

TWO VALLEYS PARISH NEWS



The Friends of St Anthony's Church, Cartmel Fell

invite you to

Hymns and Pimms



On Sunday 16th August at 5.30 pm.

Please join us for a summer evening get-together to raise the roof with well-loved hymns, and raise funds for our beautiful church.

Tickets are **£5 for adults which includes a glass of Pimms and nibbles**. There will be soft drinks for children.

Please book your tickets ahead of time to help with catering although some tickets may be available on the evening.

Please call 07966 791095 to book.

Payment can be made to Cartmel Fell PCC
account 75934299 sort code 01-04-66

Please use reference "HandP" event

We also invite you to sponsor your favourite hymn and have it dedicated to an event or loved one.

Please contact Wendy Ellis at elliswena@hotmail.com if you would like to do this. (By 4th August).

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

AUGUST 2026

£1



ALL WELCOME AT THE NEW
MONTHLY

Coffee Mornings

at Underbarrow Village
Institute

SATURDAY **1** AUGUST

10 AM – 12 NOON

AND EVERY FIRST SATURDAY OF THE MONTH

Proceeds to Institute funds

Any questions/suggestions – contact Jenny on
07957211325



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- **Caravan parks**
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**Cover picture: Hymms & Pimms @ Cartmel Fell
Church miniature pictures from watercolours by John Wilcock**

Church Services for AUGUST

Sunday 2nd August 9th after Trinity

9.30am Cartmel Fell Holy Communion (BCP) Rev. George Briggs

11.00am Crook Morning Worship (CW) tbc

Sunday 9th August 10th after Trinity

11.00am Crosthwaite Holy Communion (CW) Rev. Di Gilmore

11.00am Crook Morning Worship (CW) tbc

Sunday 16th August 11th after Trinity

9.30am Underbarrow Holy Communion (CW) Rev. Ian James

11.00am Crook Holy Communion (CW) tbc

5.30pm Cartmel Fell Hymns and Pimms All Welcome!

Sunday 23rd August 12th after Trinity

10.00am Witherslack Café Church-style service in the Parish Hall
with Communion D. Grace & Rev. B. Lock

11.00am Crook Morning Worship (CW) tbc

Sunday 30th August 13th after Trinity

9.30am Helsington Holy Communion (CW) Rev. Simon Howard

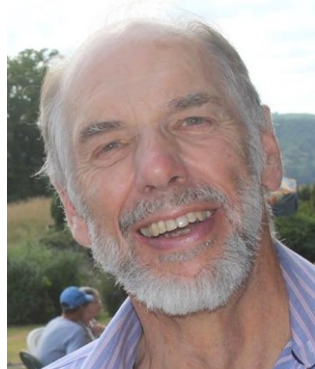
11.00am Crook Morning Worship (CW) tbc

Tuesday 1st September Licensing of Emily Bagg

7.00 pm Crosthwaite Licensing Service Bishop Rob Saner-Haigh
All Welcome

A LETTER FROM TONY FITCH

On 8th May this year it was Sir David Attenborough's one hundredth birthday. I wonder how many did as I did and watched the wonderful and moving televised celebrations at the Royal Albert Hall? Over the years, Sir David has opened the eyes of many millions the world over to the wonders, diversity and beauty of this world; a world which Christians and many others believe was created by God for us to marvel at and enjoy. Sir David made us aware of how fragile our world is, and how we humans as custodians need to be more caring and careful in how we manage our environment. He inspired individuals, schools, councils and even nations to do something about it. As a result of this eye-opening awareness, many big corporations and many national governments passed laws to tackle such things as the scourge of single-use plastics. There are not many people around in recent times that have made such a mark on life. It makes one feel very humble and causes us, perhaps, to wonder what we can do, and what sort of legacy we are leaving or can leave.



A Christian commentator once wrote - "Few of us will be in a position to change the world, but everyone can change the world for someone." This statement really moved me when I first read it some years ago and it has stayed with me since.

Jesus said that the two commandments that sum up and encapsulate all the others are, and here I paraphrase them:

First, love God with all your heart, your soul, your mind and your strength;
and secondly, love your neighbour as yourself.

Addressing the latter (in Matthew's Gospel, chapter 25) Jesus gives us helpful examples of how this second commandment can be accomplished, namely, and here I paraphrase again:

Give food to the hungry and refreshment to the thirsty
Give a welcome to strangers
Give clothes to those who are cold and shivering
Visit the sick and those who are imprisoned

(To this list of the needy we could probably add the lonely and those mired in unmanageable debt. In our twenty-first century western world, those so suffering can feel imprisoned by these ills).

Immediately after Jesus had given these examples, he made a moving and amazing statement – that, in effect, those who do such things **in his name**, do it for him, Jesus. To me this gives real meaning and empowerment to everyday life as it means that I, and all of us, however humble, and even just in the smallest way, can be part of Jesus's mission here on earth. Wow!

Tony Fitch

CALLING ALL PARISHES

Services for August 2026

As in August last year, there will be one service each Sunday across our Two Valleys parishes, held in a different church each week. All the services will include Communion, though of varying types. Please come to the different churches over the summer, to boost the congregations and enjoy being in a different place of worship with people we may not see very often.

Sunday 2nd August:

9.30am Holy Communion (BCP) at Cartmel Fell with Rev. George Briggs

Sunday 9th August:

11.00am Holy Communion (CW) at Crosthwaite with Rev. Di Gilmore

Sunday 16th August:

9.30am Holy Communion (CW) at Underbarrow with Rev. Ian James

Sunday 23rd August:

10.00am Café Church service with Communion at Witherslack Parish Hall with Dorothy Grace and Rev. Beverly Lock

Sunday 30th August:

9.30am Communion (CW) at Helsington with Rev. Simon Howard

Tuesday 1st September at 7pm in St Mary's Crosthwaite

Rev. Emily Bagg will be licensed to our Two Valleys parishes by Bishop Rob, Bishop of Carlisle. She will become Vicar of the parishes of Cartmel Fell, Crosthwaite, Winster and Witherslack, and Priest in Charge of Underbarrow with Helsington. She and her family will move into the Vicarage in Crosthwaite village over the Summer.

Please remember them in your thoughts and prayers.

Thank you.

Have you ever been in a church service and, during the sermon, you've wanted to stop the preacher to ask, 'Yes, but what does that actually mean?' or 'But what about...?'

Now you have that opportunity!

In our Café Church-style service on **23rd August**, the fourth in our series of Sunday services this month, there will be plenty of opportunity to ask questions and discuss what a story from the Bible might mean.



We'll gather for refreshments in Witherslack Parish Hall from **9.45am, ready to start the service at 10am** with a hymn and a Bible reading. There will be questions to launch the discussions which could go anywhere!

We'll then share a short Communion celebration together and conclude with a hymn and Blessing.



Everyone is welcome—come and experience a slightly different service, sharing fellowship and worship together more informally.



**From the Solway to Saudi Arabia:
An Aerial Archaeological journey**

On Wednesday 16th September at 7.30pm in Crosthwaite Village Hall our own Bob Bewley, aerial archaeologist and cultural heritage guru, will be hosted by Crosthwaite and Lyth WI at an Open Evening to regale us with tales of his life's work.

Entry is £4 for non members, to include refreshments, and all are welcome to come.



Save the date

10th October 7 p.m.

Crosthwaite CE Primary School

Please find time to come to a screening of

The People's Emergency Briefing

It's doing the rounds nationally and internationally and it's not to be missed.

A factual and reliable update on climate change - and more importantly - the implications for our cost of living, our food security, agriculture, economic stability and our health. More information to come in next month's magazine - in the meantime please note the date in your diaries and inform your family and friends. Open to anyone 16 plus.

To find out more about this event and to reserve your free place, scan the QR code below or use this link.

www.tickettailor.com/events/crosthwaitelythecoactionnetwork/2309096



CONSULTATION

Crosthwaite and Lyth Strategic Plan (Draft)

Government funding for the finalisation of the Crosthwaite and Lyth Neighbourhood Development Plan was curtailed in 2025 and that Plan has therefore been paused for the time being.

In the meantime, the Parish Council has agreed to produce a Strategic Plan to advise and inform Parishioners of its priorities over the next 5-year period.

A first draft has been approved by the Parish Council and is currently on the website at:

www.crosthwaiteandlyth-pc.gov.uk/?Home.

VACANCY FOR A PARISH COUNCILLOR

Are you passionate about your local area and interested in making a contribution to its social, cultural and environmental quality? If you live or work locally, you may be able to do so by becoming a Parish Councillor.

Crosthwaite and Lyth Parish Council is seeking to co-opt a new Councillor to fill a current vacancy. The work of the Parish Council can be seen on its website at: www.crosthwaiteandlyth-pc.gov.uk and particularly in its draft Strategic Plan (on the Home page).

If you are interested in supporting the local community and would like more information, please contact any Parish Councillor or email the Parish Clerk at: clerk@crosthwaiteandlyth-pc.gov.uk.

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: Steve Rowlinson

NOTICES FOR INDIVIDUAL PARISHES

CARTMEL FELL

HYMNS AND PIMMS 16TH AUGUST 5.30 P.M ST. ANTHONY'S CHURCH

For full details of this event and to request a particular Hymn, see the front cover of the magazine.



CARTMEL FELL VOLUNTEERS

Cartmel Fell Volunteers had its AGM in June and celebrated another successful year of events, including the Sausage and Cider event, a Photographic exhibition, Film nights, Christmas Party, a Wassail of the community orchard in January, and holding CPR / Defibrillator courses.

We'd like to thank our committee members for their hard work over the last 2 years - in particular our resigning members - Martin (inaugural Chairman), Fiona (Secretary), Alastair and Marion. The governance section of our website at <https://www.cartmelfellvolunteers.com> lists our committee members.

We also thank our members for their support of both the programme of activities and the community bid to register the Hare and Hounds as an Asset of Community Value.

There is ongoing work to maintain the woodland paths, the orchard and nuttury, clearing of Himalayan Balsam and other invasive species from sites around the Fell, and gathering walling stone; in June the Parish Allotment hosted the Dry Stone Walling Association again.

CARTMEL FELL & DISTRICT LOCAL HISTORY SOCIETY

Following our summer break, the Society will meet on 14th September at 2pm to hear Gill Jepson, local historian and teacher, give a "**Potted History of Barrow-in-Furness**".

Gill is a well-known author from South Cumbria and founder member of 'Furness Abbey Fellowship', a voluntary group who work alongside English Heritage to support the abbey. She is a keen local historian and teacher and has researched the history of Barrow-in-Furness extensively.



Cartmel Fell Community Trust

'Cakes & Company On The Fell'

Come along for Tea, Cakes and a
friendly Chat

on **Friday 14th August** 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 ANNIVERSARY SERVICE – 9TH AUGUST 11.00 AM

As part of our morning service we will be remembering the long history of our church in this area. Following the service there will be refreshments including coffee and cakes. Afterwards you might like to walk up to the Old Tower for a small celebration, to remember the many years of worship in this area.



CROOK NEWS

The annual Ba-B-Q was held in Outfield Meadow, the village field. There was an excellent turn out both for the walk and quiz. The chefs were George and Andy who produced lots of delicious sausages and burgers. There was a great choice of donated cakes and tray bakes to follow. Fortunately, the weather had improved and the rain stayed away but there was a very cool wind.

Recently Penny Bell organised a successful First Aid refresher course held in the Memorial Hall. A member of the Ambulance Service gave excellent information and advice. Everyone was encouraged to try their skills at CPR and were also instructed in how to use a defibrillator.

CROSTHWAITE

St Mary's Church, Crosthwaite seeks a PCC Secretary

This voluntary position involves attending 4 PCC meetings a year plus the Annual Parochial Church Meeting. The secretary is responsible for taking minutes that are circulated by email to PCC members after each meeting.

A comprehensive handover will be provided by the current secretary who is stepping down in November. If you are interested in finding out more please contact the current Secretary, Lorraine Brierley, on **07826 800469** or email brierleyl@yahoo.co.uk

Advertising Manager and Magazine postal service:

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

07826 800469 brierleyl@yahoo.co.uk

ST. MARY'S CHURCH

CROSTHWAITE

VOLUNTEERS
NEEDED!

Outdoor Boon Day

SATURDAY
1ST AUGUST

10:00 A.M.
- 4:00 P.M.

Help is needed with various jobs in the grounds, car park and graveyards.

Whether you can spare an hour or stay for longer, your help will make a big difference!

Tea, coffee and biscuits will be on offer for all volunteers throughout the day.

Many hands make light work!

To let us know you can help, please contact Steven Brierley on **07470 169890**






UNDERBARROW

CALLING FOR ALL UNDERBARROW PHOTOGRAPHS!

We are creating a book about the history of Underbarrow up to the present. We have found a potential publisher and would love to include photographs of Underbarrow village and key moments of village life over the past 100 years.

All contributions, large or small, are welcome.

To contribute or find out more:
 Contact: Mike Harpham
 Email: mikeharpham@hotmail.com
 Telephone: 07725 947829

Help us preserve Underbarrow's history for future generations.

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CROSTHWAITE *Exchange*

CHANGES YOU NEED TO KNOW

≡ **OUR PRICES ARE CHANGING** ≡

From September:



COFFEE
£1.50



CAKE
£2.50



TEA
£1



FREE REFILLS FOR DRINKS – AS ALWAYS! ≡

CLOSED
IN
AUGUST

**WE WILL BE CLOSED
THROUGHOUT AUGUST.**

*We look forward to
welcoming you again in September!*



FROM SEPTEMBER

**WE WILL BE CHOOSING
A CHARITY TO SUPPORT**



All takings from a particular Exchange
will be given to that charity.



The Exchange Committee will also
donate **£350** to the chosen charity.



Thank you for your support – we couldn't do it without you! ♥



CASH ONLY EVENT

UNDERBARROW

MARROW DAY

Sunday 20th September

LIVE MUSIC FROM ASHLEIGH WOOD

LOTS OF STALLS TO BROWSE PLUS TOSS THE SHEAF, DOG SHOW, DOG SCURRY, WELLY WANGING, BBQ AND BAR, FACE PAINTING, CHILDRENS ENTERTAINER, TEA AND CAKES AND MUCH MORE!

Who will have the Heaviest, Ugliest, most Beautiful or best pair of Marrows or pumpkins?

Children's competition

**Dig out those old wellies. Let your imagination go wild!
We want to see the best decorated Welly boots!
Age groups: Under 5, Under 10 and 10 and over**

ALL COMPETITION ENTRIES TO BE SUBMITTED BY 1.00

Will you win the top prize in the Duck race?



**OPEN 11.30 - End
FREE ENTRANCE!**



THE CROSTHWAITE EXCHANGE COUNTRY MARKET

The Crosthwaite Exchange Country Market is looking for growers of **fruit**, **vegetables**, **flowers**, and producers of **preserves**, **honey** and **jam** to sell their excess produce on our Country Market Stall.



Every **1st** and **3rd**
Wednesday of
the month
from 2 to 4 p.m.



the Exchange welcomes
a constant group of
visitors who would love
to buy **fresh produce**.



10% of every sale
goes towards running
the Exchange and
you keep **90%** of your
chosen sale price.



*Just turn up at the Exchange
with your produce and we'll do the rest!* ♥

CURLEW RECOVERY SOUTH LAKES

As we write, some curlew families are still guarding chicks and some have already fledged. The cold, wet weather in early June was unkind to our birds. Tiny chicks need to feed but heavy rain means shelter.

We don't know our final fledging numbers this year. We expect them to be fair, but not as good as last year's bumper numbers. However, there's much to celebrate: more nests, better hatching success, new farmers, new volunteers, good work with the drone, and one amazing press release about finding chicks and nests with the drone that reached the BBC online news quiz and Sunday Times.

On the other hand we had poor weather impacts, more abandonment, lower fledging and higher predation. And Samuel Taylor in Crook even caught a buzzard red-handed with a young chick. So sad as it was nearly old enough to fly.

Thank you to all the wonderful farmers, volunteers and local people helping curlews, which are the bird of highest conservation concern in the UK.
<https://linktr.ee/curlewslakes>



Successes 2026



More nests found and better hatching success.



More volunteers, better knowledge and skills.



Terrific farmer support and new farmers.



Great engagement. We made the Sunday Times.



Challenges 2026



Cold and wet in early June - bad for chicks.

More abandonment and predation.



Lower fledging than last year - but still fair.

I've recently had to give up work due to a back injury and I'm worried about how I'm going to cope with the drop in income. I'm not sure what benefits I can get - where should I start?

To get started, you can use an online benefits calculator, using the details of your current income and expenditure, which will provide a quick idea of what benefits and other financial help you might be eligible for.

The main benefit available for most people of working age over 18 is Universal Credit if you have less than £16,000 in savings. If you're finding it difficult to work because of your injury, you might get more Universal Credit or not have to look for work. Inform the Department for Work and Pensions that you have a health condition when you claim and submit a fit note.

You might be entitled to other benefits. Disability benefits such as Personal Independence Payment aren't means-tested. You may also be entitled to the new-style Employment and Support Allowance (ESA). If you pay council tax, you might be able to get a reduction in your bill. There is also help available if you still don't have enough money to live on, from the government, your local council or a charity.

You can get information on all these topics on the Citizens Advice website. And if you're still not sure, remember you don't have to face this alone – contact South Lakes Citizens Advice. Our advisers can help to check what benefits and financial support you might be entitled to, and help you find a way forward.

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

Brigsteer WI had an amazing day out today, the 8th July. We couldn't have asked for more perfect weather to visit Windermere Jetty Museum. 19 members took the opportunity to experience the story of Windermere, the boats, the people and the stories through the written word, the archived films and the boats. Seeing the boats up close, including one belonging to Beatrix Potter that sunk and then was dredged up in 1976 and repaired. The history was interesting but so too was the work being done to keep these wooden boats for posterity. We had a talk about the work and the skills of the craftsmen and volunteers who spend their time doing the renovations. We were also able to enjoy the beauty of the boats, having the opportunity to take a trip on the lake in the stunning sunshine. New members are always welcome to our join our active WI. The next meeting is 9th September when we will be hearing about Lakeland Farm Flowers. For any information please contact Nicola Whitehead (secretary) 07986132350.

CROSTHWAITE & LYTH WI

Meg Fletcher returned to Crosthwaite to tell us more about her work in Rwanda, more especially with the Rwandan women. She told us of strong, resilient women, living in a society with a very different moral code to ours. Many are "given" in marriage so commanding a bride price for the family and often suffer domestic violence. For the last 20 years, Meg has been talking about how education has the power to change lives, especially those of girls and women and she does see rays of hope as she "keeps pegging away". We certainly did as she introduced us to the kitchens and families of her Rwandan friends. She has a special fund that gives "random acts of kindness" which would be a mattress, bowl or cooking pot. She showed us photos and read testimonies from the young women she has been helping since they were in nursery to achieve their goals as hairdressers, midwives and in law. It was a salutary story.

The ladies of Crosthwaite WI are taking their sport very seriously. Last month it was croquet and this month it's bowls. 12 ladies ventured onto Crosthwaite Bowling Green on a lovely afternoon and were initiated into the complexities of the game by Marilyn Shuttleworth and some kind helpers. Teams were formed, scorers appointed and, cheered on by other members, they played several games before adjourning for tea and cakes in the pavilion.

CARTMEL FELL WI

We met for our July meeting at Levens Hall, taking a tour of the house. We were looked after very well and there was a lot to see, including some unique Cordova leather wall coverings, examples of the Bagot family crest in the Elizabethan plasterwork, and marriages represented in the stained glass by the family crests.

The tour guides gave a fascinating history of how the Bellingham family converted the original Pele tower into a manor house. Paintings and photographs show the family's connections with historical figures like the Duke of Wellington and the Royal Family.

The good weather meant we enjoyed a walk around the gardens, admiring the formal planting, yew topiary and rose gardens, which we were told were originally designed by Guillaume Beaumont who was Gardener to King James II. After a sit and a chat next to the lily pond, the kitchen team provided us with a very enjoyable lunch of soup and an assortment of sandwiches, which everyone enjoyed.

CROOK WI

Crook WI were very pleased to welcome Tom Atwood from Tom and Abi's Garden Nursery at Halecat. Tom told us how they have grown their business over the years and how things have changed and developed as plants and trees become more established. The money we raised at our coffee morning earlier in the year has been divided between Kidney Research and the local Kidney Dialysis Unit. Recently a cheque was handed over personally to the staff at the Renal Unit at Westmorland County Hospital. Some of our members had a lovely outing to Brantwood near Coniston. We were kept interested exploring both the house and garden and learnt about John Ruskin as well as enjoying the refreshments in the café.

UNDERBARROW WI

A coach load of members and friends enjoyed a trip to the World Heritage Site of Saltaire Village near Bradford, where we explored the huge textile mill & workers' village plus the other attractions of art gallery, shops, river, canal and eating and drinking opportunities.

Our next meeting is at Underbarrow Village Institute on September 2nd at 7pm. We're delighted to have had new members joining recently, and other prospective members are always welcome.

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
Mr Jonathan Prichard 07836 686 850

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 pm.
Please check time - gandjviney@live.co.uk

CROOK MEMORIAL HALL

For bookings contact Mrs Kath Jackson 01539 821415

Music Group
Art Group
Table Tennis

Monday morning
Monday afternoon
Monday and Friday 7.30 – 10.00pm
(from September during the winter months)

Guitar Group
Young Farmers Club
WI

Tuesday morning
Occasional Tuesdays 7.30 – 9.30pm
First Wednesday in the month
(afternoons in winter, evenings rest of year)

Sewing/Craft Group
Aerobics/Body Toning
Folk Dance Group

Once a month on Thursday afternoons.
Thursday 10am – 11.00am
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**

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