too.

These promises can be summarized as believing and trusting in God. He then lays hands on their heads and asks God to

'Confirm O Lord your servant....with your Holy Spirit.'

It is a very special opportunity to be able, in public, to say

'This (the Christian faith) is what I believe.'

It is usual for those who want to make this commitment to meet with a minister for a few sessions before this event to clarify one's thoughts and ask any questions.

We are delighted to welcome the Bishop of Carlisle to our service of Confirmation on **Palm Sunday (29th March) 2026** at Crosthwaite Church.

If this is something that you would like to consider and for more details please contact: beverley.lock@carlisediocese.org.uk

We are also planning an after school session at Crosthwaite school starting next term.

TWO VALLEYS PARISH NEWS SUBSCRIPTION 2026

We wish all our subscribers a happy New Year.

The Two Valleys Parish News subscription for 2026 will be **£10** for 12 issues.

The reason for the cost increase is the fact that the printing costs for the magazine increased during 2025 but this was absorbed by St. Mary's church. The printing costs for 2026 will increase by a similar amount and therefore it is necessary to pass some of these extra costs on to you, our readers.

We very much hope that you still believe the magazine offers excellent value for money, at less than 90p an issue.

Please pay your **Parish Distributor** promptly in January.

If you want to pay by cheque made payable to **Crosthwaite PCC** please sent it to Lorraine Brierley at the address below.

If you receive your TVPN by POST then the cost for the next year is **£21**.

Please send cheques to:

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

Tel: 07826 800469

BRIGSTEER & HELSINGTON MAGAZINES

We are very grateful to Marilyn Taylor for so efficiently organizing in past years the distribution of the Two Valleys Parish News in Brigsteer & Helsington; she has now passed that task to me, Mike Fleetwood.

Please contact me if you no longer wish to receive the magazine in 2026 or have any queries.

Otherwise please pay the new **annual subscription of £10** by cheque or cash given to me or one of our delivery team.

If your magazine is posted to you, please send me your payment of £21 by cheque made payable to PCC of Underbarrow with Helsington.

You may find it easier to pay by bank transfer to the following account:

PCC of Underbarrow with Helsington

Sort Code: 20-45-28 a/c No.60897809

quoting your surname as your reference and telling me that you've paid that way.

My contact details are:

Lyth View, Brigsteer, Kendal LA8 8AL

mikejohnfleetwood@gmail.com

Tel. 015395 68148

NOTICES FOR INDIVIDUAL PARISHES

CARTMEL FELL

CARTMEL FELL VOLUNTEERS

The Volunteers would like to wish everyone a Happy New Year for 2026.

In the last few months, our volunteers have been busy on the allotment. They enjoyed helping build the bonfire and cleared holly around the magnificent oak tree by the orchard.

In anticipation of the Dry Stone Walling Association visit in October, our



Volunteers cleared the area alongside the wall, collected and laid out fallen stones as well as sourced additional ones.

The wallers continued rebuilding the Parish Hall allotment boundary wall and visited our photo exhibition. It was a real pleasure to welcome them back and seeing them at work.

The Community Trust and the Volunteers are really grateful for their contribution in the

upkeep of our much loved allotment and are looking forward to seeing them again in 2026.

If anyone is interested in learning this traditional skill, do check their website for their upcoming training weekends.

Our woodland work team sessions will re-start on Friday 9th January at 12pm after a Christmas break. Our weekly schedule is online at www.cartmelfellvolunteers.com/events - if you would like to come along, there's no ongoing commitment.

CARTMEL FELL AND DISTRICT LOCAL HISTORY SOCIETY

2026 will start on January 12th with our AGM, followed by Members talks.





Cartmel Fell Community Trust

Join Us for Two Wonderful Community Events This February!

 **Sunday Lunch**

Sunday 8th February 2026 – 12:30 for 1pm

Enjoy a delicious two-course Sunday Lunch.

Tickets: £25 per person

 **Quiz Night**

Saturday 21st February – 7pm

Test your knowledge and enjoy a hearty Pie & Peas supper.

Tickets: £12 per person

Both events will take place at Cartmel Fell Parish Hall.

All Tickets must be purchased in advance and are available online at cartmelfellparishhall.com or directly from Helen on 07979 840889.

MAGAZINE DEADLINE

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

tvn@crosthwaiteandlyth.co.uk

Magazine Editor next month: Colin Edwards (07776 305668)

CROOK

Crook Memorial Hall committee hosted a successful Christmas themed coffee evening. There were a number of children and young people who also enjoyed joining in, and everyone played dominoes and bingo.



CROSTHWAITE

Pamela Ivy Bownass (contributed by Jim)

When you lose a partner or spouse there are all kinds of papers to go through. So, when Pamela passed away, while sorting through masses of papers, I found this, which Pam wrote ages ago, and had gone missing.



I was born in 1939 in Middlesex and went to school in Sunbury-On-Thames; so I am a Londoner. In fact both Mum and Dad were born within the sound of Bow Bells and so were true Cockneys.

I passed my scholarship and moved on to Twickenham County Grammar school for girls where about 400 other pupils were taught.

My Dad was moved by the Ministry of Works up north to Eskmeals firing range. So I moved to live with them in Barrow and started my nursing career at the North Lonsdale hospital (no longer there). I trained for three years, and part of my training meant I had to work in High Carley hospital, which is down a long road off the A590. The sound of cows mooing in the middle of the night as I rushed off to the hospital scared me stiff.

I passed all my exams and became a SRN (State Registered Nurse). I then took my part one midwifery course at Isleworth hospital and the final part in Blackburn to become a fully qualified midwife.

*Mum and Dad had moved to Brigsteer as Dad had been offered a new post working in Kendal and Preston. I moved in to live with them and took a short-term job as night staff nurse in Westmorland County hospital before I intended becoming a **missionary** nurse, but it wasn't to be. On duty that night I was to meet Jim, who was quite seriously ill and needed a lot of nursing. We became involved, and so we did our courting at three in the morning on my staff break. Jim was discharged just before Christmas, and, because I could drive, I did his Christmas shopping and visited him at Hawkshead.*

Plans had changed and I decided to become a district nurse, and then trained to become a health visitor. I was offered the district of Crosthwaite and Lyth, and Jim and I moved in after our marriage in 1964 .

In 1965 I took charge of six villages, which was quite daunting, but a patient's daughter,

Minnie Walker, became one of my best friends and helper. She was a marvel for locations in the district. When I asked where so and so lived I was given a perfect route to get there. My first car, provided by Westmorland County Council, was a Ford 8 (sit up and beg). Dick Mitchell had petrol pumps at the smithy, and the regular order was three gallons of petrol and two pints of oil. (Oh memories!)

I stayed in the district as nurse for over thirty years and finished up bringing into the world babies whose mother I had brought into the world.

Life was to change after nursing, I took a course in chiropody and continued visiting the area looking after many old patients' feet. I loved that part of my life too.

Time for me-time now. Jim and I took lots of holidays and visited many wonderful parts of the world. I love my village - Crosthwaite is a fantastic place; the villagers are so friendly, and Jim and I got involved with so many activities: badminton, WI, The Exchange, sports events, the village hall (where Jim was Chair for nearly 20 years), and many more activities.

Jim has been my rock, and I hope I have for him. We have beaten Cancer, major stomach operations, and adored our son, Andrew and our grandson, Adam.

My life has been fantastic, and I would not change anything.

Rural bus services

SIR – The discussions about the good or bad quality of the bus service in London (Letters, November 30) are interesting for those of us who live in rural communities.

Our house is in a village on the fringes of the Lake District. Our bus route was withdrawn many years ago, and we now have no access to public transport of any sort, as the nearest buses are about five miles away in Bowness and Kendal.

Our only transport options are walking, cycling, driving or taking (expensive) taxis.

Phil Mobbs

Crosthwaite, Cumbria

The image is a clipping from the Sunday Telegraph of 7 December, in which the author compares the standard of London bus transport to the non-existent rural bus service operated between Kendal and Crosthwaite.

The parish council have considered the issue during the past months and how best we might measure the depth of feeling in not having such a service. Clearly the village is very different to how it was 20 years ago and family dynamics have changed. But it is intended to produce a Survey Monkey in the New Year and to share our findings with W&F Council as well as other agencies who might have a view.

More to follow in January. I have volunteered to be the point of contact at the PC. I would be delighted if any member of the village with an interest in the subject, and who might wish to help develop the right questionnaire, contact me in early January. Cllr Guy Harnby (guyharnby@hotmail.com)

CROSTHWAITE PANTO PLAYERS PROUDLY PRESENT



On Friday 23rd and Saturday 24th January 2026

In Argles Memorial Hall, Crosthwaite

At 7pm Prompt. (Doors open at 6.15pm)

Tickets: £10 adults, £5.00 children

Available from Helen – 07979840889

or message our Facebook page

THE LANDOWNERS OF CROSTHWAITE AND LYTH

The Annual General Meeting of the Charity No.1073467 will be held on **Tuesday 3rd February 2026 at 7.00pm. in the Main Hall at Crosthwaite School.**

All residents of the Parish are welcome. Come and find out about our land on Whitbarrow and how you can get involved in its management.

Progress on our conversion to a Charitable Incorporated Organisation will be reported and there will also be a presentation with opportunity to contribute to the proposals for the land next to the Recreation Field, purchased this year for the village by The Landowners.

Martin Casson. Chair of the Trustees

Damsons in the Lyth Valley



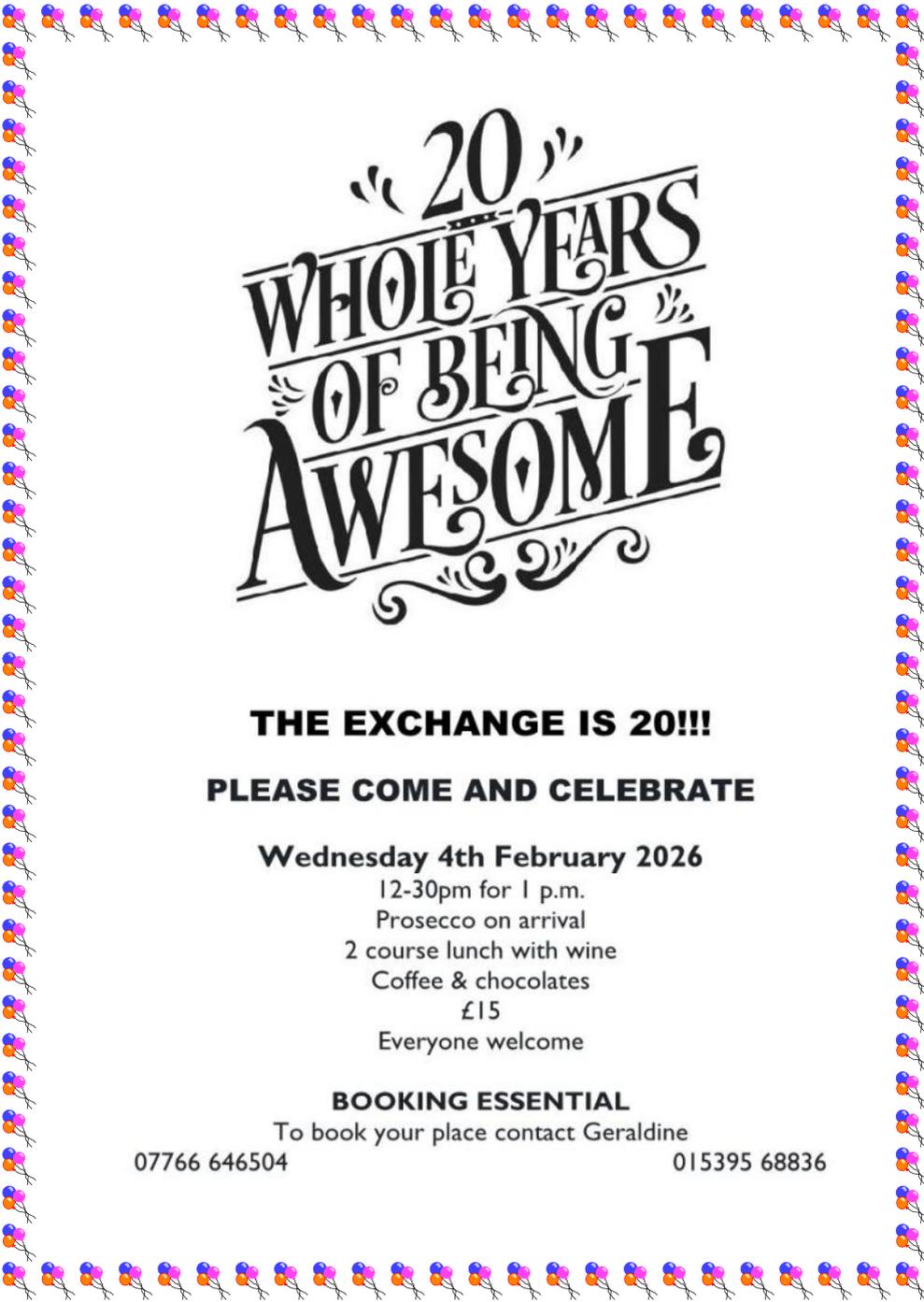
After a spectacular damson harvest for one and all in the Lyth Valley, it has caused a number of damson spectators in the village to wax lyrical to Farming Today on Radio 4 and to reach out to home grown journalist, Caz Graham, via Cumbria Life! If there was a message to the media it was more of a regretful reflection that, given the damson heritage of the Lyth Valley and our predecessors, it was a tragedy that we left more fruit on the trees than we took off them this

year. It was historically such an important event for the orchards and farming families of the Lyth Valley, yet the reputation of such halcyon days lives on amongst so many in the South Lakes, however long their association with the Lyth Valley.

The consequence was that the damson harvest has galvanised the Chair of the Parish Council and I into wanting to explore an initiative from the past and to scope whether there is an appetite (in 2027) to re-introduce it to the Lyth Valley. In his book 'Traditional Food in Cumbria' (2017), Peter Brears writes '...the blossom-laden trees attracted numerous visitors in spring, while the ripened fruit was eagerly awaited at the markets in early autumn, ready to make a variety of deep purple preserves. Many of the damsons from Crosthwaite, Lyth and Witherslack were taken into Kendal on 'Plum Sunday', usually towards the end of September. ['Plum Saturday' was a similar event when it coincided with a sheep sale in Kendal.] From the Rainbow Hotel to the Conservative Club there was a string of hampers and carts full of them [damsons].

I have proposed a Working Group to the Crosthwaite and Lyth PC, with a simple aim of exploring whether we might re-introduce 'Plum Sunday' to the Lyth Valley at a time of year when the damsons are in fruit and when saplings might be sold and planted within weeks of the event. The aim is not to compete with Damson Day, an event in April at the County Showground, nor any village show in the Valley (or clash with Cartmel Races) but to stage an event when the village school might still be on holiday and therefore the children (and the damson growers of the future) might be involved, in much the same way as the damson harvest used to be considered and when a considerable tonnage of fruit was picked annually. Clearly there are more questions than answers at present. The Chair of the Westmorland Damson Association is in support of the initiative and a member of the WDA will join the WG as I hope might a number of our village residents when reading this. If the WG deem that there is no appetite for such a proposal we will report the facts back to the PC no later than 31 May 26.

Please contact me at guyharnby@hotmail.com should you either have a view or would like to help explore the idea further in the coming months. Please remember that we are looking at something approximately 18 months away which is why we are scoping the feasibility in the next few months. Details of a first meeting in January to follow and I look forward to hearing your thoughts and proposals, of whatever variety! Thank you.



“20”
WHOLE YEARS
OF BEING
AWESOME

THE EXCHANGE IS 20!!!
PLEASE COME AND CELEBRATE

Wednesday 4th February 2026

12-30pm for 1 p.m.

Prosecco on arrival

2 course lunch with wine

Coffee & chocolates

£15

Everyone welcome

BOOKING ESSENTIAL

To book your place contact Geraldine

07766 646504

015395 68836

UNDERBARROW



ALL WELCOME AT THE NEW
MONTHLY

Coffee Mornings

at Underbarrow Village
Institute

SATURDAY **3** JANUARY

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



The Underbarrow “Senior Citizens” Christmas Social



Sunday 11th January 2026 1-4 pm

Hot lunch with home-made desserts

Talk by Growing Well - horticultural mental health charity

Do you live in Underbarrow and are you or a member of your household 65 or over? You're invited to celebrate the new year with a meal, drink & catch up with other members of the community, and a chance to hear the positive story of 'Growing Well' who have been successfully providing mental health support through fruit and vegetable growing at Low Sizergh for over 20 years, and have now opened two more sites to enable them to offer their much needed support to anyone in Cumbria.

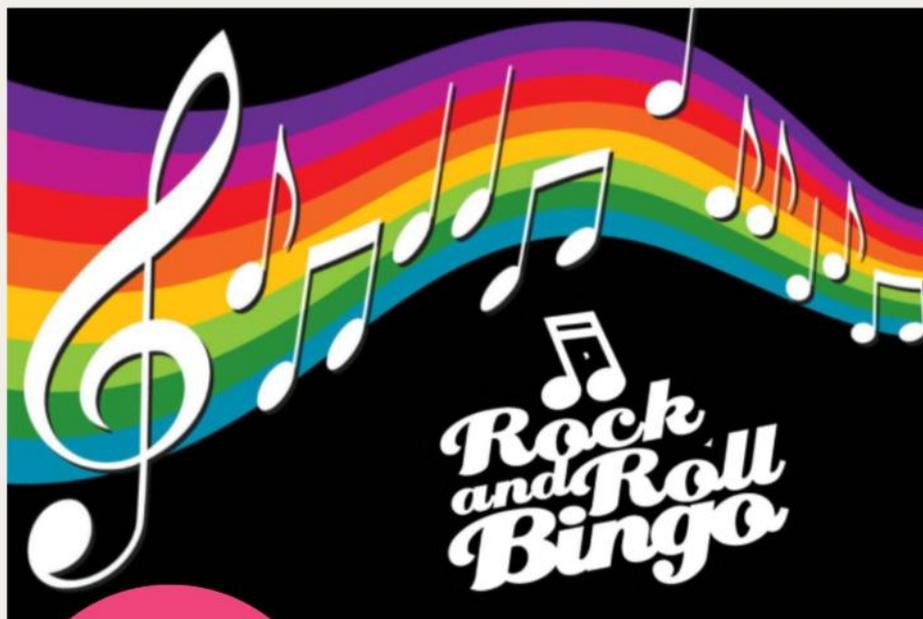
The event is funded by the institute and the parish council but donations to the institute or to Growing Well are welcome and please bring cash if you would like a drink from the bar.

RSVP please to Valerie O'Loughlin on 015395 68655 / 07502548070

or Stephen Carruthers on 015395 68717

by **Wednesday 7th January**

UNDERBARROW MARROW DAY PRESENT



TUES 3RD FEB
2026
7PM FOR 7.30
START

BLACK LABRADOR PUB
UNDERBARROW



ENTRY PRICE
INCLUDES BINGO
GAMES, SANDWICHES
AND CHIPS



ENTRY
£10 PER
PERSON



TO BOOK CONTACT
JENNIE
07825959268
OR WILL
07557902061

BINGO WITH A TWIST!
IS THE TUNE BEING PLAYED ON YOUR CARD?
LOTS OF DIFFERENT MUSIC STYLES

Café Church

Sunday 25th January
at 10am in
Dean Barwick Hall



Café Church is bimonthly on the 4th Sunday of the odd months (Jan, March etc.) and is now in its 5th year. It has a regular attendance of about 15-18. We have refreshments and discuss topics relating to the Christian faith around the tables in a friendly, non-threatening and non-judgmental environment. Why not join us?

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

BRIGSTEER WI

Johan and Gerry welcomed members to our December Christmas celebration. We decided to hold this year's Christmas evening in our village hall with a Jacob's Join, good music and excellent company. There was a collection for the King's Food Bank and we also shared Secret Santa gifts between members. A great night was had by all.

Our next meeting is on Wednesday 14th January: Waste into well-being, a local charity helping to reduce food waste through reusing it in the community.

New members and visitors are very welcome to our meetings. Call Johan on 07810013787 or Gerry on 07870664492 or Nicola on 07986132350 if you are interested and want to chat to someone.



CARTMEL FELL WI

Members and friends met at the Brown Horse, Winster for Christmas dinner and fun. During the excellent meal the table quiz organised by Julie B was puzzled over. Vanda was awarded the president's prize for the member entering the most competitions during the year, the wonderful raffle was drawn and presents from the Secret Santa sacks chosen. Julie W was given a small gift in recognition of her dedicated leadership and care.

Ivy, Julie, Anne, Molly and Ruth enjoyed the Carols and Readings at Flookburgh and the welcome cup of tea and mince pie to finish.

The next meeting will be at Hare Hill on 7th January to hear about Living in a multi cultural society: Malaysia. The competition is for a Holiday Souvenir.

CROOK WI

Crook WI welcomed John Bolwell and his friend Anne, as entertainers for the afternoon. Their talk was entitled "A Universal Odyssey" so we did not know what to expect. John told a story in six chapters of how the universe developed according to mythology. His demonstration started with the development of the Lotus flower, illustrating the circle of life, through to finally depicting how various different measurements often link together. They illustrated each "chapter" with agile movements using music and some props such as a large basic flute and a cubit stick. We were particularly entranced with the "dragon-staff" which was manipulated to illustrate the rotation of life.

CROSTHWAITE & LYTH WI

W.I. members turned out in force for the A.G.M. which was followed by wine and cheese and lots of noisy chat. We began with a splendid rendering of Jerusalem, many thank yous were said and then the voting. Jean Sherratt took on the mantle of Madam President again and plans were laid for 2026. Our treasurer, who had only returned from Nepal that afternoon, then announced her engagement to great applause.

WITHERSLACK WI

We have had a busy December. First, we had a lovely meal and three sweets made by Alyson Thomson in the village hall. Afterwards we had three games of bingo with one lucky table of six winning all the prizes. Then the week after we had our usual meeting where we discussed and voted on the national resolutions. There was no clear winner. We then had two very enjoyable Christmas quizzes. Afterwards we looked at a lot of scrapbooks and photos, some from over twenty five years ago. It was very interesting to see how some of our present members looked when they were a lot younger.

Remember our next meeting is on 13th January at 7.30 when the talk is THE HISTORY OF BIBBYS COACHES. We extend a welcome to everyone, free admission and tea and biscuits.

Last Christmas I got into terrible debt, which I am still paying off, because I wanted to give the children a lovely time. How can I manage this year without making them unhappy?

Christmas is a time of contrasts, with festive expectations adding to already-squeezed household budgets. Tempting offers and pressures to buy make it easier than ever to overspend, racking up bills and debts you can't afford. But there are ways to have a happy Christmas without overspending.

1. Budget before you shop. Decide a set amount per gift and stick to it. Talk to the kids. Children respond well to honest conversations and realistic expectations.
2. Prioritise essential commitments. It's not worth risking rent, mortgage, utility, food and other bills which still need paying, just for one day of celebrations
3. Don't bank on credit. Avoid costly credit cards, short term and "payday" loans, and going into an unagreed overdraft. Keep to any repayment dates.
4. Pay outright wherever possible. Don't be seduced by extended or split payback agreements, which make it all too easy to defer payments and are very costly.
5. Shop around. With a little planning and effort, you can buy better for less. Why not support our local charity shops, for quality labels, gifts and clothing. Target the post-Christmas sales to stock up on genuine discounted bargains for next year.

If you do find you have overspent, don't struggle alone. Contact South Lakes Citizens Advice for help with managing your finances and dealing with debt.

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. How to access:

- Call [015394 46464](tel:01539446464) (9.30am – 2pm, Monday – Friday)
- Drop in sessions at Wainwright's Yard, Kendal, LA9 4DP (10am – 1pm, Tuesday and Thursday)
- Adviceline: 0808 2787 984 (9am - 5pm, Monday – Friday)
- email advice via the submission page on our website www.southlakescab.org.uk

South Lakes Citizens Advice is a local charity based in the heart of South Lakeland. Can you help us by giving six hours a week to train to be a volunteer and help local people, or by joining our Trustee Board, or by donating to support our vital service? If so, please contact Karen – manager@southlakesca.org.uk

Advertising Manager and Magazine postal service:
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07826 800469 brierleyl@yahoo.co.uk

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 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@stkmail.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@stkmail.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@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

REGULAR EVENTS HELSINGTON & BRIGSTEER

For bookings contact Ann Bryan 07729101252

Email: villagehall.brigsteer@gmail.com

Monday

Strength circuits
Pilates

8:15-9:00
9:10-10:00

Tuesday

Circle Dance
Tea Shop (last Tuesday in the month)
Table Tennis

10:00-11:45
15:00-16:30
19:00-21:00

Wednesday

Yoga with Tara
WI (second Wednesday in the month)

9:30-11:00
7:30-21:30

Thursday

Dru Yoga
Tai Chi
Ballroom and Latin dancing

9:30-11:00
14:00-15:45
8:30-21:30

CARTMEL FELL

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

Women's Institute
Local History Society

First Wednesday in the month at 7.30pm
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
Art Group
Table Tennis

Guitar Group
Young Farmers Club
WI

Sewing/Craft Group
Aerobics/Body Toning
Folk Dance Group

Monday morning
Monday afternoon
Monday and Friday 7.30 – 10.00pm
(from September during the winter months)
Tuesday morning
Occasional Tuesdays 7.30 – 9.30pm
First Wednesday in the month
(afternoons in winter, evenings rest of year)
Occasional Wednesday evenings
Thursday 10am – 11.00am
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	Tuesdays & Thursdays 7.30-10pm Jan 6th-Mar 24th
Exchange	Tea@2 1st and 3rd Wednesdays of month 2pm. to 4pm
Yoga	Wednesdays 7.00-8.30pm (3rd Wednesday from 5pm)
WI	Every third Wednesday of the month 7.30 to 9.30pm
	Social Afternoon every first Thursday of the month 2 to 4pm
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 1st Wednesday of the month (from February 2026) 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?

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or brierleyl@yahoo.co.uk

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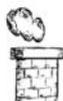
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