TWO VALLEYS PARISH NEWS



Our Whitbarrow

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

October 2026 **£1**



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Phil Hawkins
Surfacing & Groundworks

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Cover picture: Drone View of Whitbarrow by Bob Bewley (see page 14)
Church miniature pictures from watercolours by John Wilcock

Church Services for OCTOBER

Sunday 4th October 18th after Trinity

9.30am	Witherslack	Harvest Festival	Rev. Emily Bagg
9.30am	Underbarrow	Holy Communion (CW)	Rev. Bob Dew
11.00am	Crosthwaite and Winster Joint Harvest Festival at St Mary's		Rev. Emily Bagg
11.00am	Crook	Morning Worship (CW)	Nick Gray

Sunday 11th October 19th after Trinity

9.30am	Cartmel Fell	Holy Communion (BCP)	Rev. Emily Bagg
11.30am	Underbarrow	Harvest Festival and lunch	Rev. Emily Bagg
11.00am	Crosthwaite	Holy Communion (CW)	Rev. Simon Howard
11.00am	Crook	Morning Worship (CW)	Tony & Hilary Fitch

Sunday 18th October 20th after Trinity

9.30am	Witherslack	Holy Communion (CW)	Rev. Emily Bagg & Dorothy Grace
9.30am	Underbarrow	Holy Communion (CW)	Rev. Ian James
11.00am	Winster	Holy Communion (BCP)	Rev. Emily Bagg
11.00am	Crook	Holy Communion (CW)	Rev. Beverley Lock

Sunday 25th October Last after Trinity

9.30am	Cartmel Fell	Harvest Festival	Rev. Emily Bagg
9.30am	Underbarrow	Morning Worship (CW)	Dorothy Grace
11.00am	Crosthwaite	Holy Communion (CW)	Rev. Emily Bagg
11.00am	Crook	Morning Worship (CW)	Rev. Di Gilmore & Neil Carter

Harvest Services across the Two Valleys Benefice

Sunday 4th October
Witherslack—9.30am (Harvest Supper Sat 3rd)
Crosthwaite and Winster—11.00am (Harvest Supper Mon 5th)

Sunday 11th October
Underbarrow—11.30am followed by lunch

25th October
Cartmel Fell—9.30am

We are collecting gifts for the King's Food Bank in Kendal, so tins and packets of food welcome. Particularly needed are strong clean carrier bags, plus

Tinned meat in sauce *Tinned Rice Pudding* *Cup a Soup* *Tinned vegetables*
Corned beef *Mcrowave rice* *Pasta* *Cereals* *Biscuits*

Please give as you can—thankyou.

A LETTER FROM BRIAN LOCK



Anyone for 'Hunny'?

No, my spell checker has not stopped working – I do mean Hunny – I'm thinking about Winnie-The-Pooh and his honey. That well-loved bear and his cohort of friends. They first appeared on the bookshelves 100 years ago this month. A.A. Milne published a set of stories based around the toys of his son Christopher Robin in a book called Winnie-The-Pooh, not forgetting the characterful illustrations by E.H. Shepard which owe much to the success of the characters.

Being 100 years old and cropping up in so many forms, (Disney films and even stage musicals – plural), you must know Winnie-The-Pooh. Possibly read the stories with your children or grandchildren? Played 'Pooh sticks' with a special someone? I have been almost lost (navigationally challenged) in the real 'One Hundred Acre Wood' in Ashdown Forest in Sussex, however the tea and cake at the Pooh Corner tea shop saved the day.

Who is your favourite character?

Looking through our 'worldly-wise' adult eyes, we might consider them a rather odd bunch of associates. Winnie-The-Pooh himself, curious, but not perhaps all that bright and often getting into 'scrapes'. Then his most constant companion Piglet is certainly timid, sensitive about his physical size, could one reasonably suggest that he has a problem with anxiety? There can be no doubts surely, about Eeyore, definitely depressed. Kanga is a devoted mother to Roo, perhaps a little over protective of her offspring and also seeking to take Tigger under her wing when he appears in a later book ('The House at Pooh corner' 1928). Ah, yes Tigger, has to be more than just a case of an over active bouncing tail, one might wonder what chemicals might be fueling the excess of activity. Rabbit considers himself 'in charge', the authoritative (bossy) one, the planner of the group even if he usually ends up going to ask owl what to do? Even Christopher Robin, Winnie-The-Pooh's best friend, in real life A.A. Milnes' son, had personal issues arising from his parents using him as a marketing tool for the books – if the plot of the 2017 Film 'Finding Christopher Robin' has more than just a grain of truth in it.

Before all you Winnie-The-Pooh fans hound me off the pages of the magazine pointing out that I am excessively concentrating on the mental health of mostly fictitious characters. The fact is that our mental health, our mental well-being is something that is very much to the fore in our present busy, stressed lives. The mental health services of the NHS have never been so stretched. A modern-day issue of concern.

On 10th October this year and every year the World Health Organisation coordinates 'World Mental Health Day', aiming to raise awareness of mental health issues and mobilising efforts to improve mental health care worldwide. It is good to be reminded of the extent and severity of mental health issues and the complications that often develop

alongside. Further for us to be challenged as to what we can do to keep ourselves, those we love and those who live around us mentally well. Whilst also being supportive of the health professionals that work in this most challenging area.

Despite my earlier character 'assassinations' of Winnie-The-Pooh and his friends my memory of those stories read to me, the ones that I read to my children (and in preparation for writing this piece) is that they get by, the outcome to the adventure is always safe, and affirmative for their friendship, their community. So, they must be getting something right.

The Christian Church is very strong in its aims to support its members and others, in following the example of the care and compassion that Jesus showed to all those around him during his preaching tours in Galilee. A well-functioning community will look out for their neighbours.

It might be a good start to raid the children's library, or the DVD box, find the Pooh stories, share them together with others, laugh and smile at the antics of the characters and see if we can learn from them about caring for our own and our community's mental health. And of course, don't forget the hunny sandwiches.

Brian Lock

Licensed Lay Minister St. Thomas Kendal and the Two Valley's Mission Community.

CALLING ALL PARISHES

Home wanted from November: 1 or 2 bed self contained flat/house or Granny Annex or independent space in shared house. Long term rent ideally but other terms considered for single local non-smoker lady & pet. Iro £650 pcm - £900 excluding bills (depending on size). Please contact: Steve & Mary Rowlinson at sjrowlinson1@gmail.com in the first instance.
Many thanks.



MAGAZINE DEADLINE

Items for entry to the Editor by 12th of previous month by e-mail please:
tvn@crosthwaiteandlyth.co.uk
Magazine Editor next month: Colin Edwards

Advertising Manager and Magazine postal service:

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

CLEAN
CROSTHWAITE & LYTH ECO ACTION NETWORK

National Emergency Briefing

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 10TH October 2026 at 7PM

Book Free tickets via QR code or www.tickettailor.com/events/crosthwaitelythecoactionnetwork/2309096

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www.nebriefing.org

LYTH VALLEY WI GROUP MEETING

Thursday 29th October 2026
Crosthwaite Village Hall 2 p.m.

The Tudor Merchant's Wife

Being wealthy didn't mean you could wear exactly what you wanted….
The sometimes dangerous world of Tudor fashion, its origins, etiquette and laws are explored in this comprehensive talk by
Rebecca Atkinson and Jane Sammells of
Cutting it Fine



Entrance Charge - £5 including refreshments
There will be a Raffle & The Federation Gift Stall to browse for those early Christmas gifts!

Everyone is Welcome including friends & visitors

NOTICES FOR INDIVIDUAL PARISHES

BRIGSTEER





Small ball, big benefits

The power of the *Stability Ball*

- Stronger core
- Better balance
- Greater awareness



The stability ball is more than just a piece of equipment — it's a simple, effective way to enhance your Pilates practice and support your whole body.

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- **Deep core engagement**
  The soft, rolling surface forces your transverse abdominis and obliques to fire continuously to keep you steady.
- **Higher muscle output**
  Upper-body moves like push-ups or presses on the ball increase muscle activation in your shoulders and chest compared to a flat bench.
- **Posterior chain work**
  Exercises like hamstring curls and straight-leg bridges build strength through your lower back, glutes and hamstrings.

Balance & posture

- **Better balance**
  Micro-adjustments train your nervous system and reflexes to react quickly the moment you start to tilt.
- **Spine alignment**
  Sitting or moving dynamically on the ball helps train postural muscles and encourages neutral pelvic alignment.
- **Gentle movement**
  Light bouncing or rolling can ease stiffness from sitting still too long — though it's no substitute for an ergonomic chair all day.

Move better, feel stronger

Join the workshop

Come and have a fun two and a half hours playing on the Stability Ball at Brigsteer Village Hall on **Saturday 3rd October**, 10am till 12.30, with a small break.

You'll need a stability ball (around 55/65cm), a mat and water — Amazon sell them.

£40.00

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07974 064466



"McCabe is perfect as a storyteller beckoning you to look for the silver linings in life and to think about poetry in a different way."
NARC Magazine

ROWAN MCCABE
HARD KNOCKS

Following the release of his new book, The Door-to-Door Poet, and as a hit programme on BBC Radio 4, Rowan McCabe returns to the stage with Hard Knocks, a show of spoken word and comedy about community and connection.

Brigsteer Village Hall LA8 8AL

Fri 30 October 7:30pm

Tickets £15 / Under 25s £10 | Cash & card accepted. BYO drinks & nibbles.
Phone 07771 737629

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CARTMEL FELL



CARTMEL FELL & DISTRICT LOCAL HISTORY SOCIETY

We are looking forward to hearing **Gill Hey** talk about **'Cumbria's First Farmers**' on **October 12th at 2pm**. Gill is the President of '**Cumbria Past**', whose objects are "to promote, encourage, foster and co-ordinate the study of archaeology, history, genealogy, customs and traditions with special reference to the County of Cumbria"

On November 9th **Suzanne Tiplady,** will be describing 'The High Road to Dalton'.

CARTMEL FELL VOLUNTEERS
Himalayan Balsam Bash Success



We have a small parcel of land on Cartmel Fell that's mainly inhabited by deer. For many years it had been left to the wild and unfortunately the invasive plant Himalayan Balsam had taken hold, the thought of removing it was quite daunting.

Cartmel Fell Volunteers (CFV) offered to help with a Balsam Bash and educating us on how it is best removed, an arduous manual task of hand pulling and crushing on site or root cutting over 4 to 5 growing seasons. It has to be done in June to July and very importantly prior to the plants seed pods developing; after which a single disturbed plant can spit out 100s of seeds spreading it further.

The first year assistance of 3 or 4 volunteers helping over multiple days both motivated us and broke the back of the task.

In the next growing season, the coverage was halved and after just a day's balsam bash with CFV we managed the rest ourselves over a couple of days. We are concluding the third year of bashing and happy to report that whilst not fully removed we are down to a handful of plants that are pulled on a weekly dog walk.

We'd like to thank the volunteers, as without their help and guidance, I'm not sure we would have taken the task on. The diversity of plants now coming through makes it all worthwhile; our bluebells in the Spring were the best I've experienced in over 20 years of living here.

Eradicating Himalayan Balsam from Cartmel Fell requires a wide approach, it can spread quickly, especially along watercourses, but with help it is manageable and we'll all get to experience the benefits. If you know or suspect you have plants on your land please contact CFV for help in organising a balsam bash or if you would like to volunteer as a basher, all are welcome even if it's just for a few hours. Make contact on team@cartmelfellvolunteers.com.

Cartmel Fell Community Trust

'Cakes & Company On The Fell

Come along for Tea, Cakes and a friendly Chat

on **Friday 9th October** in the Parish Hall from 2pm – 4pm.

Cake Stall **Book Swap**

Bring & Buy Stall

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

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





CARTMEL FELL WOMEN'S INSTITUTE
OPEN MEETING

The History & Work of the
COMMONWEALTH WAR GRAVES COMMISSION



WEDNESDAY **7th OCTOBER** | 7:30 PM START
CARTMEL FELL PARISH HALL
LA11 6NH

"Learn about the war graves local to us and the stories of some of those we commemorate."

ALL WELCOME - £5

CROOK

Crook Art Group Exhibition

Free entry

Saturday 31 October
and
Sunday 1 November 2026
10.30 am to 3.30 pm

The Memorial Hall
Crook Road, Crook LA8 8LG

Pop-up Café
Meet Artists at Work
Enjoy Home Made Refreshments
Everyone welcome



Our Whitbarrow

A remarkable community inheritance — and how you can get involved

THE LANDOWNERS OF CROSTHWAITE AND LYTH

Those of us lucky enough to live in Crosthwaite and Lyth don't need reminding what a wonderful place this is. But did you know that, as a community, we also have our own piece of Whitbarrow?

The story goes back more than 200 years. Under the **Heversham Enclosure Award of 1815**, areas of land on Whitbarrow were set aside collectively for the people of Crosthwaite and Lyth. From those beginnings grew what we now know as The Landowners of Crosthwaite and Lyth.

For generations the land has been managed for the benefit of the parish — in earlier days, income from it even helped reduce local rates. Today the principle remains much the same: a community asset, managed for the community.

The Landowners Charity now looks after more than 600 acres, much of it on the magnificent Whitbarrow Scar — land so special environmentally that much of it forms part of a Site of Special Scientific Interest and Special Area of Conservation. Looking after this extraordinary landscape, and passing it on in good health, is central to what we do.

Closer to home, the Landowners also own Crosthwaite and Lyth's Recreation Field — and have recently bought the field behind it too, securing it for the future.

Income generated by the Landowners is also given back to the parish, through grants to local good causes — including long-standing support for Crosthwaite School, the Memorial Hall and other community projects.

Fancy getting involved?

We'd love more people from Crosthwaite and Lyth to become part of the next chapter of this remarkable 200-year-old story.

We're hoping to organise occasional volunteer work parties — helping look after the land, improve access and tackle practical jobs. A chance to spend a few hours outdoors, meet some neighbours, and do something useful for a landscape we all enjoy.

We're also looking ahead to the next generation of Trustees. Legal, finance, land management or conservation experience would be particularly useful, but strong local knowledge and enthusiasm will also be vital for us, to help us to continue managing the land into the future.

More than 200 years ago, previous generations left Crosthwaite and Lyth an extraordinary inheritance. Our job now is to look after it — and make sure it continues to benefit our community for generations to come. If you're curious, would like to join a work party, or might be interested in becoming more involved with the charity, we'd love to hear from you.

GET IN TOUCH

Read more & get involved

crosthwaiteandlyth.co.uk/landowners · landowners@crosthwaiteandlyth.co.uk

The Landowners of Crosthwaite and Lyth · Registered Charity No. 1216263

CROSTHWAITE



The Atkinson and Lyth Charities ...

… welcome applications for educational grants from young people living in the Parish of Crosthwaite and Lyth who are going on to further education or apprenticeships.

If you would like to be considered for a grant please send a short letter of application to The Trustees at Holme Cottage, The Howe, Lyth, Kendal. LA8 8DF Or by email to la8andrewsmith@hotmail.com.

Applications should be made before 1st December."





CHRISTMAS ALREADY!







Thinking of Christmas ...

The Crosthwaite Christmas Fair will be on **Saturday 28th November** in the Village Hall, and Appleby Cheeses will once again be supporting the Village Hall Fund. All the proceeds from this stall go to the village hall, and their lovely selection boxes containing 6 hard local cheeses packed for easy postage will be £26 each.

If you would like to pre order please phone Ann on 015395 68671.





Plant Swap / Sale

Saturday October 17th at Argles Memorial Hall, Crosthwaite
10-12 noon

Everyone welcome - please bring plants or any surplus gardening items either to sell or swap.

This is an inexpensive way of filling those gaps in your garden, knowing that you are planting something that does well in the Lyth Valley, not just a Dutch polytunnel!

Proceeds to village hall funds.



All New Monthly

Crosthwaite Café Club!

at The Village Hall

Every 3rd Saturday of the month

Saturday 17th October



10 am - 12 noon

All proceeds will go to help maintain the Village Hall

Come for a natter, a catch up, a break!

Kids colouring table - Children welcome

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.

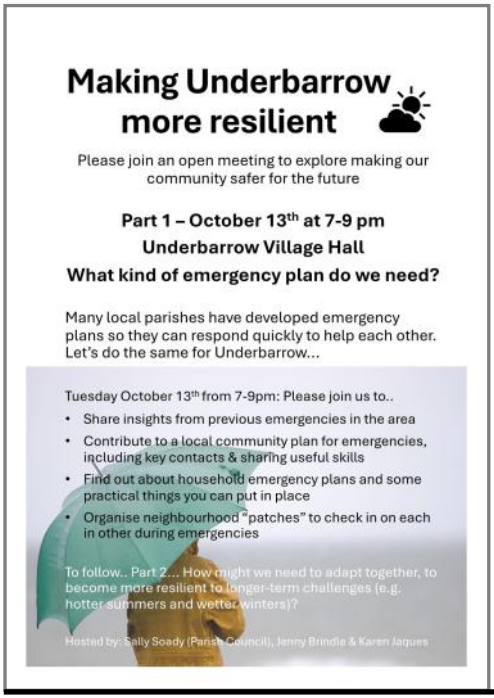
All contributions, large or small, are welcome. To contribute or find out more:

Contact: Mike Harpham
Email: mikeharpham@hotmail.com
Telephone: 07725 947829

Help us preserve Underbarrow's history for future generations.









WITHERSLACK

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 HARVEST FESTIVAL

Our Harvest Festival this year will be at 9.30 a.m. on Sunday 4th ctober 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.

"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.



WINSTER



Winster Village Hall

Autumn Table Top and Craft Fair

Winster, Cumbria, LA23 3NP

Saturday, 24th October 2026
10am - 4pm

Refreshments available
All Welcome

Tables £16 each
Contact Jane Crowe to book - jane.f.crowe@btinternet.

REPORTS & NEWS

BRIGSTEER WI

This month we welcomed Lauren Dixon who has grown her business Lakeland Farm Flowers from scratch. Lauren was very enthusiastic and engaging and explained how she has moved from working in the legal profession to growing flowers at her family farm in Selside. The slides she showed us of the farm and how she has developed her skills and expertise was really interesting. Her plans for her future development were inspiring.

The evening was well received, people left feeling inspired and will follow Lauren's progress.

CARTMEL FELL WI

A really fascinating talk from Beth Piper based on her book Cumbrian Yarn, about the wool industry in Cumbria and how it has shaped the county. Beth gave us an overview of each chapter, with subjects ranging from the impact on the landscape, to the importance of the wool industry in Cumbria today. Beth was so enthusiastic about the subject, it was a pleasure to listen to her.

The raffle prize was won by Anne which was a crochet kit of a fox, so we all look forward to seeing the finished product! (continued)

Refreshments were provided by Molly and Margaret a marvellous team, with beautiful sweet peas from Molly's garden and delicious ginger biscuits from Margaret.
The next meeting will be on 7th October. This will be an OPEN MEETING when everyone will be welcome.
Jonathan Colman will talk on Commonwealth War Graves. The cost will be £5 to include homemade refreshments.

CROSTHWAITE & LYTH WI

Twenty members of the Crosthwaite and Lyth W.I. gathered and heard of the sad news of Margaret Trotter's death. She had been a staunch member of our W.I. for many years, and a lady of many talents. Our sympathies were sent to Hartley and her family. It was Members' night and we had a fascinating evening as 8 members showed us various items of historical interest. They ranged from a German early musical device, an Ushabti from an Egyptian tomb, Muhammad Ali's menu (signed), a delightful little wooden puppet made by a German POW for John Hallet when he was a little boy at Spout House, a Victorian penny, a beautiful sari, a bowl made from bits of The Victory and a letter from a great great grandfather remonstrating about Edward V11's title. It never ceases to amaze me how many fascinating items and stories this community has to show and tell.

UNDERBARROW WI

At our September meeting, Karen Hanks gave a fascinating talk about her role as an Independent Custody Visitor. The purpose of the Custody visitor is to check on the welfare of the detainees; the visitor will arrive at the police station custody suite with no notice. As well as checking that the individuals have food, water and blankets, they talk with the detainees, many of whom are young and vulnerable, assess their mental health and provide moral support. Karen works closely with the custody police and after her visits, reports to the Police and Crime Commissioner. In addition to visiting detainees, the Independent Custody Visitor checks on the welfare of the police dogs. Karen commended the police for the work they do, and explained how stretched their resources are over the large and rural county of Cumbria.
Our Annual Meeting and Jacobs Join lunch is on Wednesday 7 October, at the Underbarrow Institute. New members are welcome, for more information, please contact Sarah Rashleigh: sarahrashleigh@gmail.com.

WITHERSLACK WI

Mr Paul Hindle gave us a very interesting talk about the development of the roads around the Morecambe Bay. He explained how the first roads were toll roads to help pay for the maintenance of the roads with the many toll cottages in the local area to collect the money. The old road at Witherslack was probably constructed after 1818 and not tarred until the early 1900s. It was a very interesting and informative talk which was enjoyed by the 18 members present.

Two Valleys Churches

"Enriching lives …… Embracing God"

Cartmel Fell, Crosthwaite, Winster, Witherslack and Underbarrow with Helsington

Vicar: Revd. Emily Bagg 015395 68276
07471 359399

Associate Priest: Revd. Simon Howard
revdsimonhoward92@outlook.com : 07719 889577

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

Safeguarding Officer for all the above:
Mrs. Jane Eccles 07779 953763

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

Vicar: Revd. 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	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 pm. 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 Oct 6-Dec 15, Jan 5-Mar 23
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 2nd 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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MILNTHORPE
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Dashing, Roofing, Block Work, Pointing,
Patios and Fencing

☎ 07950 033089
Email: martind23@btinternet.com

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