

TWO VALLEYS PARISH NEWS



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

May 2026

£1

Joseph Haydn's **THE SEASONS**

Kendal South Choir

Conducted by Geoffrey Field

Orchestra leader Pamela Redman

Kendal Parish Church

at 7.30pm

SATURDAY 16th MAY

Tickets £18 (under 18s free)

via TicketSource or choir members

kendalsouthchoir.weebly.com



ticket source

- **Car parks**
- **Caravan parks**
- **Driveways**
- **Farm roads**
- **Private roads**
- **Tennis courts**
- **Commercial**
- **Industrial.**

Phil Hawkins

Surfacing & Groundworks



07890 636167

philhawkinssurfacing.com

phil@philhawkinssurfacing.com



Cover picture: View from Helsington Barrows—Graham Aldridge
Church miniature pictures from watercolours by John Wilcock

Church Services for MAY 2026

Sunday 3rd May 5th of Easter

9.30am Witherslack	Morning Worship (CW)	Dorothy Grace
11.00am Winster	Holy Communion (BCP)	Ven Vernon Ross
11.00am Crook	Morning Worship (CW)	Kevin Cook
3.00pm Helsington	Hymns & Pimms	Nicola Whitehead and Brigsteer Band

Sunday 10th May 6th of Easter

9.30am Cartmel Fell	Holy Communion (BCP)	Brian & Rev. Beverley Lock
10.00am Underbarrow	Holy Communion (CW)	Rev. Bob Dew
11.00am Crosthwaite	Holy Communion (CW)	Brian & Rev. Beverley Lock
11.00am Crook	Morning Worship (CW) Followed by APCM	Rev. George Briggs

Thursday 14th May Ascension Day

Special activities with Crosthwaite School for Ascension Day

Sunday 17th May Sunday after Ascension Day

9.30am Witherslack	Holy Communion (CW)	tbc
9.30am Underbarrow	Holy Communion (CW)	Rev. Ron Rutter
11.00am Winster	Holy Communion (BCP)	tbc
11.00am Crook	Holy Communion (CW)	Rev. Rob McLellan

Sunday 24th May Pentecost

9.30am Cartmel Fell	Holy Communion (BCP)	Brian & Rev. Beverley Lock
9.30am Underbarrow	Holy Communion (CW)	Rev. Simon Howard
10.00am Witherslack	Café Church	Dorothy Grace
followed at 11.15am by St Paul's APCM in the Parish Hall		
11.00am Crosthwaite	Holy Communion (CW)	Brian & Rev. Beverley Lock
11.00am Crook	Morning Worship (CW)	Tony & Hilary Fitch

Sunday 31st May Trinity Sunday

10.30am Two Valleys Fellowship walk and picnic—please see separate notice

A LETTER FROM HILARY FITCH

This year Pentecost will be celebrated on Sunday 24th May, 50 days after Easter Sunday and 10 days after the Ascension of Jesus up to heaven. The name 'Pentecost' came from the Greek for 'fiftieth' and was an important Jewish festival celebrating the start of the wheat harvest, so many Jews would have made the pilgrimage to gather in Jerusalem. The disciples and followers of Jesus had assembled together in one house when the Holy Spirit came upon them in tongues of fire. (See Acts Chapter 2 verses 1 to 13). The name 'Pentecost' was later used by Christians to mark the coming of the Spirit on that day. Pentecost is also referred to as being the birthday of the Christian Church. Peter, the disciple who had denied Jesus before his crucifixion but who was now empowered by the Holy Spirit, spoke out boldly to the assembled crowds outside and many were converted and baptised. The believers met together and shared what they had and looked after each other's needs. From this beginning, many apostles were sent out on specific missions to carry the Gospel and teachings of Jesus throughout the known world and other churches were formed. In November 2025, Tony and I were fortunate in realising a holiday of a lifetime, with a visit to Cairo to see the pyramids at Giza, followed by a cruise on the Nile. While we were in Cairo, we were given a short walking tour of 'Old Cairo' that included two ancient Coptic (old Egyptian) churches. Although I had heard of the Coptic church, I must admit that I did not know much about it. In the New Testament, we read about the apostles Peter, Paul, Barnabas and others spreading the gospel north of Jerusalem into modern day Turkey, Greece and Italy but nothing specific relating to the establishment of the Christian church in Egypt. However, by tradition, a church was founded in the port city of Alexandria quite early on in about 49 AD by the apostle Mark. He is also identified as the same person as John Mark who is mentioned in the book of Acts and who travelled on missionary journeys supporting both Peter and Paul. For me, another connection to Christianity in Egypt came along when the study I was following for Lent this year focused on the Desert Fathers and Mothers, many of whom were based in Egyptian deserts. In the fourth century AD, a small number of individual Christians had sought life in the harsh climate of the desert, living simply and frugally as hermits in caves or in small huts. They spent their time praying, fasting and helping the needy. They were known for their spirituality, humility and wisdom and as more people joined them, including women, they formed into loose communities. As time progressed and the numbers increased further, the communities became more formalised and they dwelt together in larger monasteries and followed a monastic rule of life. The roots of monasticism in Europe that we learnt about in history at school stemmed from these desert communities and they played a big part in the life of the church.



Monastic orders still exist today but are fewer in number but the lifestyle is still one of simplicity, prayer, worship and communal living. Most Christians today see that their role is to live out their faith in their everyday life, where the people with whom they interact may be of another faith or no faith at all and then coming together to worship and to deepen their faith and trust in God within the family of their local church. The Christian Church is now universal and exists across different cultures with different styles of worship and traditions. There have been changes over the years and some denominations ordain women as priests and the Church of England is now led by a female Archbishop of Canterbury! The Universal Church is still powered by the Holy Spirit and despite some differences, is still a family of believers. "One Church, One Faith, One Lord".

Every blessing

Hilary Fitch

Vicar Vacancy Update 18 – THE FINAL ONE!!!

Good news! We have a Vicar! The following announcement was made in our churches on 22nd March:

"The Bishop of Carlisle has appointed The Revd Emily Bagg, at present Assistant Curate (in training) in the Benefice of Hawkshead and Low Wray with Sawrey and Rusland and Satterthwaite, as Vicar of the Benefice of Crosthwaite, Cartmel Fell, Witherslack and Winster (held in plurality) and Priest in Charge of the Benefice of Underbarrow with Helsington. This appointment is subject to the usual legal checks and successful completion of curacy."

The PCC representatives at the churches, and particularly those on the interview panel, were very impressed with Emily, and the children at Crosthwaite School really liked her (she thought they were fab!). She will complete her curacy at the end of May, so we are probably looking towards late summer for a start date, but there are no plans at the moment.

Please pray for Emily and her family as she completes her curacy and prepares to join us; and please continue to pray for all those who work hard to ensure that our church services happen. Thankyou.



NOTICE

This Christian Aid Week our churches are supporting our global neighbours living in poverty. Over the years, our powerful witness has funded countless projects for communities across the world, helping to transform lives and build hope for the future.

Please give what you can this Christian Aid Week using the envelopes you will find in Winster, Crosthwaite, Cartmel Fell and Witherslack churches, or scan the QR code here to go to our Digital Envelope or go to www.christianaid.org.uk and follow the link to donate.

Thank you.



NOTICES FOR INDIVIDUAL PARISHES

CARTMEL FELL

Cartmel Fell and District Local History Society

Christopher Donaldson's talk on "Sidelights on some Cumbrian-American connections" will now take place on 11th May at 2 pm in The Parish Hall, Cartmel Fell.



Cartmel Fell Volunteers

Our AGM will be announced soon on our website and on a poster at Cartmel Fell Parish Hall.

Please come along or contact us if you would like to feed in an idea, have any questions, or would like to stay up to date with the community projects we hope to undertake in the future.

www.cartmelfellvolunteers.com

Sunday 31st May – Walk and Picnic

On 31st May everyone is invited to St Anthony's, Cartmel Fell, for either a walk or a picnic, or both!

To walk, please be at St Anthony's for a 10.30am start. Julie Balshaw will lead us on a circular walk, returning to the church by 12noon when there will be a short time of prayer and reflection in the church.

If you prefer not to walk (there are stiles on the route), please come to St Anthony's for 12noon to join the walkers in church, and then we will have a BYO picnic together in the churchyard. Please share cars as far as possible as parking is limited at the church. And please pray for fine weather!

CARTMEL FELL COMMUNITY TRUST
LATE SPRING SHOW
SATURDAY 30th MAY 2026
SHOW OPENS TO VISITORS 12 – 4.30PM
WITH PRIZEGIVING AT 4PM



HOMEMADE REFRESHMENTS including light lunches,
PLANT STALL, HOME PRODUCE STALL, RAFFLE AND
WOODLAND TRAIL

We have classes for Garden Produce, Flower Arranging, Cookery, Handicrafts, Art, Photography and Children's Classes. Please see our website or Facebook page for the Show Schedule – or phone **Helen** on **07979840889**

All welcome!

WEBSITE – cartmelfellparishhall.com
FACEBOOK PAGE – cartmel fell community trust

Dry-stone walling at Cartmel Fell Parish Allotment

**** Walling stones Wanted ****

The Cumbrian branch of the Dry-Stone Walling Association organised practice days at the Cartmel Fell Parish Allotment in 2025. Their volunteers have already returned this year to continue their amazing work rebuilding the boundary wall behind the orchard. The Cartmel Fell Volunteers cleared the area on either side of the wall and additional stones were kindly donated by local landowners. The Wallers are back in June 2026 and we need more walling stones.

Got any local Silurian stone suitable for walling to donate?

Please contact team@cartmelfellvolunteers.com

The Cartmel Fell Volunteers will organise collection

Cartmel Fell Parish Allotment is a woodland that is well cherished by the local community. It is maintained as a haven for wildlife and people by the Cartmel Fell Community Trust with the help of the Volunteers. The allotment boundary walls are over 200 years old and are very important to the local ecology and wildlife. They support a wide variety of species such as mosses, and lichens, toads, slow-worms, voles and birds. Ensuring their preservation as well as that of the skills required to maintain these walls is important to our local cultural heritage and ecology. The Dry-Stone Walling Association runs training courses, keeping this tradition alive.



CROSTHWAITE

NOTICE

To all concerned.



We have been made aware, in the past, of companies cold calling local residents of the surrounding parishes to ask for sponsors for a range of books that would then be given to Crosthwaite C.E. Primary School. School has also received calls from organisations making similar offers.

To be clear, we never say yes to anything like this, do not support any organisations that do the above and will never do so in the future. Any calls received should be rejected. If anyone receives a call like this and would like help in taking further action to stop these then please do not hesitate to contact me at school: 015395 68471.

Regards

Matthew Jessop,

Head Teacher,

Crosthwaite Church of England Primary School.



Crosthwaite Show Update and Reminder

Less than three months to go to THE village event on **Saturday 12th July.**

Hope the Easter weekend has prompted you to get in the garden - or visit the garden centre - to tend those seeds or young plants already planted or buy some more which will hopefully be ready to put in our Show. Or perhaps you've been out and about with your camera or phone - or paintbrush - to capture some images to fit the Art and Photography classes? There are classes for baking, recycling,

flower arranging, even entering one of your pot plants - what could be easier?

Please pick up a Schedule from the Argles Memorial Hall or take a look at the village website to download one there - <https://tinyurl.com/58azuict>. Committee members have some too.

Do encourage your children and grandchildren to enter some of the classes - don't leave it all to the teachers at school. Experience shows us they love to get involved and see if they have won a prize on the day. Please support our annual Show- it is a great afternoon out - made more enjoyable if you put some entries in. If you are new to our village please have a go - it's not Chelsea or Bake Off - entries don't have to be perfect - just plenty of them!

It's what makes village life for everyone.

Give it a go....



***The members of Crosthwaite and Lyth W.I.
would like to invite you to our Open Meeting***

on Wednesday 20th May at 8pm
(Visitors are welcome to our business meeting at 7.30)



**Speakers: Hartley Trotter & Desmond Holmes *Telling us about
Life in the Two Valleys Then & Now***

Cost: £4.00, including light refreshments
Men are welcome too!

WITHERSLACK



Café Church

Sunday 24th May
at 10am in Witherslack Parish Hall

Pentecost: what are spiritual gifts and what are they
for?

Come and join the discussion!

***Everyone is welcome, whether you have a Christian faith or
not, or perhaps unsure—just come.***

A vibrant summer fair poster. At the top, a string of colorful triangular bunting (blue, pink, red, yellow) hangs across the frame. The background is a light teal color. In the center, a large white circle contains the main text. To the left and right of this circle are two hot air balloons: one with blue and white stripes, and the other with red and white stripes. Below the central text, a blue banner with the words 'FREE ENTRY' in red, stylized letters is positioned. At the bottom of the poster, a green grassy hill features four ice cream sticks (orange, chocolate, pink, and yellow) and two red and white striped tents with yellow star emblems. A yellow speech bubble on the right side of the hill contains contact information.

**Witherslack
Community Shop**

Join us for our

SUMMER FAIR

Saturday June 20th

Holdfast Cottage, Townend

Look out for the balloons!

1:30 pm to 4:00pm

FREE ENTRY

If you're interested in
helping with the
organisation, call Debbie
on 07891593523

Sample a selection of items from our village
shop plus second hand books, Bric-a-brac,
plants and local crafts stalls.

Tea, coffee, and of course delicious
cakes, also on sale.

St Paul's Witherslack APCM

This will be held on Sunday 24th May 2026 at 11.15am in Witherslack Parish Hall, following Café Church. Everyone is welcome to come to Café Church, even if you don't normally come – why not give it a try? Or come to the Hall for just after 11am for refreshments first.

The Annual Parochial Church Meeting (essentially the church's AGM) is an opportunity to look back over 2025 and to look forward to what is planned so far for 2026, so please come to support the PCC (Parochial Church Council) and find out what's going on.

UNDERBARROW WITH HELSINGTON



ALL WELCOME AT THE NEW
MONTHLY

Coffee Mornings

at Underbarrow Village
Institute

SATURDAY 2 MAY

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



***Helsington 300
300th Anniversary
of the founding of St. John's church***

Hymns and Pimms Service
3pm Sunday 3rd May in St. John's
Come along and sing your favourite hymns
to the accompaniment of the Brigsteer band
and enjoy the refreshments.

Choose your favourite hymn now by contacting
Nicola Whitehead nicola@windmillgroup.org.uk 07986 132350

Exhibition of photographs and archives
of Helsington people and places in the past
10.00 a.m. - 4.00 p.m. Saturday & Sunday, 30th & 31st May
in Brigsteer Village Hall during Brigsteer Open Gardens.

If you have interesting photographs we could include, please contact
Mike Fleetwood mikejohnfleetwood@gmail.com 01539 568148

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: Hannah Gross (07933 952756)

Advertising Manager and Magazine postal service:

Lorraine Brierley, 4 Whitbarrow Grove, Levens. LA8 8LT.
07826 800469 brierleyl@yahoo.co.uk



Underbarrow & Bradleyfield

Sports Day

ALL WELCOME ON

Saturday 27th June 2026

12 Noon with races starting at 12.30pm prompt

On Underbarrow village sports field

Traditional sports races and tug 'o' war

BBQ & bar, strawberries and cream & Ice lollies

Prizes for every child. Sports day entry free.

For more information contact Alec: 07919233112

or Emma: 07733415204

See you there!





Secret Gardens of Brigsteer

Saturday 30th May & Sunday 31st May

10 a.m. - 4p.m.

Entry on the door £7 adults (Children go free)

Advance tickets: www.ticketsource.co.uk/hbvh

**Plant Sales, Food & Drink in the Village Hall and two gardens
(Locations & timings of which are shown on your map)**

Free Parking

Card Sales in the Hall but Cash required in the Gardens

Raffle Prizes

All proceeds in aid of Brigsteer Village Hall

Charity Number 1131993

I was made redundant recently and now I'm finding it hard to keep up with my bills and am getting into debt - what can I do?

You don't have to face this alone. Citizens Advice is here to help you find a way forward. Firstly, make sure you've been paid everything you're entitled to by your former employer. Check your rights on the Citizens Advice website. Free budgeting tools like the one on the MoneyHelper website can help you understand what money you have coming in and going out each month, and where you might be able to cut costs. Try to find your most recent bank and other financial statements. Make sure you include all your expenses. If your budget just doesn't add up and you need help to afford essentials like bills and food, you can find out if you are eligible for financial help on the Citizens Advice website.

Don't ignore bills or letters about money that you owe. Prioritise paying your rent or mortgage, plus energy bills and Council Tax first. Not paying these bills has the most serious consequences. Speak to the organisations you owe money to – they might let you pay smaller amounts or take a break from payments. For other types of debt like credit cards or loans, gather all the information on what you owe, create a budget, and contact your creditors to set up an affordable repayment plan. If you need help with this, contact South Lakes Citizens Advice. Our advisers can help to check if you're eligible for any benefits or financial support, and explore all the options for dealing with your debts.

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.

New opening hours:

Tuesday - Drop in at Wainwright's Yard, Kendal 10am - 1pm, last client at 12.45

Wednesday - Pre-booked appointments

Thursday - Pre-booked appointments

Adviceline: 0808 278 7984

Consumer Helpline: 0808 223 1133

Universal Credit Helpline: 0800 328 5644

BRIGSTEER WI

We hosted a fabulous fashion show for our April meeting with a fantastic turnout from Brigsteer and beyond. Clothes, accessories, and commentary provided by Kitty Brown Boutique in Carnforth. Our models excelled on the catwalk and showed off a variety of very stylish outfits, something for everyone. Lots of retail therapy and laughter was the order of the evening, also raising substantial funds for our charity, the Bendrigg Trust.

The next meeting on 13th May is an open meeting with an illustrated talk from Nigel Rowe recounting his long-distance intrepid cycling adventures around the world. Looking forward to an exciting and entertaining talk, all welcome. £5 for visitors includes tea/coffee and cake.

New members and visitors always welcome – contact Johan 07810 013787, Gerry 07870 664492 or Nicola 07986 132350.

CARTMEL FELL WI

On 1st April the Open Meeting had a good mix of members and visitors. Future Proof Cumbria enlightened the audience with all the advice and help available to make your home warmer, more comfortable and cheaper to heat. The competition for homemade jam was won by Molly and Vanda, Vanda also being lucky in the raffle. Julie W, Sue and Ruth had enjoyed the Annual Council meeting. Two teams are entered in the Spring quiz. 9 ladies met for a willow weaving morning where Jane (nee Bradley) proved to be a most helpful knowledgeable tutor. Sue had secured a bursary to cover the cost of this most enjoyable morning. Everyone went home with an obelisk after a very tasty lunch taken outside in the sunshine, again organised by Sue.

The next meeting will be 6th May where the resolutions will be discussed, followed by a Jacob's join supper.

CROOK WI

CROOK WI enjoyed a fascinating talk by Dr. Rob David about how Muncaster Castle played a secretive role in WW II. In anticipation of the bombing of London, arrangements were made for some of the precious paintings from the Tate Gallery to be housed in safe places.

One of those designated places was Muncaster Castle and we heard about the logistics of how this was achieved.

CROSTHWAITE & LYTH WI

It was unnaturally quiet at W.I. as members pitted their wits against a variety of puzzles while Philip Burley told us some of the 4 thousand years of the history of puzzles. We were in the main totally flummoxed with almost all of them. Each table had a shoe box containing quite a few fiendishly difficult puzzles of different sorts which had to be gently explained to us. It was a very interesting evening and will have the ladies wondering about it for a long time.

Whitsun May 2026

On the fiftieth day after Easter, the feast of the Resurrection, we celebrate the coming of the Holy Spirit to the apostles (Acts 2). The church has always called it Pentecost, a Greco-Latin word which derives from the Greek for 'fiftieth'. This year it falls on 24 May. It also happens to be a bank holiday weekend, although nowadays that only occurs occasionally, because in 1971 the late May bank holiday was fixed as the last Monday in May, whereas the date of Pentecost varies because it is counted from Easter, which is a movable feast. Prior to 1971, the bank holiday (then known as the Whitsun bank holiday) moved around in May because it was the weekend of Pentecost itself. In Common Worship this feast-day is listed as Pentecost, with Whit Sunday being given in brackets after it, in smaller type and not in bold, indicating that this is an alternative name but not with the same status as Pentecost. Yet the Book of Common Prayer uses Whit Sunday for the feast-day itself, and Whitsun-week for the days that follow (Monday in Whitsun-week etc.) which constitute the Whitsun season, before Trinity Sunday, which occurs on the next Sunday (31 May this year).

Cont'd

So why does the BCP use Whit Sunday/Whitsun rather than Pentecost; why have we changed back in Common Worship; where does Whitsun come from; and why is it no longer so commonly used?

Whitsun is an English term for Pentecost, just as there was (and is) a popular English name, for example, for the Feast of the Purification on 2 February, commonly called Candlemas because of the distinctive experience of the day: the spectacle of everyone holding lit candles in church. Whitsun is an abbreviation of Whit Sunday. It's first recorded in 1067 with the unambiguous meaning of 'white Sunday' — although we have changed the pronunciation of the first syllable over the centuries by shortening the 'i', leading to a confusion with 'wit', and, as a result, various false explanations of the word.

Dictionaries explain that the name denotes the day on which white was worn in church. However, although we know that white was worn in the early church on the set days for (adult) baptism — Holy Saturday being the primary occasion and Pentecost the secondary one — this was not characteristic practice by the time England was converted. Fixed dates were impractical in a missionary context, and in any case infant baptism quickly became the norm. For obvious reasons it was carried out as soon as possible after birth.

Yet in an echo of the older tradition, babies were required to be dressed in white for baptism and to be brought to the daily mass for a week thereafter, still in white. The popular naming of Whitsunday suggests, nevertheless, that older traditions were reflected in a practice of wearing white at Pentecost, although I'm not aware of any references to or descriptions of this in Anglo-Saxon times, despite the word coming from the language of this period. The BCP chose the popular English name in preference to the Greco-Latin one of Pentecost as a break from Roman practice. Now, however, we more commonly use Pentecost within the church. Culturally we have lost sight of 'Whitsun' since 1971 when the late May bank holiday was divorced from the church's liturgical year, and so 'Whitsun' is used less and less. This year, however, the dates come together, and Monday 25 May is a bank holiday. It won't be called Whit bank holiday, though!

Joyce Hill

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@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 07729101252

Email: villagehall.brigsteer@gmail.com

Monday

Strength circuits

8:15-9:00

Pilates

9:10-10:00

Tuesday

Circle Dance

10:00-11:45

Tea Shop (last Tuesday in the month)

15:00-16:30

Table Tennis

19:00-21:00

Wednesday

Yoga with Tara

9:30-11:00

WI (second Wednesday in the month)

7:30-21:30

Thursday

Dru Yoga

9:30-11:00

Tai Chi

14:00-15:45

Ballroom and Latin dancing

8:30-21:30

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

Once a month on Thursday afternoons.

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.php

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

Contact: Jane on 07787075544 email, janeweaves@gmail.com or

Linda Park on lindalowfell@aol.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**

MARTIN DODDS
GENERAL BUILDER & PLASTERER
MILNTHORPE

Alternations, Extensions, Plastering,
 Dashing, Roofing, Block Work, Pointing,
 Patios and Fencing

☎ 07950 033089

Email: martind23@btinternet.com

NORTHERN ELECTRICAL
CONTRACTORS, NEC (LTD)

We provide a complete electrical service
 from installation, maintenance,
 to testing for commercial and domestic.
 We are fully qualified and are NIC EIC
 approved contractors and domestic installers.

Call Martin on

☎ 077914 96951 or Stacey 077914 96889

HIGHGATE VETERINARY CLINIC



Friendly, caring and professional team who are
 highly recommended and trusted by their clients.

173 Highgate, Kendal, LA9 4EN

☎ 01539 721344

Unit 1 Beeson Road Trading Estate,
 Kendal, LA9 6BW

☎ 01539 887988

Website: www.highgate-vets.co.uk

TO ADVERTISE YOUR
BUSINESS HERE

CONTACT

LORRAINE

ON 07826 800469

HADWINS (LINDALE) LTD

Audi - Volkswagen Dealers - Service & Parts

☎ Grange (015395) 35522 / 34242

JOE DOBSON LTD

Joinery manufacturers & construction management

07979 226748 joedobsonjoinery@yahoo.com

NORTHERN WOODS TREE
SERVICES

Tree Care, Woodland Management
 Mobile Sawmill and Timber Processing
 Vegetation Control, Firewood and Sawn Timber

Tel: 07891246047

northernwoodstreeservices@gmail.com

www.northernwoods.co.uk

LAKEWOOD LOCK & SAFE CO

Meathop, Grange over Sands

Locksmith & Safe Engineer

Locks supplied, fitted, opened and repaired
 Safes supplied, fitted, opened and repaired
 Free security surveys for your peace of mind

On time, every time

Over 30 years experience

☎ 07407 192270

LYTH VALLEY ELECTRICAL

All types of electrical work undertaken from
 lighting to re-wires, extra sockets to new
 installations. No VAT

☎ Scott Walker 015395 68935

Mobile: 07766 939956

e-mail: lyth.valley.electrical@gmail.com

HALECAT HOUSE & GARDENS,
WITHERSLACK

Available for self catering weeks or weekends.

Sleeps up to 11 guests

To book or make an enquiry

☎ 015395 52387 email info@halecat.co.uk

website: www.halecat.co.uk

PLUMBING & GENERAL
PROPERTY MAINTENANCE

☎ PETE 01539 821853/ 07734 983803

COMPUTER HELP AT HOME

Plain English help with your computer.

☎ Graham Brook 015395 60868



ANTHONY CLARKE
FUNERAL DIRECTOR

Independently caring for families in
the Two Valleys and surrounding
areas for over 40 years.

015395 31481 (24h.) | www.agclarke.co.uk

PARKIN & JACKSON LTD
Monumental Sculptors est. 1855

14 Appleby Road, Kendal, LA9 6ES

☎ **01539 722838**

New Memorials, Additional Inscriptions
and Renovations, house Names and Numbers

www.parkinandjackson.co.uk

info@ParkinandJackson.co.uk

ELEANOR CHIVERTON

LOCAL FRIENDLY GARDENER

How can I help you in your garden?

☎ **07771 377804**

eleanorchiverton88@gmail.com

RICHARD MCCONNACHIE

Painting & Decorating Services

Free Quotations

☎ **07403 447346**

E-mail Rmcc50@hotmail.com

G.J.W Painting and Decorating

Interior and exterior decoration, paper hanging,
coving and window repairs.

Fully insured.

Contact: **Gary Walker**

07966589453 - 01539 723068

Garywalker2000@yahoo.co.uk

www.gjwpaintinganddecorating.co.uk

MYERS INTERIORS LTD

Kitchens, bedrooms and bathrooms individually
designed & manufactured for you in mind.

New build/restoration & repair, roofing,
traditional stonework, fine plastering & tiling.

Please ring for a free quotation.

☎ **015395 68418 or**

mobile: 07890 556857

E-mail: myersinteriorsl@gmail.com

**TERRA FIRMA LANDSCAPE
CONSTRUCTION**

For all hard landscaping, drives, patios, rockeries,
steps, walling, fencing, turfing etc.

Garden structure design. Also digger and
groundwork services.

Joel Crompton ☎ **07786 073606**

website: www.terrafirma-landscapes.co.uk

**INDOOR POOL, SPA TREATMENTS
and LEISURE CLUB**

Daily Membership from £7.95 per day

(Gym & Swim)

Annual Memberships from £200

at **DAMSON DENE HOTEL**

☎ **015395 68676**

WITHERSLACK COMMUNITY SHOP

A special place at the heart of the community

Monday — Friday 9-4

Order by phone - collection next day or a weekly order for your basics

015395-52188

And much, much more, such as homemade cakes, Suma, Ecover,

kindling, damson produce, Dry Cleaning,

local craft presents, Community Notices, Provide the Westmorland Gazette

Parish Council Planning folder, Bus timetables.

Use it or lose it

ZERO CARS

100% Electric
Executive Airport / Seaport Transfers
Contact: richard@zero-cars.co.uk
Tel: 07595 699862

MILKMAN AND NEWSAGENT

Contact **Stephen and Mandy Walling** for your
fresh milk, eggs, potatoes and daily newspapers
☎ **015395 68135**

WOODEN FLOOR RESTORING SANDING AND REFINISHING LTD

ADAM HUGHES
Mobile 07483855937
Email: adamhughes0482@gmail.com

CHIMNEY SWEEP

Est. 1992,
☎ **015394 45117** or
mobile: 07763 145594
Andrew Backhouse
Chimney Sweep Ltd

BRIGHT ANIMAL TRAINING



Reward based
training for dogs and
horses.
Contact Emily
07414 228837
brightanimaltraining
@gmail.com

JAMES E PARK
Forestry, & tree surgery.
Locally sourced seasoned logs delivered.
All aspects of tree work undertaken.
☎ **015395 34977** or
mobile: 07866 479949

Janet Smedley
Chartered Physiotherapist



*If you need physiotherapy or want to find out
more please do not hesitate to contact me.*
www.jesphysio.co.uk
Email: janet@jesphysio.co.uk
07831 219849

101 Lake Road, Ambleside, Cumbria, LA22 0DB



LAKES CHIMNEY
SWEEP
AND STOVE MAINTENANCE

CHIMNEY SWEEP
AND
STOVE MAINTENANCE
TEL/WHATS'APP 07387817819
INFO@LAKESCHIMNEYSWEEP.UK
WWW.LAKESCHIMNEYSWEEP.UK



Lindale
Grange over Sands
LA11 6LU

Independent
Award winning
modern premises
Community Nursing
24/7 Pet care
015395 32699
www.archway-vets.com

J BEGG, QUALIFIED TIME-SERVED BUILDER

All aspects of building and maintenance work:
Roofing, Gutters, Chimney stack work,
Fireplaces, Patios, Plastering and Tiling.
No job too small.

☎ **mobile: 079295 16185**

WITHERSLACK WOODLANDS

Quality firewood 'Ready to Burn'
or For Your Store
☎ **015395 52353** answerphone
most of the day (we wear ear defenders)
or e-mail:
sales@witherslackwoodlands.co.uk

BB CONTRACTING - S & M CARTER

Round Baling and Wrapping,
Slurry Spreading at competitive rates.
Simon mobile: 07774 799109
or **Michael mobile: 07876 013362**



Unisex Barbershop in Staveley Mill Yard

Walk-ins only, no
appointments needed.
Sun, Mon & Wed CLOSED
Tues 9.30 – 5pm
Thurs & Fri 9.30 – 5.30pm
Sat 10 – 1pm
Enquiries 07487 547 781 or
find us on Facebook
Scan QR code for info

**Timber Hitchings
Professional Tree Care**
Fully trained and insured local business
providing tree care, hedge cutting,
stump grinding.
☎ 01539 732 398
mobile 07917116939
TimberHitchingsPTC@gmail.com

**SAM CROMPTON - JOINER
LOFT CONVERSIONS, WINDOWS,
DOORS, CONSERVATORIES etc.**
in Hardwood, Softwood or UPVC
Any other internal and external joinery work
and alterations undertaken.
PVC fascia boards and guttering
supplied and fitted
☎ **015395 68298 or mobile: 077894
34903**

CARTER ROOFING SERVICES LTD
Your local roofing specialist - over 35 years
experience in all aspects of roofing.
Pitched Slate, Tiling, Flat Roofing, Gutters &
Chimneys Repairs, Renewals & Expert Advice :
No Job Too Small
Contact Nick for your free quotation & a
friendly, reliable service at sensible rates.
☎ **07824 469427**
or e-mail: **nickcarter62@hotmail.co.uk**

S & A HODGSON LTD
Excavation Contractor
26 Ton Beavertail Wagon
1-13 ton Excavators & Breakers
Kubota with Rototilt
General Digger Work
Drainage & Groundworks
☎ **Andy 07836 782707 or
015395 52458**
www.sandahodgsonplant.co.uk

**GRASSGARTH KENNELS AND
TARNside CATTERY**
Luxury Accommodation for your pet.
Fully Licenced, Heated and Spacious.
Viewings welcome by appointment. Open All year.
**ALSO GROOMING, CLIPPING,
BATHING ETC**
DOG PARK for Hire
Hilary ☎ **015395 52150**
or mobile: **07764 372272**

Windermere Tiles & Bathrooms
Bathroom showroom located in Bowness-on-Windermere
offering full supply and installation service

also available for:
Supply Only
General Plumbing
Tiling
Joinery work/Kitchen Installations

Showroom currently open by appointment only
Please call us to book a free consultation

Tel: 015394 45552
info@windermertilesandbathrooms.co.uk
18 Lake Road, Bowness-on-Windermere LA23 3AP

**MARK EDEN
HOME SOLUTIONS IN WOOD**
Handcrafted furniture for any space

**Sash window refurbishment
& new windows**

Based in Crosthwaite
Call Mark 07590 054223
markjeden@gmail.com



Damson Dene Hotel

Freshly prepared food, real
ales and a cosy lounge

Restaurant and bar are
open to non-residents for
lunches, dinners and
afternoon teas.

Functions & parties catered
for



015395 68676
stay@damsondene.co.uk



ABLE MEMORIALS LTD.

- Headstones and Memorials
- Nameplates
- Commemorative Plaques
- Architectural Masonry
- Restoration and Conservation
- Signs



SHOWROOM & OFFICE

T: 01539 735583 M: 07779 025745

E: sales@ableworldofstone.co.uk

1 Wildman Street, Kendal
Cumbria LA9 6EN

www.ableworldofstone.co.uk

life grows on
by Carmen



'Life Grows On' is a unique and meaningful way to honour loved ones with a lasting, natural and sustainable tribute.

Each tribute is planted in a handcrafted willow basket, woven in Cumbria and designed to break down naturally as the plants take root and grow.

Whether placed at a graveside, in a garden of rest, a private garden, an allotment, a balcony or a window box, the tribute is designed to thrive with your care.



With guidance from myself and my team, you'll be able to select plant varieties that hold special meaning. Each one is unique, just like the loved ones they represent.

To learn more and discuss creating a Life Grows On basket, contact Carmen for more information:

07715 707784

floristrybycarmen@yahoo.co.uk

www.floristrybycarmen.co.uk

@floristrybycarmen

The Garden Nursery at Halecat, Witherslack, Cumbria, LA11 4RT



Dave Atkinson Contracting

Call for free quotes & advice

• 07833 544 984 •

Groundwork & Landscaping

Fencing • Septic Tanks

Flagging • Concreting

Drainage • Machine hire

Missing teeth?

Crossbank
dental care
have the smile you wish for

We can replace them with dental implants



Book your **complimentary consultation** today
to see how we can help you have the smile you wish for

Restore your smile, restore nature

For every dental implant placed, we plant a tree through our "Implant a Tree" scheme



www.crossbankdental.co.uk

Crossbank Dental Care, 10 Captain French Lane, Kendal, Cumbria, LA9 4HP

01539 720820

info@crossbankdental.com