

# **TWO VALLEYS PARISH NEWS**



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

**SEPTEMBER 2026**

**£1**



ALL WELCOME AT THE NEW  
MONTHLY

## Coffee Mornings

at Underbarrow Village  
Institute

SATURDAY 5 SEPT

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

- **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: Cutting Silage above the Row by Martin Grace  
Church miniature pictures from watercolours by John Wilcock**

# Church Services for SEPTEMBER

---

## **Tuesday 1st September Licensing Service**

7.00pm      Crosthwaite      Rev. Emily Bagg's licensing service with  
Bishop Rob Saner-Haigh

---

## **Sunday 6th September 14th after Trinity**

10.30am      Underbarrow      Combined Communion celebration for all  
parishes with Rev. Emily Bagg

---

## **Sunday 13th September 15th after Trinity**

|         |              |                      |                 |
|---------|--------------|----------------------|-----------------|
| 9.30am  | Cartmel Fell | Holy Communion (BCP) | Rev. Emily Bagg |
| 9.30am  | Underbarrow  | Holy Communion (BCP) | Rev. Ron Rutter |
| 11.00am | Crosthwaite  | Holy Communion (CW)  | Rev. Emily Bagg |
| 11.00am | Crook        | Morning Worship (CW) | tbc             |

---

## **Sunday 20th September 16th after Trinity**

|         |             |                      |                 |
|---------|-------------|----------------------|-----------------|
| 9.30am  | Witherslack | Holy Communion (CW)  | Rev. Emily Bagg |
| 9.30am  | Underbarrow | Holy Communion (CW)  | Rev. Bob Dew    |
| 11.00am | Winster     | Holy Communion (BCP) | Rev. Emily Bagg |
| 11.00am | Crook       | Holy Communion (CW)  | tbc             |

---

## **Sunday 27th September 17th after Trinity**

|         |              |                                                                                |                   |
|---------|--------------|--------------------------------------------------------------------------------|-------------------|
| 9.30am  | Cartmel Fell | Holy Communion (BCP)                                                           | Rev. Simon Howard |
| 11.00am | Helsington   | 300th anniversary celebration<br>with Bishop Rob Saner-Haigh & Rev. Emily Bagg |                   |

## *A LETTER FROM EMILY BAGG*

I'm absolutely delighted to be your new vicar!

I'm really looking forward to meeting you all and getting to know you over the coming weeks and months. I've moved to Crosthwaite from Langdale, where I lived whilst serving my curacy in the Hawkshead Benefice. It was a bit of a surprise to find myself in Cumbria - I'm from Bath originally, which is where my parents and grandparents still live. I did my first degree (English) in Winchester, which was where I met my husband, Marcus, who was curate at the local church. We spent the first 10 years of our married life on the Isle of Wight, where Marcus was vicar of Carisbrooke, and where we subsequently welcomed our daughter Lydia in 2014. As a family, we enjoy being outdoors and playing board games (not usually at the same time!). In my free time, I can usually be found knitting or cooking (also not usually at the same time!)



During the pandemic, we made the slightly mad decision to move to Durham, so that I could train full time for ministry at Cranmer Hall. None of us had ever actually been that far north, and because of Covid, we moved to a house we hadn't seen, a College we hadn't visited and enrolled Lydia in a school purely on its proximity to our new home. It was crazy, but we were completely sure it was what God was calling us to.

I didn't envisage that we'd stay "up north" after my training - but coming to Carlisle Diocese has been a brilliant decision for all of us. We feel very at home here, and have loved the first 3 years in the diocese. We're really excited to see what God has in store for the next chapter.

I don't know exactly what God has planned, but I do know He's called me here at this time for a reason. I invite you to come on a journey with me, as we reflect on where God has been at work in the past, and explore together where He's leading us to next. Please bear with me as I learn names and faces, but I'm really looking forward to hearing your stories and beginning this journey alongside you!

Your new Vicar  
**Emily Bagg**

# **CALLING ALL PARISHES**

## **CROSTHWAITE ART GROUP**

This friendly group of amateur artists is open for business from 28th September. The group meets at the Argles Memorial Hall on a Monday afternoon 1.30pm - 4.00pm.

The 10 sessions during the Autumn are scheduled as follows:

28th September to 26th October, resuming after a one week break on 9th November until 7th December.

If you haven't painted since you were at school and now have time on your hands, or you want to develop a creative hobby which will help you to relax , or you are new to the area and want to meet and make friends with people who might share your interest... then please come and give it a go. Attending the group is open to anyone living in Crosthwaite and neighbouring villages.

Members do their own thing- oils, pastels, acrylics or watercolours. Bring your own equipment and materials. Currently we do not offer tuition, but we do offer constructive suggestions and tips and plenty of support!

New members can have their first couple of sessions as a free 'taster', and after that the cost for the whole term is only £20!

---



### **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.



# People's Emergency Briefing

*On the climate and nature crisis*

**Crosthwaite C of E  
Primary School  
LA8 8HT**



Film screening and discussion with  
Mike Berners-Lee joining us  
Sat 10<sup>TH</sup> October 2026 at 7PM  
Book Free tickets via QR code or  
[www.tickettailor.com/events/crosthwaitelythecoactionnetwork/2309096](http://www.tickettailor.com/events/crosthwaitelythecoactionnetwork/2309096)

16

[www.nebriefing.org](http://www.nebriefing.org)

# NOTICES FOR INDIVIDUAL PARISHES

## BRIGSTEER

### GERMAN MINERS IN ELIZABETHAN CUMBRIA

Friday 13th November 2026 at 7.00pm

**Brigsteer Village Hall**

Mark Hatton presents an illustrated talk exploring the remarkable story of the German miners who came to Cumbria in 1565 — their lives, legacy and influence on technology, industry and Britain.

Tickets are £10 per person, including tea or coffee. Cash only at the door.

Please reserve your seat by email: [FtTalk@gmail.com](mailto:FtTalk@gmail.com)

These talks are popular, so advance reservation is recommended.

*The talk is given in support of Fix the Fells, which cares for upland footpaths and helps protect the Lake District landscape.*

## CARTMEL FELL



### CARTMEL FELL & DISTRICT LOCAL HISTORY SOCIETY

We are looking forward to hearing Gill Jepson, local historian, teacher and founder member of 'Furness Abbey Fellowship' give a **"Potted History of Barrow-in-Furness"** on the **14<sup>th</sup> September at 2pm.**

Then on **October 12th** **Gill Hey** will be talking about **'Cumbria's First Farmers'**. Gill is the President of **'Cumbria Past'**, whose objectives are "to promote, encourage, foster and co-ordinate the study of archaeology, history,

## SPANISH EVENING

**Sunday 6<sup>th</sup> September at 7pm**

At Hare Hill Barn, Cartmel Fell, LA11 6NZ



Tickets £20/head (to include a three-course meal and a glass of Sangria)

Please book at 07966 791095 (by 3<sup>rd</sup> September)

Dress code: *As Spanish As You Dare*

Wine & Beer for sale

## CARTMEL FELL VOLUNTEERS

The Cartmel Fell Volunteers would like to extend our thanks to everyone who supported us by attending our CPR and defibrillator awareness training and our Summer Party.

Particular thanks go to everyone who helped set up, contributed beer or equipment, served and cleaned up, and all of the people who made such delicious desserts... and to the farmers whose split-second choreography for bringing their hay in allowed us to use their barn for the Defib training, and who still managed to sit down to eat with us at the end of the evening. 35 people are now equipped with the skills and confidence to use CPR and a defibrillator in the event of an emergency.

Contact us at [team@cartmelfellvolunteers.com](mailto:team@cartmelfellvolunteers.com) if you would like to join in any of our sessions - whether it's digging, chopping, gardening, pulling balsam, or making cups of coffee, we're always happy for new people to join in.



## CROOK

CROOK Church has an annual tradition each August when we have an anniversary service to remind us of the many years of Christian worship in the parish. It is thought that the current church was consecrated 139 years ago and before then there was the church on the hill nearby, where the Old Tower now stands. This year we celebrated the anniversary as part of our morning service, after which many of the congregation walked up to the old Tower for a short time of reflection.

August 30<sup>th</sup> is the fifth Sunday in the month and so there will be no morning service at Crook Church. There will be only one service for all the Two Valleys Mission Community and this will be at St. Johns Church, Helsington at 9.30 a.m.

### MAGAZINE DEADLINE

**Items for entry to the Editor by 12<sup>th</sup> of previous month by e-mail please:**

[tvn@crosthwaiteandlyth.co.uk](mailto:tvn@crosthwaiteandlyth.co.uk)

**Magazine Editor next month: Colin Edwards (07776 305668)**



**CROSTHWAITE CINEMA**  
A DIFFERENT KIND OF NEIGHBOURHOOD WATCH

*presents its*

# AUTUMN / WINTER 2026/27

17/10/26

7.00pm

Darkest Hour

PG

14/11/26

7.00pm

Pride

15

27/12/26

5.00pm

Paddington 2

PG

16/1/27

7.00pm

Dead of Winter

15

19/2/27

7.00pm

TBC

?

19/3/27

7.00pm

EPIC – Elvis Presley In Concert

12



## TICKETS

£5 in advance

£6 on the door

£3 for children



GREAT FILMS.  
LOCAL CINEMA.  
COMMUNITY SPIRIT.



Doors open 7.00pm  
Film starts 7.30pm



Snacks, popcorn and  
icecream available.  
Bring your own drink.



## PAYMENT DETAILS

Account No.

**31440969**

Account name:

**Argles Memorial Hall Crowthwaite**

Sort Code

**40-26-02**

Please use surname + filmname  
as a reference

SUPPORT LOCAL. ENJOY TOGETHER. ♥

# 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!**

## 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.



## CHARITY AFTERNOONS



**16<sup>TH</sup> SEPTEMBER**

**Macmillan Cancer Care**

**MACMILLAN  
CANCER SUPPORT**



**18<sup>TH</sup> NOVEMBER**

**Dementia Care**

**Dementia  
Care**



**17<sup>TH</sup> MARCH**

**Parkinsons UK**

**PARKINSON'S  
UK**

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

## 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](mailto:mikeharpham@hotmail.com)  
Telephone: 07725 947829

Help us preserve Underbarrow's history for future generations.

---



### POETRY AT UNDERBARROW CHURCH

Saturday 26th September 2.30pm

Do come along to join us reading a random selection of poems focused on the theme of  
**HOPE**

Followed as always by tea, coffee and cake.

If you would like to read a couple of poems of your own choice do please let me know by Thursday 24<sup>th</sup> otherwise just come and listen and enjoy.

Jenny Whalley

[jenwhall43@gmail.com](mailto:jenwhall43@gmail.com)

#### **Advertising Manager and Magazine postal service:**

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

07826 800469 [brierleyl@yahoo.co.uk](mailto:brierleyl@yahoo.co.uk)



**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!**





**CASH EVENT**

# **UNDERBARROW MARROW**

## **DAY SHOW SCHEDULE**

**Confirmed programme of events**

**Sunday 20th September**

**11.30 SHOW OPENS**

ALL COMPETITION ENTRIES TO BE SUBMITTED BY 1.00

All entries £2 Childrens Welly competition FREE

**12.00 CHILDRENS ENTERTAINER**

**1.00 DOG SHOW STARTS**

**1.00-3.00 FACE PAINTING**

**2.00 COMPETITION RESULTS**

**2.30 TOSS THE SHEAF**

**3.30 DUCK RACE**

**4.30 RAFFLE DRAW**

**4.45 MUSIC AND BEERS**

**DOG SHOW CATEGORIES £2 PER ENTRY**

WORKING DOG: UNDER 3 WORKING DOG: OVER 3

ANY OTHER BREED: UNDER 3 ANY OTHER BREED OVER 3  
OVERALL CHAMPION

PLUS a dog scurry on the day – See who will be the fastest  
to retrieve! £2 per entry.



**OPEN 11.30 - End  
FREE ENTRANCE!**



# T'ai Chi For Health

with Charlotte Mason ([kendalqigong.co.uk](http://kendalqigong.co.uk))

on Tuesdays 5-6pm:

29th Sept, 27th Oct, 24th Nov, 8th Dec

at Underbarrow Institute

- Suitable for all
- No need to book

£10 per class, cash or pay online

For more info see [kendalqigong.co.uk](http://kendalqigong.co.uk)  
or contact Jenny on 07957211325

Made with PosterMyWall.com



highlights  
rural touring scheme

**EARLY  
BIRD  
OFFER!**

**Standard tickets only £12**  
from **Tue 25 August to Tue 8 September**  
(usual price £15)

The poster features a stylized illustration of a yellow bird perched on a leaf, a large yellow sun, a white house with a red roof, and rolling hills. The background is a textured pinkish-red.



*"A historical lesson and a love letter  
to cultural heritage ... doctors should  
prescribe it as an antidepressant"*  
**Broadway Baby**

# BOB MARLEY

## HOW REGGAE CHANGED THE WORLD

Join Toronto-based singer-songwriter Duane Forrest on a journey through the roots of reggae to the global influence of Bob Marley. Through live music, storytelling and audience interaction, he captures the essence of the reggae icon.

**Brigsteer Village Hall LA8 8AL**

**Thu 24 September 7:30pm**

**Tickets: £15 / Under 25s £10** | Cash & card accepted. BYO drinks & nibbles.

**Phone 07771 737629**

book online **[www.highlightsnorth.co.uk](http://www.highlightsnorth.co.uk)**

Access for wheelchair users & designated parking space.





## **“TONY’S TOWER PROJECT” HOMEMADE REFRESHMENTS IN CHURCH**

During the Art and Craft Exhibition held in the Barwick Hall  
We will be serving light refreshments in St Paul’s Church on  
**Saturdays and Sundays from 10.30am – 4.30pm**  
**From 19th September until 4th October.**

Everyone is welcome to pop in for a cup of tea or coffee.  
Jars of jam, marmalade and chutney are gratefully  
Received for the produce stall and plants for the plant stall.  
All money raised will go towards the repair of the church tower.

There is no Witherslack Café Church in September.  
Next one is 22<sup>nd</sup> November – see you then!

## **WITHERSLACK HARVEST FESTIVAL**

Our Harvest Festival this year will be at 9.30 a.m. on Sunday 4th October at  
St Paul's Church. Everybody is welcome.

**Please, if you can, bring non-perishable grocery items which will later be  
taken to Kendal Foodbank.**

## **WITHERSLACK HARVEST SUPPER & AUCTION SALE**

**Witherslack Parish Hall on Saturday 3rd October 2026 at 6.45pm.**

Enjoy a supper of meat and potato or cheese and onion pie with peas,  
accompanied with a glass of wine and assorted sweets, followed by a short  
auction.

Gluten-free pies available if requested.

Adults £8.50 pp and accompanied children under 16 years go free.

Tickets available from:

The Community Shop on 015395 52188

Janet Read on 07555503877.

As always contributions to the auction and making of desserts would be greatly  
appreciated.

WITHERSLACK PARISH HALL

# REPAIR CAFE



**FRIDAY**  
**September 25<sup>th</sup>**  
**6-8pm**



**Get help with  
broken items free**

(A small donation welcome)

**Sewing**  
**Darning**  
**Electronics**  
**Baskets**  
**Wooden**  
**items**  
**Bikes**

**Plus** Sharpening  
service from  
Kingsharp

**All at the**  
**Hall**  
**LA11**  
**6RW**

**Tea,  
coffee  
and  
cakes  
for sale**

**HOUSE-  
PLANT  
SWAP**



**Fine  
Tune  
Cycles**



Lake District Mobile Sharpening

**KingSharp**

**FRIDAY NIGHT PIZZA!!**

**yonder.**

## St Michael and All Angels

The Feast of St Michael and All Angels (September 29) has been celebrated by the English church since Anglo-Saxon times, but the common name for it — Michaelmas (St Michael's Mass) — is not found in written records until the thirteenth century. In addition to being an ecclesiastical feast day, it was one of the Quarter Days, on which rents were paid, tenancies and leases were begun or ended, and certain other contracts were entered into. The other Quarter Days are Lady Day (25 March, called Lady Day because it is the Feast of the Annunciation), the Feast of John the Baptist (24 June, Midsummer Day), and Christmas Day. This tradition of financial and legal Quarter Days continued in some areas of activity until quite recent times and, for all I know, may still continue in some of the nooks and crannies of English life. Scotland has Quarter Days too, but on different dates.

In the western church, the veneration of Michael began in the 490s, when he is said to have appeared in a vision on Monte Gargano on the Adriatic coast of southern Italy. According to one version of the legend, a wealthy man called Garganus had a wilful bull which deserted the herd of cattle and was tracked down to the mouth of a cave on the mountain. Garganus tried to shoot it, but an extraordinary gust of wind turned the arrow back and killed him instead of the bull. The local people, on the advice of their bishop, prayed for understanding of what had happened.

Three days later, the Archangel Michael appeared and explained that he had chosen the cave as his special place and did not want to have it violated. The local people thereupon honoured the place, and Michael subsequently helped them in battle against neighbouring heathens who, following their defeat, converted to Christianity. An alternative legend describes how Michael appeared to some shepherds in the cave and left them his red cloak. Monte Gargano became a pilgrimage site, and the cult quickly spread. Two of the most notable sites in our part of the world are Mont-Saint-Michel off the coast of Normandy, supposedly founded by St Aubert in the eighth century to house part of St Michael's cloak, which he had brought from Italy, and St Michael's Mount in Cornwall, about which traditions are rather more vague! The strongest mental image we probably have is of Epstein's sculpture of Michael killing the dragon, which is on the side of the modern Coventry Cathedral. This, like its predecessor, which was destroyed by a bomb in 1940, is dedicated to St Michael.

Michael is referred to in Daniel 12 v.1, Jude v.9, and Revelation 12 v. 7-9. His name probably means 'like unto God'. When Cranmer created the Church of England's Book of Common Prayer in the 16th century, he eliminated many of the Catholic feast-days, but he retained the one for Michael, perhaps because he is a biblical figure, and perhaps also because, as a Quarter Day, Michaelmas was too deeply embedded in English culture to be left out. The other three Quarter Days automatically had their place in the BCP calendar because they met Cranmer's criteria of being feast-days commemorating New Testament figures and events. The name of the feast-day became 'St Michael and all Angels' in 1969 when the Pope extended the commemoration to include Archangels Raphael and Gabriel, and angels more generally.

Joyce Hill

### **CROOK WI**

CROOK WI very much enjoyed a talk from Lauren Dixon about the business she has grown called "Farm Flowers" based in a field on part of their family farm. She can provide beautiful flowers to suit many different clients. Each spring she grows lots of colourful tulips. She also told us that it had been a journey of discovery finding which plants thrive and produce colour throughout the year. Our President set members a challenge earlier in the year. From a packet of sunflower seeds she had started off some plants. We could all take one and see who could grow the tallest. It was great fun and we all became quite competitive with the tallest reaching 96 inches.

---

### **CROSTHWAITE & LYTH WI**

A convoy of cars left Crosthwaite for a beautiful drive in wonderful weather for our Summer outing to the Heritage Centre in Dent. This amazing Dales Museum was created 20 years ago by Jim and Pam Bownass and Margaret, the owner, and a fascinating place it was too. For us, a special highlight was to see Pam Bownass introducing the interesting films that appeared around every nook and cranny, and very good they were too. Jim came with us and it was lovely to have him. We had an excellent lunch there too. Many thanks for all your hard work.

14 members gathered in Geraldine's garden for a sumptuous afternoon tea. Lots of strawberries and cake. The date was hastily brought forward as rain was suddenly promised on the planned afternoon. Meanwhile we toasted in the sun and had a lovely time.

---

### **WITHERSLACK WI**

Our July meeting was attended by 18 members and we discussed the quiz on 2<sup>nd</sup> November which we have been asked to host. We decided an afternoon would be preferable.

We had a very interesting talk by Stuart Marshall about his life as a teacher in the West Yorkshire area. He told us some tales about pupils mentioning no names of course.

We went for our trip in August. A lovely sunny day forecast no coats needed. We stopped at Lowther Castle for a coffee break and a look around the shop. Pooley Bridge was our destination for a ride down Ullswater to Glenridding, but we had time for dinner and a look around the shops first. We had a lovely boat ride then our coach picked us up at Glenridding for a trip down the newly opened Kirkstone Pass, then down the lake to Newby Bridge and home. We all had a nice day out.

# Two Valleys Churches

*"Enriching lives ..... Embracing God"*

## Cartmel Fell, Crosthwaite, Winster and Witherslack

**Vicar:** Revd. Emily Bagg 015395 68276

**Reader:** Dorothy Grace [dorothygrace01@btinternet.com](mailto: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:** Revd. Simon Howard

[revdsimonhoward92@outlook.com](mailto:revdsimonhoward92@outlook.com) : 07719 889577

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

**Beth Booker** [assjadmin@stkmil.org.uk](mailto: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:** Revd. George Briggs, [george@stkmil.org.uk](mailto:george@stkmil.org.uk) 015395 83058  
St. Thomas Vicarage, South View Lane, Windermere Rd, Kendal.

**Readers:** Tony and Hilary Fitch [fitchesuk@aol.com](mailto:fitchesuk@aol.com) 015395 68577

**Church Administrator:**

**Beth Booker** [assjadmin@stkmil.org.uk](mailto: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](mailto:lilatkinson8@gmail.com)

---

## **REGULAR EVENTS**

### **HELSINGTON & BRIGSTEER**

For bookings contact Ann Bryan 07729101252

Email: [villagehall.brigsteer@gmail.com](mailto: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](mailto: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 pm.                                         |
|                       | Please check time - <a href="mailto:gandjviney@live.co.uk">gandjviney@live.co.uk</a> |

### **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<br>(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<br>(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](http://www.crosthwaiteandlyth.co.uk/memorialhall.php)**

For Bookings contact Angela Dobson Tel: 07766 881183 or  
email: [eventsdairy@crosthwaiteandlyth.co.uk](mailto: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)<br>2pm, October to March inclusive,<br>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](mailto:janeweaves@gmail.com) or  
Linda Park on [lindalowfell@aol.com](mailto:lindalowfell@aol.com)

|                        |                                                                                                                   |
|------------------------|-------------------------------------------------------------------------------------------------------------------|
| Indoor Bowling         | Wednesdays 7.30pm - 10pm<br>(from September to end of April).<br>New members welcome - all equipment is provided. |
| Parent & Toddler Group | Please check the Witherslack Hub Facebook page<br>for info                                                        |
| Women's Institute      | Every 2 <sup>nd</sup> 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](mailto: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](mailto: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 Beezon Road Trading Estate,  
 Kendal, LA9 6BW

☎ **01539 887988**

Website: [www.highgate-vets.co.uk](http://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](mailto: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](mailto:northernwoodstreeservices@gmail.com)

[www.northernwoods.co.uk](http://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](mailto: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](mailto:info@halecat.co.uk)

website: [www.halecat.co.uk](http://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](http://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](http://www.parkinandjackson.co.uk)

[info@Parkinandjackson.co.uk](mailto:info@Parkinandjackson.co.uk)

**ELEANOR CHIVERTON**

**LOCAL FRIENDLY GARDENER**

How can I help you in your garden?

☎ 07771 377804

[eleanorchiverton88@gmail.com](mailto:eleanorchiverton88@gmail.com)

**RICHARD MCCONNACHIE**

Painting & Decorating Services

Free Quotations

☎ 07403 447346

E-mail [Rmcc50@hotmail.com](mailto:Rmcc50@hotmail.com)

**TO ADVERTISE YOUR  
BUSINESS HERE  
CONTACT  
LORRAINE ON  
07826 800469**

**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: [myersinteriors1@gmail.com](mailto:myersinteriors1@gmail.com)

**TERRA FIRMA LANDSCAPE  
CONSTRUCTION**

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

Garden structure design. Also digger and ground-  
work services.

Joel Crompton ☎ 07786 073606

website: [www.terrafirma-landscapes.co.uk](http://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](mailto: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 32669**

[www.archway-vets.com](http://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](mailto: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

**TO ADVERTISE YOUR  
BUSINESS HERE  
CONTACT  
LORRAINE  
ON 07826 800469**

### **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](http://www.crossbankdental.co.uk)

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

01539 720820

[info@crossbankdental.com](mailto:info@crossbankdental.com)