

A man with dark hair and a beard is captured in a dynamic pose on stage. He is wearing a dark, textured blazer over a dark shirt. He is playing a bright red electric guitar with a white pickguard. His mouth is open as if he is singing or shouting into a microphone. The background is a warm, orange-red color, suggesting stage lighting. The overall mood is energetic and musical.

FINDING THE BLUES IN BOWNESS

INSIDE:

**Kendal connection
praised by Festival
of the Fells**

**Highgate House gets
a new lease of life**

**Festive fun in Kendal
and Windermere**



Riva Caffè

PIZZERIA · BAR

£7.50

• LUNCH SPECIAL •

Daily Lunch Offer - 7 days a week

Great Menu selection of

Pasta, Pizza or Toasted Panini

served midday to 4pm

HAPPY HOUR!

Happy Hour
5-7pm

Bottle of Peroni Red Label £2.50

Glass of Red or White £3.50

Glass of Prosecco £4.50

Selected Cocktails 2 for £12

..... Every Day

St Martins Square, Bowness

T: 015394 23232 www.caffèriva.co.uk

THE arts

BAR & GRILL

Bowness's favourite Bar & Grill

offering Classic Food
& THE BEST COCKTAILS!



Happy Hour

4-6PM SUNDAY - FRIDAY

~ 2 Cocktails for £12 ~

BOTTLE OF PERONI RED LABEL £2.50

GLASS OF HOUSE WHITE OR RED £3.50

GLASS OF PROSECCO £4.50

EXCLUSIVE USE

Christmas Parties

BOOK NOW!

T: 015394 23334 www.the-arts-bar.co.uk

fodder

BAR & KITCHEN

Gourmet Burgers & Quirky Cocktails

Open all day, every day, we are the number one spot for delicious fresh, home cooked food in Windermere.

Fodder Early Bird

5pm-6.30pm Sunday - Friday

2 courses for £12.95

Any Starter & Main or Main & Dessert

excluding Steak & Specials



~ ~ Happy Hour 5~7pm ~ ~

glass of house
red or white £3.50

Bottle of Peroni Red Label £2.50

any 2 cocktails for £12!

T: 015394 23344 www.fodderwindermere.co.uk



THE FLYING PIG

A GREAT BRITISH PUB

CHRISTMAS Parties



3 COURSE
festive menu

£24.95



To book email christmas@theflyingpigbowness.co.uk

T: 015394 43332 www.theflyingpigbowness.co.uk

Want to be part of a dynamic expanding team, then email: careers@highspiritsleisure.com

We are proud to be artisan makers of fragrance and natural skincare.

We welcome you to visit one of our Bath House boutiques this winter season. Delight your loved ones with a gift created in Cumbria where purity and beauty become one.



EST. 1997

Bath House
ARTISANS OF NATURAL BEAUTY
MADE IN CUMBRIA

AMBLESIDE
Market Place,
Cumbria,
LA22 9BU

KIRKBY LONSDALE
1 New Road,
Cumbria,
LA6 2AB

BOWNESS
Queens Square,
Cumbria,
LA23 3BY

KNUTSFORD
111 King Street,
Cheshire,
WA16 6EH

SEDBERGH
Busk Lane,
Cumbria,
LA10 5HF

Shop online
thebathhouseshop.co.uk

☎ 015396 21992



A big Christmas invitation from a church near you

St Martin's Bowness, Lake Rd, LA23 3DE

17th Dec 6pm **Carols and candle light**
(followed by mince pies and mulled wine)

Christmas Eve

3:30 **Christingle** (Christmas story, oranges and sweets)

11:30 **Midnight Mass** communion service

Christmas Day why not take time out for the original story of Christmas at our 10.00 a.m. Communion Service for all ages?

Carver Uniting Church, Lake Rd LA23 2DB

9th Dec 9:15 **Breakfast with Santa**

A gift for every child and breakfast for their adult too. (booking needed
www.carveruniting.org.uk)

13th 7pm **Blue Christmas** A gentle service acknowledging that there is pain as well as joy at Christmas

17th **Carol Service** 4pm for tea and refreshments 5:30 **carols**

Christmas Eve Communion 6:30pm

Christmas Day 10am service for all ages

Our Lady of Windermere and St

Herbert's RC Church, Lake Rd, LA23 2EQ

Christmas Eve 11:30pm Carols, 12 Midnight Mass

Christmas Day 11:15 Christmas Day Mass

Jesus Church, Troutbeck, LA23 1PB

Thursday 21st December at 6.30pm

Carol Service with seasonal Refreshments

Christmas Eve 9:30am Holy Communion,

11:30pm **Christmas Communion**

Christmas Day 9:30am Christmas Celebration

Windermere Methodist Church,

Main Rd LA23 1BU

Look out for the angel trail! Find the angel names in local shops.

Open 9 & 10th as part of Windermere Christmas Celebration— a welcome pause on a busy day

Christmas Eve Carol service 11am

Christmas Day 10:30

St Mary's, Ambleside Rd LA23 1BA

Wednesday 20th December 7.00pm

Christmas Lessons and Carols with Seasonal Refreshments

Christmas Eve

8.00am Holy Communion (CW)

11.00am Sunday Celebration

5.00pm **Crib Service** A telling of the Christmas story for families & children

11.30pm **Midnight Mass** of the Nativity

Christmas Day

8.00am Holy Communion (BCP)

11.00am Parish Communion with Christmas Carols

Lakes Christian Centre, Lake Rd, LA23 3AP

17th Dec Christmas Carol services with

Lakes Gospel Choir 2pm and 4:30pm come and celebrate with us as we enjoy singing Christmas carols and hearing a message from Pastor Mike entitled 'Divine Encounter'. Tea/ coffee & mince pies after the service

Christmas Eve Service 11am for everyone

31 Dec New Year's Eve service 11am

singing carols together, enjoying refreshment, quiet reflection, time for children....there is something for everyone this Christmas.

Letter from the Editor

Welcome to issue 31 of Windermere Now which has a few changes and surprises. For a start we have changed the name to **Kendal and Windermere Now**.

For Kendal residents who are receiving this for the very first time, welcome to your free editorial led community magazine, delivered through every letterbox in the coverage area. Local news coverage ensures the paper is read from cover to cover which is good news for both readers and advertisers.

Based in Grange, we employ only local people who live in Grange, Kendal (Editor), Ulverston and Windermere.

For this pilot edition (to Kendal) we have delivered to all of Windermere and Bowness and half of Kendal postcodes. For the next edition (if you like what you see) we will deliver to ALL of Windermere and ALL of Kendal - 22,000 copies and 100% coverage of the area.

From school reports, to local news and events, arts and music features and entertainment news, business insights and food and drink suggestions, it helps everyone to be better informed about what is going on. Who knows, you might even found out something new, be inspired to join a club, or visit a local event.

Our sister paper **Grange Now** serving Grange, Cartmel and all the Cartmel peninsula has been going for over 25 years. The third paper in the nowmags group is **Ulverston Now**. Between them we provide local news and information to over 30,000 homes in the South Lakes area.

So welcome again to our new look - new logo, new readers and more pages than ever in this festive edition. The next deadline for **Kendal and Windermere Now** is 26th January. If you want to find out more about all 3 papers in the nowmags group take a look at nowmags.co.uk.

Wishing you a very Happy Christmas.

Chris Plumb - Editor

*p.s. Are you Interested in writing articles for **Kendal and Windermere Now**? If you have a genuine interest in helping your local community, then why not get in touch.*

info@nowmags.co.uk
01539 53 54 54

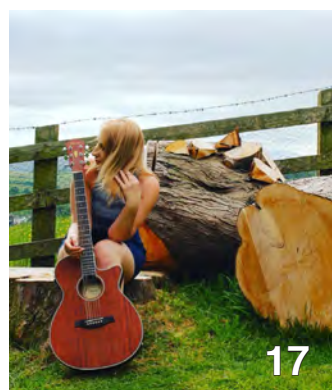
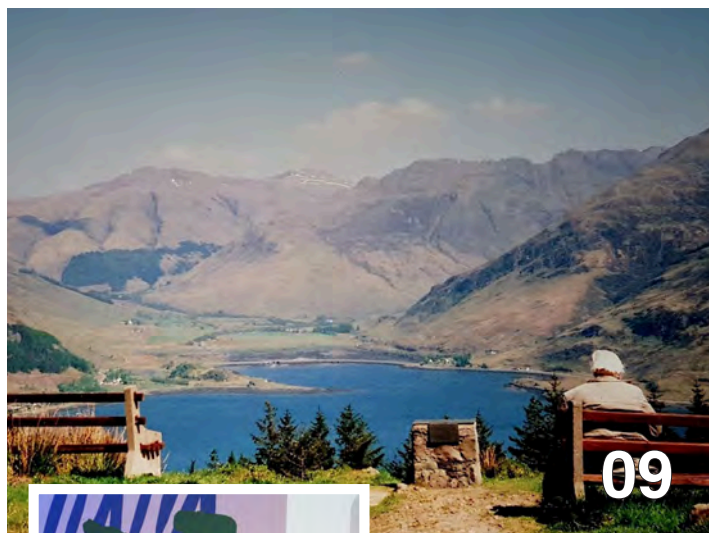
Issue	Next Deadline
KWN32	26th JANUARY

PRODUCED BY:

now MAGS

www.nowmags.co.uk

2, Imperial House, Main St.
Grange-over-Sands, LA11 6DP
OPEN 9AM-3PM MONDAY - FRIDAY
info@nowmags.co.uk
01539 53 54 54



6-15 GENERAL NEWS

16 ART & MUSIC

20 FOOD & DRINK

22 BUSINESS

26 SCHOOLS

30 HEALTH & LEISURE

34 WHAT'S ON

36 CLASSIFIEDS



Organisers of the second Festival of the Fells, held in and around Ambleside between September 21 and 23, have praised the 'Kendal connection' that helped make the event a huge success.

Kendal Mountain Festival kindly supplied 16 short films that were put together as one feature-length film and shown at Ambleside's Zeffirellis cinema.

"This was a very generous example of supporting fellow Cumbrian communities, and we would like to thank Kendal Mountain Festival for their support," said Robin Brackenbury, a member of the Festival of the Fells organising committee.

"We would also like to thank Kendal-based band Room Full of Mirrors, who proved that you don't have to worry about the rain to have a good time."

He was referring to the Mirrors' open-air performance at the Market Cross on the second night of the festival, when several hundred people watched their performance – and dozens danced in a downpour as Paul Harrison, Dawn Foster and Co. mesmerised everyone with their powerful blend of melody and beat.

"We're hoping that they come back again next year," said Robin. "We think they might."

This year's event featured a number of sell-out events, with talks from leading mountaineers Alan Hinkes and Simon Yates, and a fabulous double-header from Lakeland mines expert Mark Hatton, who packed out the Golden Rule pub with a talk and the next day was guiding an enthusiastic group around Coniston's coppermines valley.

There was also a huge turnout for The Great Ambleside Dog Walk, with more than a hundred dog owners bringing their pets from all over the country to go for a walk with the Lake District's celebrity social media springer spaniels

Kendal connection praised by Festival of the Fells



MAIN: Dancing in the rain.... as Room Full of Mirrors play

INSET: Freedom Wizard's Allie Pennington, left, and Jeanette Moore receive a cheque from Philip Fell, joined by Paddy and Max

BOTTOM: Alfie (blue coat) meets his hero Max (orange)

Max and Paddy and their owner Kerry Irving.

They included Sue Ogilvie from Newquay in Cornwall, whose own springer spaniel Alfie soon became best pals with Max.

"Alfie's got his own Facebook page in Cornwall, and he told me he wanted to come up to Cumbria to walk with a real superstar," she said.

More than £1,000 was raised from the dog walk for the charity Freedom Wizard, which helps wheelchair users enjoy the great outdoors, and a further £500 boosted Freedom Wizard's coffers when Philip Fell, president of Windermere and Ambleside Lions, presented a cheque to the charity's livewire founder Allie Pennington.



Your county needs you!

Emergency taskforce volunteers needed



The British Red Cross has recently launched a Cumbria-wide campaign, to recruit hundreds of volunteers who are willing to drop everything during a major emergency.

The charity says 'Community Reserve Volunteers' will form a practical taskforce, working as a team to do anything from filling sandbags to sorting food for their flooded community.

It's hoped the new teams will be able to provide valuable help if emergencies like the widespread floods of December 2015 were ever to be repeated.

Simon Lewis, head of crisis response for the Red Cross said: "We've seen through the sad events of this year, including the Manchester Arena and London Bridge attacks and the Grenfell Tower tragedy, the extraordinary levels of kindness shown by ordinary people from local communities, when a crisis hits.

"It shows you don't need special skills to help others. Small acts of kindness, and coming together as a team, can make a huge difference.

"This project is a way of harnessing the goodwill and kindness of the public for future emergencies, by signing people up in advance. We recognise people have busy lives and can't always commit to volunteering all year round.

"We would only call upon people at times of major local crisis, which hopefully won't happen often, but when they do, and extra help is needed, people will have the opportunity to make a big difference. There are many different ways of helping your community, but this is a new one."

People can sign up by visiting www.reserves.redcross.org.uk.

Volunteers must be over 18, have a mobile phone and be prepared to carry out practical tasks during an emergency.

Access all areas, mainly the North

Local MP Tim Farron says he was "encouraged" after meeting early this month with the Transport Secretary Chris Grayling to discuss plans to fund a new Northern development route in Kendal.

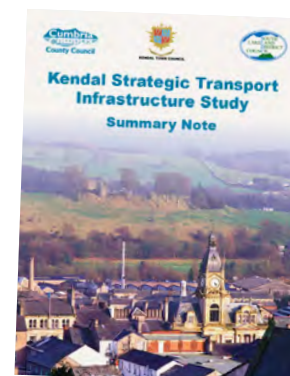
Tim was joined by the Deputy Leader of Cumbria County Council, Councillor Ian Stewart to make the case for a Northern development route in Kendal.

Tim said: "We had a very encouraging meeting with the Secretary of State who said the scheme was credible. We made the case that

a Northern development route would create jobs, relieve congestion, and improve the air quality in the town centre. There is so much potential and today's meeting was hopefully a big step forward to making a Northern development route in Kendal a reality."

Speaking in the House of Commons in October Chris Grayling said that he was unaware of the scheme, but had set aside money for bypass roads in congested towns like Kendal.

Mr Farron said: "This route would ease congestion in our town and give a huge boost



to the employment areas off Shap Road and Appleby Road. The gridlock we've had when the M6 has been closed recently has made the need for this new road all the more obvious."

MOUNTAIN

Massage Co.

FOR ACHES, PAINS + INJURIES

GIFT VOUCHERS AVAILABLE

Sports Injuries, Sports Massage, Seated Chair Massage, Taping, Myofascial Release, Cupping, Dry Needling, Foot Massage, Neck and Shoulder Problems, Nail Problems, Pedicures, Foot Pain, Orthotics, Verrucae and Corns, Biomechanics, Wax Baths, Eyebrow Tinting and Waxing, Lashes, Decleor Facials, Shellac Nails, Manicures, Waxing

Beauty Special Offers throughout Winter

MASSAGE + PODIATRY + BEAUTY

Online Booking Walk-in Appointments

20 Lake Road, Bowness

01539 444554

WWW.MOUNTAINMASSAGECO.COM



Graham Wilkinson, the Principal and Chief Executive of Kendal College, has announced that he will be retiring at the end of May 2018.

Graham, joined Kendal College in 2001, and during his time in charge, has transformed the College from its failing College status into the top performing, highly respected institution and leading training provider it is today.

He was instrumental in overseeing the investment of more than £27 million in state-

of-the-art college facilities and learning resources, including a new Creative Arts and Media campus, Engineering, Science and Technology Centre, and the innovative Castle Dairy Apprenticeship Academy for hospitality and catering students, which has helped to produce some of Cumbria's top rated and Michelin-starred chefs.

Prior to joining Kendal College, Graham had a successful career in the hospitality industry, training at a Swiss School specialising in culinary arts. As well as working as a chef in major 5-star hotels, he prestigiously also became one of the chefs to HRH Queen Elizabeth. Graham lived and worked at Buckingham Palace and travelled with the Royal Court to places including Sandringham House, Balmoral Castle and HMS Royal Yacht Britannia.

Graham plans to spend some of his retirement touring the UK and Europe in his new motorhome with his partner Jane and dog, Jack. He will also be available for consultancy work and special projects as well as pursuing a keen interest in photography and DIY.



Formerly Chesnut Road Garage

We specialise in: Cars; 4x4; MPV; PSV & Light Commercial Services; MOT Preparation; Tyres; Exhausts and many more Mechanical / Engineering Services.

Here at The Mountain Goat Garage we pride ourselves on offering a high quality, friendly, local, reliable and affordable service.

Call 015394 88418 for a free quote today!

service@mountain-goat.co.uk, Mountain Goat Garage LTD, Chesnut Road, LA23 2AL



You're our number 1 priority & you will have exclusive use!

We're keeping our 2016 prices!

Winter Airport Transfer Prices

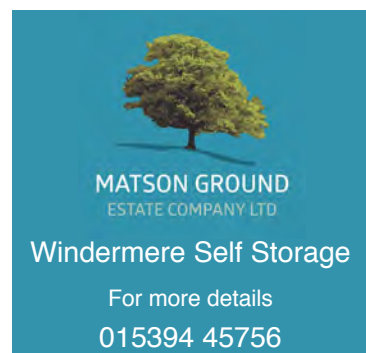
Airports:	Return Prices From:	
	8 Seater	16 Seater
Manchester	£195	£325
Liverpool	£215	£360
Leeds	£215	£325
Newcastle	£250	£450
Edinburgh/Glasgow	£355	£500
Birmingham	£380	£560

Summer Airport Transfer Prices

Airports:	Return Prices From:	
	8 Seater	16 Seater
Manchester	£215	£410
Liverpool	£235	£430
Leeds	£235	£410
Newcastle	£270	£530
Edinburgh/Glasgow	£380	£590
Birmingham	£400	£650

For more information please call us on 015394 45161 or visit us at www.mountain-goat.com.

These are return transfer prices and are based on pick ups in the Ambleside, Windermere and Kendal area. T+Cs Apply.



Wainwright sleuth is on the prowl

Chris Butterfield lives in Edinburgh but spends half of his life in and around Kendal and Blackburn as he tracks down long-lost Alfred Wainwright memorabilia.

"It started a few years back when I first began to snap up stuff on eBay, but now it seems to have snowballed," said Chris. Snowballed it has, as anyone who visits his Facebook group – Alfred Wainwright Books and Memorabilia – will indeed find. Recently, he has secured a second signed Book One (the Eastern Fells) in excellent condition.

Chris secured some old holiday snaps of AW and Betty taken during a Scottish holiday at Durnish with his publisher Andrew Nichol and wife Bernice. "These are fabulous," said

Chris. "The holiday took place not long after the Scottish TV series was aired. On the way, they made an overnight stop at North Ballachulish in a nice hotel, but AW hated it. Fine dining and nice furnishings were not to his taste. He preferred your average working men's club."

And where does he keep all his 'booty'?

"I've got a Wainwright man cave at home! Lots of pictures and posters on the wall, blinds kept shut to keep out harmful sun rays, etc," said Chris. "But we're looking at getting a bigger house."

So is his wife Priscilla okay about that? "I hope so." And spending several hundred pounds a month on AW memorabilia? "Hmmm . . . I'm not so sure about that."



MAIN: The hunter: Chris Butterfield

LEFT: Wainwright in Scotland, overlooking a stunning loch

**Revive
Carpet
Cleaning**



**We also
clean
upholstery,
including
leather.**

**Find us on:
facebook**

Carpets are the filters for our homes

They trap the dust and other airborne allergens that would otherwise be floating around in the air we breathe.

Whilst regular vacuuming of our carpets removes most of these allergens from the surface, over time, some of this stuff gets deep rooted within the pile of the carpet and only a professional deep clean will get rid of it.

For a cleaner and healthier home, make it a point to regularly have your carpets and rugs deep cleaned. While it's a chore to do it yourself, deep cleaning of your carpets is something that should never be neglected.

For best results, you can always seek help from a professional carpet cleaning company like Revive Carpet Cleaning. We make thorough carpet cleaning fast and easy at very reasonable prices. Carpets are usually dry within 30 minutes of cleaning and we move your furniture too.

The photos show an example of what we can achieve, the first one was taken part way through the clean to show the difference as the job progressed, the second, the final result. We hope you agree that there is an amazing improvement.

For more information give us a call today

01229 230 821 or 07747 043919 visit www.revivecarpets.co.uk

Ellerthwaite Square is blooming lovely!

For many years, Ellerthwaite Square has stood as the entrance to Windermere from the South, sad and neglected, an eyesore in our lovely town.

Last year, the Town Council and the Civic Society got together and came up with something workable and affordable to improve this Square. It hasn't been an easy project to complete – the saga of the



electricity meter alone could take some time to tell. We have been helped along the way by the County Council Highways team and by some grant funding from South Lakeland

District Council.

However, the real stars are John Charnley, the local stone waller, who has done a superb job and Gary Hancox, our Town Steward, who has come up with such a beautiful planting scheme, inventive, natural and a joy to the eye. Thanks to all these people, Windermere now has a southern entrance to be proud of and a display of flowers that our lovely town deserves.

ADVERTORIAL

Buzzing with gift ideas!




Christmas shopping ideas are plentiful at the Bumblebee Gallery in Kendal's Blackhall Yard.

The fascinating collection of handpicked and beautifully designed pieces are inspired by 3 generations of artistic talent all from within the same family.

Says Amber Mackie, who owns and runs the shop, "My dream is to inspire my customers with the beautiful and unique pieces from Bumblebee Gallery"

Love, care and attention has gone into the shop which is full of unique and exciting ideas for your loved ones this Christmas.



Art, Home & Gift

An eclectic mix of carefully, handpicked, beautifully designed pieces for your home or the home of someone you love.

10 Blackhall Yard,
Kendal, LA9 4LU

www.bumblebeegallery.co.uk



CHRISTMAS MARKET EXTRAVAGANZA

1ST, 2ND, 3RD DECEMBER

Fri, Sat & Sun 10am-4.30pm

Over 40 quality stalls throughout the barn and in our heated marquee selling gifts, art, crafts, food & drink, antiques, homewares, Christmas trees and decorations

Yew Tree Barn - The Lake District
Low Newton, Nr Cartmel, Cumbria LA11 6JP

t: 015395 31498 | e: ws@yewtreebarn.co.uk | w: www.yewtreebarn.co.uk

ADVERTORIAL

Local Collection of Hardman Works Uncovered



The most exciting feeling a valuer gets is making a discovery in unusual circumstances, such as turning up a collection of Joseph Hardman originals when you were only invited along to value "a few cameras".

The 1818 Auctioneers team soon discovered that those "few cameras" were actually hundreds, and that our client's uncle had been a freelance reporter for local and national newspapers as well as a keen photographer. He had been friends with, and a fan of, renowned Lakes photographer Joseph Hardman and went on to collect a large quantity of his original works, with subjects including local sheep shows, local towns, local events and inimitable Lake District views.

This is a one-off collection of historical as well as photographic importance and we can't wait to see our buyers' response to it. What a unique local find.



EIGHTEEN EIGHTEEN AUCTIONEERS

Find our catalogues online every Thursday:
www.1818auctioneers.co.uk

View what we are selling every Friday 2-4pm and Saturday 10-1pm
Take part in our auctions every Monday from 10am.

JUNCTION 36 AUCTION CENTRE, CROOKLANDS,
CUMBRIA, LA7 7FP. 015395 66201

OPEN DAILY
09.30 - 16.30*

Lakeland Motor Museum

FREE PARKING

Incorporating the Campbell Bluebird Exhibition
OVER 30,000 EXHIBITS
Always Something New!



LOCAL RESIDENTS SCHEME†

Save an amazing 50% off normal public admission
Our scheme is free to join and the only criteria is that you must be a permanent resident in the LA or CA postcode areas.

Please bring along proof of residency to the Museum Reception where the card will be issued immediately.

Lakeland Motor Museum
Old Blue Mill, Backbarrow,
Newby Bridge, South Lakeland
Cumbria LA12 8TA Tel: 015395 30400
info@lakelandmotormuseum.co.uk
www.lakelandmotormuseum.co.uk

FAMILY FUN

Café Ambio
AT LAKELAND MOTOR MUSEUM

*Except Christmas Day † Includes use with Windermere Lake Cruises

ADVENTURE LEISURE VEHICLES

COOL CAMPING VEHICLES

HYMERCAR SPECIALISTS



www.adventurelv.com
✉ sales@adventurelv.com 📞 01539 624141
TEBAY BUSINESS PARK, TEBAY (J38 M6), CUMBRIA, CA10 3SS

Shampoooch
at Studio 49



£5 OFF FIRST GROOM

Happy Christmas to all my clients and their 4 legged family companions
Fully insured, City & Guilds trained professional dog groomer based in Bowness. A friendly service, with one to one attention. Any Breed, shape and size catered for - Breed Standard or Specific to your requirements

- Deluxe Bath with deep cleansing wash using a coat specific, luxurious shampoo
- Nail clipping / ear plucking & cleaning
- Hand-stripping
- Complimentary Puppy Visit (under 16 weeks) reduced rate until 6 months
- Spa Treatments
- Loyalty Rewards Scheme* (Subject to conditions*)

Unit 4, Brantfell Place, Bowness LA23 3FJ
www.studiok9.co.uk (015394) 48387

Designed, Delivered, Installed

Beautiful Bathrooms ■ Quality Kitchens ■ Luxury Bedrooms

"From our first visit to the showroom it has been a pleasure to deal with Panararmer. The attention to detail at the planning stage, the high standard of workmanship shown by the fitters was second to none. Thank you to everyone for all your patience, we love our new kitchen!"

Panararmer
Kitchens • Bathrooms • Bedrooms

Unit 3 Princes Way, Leasgill, Milnthorpe, Cumbria, LA7 7FG
Tel: 015395 63523 Web: www.panararmer.co.uk

O Christmas tree, how lovely are your branches! One thing most of us have in common, is the love of a good Christmas tree. The scent of pine, the tinsel and sparkling ornaments amongst the magical glow of lights. What could be more Christmassy than a Christmas Tree Festival?

And that's just what you can enjoy at Holy Trinity Parish Church, next to the Abbot Hall Art Gallery, through December. It's the sixth year they have held the community event which brings people and local organisations together to raise money for charity, help the local economy and share the joy of Christmas.

This year the church will be bulging with about forty trees lighting up the ancient interior.

Each tree will represent a different charity or organisation.

For a seasonal treat



why not go along to the Festival, to wonder at the Christmas trees, enjoy a beverage and a piece of cake and perhaps attend one of the concerts.

The festival is open on :

- Friday 8th and 15th December 3.30 – 5.30pm,
- Friday 22nd December 1pm – 5.30pm,
- Sat 9th, 16th and 23rd December 11am-4pm
- Sunday 17th December 3pm – 5pm.

The concerts are playing during the festival, on

these dates:

- Saturday 9th December, The Young'uns (Best Group at the BBC Radio 2 Folk Award in 2015 & 2016)
- Sunday 10th December, Kendal Choral Society
- Saturday 16th December, Burneside & Sedbergh Youth Brass Bands.

Admission, £1.00 per adult (accompanied children enter for free). There is nearby parking, disabled access and toilets.

Hundreds of years of yards in Kendal

A new book brings back to life some of the old haunts of Kendal, with a look at the town's once-bustling yards.

'The Yards of Kendal', produced by Kendal Civic Society members Trevor Hughes and Arthur Nicholls, is based on the research of more than 100 crofts and ginnels undertaken by the society's late chairman, Dr John Satchell.

The yards began as far back as the time of William The Conqueror, and by the end of the 18th century they comprised dozens of 'communities within communities' that today still means a trip to Kendal can be a feast for urban explorers.

The book went on sale last month.

ADVERTORIAL

Back in business

The newly refurbished Post Office at Bowness has officially opened today.

Franchisee Gordon Aylmore has been hard at work getting it ready to get back to business following a refurbishment.

In recent years, the Post Offices at Sedbergh, Staveley, Milnthorpe, Grasmere and Arnside have all undergone refurbishment or become 'Post Office Local' services.

Bowness on Windermere Post Office
2 St Martins Parade
LA23 3DY

POST OFFICE

NEWLY REFURBISHED & UNDER NEW MANAGEMENT

WHSmith LOCAL

POST OFFICE

OPENING
25th October 2017

2017 Winner of the Global Postal Award for Customer Experience

Bowness on Windermere Post Office

POST OFFICE SERVICES AVAILABLE:

- Letters & parcels
- Travel services
- Broadband & homephone services
- Bill payments
- Car tax
- Euro & Dollar currency
- Cash deposits & withdrawals
- Business banking
- Drop & go
- Moneygram money transfer
- Mobile top up
- Gas & electricity top up

EXTENDED OPENING HOURS

Monday - Saturday: **08:00 - 17:30**
Sunday: **08:00 - 13:00**

RETAIL SERVICES AVAILABLE:

- Newsagents
- WHSmith Local
- ATM Cash Machine
- Greeting Cards
- Post Cards
- Stationery
- Photocopy Services
- Hotel newspaper delivery service (by arrangement)
- Confectionary & ice cream
- Lottery
- Gifts

Find us on **facebook** Telephone: **07767 271275** **twitter** @BownessPO

Bowness Post Office

DALTON
WOODLAND BURIAL GROUND
Natural Woodland Burial Ground
"Return to the Earth, naturally"
www.daltonwoodlandburial.co.uk
Burton-in-Kendal
01524 782442

Independent living with
companionship from £200pw
the view of Lake Windermere comes free!



CALGARTH PARK

WWW.CALGARTH.PARK.CO.UK

Calgarth Park is an elegant Grade II listed Georgian mansion situated in lovely grounds with distant views of the lake and fells.

- ◆ Independent living with companionship
- ◆ No maintenance worries
- ◆ Safe, quiet and well-run
- ◆ Resident House Manager

Rental cost from £200 pw per flat including heating and hot water, home-cooked lunch every weekday and 24/7 emergency service.

Email: calgarth.park@btconnect.com

CALGARTH PARK, TROUTBECK BRIDGE,
WINDERMERE, CUMBRIA LA23 1LF



**OPEN
DAYS**
see website
or phone



**015394
43016**



New House being constructed in Bowness.
Now well on its way
planning for Christmas completion

Chris Rushton is an award winning Architect
who turns ideas into cost effective solutions.



**Lakes Architect
Windermere**

www.lakesarchitect.co.uk

015394 42224 / 07971 911 432

email: chris@lakesarchitect.co.uk



*Need a
little inspiration
this Christmas?*



Follow us on: Visit us at: WWW.ELEPHANTYARD.COM

Working together for a healthier happier Kendal community

Kendal Integrated Care Community (ICC) helps bring together local health and care organisations.

The focus of the ICC is to ensure that people from Kendal are supported to improve their own health and wellbeing, and that when people are ill or need support, they receive the best possible joined up care.

To achieve this we are committed to improving five areas which were identified at several public events as being key to improving the health and wellbeing of our community. These are:

- Support the frail elderly
- Improve our children's mental and emotional wellbeing
- Develop closer links with voluntary, community and faith colleagues
- Look at new ways of working to make the most of resources
- Achieve healthier happier communities

More info is on our website:
www.bettercaretogether.co.uk

Intrepid Girl Guides

What was life like for women in Cumbria 100 years ago? How did daily routines differ from ours, and what were the similarities? And whose were the outstanding stories?

A Cumbria-wide initiative, "Women of Cumbria" is addressing these questions with the help of local museums and a wide range of women's and girl's organisations. The Museum of Lakeland Life and Industry in Kendal will be telling the story of how local women fought

for their rights, particularly the right to vote, and the John Ruskin Museum in Coniston will explore the Coniston Ruskin lace makers and some intrepid female pioneers.

Girlguiding Cumbria South is one of the groups who have been invited to interact with some of the local exhibits. Guides and Brownies from Hawkshead, Coniston, Windermere and Kendal were fascinated to hear about Elizabeth Smith, who, as a speaker of six languages, not only translated the Book of Job from Hebrew to English but who also walked the high fells in long Georgian dresses, and of Sal Madge

who wore male clothing and challenged men to wrestling matches.

The Guide units developed ideas and created drawings which reflect the museum exhibitions, making canvas banners painted with acrylic ink. These are essentially large panels which will become part of the museums' exhibits. Weatherproof versions will also be produced so that they can be paraded for International Women's Day in March of next year, when Girlguiding units from all over Cumbria will carry their banners through the streets of Carlisle.

ADVERTORIAL

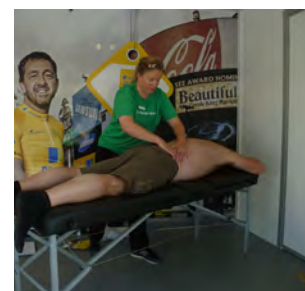
20 years at the table

I am celebrating 20 years in business and would like to take this opportunity to tell you about physiotherapy and my new clinics.

Physiotherapy is a health care profession which emphasises the use of physical approaches (such as manipulation, massage, acupuncture and exercises) in the treatment

and prevention of injury, disease and disability. It has been shown to play a vital role in pain relief, healing and rehabilitation in many conditions.

I graduated from Sheffield Hallam University in 1990 and have a special interest in musculoskeletal medicine, rheumatology and sports injuries.



Janet Smedley working at the Tour of Britain.

If you need physiotherapy or want to find out more please do not hesitate to contact me.

WINDERMERE OSTEOPATHIC CLINIC

Timothy Webb BSc (Hons) Ost

• Registered Osteopath

• Member of the British Medical Acupuncture Society

Windermere & Bowness Medical Practice

Goodly Dale • Windermere • Cumbria LA23 2EG

- Back & neck pain
- Arthritic pain & stiffness
- Frozen or stiff Shoulder
- Whiplash associated disorders
- Sciatica
- Headaches
- Golfer's & tennis elbow
- Hip, knee & foot problems
- Sacro-iliac pain
- Muscular strains & spasms
- Repetitive strain injury (RSI)

015394 44383

tim@lakesosteopathy.com • www.lakesosteopathy.com

**SPORTS
TELECOMM**
www.sportstelecomm.com



Local Telecoms
& Broadband
Provider based at
Ecclerigg (between
Ambleside &
Windermere)

OUR SERVICES INCLUDE:

- Telephony
- WiFi/Broadband Solutions
- Data Network Solutions
- Cabling
- Mobile Tariff Packages
- Telephone Systems
- Support & Maintenance
- Local Business

For a FREE appraisal & advice on your current system please call or email:

01539 540016 | sales@sportstelecomm.com

Janet Smedley
Central Lakes Physiotherapy Clinics

*Janet Smedley is pleased to announce
the opening of her new practices
at the following locations.*

**WINDERMERE & BOWNESS
MEDICAL CENTRE**
Goodly Dale, Windermere
HAWKSHEAD SURGERY
Briggs Field, Hawkshead

www.jesphysio.co.uk

Email: janet@jesphysio.co.uk

07831 219849

The Guide to Festive Fun in Kendal and Windermere

The shops are bedecked with colourful baubles, glittery tinsel and their very best gifts and produce, encouraging us to part with our hard-earned dosh.

Local hotels and pubs offer tasty Christmas Dinners and New Year's Eve parties and the Salvation Army plays Christmas Carols to hurrying shoppers. There's also lots to see and do so to help you decide, here are a few of my Kendal and Windermere favourites.

Kendal

Kendal is a really popular town for Christmas shopping with its eclectic mix of independent shops and high street names and it also has a full calendar of festive events. For a dramatic start to the season, how about Who Killed Santa Murder Mystery with drinks and dinner at the Castle Green Hotel on November 30th?

Look out for Santa on his sleigh saying "Ho, Ho, Ho," to the children (and grown-ups) of Kendal for two weeks from the 10th December. Every year

Kendal and District Lions raise thousands of pounds for charity so give generously when you see him.

I used to love taking my son to the annual Christmas play at the Brewery Arts Centre. This year it's 'Little Red and the Big Bad Wolf' 19th – 31st December, described as 'a bold and highly theatrical re-telling of the well-known classic tale packed with music, dance and song.' On December 10th they're broadcasting The Nutcracker LIVE from the Royal Opera; an enchanting baller that's always popular at this time of year. Also on that date is A Family Christmas Showcase from Kendal Dance Academy at Kendal Leisure Centre.

Kendal Parish Church comes alive with the sound of music for the Kendal Choral Society Christmas Concert on Sunday 10th December. This promises to be wonderful evening to celebrate the true meaning of Christmas in the splendid surroundings of this very fine church.

Windermere

The town's Christmas Lights are on and the shops are decorated in sparkling Christmas finery. Its many cafes and bars entice us with the promise of warming hot chocolate, exotic cocktails, mulled wine and bubbly to get in the festive spirit.

I'm really looking forward to Windermere Christmas Market, 9-10th December which focuses on 'food, drink and craft stalls from both local and national producers whilst now looking to expand the offering with an exciting programme of musical performers.' With involvement from local business including Booths, Windermere Lake Cruises, Lamplighters and the Good Life Lake District Cottage Company plus loads of volunteers it's going to be a very lively weekend.

Ding Dong Merrily on High with The Rotary Club of Windermere at their annual Carol Concert on 10th December at The Hydro Hotel. For something slightly more energetic, why not

take part in Windermere Lions Jingle Bell Jog on Sunday 17th December? Open to all ages, don your Santa suit, elf costume or fairy wings and totter, stroll or jog along Windermere lake shore.

The Old Laundry Theatre is giving everyone A Christmas Gift (19-21 December) offering four famous Christmas stories magically bound together with music, storytelling, readings and a visit from Santa Claus himself. The very popular Santa Cruise on Windermere may be sold out but little ones can go along to the Father Christmas Tea Party (16-23 Dec) at the World of Beatrix Potter Attraction and, if they've got bored with their presents already, Peter Rabbit is holding his own Christmas Party there from 27-30 December.

Whatever you're doing, wherever you're going, have a very merry Christmas and all the best for 2018.

Mortgages in retirement

55 to 105 and beyond...

there's no upper age limit on our mortgages

0800 032 3030 cumberland.co.uk


It's grin up north

Your mortgage is secured on your home. Think carefully before securing other debts against your home. Your home may be repossessed if you do not keep up repayments on your mortgage.



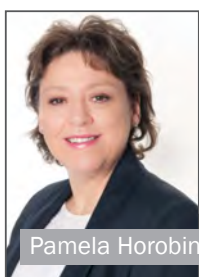
Professional probate advice
available locally

The death of a relative is a very upsetting and stressful time. There are many issues to sort out when somebody dies and it can be an overwhelming experience.

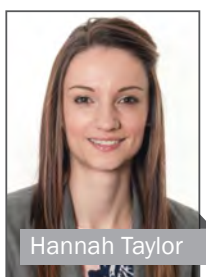
Our role is to deal with the taxation and legal issues in a calm and efficient way, minimising stress and worry. We understand that administering an estate is not a commercial transaction and that a practical and sensitive approach is required.

Our experienced team are here to help you as little or as much as you require, whether that is dealing with the administration from start to finish or simply dealing with the probate application.

We know that the costs may be a concern and we will never charge you a percentage of the value of the estate. **Our realistic fees are clear from the outset and we aim to offer fixed fees where appropriate.**



Pamela Horobin



Hannah Taylor

A complete legal service

015394 42255

www.progressionsolicitors.com



5 Crescent Road, Windermere, Cumbria, LA23 1EA

Cumbrian filmmaker wins national media award



Terry Abraham, a Cumbrian film maker, known for his Life of a Mountain series has been awarded a prestigious national accolade for his film Life of a Mountain: A Year on Blencathra which aired on BBC Four.

The winners of the Travel Media Awards 2017 were announced in October at a sparkling ceremony at ME London Hotel. Over 270 people were present to see the best of the UK travel media honoured with an Award, including representatives of some of the UK's leading travel media and industry organisations. Terry's film was praised in the Broadcast Programme of the Year Award which celebrates the best in TV, radio and online.

The film, which sequels A Year on Scafell Pike, showcases spectacular scenes of Blencathra and the surrounding area. From spring lambs to winter's

snows, it looks at the lives of residents, school children and visitors to the mountain with contributions from comedian Ed Byrne, broadcaster Stuart Maconie, mountaineer Alan Hinkes OBE and record breaking fell runner Steve Birkinshaw.

With Terry's project partly sponsored by The Blencathra Centre FSC, Head of Centre Tim Foster accompanied Terry to the ceremony.

He said: "The Blencathra film is the second in the Life of a Mountain trilogy, highlighting iconic Lake District mountains and this award builds on the anticipation for the third and final in the series which focuses on Helvellyn"

There is a chance to find out more about the documentary, the heritage of Blencathra and the life of the mountain at the accompanying 'Life of a Mountain: Blencathra' exhibition at Keswick Museum which runs until January 2018.

Kencomp Internet Superfast Broadband ...is here!

- Up to 50Mb/s
- No long term contracts
- No phone line required
- Local Company, Local Support

CALL US NOW 01539 898 145

www.kencomp.net

The New Union to Host Live Music

The New Union on Stricklandgate, Kendal, has regular music nights taking place featuring local musicians and acoustic acts.

There are gigs and also Open Folk Sessions and Jam Nights. Talented singer and guitarist Lauren Davey, also of Indie-Rock band Meds, is the next exciting act lined up to perform! Pop in for a warm welcome, local real ales and a fine selection of gins and ciders. Forthcoming events include... 30th Nov -Lauren Davey: 7th Dec- Wayne Scurrah : 14th Dec- Acoustic Jam Night: 28th Dec- TBC. Check out the New Union's Facebook page for the latest gigs and events.

Full Moon Club at the Mortal Man

This ever amazing and long running Roots/Traditional music event moved its location to the Mortal Man at Troutbeck in September. Attracting performers from far and wide, and taking place once a month on the full moon- these nights hold a magic like



no other! Kendal based guitar/banjo duo Scrogans Run will play the next event on Sunday 3rd December. Please visit The Cumbria Full Moon Club Facebook page for more info. Other upcoming events at the Mortal Man include... 17th Dec- Peter Dille/ 24th Dec- Open Session

Award Winning Folk Trio come to Kendal

The Young'Uns, two time winners of the BBC Radio 2 Folk award for best group, will perform "We Three Sings: a Christmas Concert" at Kendal Parish Church on Saturday 9th December. Expect beautiful three-part harmonies, a 'Capella shanties and a mix of traditional and contemporary songs.

Saturday 9th December. Tickets £17, doors at 7pm. Tickets and more info available from www.lyonevents.co.uk and also the Brewery Arts.

**SEND US YOUR
ART MUSIC AND
ENTERTAINMENT NEWS
FOR THE NEXT ISSUE**

"Bring Us Some Figgy Pudding"

The Staveley Choral Society Christmas Concert this year, on Monday, 11th December, is more of a menu than a programme! A theme that all love at Christmas time.

Come and enjoy it with the children from Staveley Primary School. An evening of songs and carols, traditional and maybe not so traditional.

Where the smells, the tastes, the anticipation, the sharing together of delicious Christmas food and feasting feature throughout the concert. There will also be suitable festive refreshments included in the ticket price.

Monday 11 December : 7.30 p.m.
Staveley Village Hall: Price: £8 adults; £4 child

Tickets: on sale at the door, from Choir members, and also at Staveley Pharmacy.

"Affordable Art" at Staveley Roundhouse

Members of Green Door, the region's leading artists' collective, are heading to Staveley Roundhouse for a weekend of Affordable Art, from 1 – 3 December.

With more than 200 pieces of work from Green Door artists, the exhibition includes paintings, prints, photographs, ceramics, glass, wood, jewellery, textiles and sculpture, all priced at £150 or less. There will also be cards, notebooks and other small items.

"We hope this exhibition provides something for all art lovers," said Green Door Administrator Janice Benson. "We have stained glass sculptures from Debbie Copley, wire drawings from Brie Wharf and wooden Shaker boxes from Keith



Shorrock. Angie Mitchell will be bringing her new printed lampshades, Jane Mallinson has felt accessories and jewellery, and Evelyn Sinclair has her painted 'tea bags'. We also have prints from Marion Kuit, Barbra Cropper, Sue David, Kath Lockhart and Marie Wright, and David Pooley's paintings of Cumbria landscapes

and wildlife. Mary Taylor and Maddy Wright will be showing their textile and embroidery work, and there will be mixed media work from Cally Lawson and Marjorie Park. It's the ideal place to do some Christmas shopping for that special gift or to treat yourself to a beautiful piece of work from a local artist."

Little Red and the Big Bad Wolf

Families will be able to take a fantastic, fairy tale journey through the deep, dark woods at Kendal's Brewery Arts Centre this Christmas.

Little Red and the Big Bad Wolf takes the classic story of a young girl's encounters with the eponymous vulpine villain on her way to visit a poorly Grandma, and gives it a fabulously fun twist for all the family, packed with music, dance and song.



Little Red and the Big Bad Wolf runs from 19-31 December. To book visit the website www.breweryarts.co.uk

From South Africa with

Kendal Leisure Centre Friday 8th December

Tickets from Brewery Arts and Lake tickets



FRIDAY 8TH DECEMBER 2017

KENDAL LEISURE CENTRE PRESENTS

FROM SOUTH AFRICA

WITH

ENTERTAINMENT, EDUCATION
& EXTENDING LIVES





Performing Originals from Gospel, Soul and Pop and covers of hits from Adele and many more.

★ **Featuring Primary School Competition Winners** ★
★ **HOLME COMMUNITY SCHOOL & KENDAL'S CASTLE PARK SCHOOL** ★

MC: Danny Matthews from the magnificent Bay Radio



Artists signed to




SOUND BY
MJW AUDIO

Featuring two of South Africa's finest singing stars
LAUREN-LEE BOCK **FELICITY KIRAN**

Show starts at 7pm Tickets from Brewery Arts Centre, Kendal
From £5 - £50 (VIP) www.breweryarts.co.uk/lakes-tickets 01539 725133
David Gummers Promotions www.dgpmusic.com • 07802 766570

Company number 09921251

A DONATION WILL BE MADE TO KENDAL ORGAN DONORS

GLEN HOLME
GUEST HOUSE



ANNA SORBIE
HAIR & BEAUTY

Arnold Clark

SUPPORTED BY



ArmstrongWatson
Accountants, Business & Financial Advisers







- Starring Felicity Kiran and Lauren-Lee Bock
- Hosted by the incredible Danny Matthews from The Bay Radio
- Featuring the Amazing award winning Amabile choirs and the Dynamic
- StageCoach dancers.
- The primary school choirs from local schools winners
- Sound and lighting from Matthew Ward
- Filming being done by the students at Kendal college
- An Awesome Raffle and Auction including meals, spa treatments, Champagne as well as quirky prizes!
- 10% going to the Kendal Organ Donors
- The South African ladies have among their accolades the honour of being on Beyonce's Wikipedia page and are signed to Orchard and Next Music for their digital music.
- This is going to be a quality show which includes a full audio visual display 16ft by 8ft
- Tickets from Brewery Arts Centre
- £5 £20 and £50 vip which includes canapes from award winning chef Andrew Fox catering Barrow, Prosecco and meeting the ladies and Danny.

LAND | SEA | LIFE

This Autumn, Abbot Hall Art Gallery stages one of its largest shows in the last ten years with over 70 works by over 40 leading artists including Henry Moore, Barbara Hepworth, Graham Sutherland and Laura Knight.

The LAND | SEA | LIFE exhibition highlights the very best of twentieth century art from The Ingram Collection of Modern British Art. Chris Ingram began collecting in 2002, and quickly created one of this country's most significant collections of Modern British Art.

Featuring paintings, sculptures and works on paper, visitors are taken



on an individual journey of discovery from Henry Moore's Reclining Figures to Laura Knight's breath-taking Sea & Rocks.

The Land perspective features atmospheric scenes by Alan Reynolds and Edward Burra, and

urban landscapes by Keith Vaughan, Frank Auerbach and Carel Weight.

The Sea aspect is covered with works by Dame Laura Knight, John Piper, Terry Frost and Patrick Heron.

The final subject of Life brings together several sub themes including Still Life and the Figure displaying work by significant artists from the period such as Dame Barbara Hepworth, David Bomberg, Henry Moore, Eduardo Paolozzi, Ben Nicholson, Bryan Winter, Henri Gaudier-Brzeska, Eric Gill and Christopher Wood.

Ingram himself has given advice on collecting, "The golden rule is only buy what you like and

enjoy. Regardless of what people tell you and what's fashionable. Always start with what you like.

The exhibition will also investigate the notion of collecting, comparing the personal motives of Chris Ingram with the Gallery Collection and exploring why we collect?

Helen Watson, Director of Programming, Lakeland Arts said, "Abbot Hall Art Gallery is delighted to be working in partnership with The Ingram Collection, to present a unique opportunity to see work by leading artists from the twentieth century."

Abbot Hall Art Gallery, Kendal. Until Saturday 17 February 2018

I got the Blues in Bowness Bay, ya'll

After this year's sell-out show Bowness Bay Blues will be celebrating its 7th event in 2018 on 23/24/25 March.

This event has grown to be a flagship of all that is good about blues music. The Rotary Club of Windermere are proud to have raised £12,000 from the 2017 event to donate to Ambleside & Langdale Mountain Rescue and Lancashire & North-West Blood Bikes.

2018 has an even bigger and better programme including Ben Poole who is making massive waves on the continent, the very popular Jar Family, the amazing Sean Webster Band and - leaving the best to last, - finishing off with Aynsley Lister and his band.

Also playing, are Stoney Broke, Red Butler, The C Sharpe Band, Snakewater, George Shovlin, Gerry Jablonski, Redfish, Paolo Morena, Mark Pontin, Dean Newton, Secure Unit and Gus Munro.

Ian Siegal, voted Acoustic Artist of the year in 2016 (for the third time) in the British Blues Awards, is flying in especially for a one-off gig on the ever popular Blues Cruise, sailing on England's largest lake, with scenic views of the Lakeland fells as a backdrop.



A new venue will be Storrs Hall Hotel on the shores of Lake Windermere where you can see George Shovlin and the Radars playing in luxurious surroundings.

The charities chosen for 2018 are Jigsaw (the Cumbrian Children's Hospice) and Cancer Active Cumbria so not only will you have a great weekend of music you will be donating to worthy charities too.

Take advantage of the early-bird price of £55 for a weekend ticket, which will be on sale until Christmas and would make an ideal Christmas present.

Check us out for news and updates on www.bownessbayblues.co.uk

Christmas Concert

The Ambleside and District Choral Society's Christmas Concert is on Saturday 9th December at 7.30 pm in Ambleside Parish Church.

The main work is the Messe de Minuit pour Noël by the seventeenth-century French composer Marc-Antoine Charpentier, a charming work based on traditional French carol tunes. The programme also includes the very popular Fantasia on Christmas Carols by Vaughan Williams and other Christmas works for choir (and for the audience). Tickets are £12 (including a glass of wine) and are available from choir members or at the door, or by ringing 015394 33944/32060. Children under 12 are admitted free of charge.

23rd - 25th MARCH 2018

WEEKEND TICKET EARLY BIRD PRICE ONLY £55

**IAN SIEGAL / BEN POOLE / JAR FAMILY
SEAN WEBSTER BAND / AYNSELY LISTER**

**GEORGE SHOVLIN AND THE RADARS
STONEY BROKE / GERRY JABLONSKI
THE C SHARPE BAND / SNAKEWATER
REDFISH / PAOLO MORENA / RED BUTLER
MARK PONTIN / DEAN NEWTON
SECURE UNIT AND GUS MUNRO**

Tickets available from
www.breweryarts.co.uk and www.trybooking.com
www.bownessbayblues.co.uk
[facebook.com/BownessBayBlues](https://www.facebook.com/BownessBayBlues)

macbeth scott & co
insurance brokers
macbeth scott & co
life & pensions

ADL
architects

Rotary

Roast partridge with sage, thyme & cider

Cumbrian cider is one of the latest specialities to be added to the Low Sizergh Barn farm shop shelves.

It's made in Wigton using locally picked apples and is the perfect partner for partridge from Cartmel Valley Game, which is sourced from local shoots. Both ingredients bring vibrant flavour to the seasonal table and we've found a lovely recipe that combines them to make a fine supper for two.

INGREDIENTS Serves 2

- 2 oven-ready Cartmel Valley Game partridges
- 1 bunch sage
- 1 bunch thyme sprigs
- 1 garlic bulb, halved around its circumference
- 1 tablespoon extra-virgin olive oil
- 2 large knobs Winter Tarn butter
- 100ml Cumbrian Cider
- 150ml double cream
- 1 teaspoon dijon mustard
- salt
- freshly ground black pepper

METHOD

1. Heat the oven to 200°C. Place the partridges and herbs in a small roasting tray. Add the garlic and season well. Drizzle with olive oil and place a knob of butter on top of each bird. Roast for 20–25 minutes, until their skin is golden brown.
2. Remove the birds to a clean plate, turn them upside down and leave them to rest somewhere warm. Place the roasting tray over a medium heat, add the cider and bring to the boil. Add the cream and mustard. Bring the sauce back to the boil, then simmer gently for about 5 minutes, until nicely reduced. Season. Return the birds to the roasting tray along with any juices left on the plate.
3. Bring to the table in the tray, then place one bird on each plate and spoon over plenty of sagey, cidery sauce. Serve with buttery mash.

Low Sizergh Barn regularly stock partridge but please do ring ahead to reserve (015395 60426). Recipe adapted from Gill Mellor's cookbook Gather, which you can find in our shippon.

Christmas at LOW Sizergh BARN

Find a gift for everyone on your list

Enjoy raw milk, an everyday staple and a foodie find

Pre-order your turkey, trimmings, before and afters

Choose a farm shop hamper or create your own



Reserve a table Christmas
Lunches 11th - 15th Dec

Select a cheese from
our champion counter

Low Sizergh Farm, Sizergh, Kendal LA8 8AE
www.lowsizerghbarn.co.uk 015395 60426

Food and Drink Guide

While Cumbria is one of England's largest counties, it is also one of its least urbanised, making its undoubted culinary prowess even more significant.

To celebrate the outstanding food and drink offering in Cumbria, Cumbria Tourism has launched their annual Food and Drink Guide.

Introduced by restaurant proprietors, Liam and Kath Berney of the 3 AA Rosette The Cottage in the Wood near Keswick, the guide showcases some of Cumbria's best restaurants, pubs and local producers. A go-to guide for visitors coming to Cumbria, the Food and Drink Guide is distributed across the county as well as within a two and a half hour driving distance for visitors

on their way to the county.

Gill Haigh, Managing Director of Cumbria Tourism, said: "To have such a concentration of food excellence in the area is a prestigious honour for Cumbria's restaurant industry. It also means our visitors and residents have the luxury of choice for somewhere special to dine that is among the most select company in the country.

Cumbria is renowned for its original produce; Herdwick lamb, Cumberland sausage, sticky toffee pudding and Grasmere Gingerbread.

The Food and Drink Guide is a staple publication for the millions of visitors coming to Cumbria each year and we're proud to produce the extensive guide with our members."

Cumbria sits at the top table for restaurants

The Lake District has retained its named as one of the most prestigious foodie destinations in the UK, as well as being the best in the whole of the North West.

Cumbria's position on the nationwide food map in the Michelin Guide has been bolstered this year with The Forest Side at Grasmere and Hrishi at Gilpin Hotel & Lake House in Windermere retaining their one star, together with Simon Rogan's L'Enclume in Cartmel continuing to boast two Michelin Stars.

Since setting up L'Enclume in 2002, restaurateur Simon Rogan has been honoured by the Michelin Guide every year since 2005. Last year saw new comers Gilpin Hotel & Lake House and The Forest Side gain their star for the first year.

Michelin star restaurants lure gastronomes from all corners of the globe and are famed for offering the crème de la crème of eating and dining experiences – particularly with international visitors.



HOLKER CELEBRATES CHRISTMAS

1st - 3rd, 8th - 10th & 15th - 17th December 2017



See the Hall beautifully decorated for the festive season. Hall open 11am - 4pm. Entry to the Hall £8.50 per adult, accompanied children under 16 free.

See website for full details of all events taking place throughout December.

Free parking. Free entry to the Grounds, Gift Shop, Food Hall, Café & Ilex. 10.30am - 4pm

Holker Hall & Gardens, Cark-in-Cartmel, Nr Grange-over-Sands, Cumbria, LA11 7PL
015395 58328 www.holker.co.uk

HIGGINSONS
of GRANGE

Everything you need for the most wonderful feast of the year...

OUR SPECIALITY FESTIVE RANGE INCLUDES:

- Copas Free Range Bronze Turkeys
- Higginsons Farm Fresh Turkeys
- Free Range Geese, Duckling & Cockerels
- Festive Joints of Beef, Pork, Lamb & Venison
- Legendary Award Winning Pies

HIGGINSONS CHRISTMAS BOXES
FROM ONLY £45 (feeds 6-8 people)
Includes all your festive Meats & Trimmings for a luxury Christmas Dinner!

GREAT VALUE

Christmas Orders now being taken!
Visit our website to see our full Christmas Range and our Shop Opening times!
Call 015395 34367 www.higginsonsofgrange.co.uk
Main Street, Grange Over Sands, Cumbria LA11 6AB

Are you being fair?

WINDERMERE AND BOWNESS FAIRTRADE GROUP members will be contacting many local business in the area over the next few weeks to keep their records, regarding Fairtrade products that are available, up to date.

With the town's continuing Fairtrade status anyone who has these items available, be it a café, restaurant, shop or office are encouraged to make themselves known. It makes a huge difference to the lives of farmers who produce crops such as coffee, tea, sugar, cocoa and bananas to name just a few!

If you are a local business owner and would like to make contact with the Fairtrade Group, please contact Theresa Wooll, coordinator for the group at: theresawooll@btinternet.com

Don't miss this. 2nd December!

Local Holme village girl, Kate Edmondson, has been chosen as a finalist in the Miss Cumbria Junior Competition, in Carlisle.

Kate is a 6th form student at Dallam school, studying A levels in Psychology, Biology and Business Studies.

Part of her entry has been to raise money in the area for the Children's Variety charity, one of Miss Cumbria's chosen charities. To do this she is organising a Christmas market on the 2nd of December 2017, 2pm-5pm at the Athenaeum in Heversham. In addition to this she is holding a Prize bingo on the same night to raise further funds. Kate said "I have had a wonderful response from local businesses, such as Booths, Sizergh Barn, Wolf house Gallery and The Leisure Centre, to name but a few."

You can find out more on her official 'Katie Edmondson Miss Junior Cumbria 2018 Finalist' Facebook page.

The Bay's own Dragons' Den, Bay Business Angels, hosted the second event in a continuing series of their new investment network, which has been set up in the Bay area by local business advisors.

There were 5 pitching businesses on the day with over 60% of them receiving investment offers, some more than one. This type of event usually attracts only 10% of investment making the Bay Business Angels event a huge success.

The investment meeting in September, was attended by over 60 invited guests. Pitches came from:-

- **Bee Industrious Ltd** – A market research agency using big data mining techniques
- **Beer Hunter Ltd** – Introducing a new way of buying craft beer wherever you live
- **Select Salvage Ltd** – Supplier of top quality guaranteed used car parts
- **Simply Modular Ltd** – A new form of low cost housing production
- **Mello Ltd** – A fast growing new soft drink and organic food business.

Huge investments by the Bay Business Angels



To increase focus on local businesses and entrepreneurs to get involved in the network, Bay Business Angels will be organising "investment readiness" events with Access to Finance that are set to be rolled out from December. Watch this space.

Jenny Pape from CLB Coopers added: "It was great to see showcases and pitches coming from home-grown talent from across the North West, with passion and entrepreneurial spirit evident throughout. With such a high proportion of the pitches receiving

offers of investment, it is clear that Bay Business Angels is keen to support our local economy. All of the business partners are extremely proud of being associated with the network."

The next event is in March 2018 and applications will be considered for potential investee companies from December 2017. Those interested should contact Steve Wall at Access to Finance on 07824472105 or register their interest at www.nwbusinessangels.co.uk

Potential investors should access the "Looking to Invest" tab on that site.

Hotel most romantic in the UK

A sumptuous Grasmere hotel has been officially crowned the most romantic hotel in the UK.

Michelin star hotel Forest Side, part of Cumbrian group Wildsmith hotels, was given the prestigious award by the Good Hotel Guide 2018 also appearing in it's 40th birthday edition. Cesar awards, named after Cesar Ritz of the Ritz Hotel are

presented annually to the businesses which display excellence in their field. Head Chef Kevin Tickle and team, have also managed to retain Forest Side's much coveted Michelin star for a second year running. Hotel owner Andrew Wildsmith said "I am very proud of the team at Forest Side for the experience they have developed at the hotel. Grasmere is beautiful

and we aim to reflect the atmosphere and calm of the Lake District throughout the hotel and restaurant. To win a Michelin star takes a great deal of precision and rigour and the team deserve this very much." The hotel has also recently been championed as one of the best places to stay for a perfect Christmas getaway by The Times and Sunday Times.

A new life for Highgate House

A prominent Georgian property at 134 Highgate, in Kendal, has been dragged into the 21st century by K-Town Properties (who already own Stramongate House).

Highgate House was built in 1798 by John Davidson as a home. The building and the one next to it were designed by renowned architect of the time Francis Webster, who came from a family of masons and marble polishers. Webster has been described as “the first to introduce the public profession of architecture into Kendal”

134 Highgate became a doctor's practice sometime in the 1950's and then later an accountant's practice in the 1960's. The accountants practice remained on the site till it was sold in 2016.

K-Town properties acquired the house, intending to convert it into offices in the same way they had with Stramongate House, which has eighteen letting offices of varying sizes.

The building had suffered from subsidence back in the 1970's which had been dealt with effectively from a structural point of view, but nothing else had been done decoratively. There were cracks in the corners of rooms, across ceilings and down walls. Some of them up to 2" wide and 4" deep in the thick walls. Plaster was falling off walls where damp had penetrated.

On the second floor the floor joists were hanging out of the wall where the outer wall had bowed during the subsidence of the 1970's.

Builders, DH Willacy, started in January by fixing the leaks around the chimney stack before they could start on the fabric of the building.

Sash windows were repaired, glass replaced and the original shutters made functional again in all the rooms.



The building was rewired with a new data and phone network added, all the new lights are LED. A state of the art combination boiler was brought in to cope with the high outputs required to heat the high-ceilinged rooms.

All the features were protected and enhanced and in some areas, rediscovered. The exterior had benefited from a shop front grant and had the gutters repaired and decorated. Another Westmorland window had been saved with views onto the cobbled courtyard to the rear where car park had been sealed with porous tarmac and marked out.

The project was finally complete six months later when the carpet fitters had finished, and the decorators had completed the final touch ups.

Highgate House, 134 Highgate, now comprises of 8 separate rentable offices with communal facilities. The original features enhance the rooms with original fireplaces, plaster work and shutters throughout the building.

An office here will enhance any business at very competitive rates as rent includes utility costs and does not attract VAT.



For more details visit:
www.ktownproperties.co.uk

Evans Autobody, Flookburgh expands to new larger purpose built premises.

In 2001 at the age of 21 Lee Evans a local Flookburgh lad took the plunge and started on his own carrying out vehicle body repairs in a small rented 75sq mtr farm unit on Cark airfield.

Lee soon got a name for doing a good job and his reputation started to grow over the years.

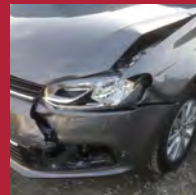
In 2004, Lee moved into another farm unit on Cark airfield just over double the size of his present unit and he bought himself a second hand spray oven to speed up the drying process of paintwork. As the business got busier Lee employed an apprentice to help him along the way of growing the business. As time went on the reputation of Evans Autobody was growing and Lee and his apprentice were becoming extremely busy so Lee decided to expand the unit he rented and also buy a second spray oven and employ a paint spray technician to help keep up with the amount of workflow they were getting through. As time went on and work got busier by 2011 Evans Autobody had a team of 4 staff and by 2012 Evans Autobody was growing at an excellent rate and now consisted of 5 staff. As Evans Autobody's reputation grew they started to build a relationship repairing damaged vehicles for Batemans Toyota and Hadwins VW/Audi then soon after they were also repairing vehicles for Batemans BMW.



Evans Autobody has become a preferred choice for many local people and businesses due to the professional high standard of work carried out and also their excellent customer service. They continue to keep a good relationship with all private and trade customers.

In 2015 Lee bought 1 acre of a field 3/4 mile down Moor Lane on the left hand side of the road with the intention to build a large purpose built accident repair centre. Lee applied for Planning permission but this was a rejected as the planners would not allow for building on this plot but Lee, not being one to let anything beat him fought the decision and eventually in 2016 was granted permission to build the new workshop he dreamed of since starting the business in 2001.

October 2017 Evans Autobody's new purpose built 700sq mtr unit is now officially open for business and has a fully qualified team of 9 staff, 12 vehicle bays, 1 valeting bay and 3 spray ovens.



- ✓ Guaranteed excellence at competitive prices
- ✓ Fully equipped accident repair centre
- ✓ Cars, Vans, Commercial, Motorhomes and Motorcycles.
- ✓ Insurance work carried out with all major insurance companies (Remember it's your car, your choice who repairs your vehicle)
- ✓ Had an accident, Not your fault? (We can sort the full claim process for you hassle free, cost free and will not affect your own insurance)
- ✓ Restorations, Resprays & Modifications
- ✓ Interior/exterior valeting & detailing
- ✓ Specialist in Alloy wheel repairs
- ✓ Paintless dent removal
- ✓ Laser 4 Wheel alignment
- ✓ Free courtesy cars & vans
- ✓ 24hr Accident recovery service

TESTIMONIAL

Over recent years Lee has restored my 1976 MG Midget, 1989 Audi 100 and more recently my 1994 Range Rover, The biggest challenge was the restoration of my Range Rover, which once he dismantled it needed some extra work, but true to his word he finished at 4 pm on the day he said he would. And at the agreed price. All through the project he kept me informed, invited me to look at his work and finally when the job was complete, furnished me with a set of photos from start to finish. (nice touch) The work was done to a very high standard and the compliments I get over its condition should make Lee very proud.

I know how hard Lee works and his success is a testament to his never ending quest to please his customers and give them their cars back in perfect condition and in the time scale he promises.

Lee's new premises are a sign of his professionalism and I am sure he will go from strength to strength.

I know I'm not the only person who wishes Lee every success in the future, and if anyone is in doubt about where to take their beloved cars after a scrape or if they want just honest professional advice they need look no further.

*Good luck Lee, Richard English -
The Cavendish Arms Cartmel*

CALL: 015395 58329

www.evansautobody.co.uk

Head down Moor Lane (LA11 7LS) towards Lakeland holiday park. We are located on the corner of the 2nd left turning approx 3/4 mile down Moor Lane.



Keeping you updated while we're improving our wastewater network.

Thank you for your patience when we were carrying out our first season of work.

We've planned our work on the A592 to take place outside of the main tourism period when the roads are usually a little quieter. Although we do understand that roadworks are inconvenient - regardless of when they take place!

Our team are now carrying out our second season of work to install further sections of a new 6.5km wastewater pipeline from our treatment works near Tower Wood, along the A592 towards our pumping station at Glebe Road.

How this will affect you

We'll have a number of locations where there will be temporary traffic lights in place. For the safety of our team and road users we'll have a 10mph speed restriction around the traffic light working areas.

From Tuesday 2 January a section of the A592 will be temporarily closed to all vehicles between the Beech Hill Hotel car park and the property called Moor Crag. We'll ensure residents within the closure points are still able to access their homes. A fully signed diversion will direct all traffic around our work via the A590/A591. The closure will be removed during the February half term holidays and then put back in place until the completion of our season two work (Easter 2018).

We'll also be carrying out connections and improvements at our pumping station located with the Glebe Road car park. For safety we need to close the entire car park from January 2018 until Easter 2018.

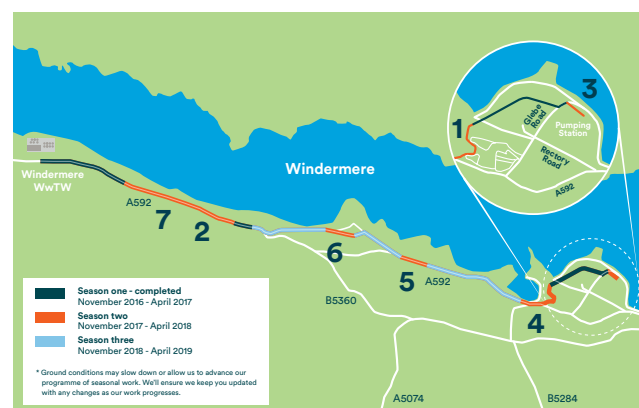
We understand this will be inconvenient and we're working with our stakeholders to look at the possibility of securing alternative nearby parking during the closure.

Thank you for bearing with us while we're improving our wastewater network.

You can find information about our work at unitedutilities.com/Windermere or call us on 0345 672 3723 quoting project number ADV 80040328.

We'll be happy to help.

Season two traffic management



- 1. Ferry Nab car park restrictions**
September to October 2017
- 2. Traffic lights**
Moor Crag to Greenacres
November to December 2017
- 3. Car park closed**
Glebe Road car park
January to Easter 2018
- 4. Traffic lights**
Junction of A592/B5285 (Ferry Nab Road) to outside Windermere Marina
January to Easter 2018
- 5. Traffic lights**
Cannon Close to 120m south of Ellerwood (Middle Entrance Drive)
January to Easter 2018
- 6. Traffic lights**
Old Mill Crescent to outside Beech Cottage
January to Easter 2018
- 7. Road closure**
Beech Hill Hotel car park to Moor Crag
January to Easter 2018

Special Christmas offers

Up to £200 off crank and hub driven bikes and trikes £25 worth of accessories given with every sale.

NEW YEAR'S EXPANSION PROGRAM

- Increased workshop and showroom facilities
- Bespoke frame building service
- Conversion of the bike of your choice
- Sale and conversion of Pashley UK hand made bikes and trikes
- E-bike refurbishment
- Specialist adaptations for those with mobility issues
- Fault diagnosis and battery testing



bespoke ebikes

SHOWROOM OPENING

TUESDAY - SATURDAY 10AM - 4PM

SUNDAY & MONDAY CLOSED



015395 59195 or 35786 www.bespoke-ebikes.co.uk

Unit 20, Airfield Approach Business Park, Moor lane, Flookburgh, LA11 7NG

Not as daff as you may think



Classmates have planted 1,000 daffodil bulbs as part of the redevelopment of a small South Lakeland park.

Children from St Martin and St Mary C of E Primary School in Windermere were invited to help add a splash of colour to the patch of public open space at nearby Baddeley Clock.

They did it in record time too, planting and covering all 1,000 bulbs and helping to rake the soil in less than an hour. South Lakeland District Council (SLDC) has been thinning out trees and tidying up the park as part of a wider landscaping project which is expected to be completed by early next summer.

SLDC Councillor David Fletcher says the green-fingered children were hand-picked for the job. "Some of the older children who took part in the bulb-planting are 'school eco-warriors' who are already showing real interest in green issues and

behaving in a way which contributes to maintaining and improving their environment. All their hard work will be rewarded when the daffodils reappear as the colourful centrepiece in the newly redeveloped park."

The redevelopment of Baddeley Clock park is the first project as part of SLDC's new partnership with the award-winning grounds maintenance, landscape construction and street cleansing company, Continental Landscapes Ltd.

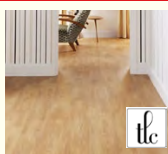
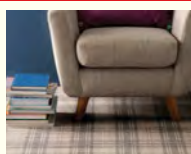
Caroline Gooch, Continental Landscape's Biodiversity and Community Relationship Co-ordinator, said: "The kids were fantastic, they were so well behaved and responsible and worked so hard."



Crompton's
QUALITY FURNISHERS

SUPPLYING ONLY THE BEST CARPETS - FULL INSTALLATION SERVICE AVAILABLE

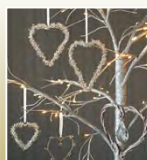
Penthouse
carpets
BROCKWAY
carpets
ulster
carpets



NEW DESIGN SOFAS/SOFABEDS NOW IN STOCK



FABULOUS RANGE OF CHRISTMAS GIFT IDEAS



sia
HOME FASHION

Kents Bank Road, Grange over Sands

01539 534232

cromptonsofgrange.co.uk

XDDesign

Loos

Handcrafted

Celebrity

Alstons

Stuart Jones

HARRISON BROTHERS

Penthouse

BROCKWAY

ulster

Kendal school Governor reaching out

Paul Johnson, a former primary school teacher in Cumbria, and now LA Governor of Sandgate Primary School in Kendal, witnessed too many children not fully engaging with learning by traditional means.

"Usually the children who weren't thriving tried to cover up their lack of understanding, rather than reach out to their teacher," he said. He believes this is because they have no vocabulary or baseline to begin to describe how they feel, leaving them thinking they are just not as clever as their peers. Incredibly, as many as one in three children in the classroom could have neurodiverse traits making it difficult for them to learn by traditional means: such



as Dyslexia, Dyscalculia, Dyspraxia, Attention Deficit Disorder and Autism.

"These are not disabilities, unless others make them so through their lack of understanding," explained Paul, "they are just different ways of being wired and of seeing the world."

So this former teacher decided to do something about it and earlier this year he set about

publishing books, under the Your Stories Matter imprint, written from a child's perspective of what it is like to be neurodiverse. Paul is currently seeking collaboration with local primary schools to help develop a range of free teaching resources to be used alongside these books, in return for free copies.

He can be contacted at www.yourstoriesmatter.org

This half term, Key Stage 2 have been looking at World War 2. They have covered lots in that topic; including The War effort, Dog fighting, rationing, woman at work and evacuees.

In Literacy they have been reading 'Good Night Mister Tom', by Michelle Magorian. The children have really enjoyed the book and it's given them a great insight into what life was like during the war. Local man, Bill Aitken, who was evacuated from South Shields to Windermere in 1939 came into School and shared his tales as an Evacuee. It was amazing to listen to Bill and hear the stories from what Windermere used to be like during WW2. Children made gas masks to wear on a WW2 dressing up day. On this day, all the children dressed up as evacuees and the teachers were in

Knees up at St. Cuthberts



role too! On arrival in the church hall the children were registered with the Billeting Officer and given their identity labels and a profile of an imaginary family they would live with during their time as an evacuee. As the day went on, children wrote letters home as evacuees, made Anzac biscuits using rationed ingredients, and designed comic strips based on war humour. They also did singing and dancing with the children particularly enjoying

'knees up Mother Brown' and 'The Lambeth Walk'. During the day- several air raid sirens went off and the children needed to safely find cover. Although the children found this exciting, they also realised how scary it would have been, during a real air raid. In November pupils looked at local rivers and our wonderful weather. They also visited Manchester's Museum of Science and Industry.

Invitation to Kendal Schools

Now that we have expanded our distribution area to Kendal your school may have interesting things to tell our readers about.

It's completely free and a great way to let readers know about visits, awards or exciting projects. Pictures are welcome (with parents permission).

Get more details of how to contribute from info@nowmags.co.uk

Goodly Dale, Windermere



The Autumn term at Goodly Dale Community Primary School has seen the adoption of a new approach to teaching across the school.

Children are now taught PE, Computing, RE, Geography, History and Art by subject leaders/specialists. This ensures the children are receiving the highest standards of teaching across a broad and exciting curriculum. All the children also continue to receive Forest School/outdoor learning sessions each week at Goodly Dale. Recently the Year 6 children became local Netball Champions at the Lakes School competition and progressed to the South Lakes Finals at Cartmel. In English and Maths, provisional results for Year 6 show that the children at Goodly Dale exceeded the national average in attainment and more importantly made exceptional progress from their starting points. The progress made in reading puts Goodly Dale children in the top 10% nationally.



This Festive Season...

PARTY NIGHTS

Friday 1st - Casino & DJ
 Saturday 2nd - Live Band & DJ
 Friday 8th - Casino & DJ
 Saturday 9th - DJ
 Friday 15th - Casino & DJ
 Saturday 16th - Full
 Wednesday 20th - ABBA
 Tribute (Agnetha & Freda) & DJ
 Friday 22nd - Full
 Saturday 23rd - Full
FROM £24.95

Unwind and relax this winter season in front of our cosy log fires and adore our winter wonderland. Whether it be for a hot chocolate with marshmallows or a mulled wine, we are open to non-residents every day of the week!

SUNDAY 3RD DECEMBER 2017

Santa returns to Netherwood
 £10.00 per child | pre booking essential



NETHERWOOD

HOTEL & SPA

Winter Warmers
£9.95
 Turkey and trimmings sandwich with a choice of soup or chips, cup of coffee and mincemeat swirl
 12.00 - 6.00 pm

Festive Lunches

2 Courses £15.95
 3 Courses £19.95
 Coffee & Mince swirl £2.95

Our restaurant is open from 12.00 - 2.00 pm, 7 days a week

015395 32552 | enquiries@netherwood-hotel.co.uk | www.netherwood-hotel.co.uk







CHRISTMAS CELEBRATIONS BY THE LAKESIDE

lakesidehotel.co.uk

Sunday to Friday Festive Celebrations
 Two Course Lunch £22 or Three Courses £26
 Cream Tea £29 for two
 Four course dinner & Coffee £39

015395 30001

Pre-Christmas Spa Offer

25% discount when booking a luxury Spa Day for two or more, also receive a £25.00 gift voucher to use against your next treatment or why not use it as a gift.



WINDERMERE
SCHOOL



WINDERMERE SCHOOL SCHOLARSHIPS SAVE UP TO 75% ON FEES

Does your child excel academically, or in sport, music, art or drama?
Scholarship applications are open for Years 7,9 and 12, enrolling Autumn 2018.

015394 46164
info@windermereschool.co.uk
www.windermereschool.co.uk



The toughest walk I've undertaken this year was little more than 25 yards – from the side door onto the stage at Rheged for the 2017 Wainwright Memorial Lecture in October.

The Wainwright Society members who came to find out how the I'd been getting on revising the seven-volume Pictorial Guide to the Lakeland Fells know a thing or several thousand about Alfred Wainwright, so it was with some trepidation that I looked out into the big audience and asked them nicely not to send one of their number up to the stage with my P45!

One of the things I wanted to get across was that the updated guidebooks are no substitute for the real thing – that is, the original hand-drawn books Kendal Borough Treasurer Mr Wainwright painstakingly compiled between 1952, when he did his first ascent diagram, and 1965 when he completed work on his final fell (Starling Dodd) prior to publication of Book Seven: The Western Fells in 1966.

This is because the Wainwright Estate, in the form of AW's two stepdaughters from his second marriage, are determined to keep the original editions in print alongside the new books. Some people seem to think it is okay for Fix The Fells to update the Lake District's footpaths but not all right for the Pictorial Guides to be updated. Paraphrasing the great guidebook writer, what a frightfully untidy suggestion. The idea that the best guidebooks ever created about the Lake District mountains shouldn't be updated and should fade away gracefully, which would mean future generations of fellwalkers would never be able to rely on such masterpieces, is simply ludicrous.

There, I've said my bit – now I've got some walking to look forward to; over the next 12 months I will be out and about on the North-Western Fells (Catbells, Causey Pike, Grisedale Pike and the rest), which many visitors to the Lake District consider the most delectable of all. AW did . . . so who's a lucky boy, then!

Clive Hutchby, who contributes to Windermere Now, is revising Alfred Wainwright's seven-volume Pictorial Guide to the Lakeland Fells. Books One, Two, Three and Four (the Eastern, Far Eastern, Central and Southern fells) have already been published. Book Five (The Northern Fells) will be published next spring.

Coniston sailing club celebrates 50 years

Coniston Sailing Club have just enjoyed their 50th Anniversary year celebrating the development of this popular club on the west shore of Coniston Water, just south of Coniston village.

The club uses the old boat house of the Coniston Old Hall Estate, built in 1580.

Since their 1967 beginnings the club has acquired training boats and built a new jetty as well as an extension, containing new changing rooms, shower and toilet block, which replaced the old facilities.

This was a great start to their 50th anniversary year which culminated with their Annual General Meeting and prize giving in October at which 23 juniors received their RYA



sailing certificates, following a very successful junior training year. Some of the juniors only started sailing this year after attending the club's 'Try Sailing' Open Day in May.

Other Club junior members have also celebrated sailing successes during the year, competing in RYA zone squads, school events, and National and World championships. The



club has a varied calendar of organised sailing events, racing, training, open meetings and social activities.

Learn about Coniston Sailing Club: contact Judy Leese membership@conistonsailingclub.co.uk.

Lakeland Canoe Club

Lakeland Canoe Club is a friendly club based around Kendal in the Lake District, offering many kayaking/ canoeing opportunities for members. These range from river trips mainly in the Lakes and Pennines but also local weekends and longer trips to Scotland, sea trips on the Cumbrian coast and weekends in the North East of England and Scotland. New members are

always welcome, especially those who are looking for more opportunities to kayak or canoe.

There are friendly and informal, weekly pool sessions at Kendal Leisure Centre from 9 – 10pm on Sunday nights which allow you to pick up or practice kayaking skills, play canoe polo and meet like minded people. There are also competitive polo matches organised for new and experienced

players, with inter-club polo tournaments as part of the Cumbria and the North West polo leagues.

On Sunday 3rd December there is a come-and-try kayaking session for beginners the pool at Kendal. Cost £8. On Sunday 10th the club is offering an introduction to canoe polo. Cost £8.

To reserve places for either, email lakelandcanoeclub@gmail.com.

Badminton club celebrates 40 years

Strickland Badminton Club was formed over 40 years ago in 1977.

After a brief spell playing at the Parish Hall in Kirkland, it moved to the Market Hall (which now forms part of the Westmorland Shopping Centre). There, the members had the luxury of 3 courts but due to their Friday evening allocation, they were given the unenviable task, at the end of the evening, of setting out all the tables in position for the Saturday morning Market.

The construction of the new Westmorland Shopping Centre meant a search for a new venue. In September 1987, the club moved to the newly built Kendal Leisure Centre where they enjoyed the luxury of a purpose-built sports hall with a wonderful high ceiling and the bonus of heating. Many would say the golden era of Kendal badminton were those days spent playing on the freezing cold concrete floor



of the Market Hall huddled around the kitchen area drinking cups of tea but in truth, they have all become accustomed to the bright lights and modern facilities offered by the Leisure Centre today where they still play.

Strickland is a thriving and friendly club with 3 teams playing in the Westmorland Badminton League. In addition to league matches, the club enters local tournaments including the Albert Pearson Memorial Trophy, a handicapped

tournament held annually. The club meets on Mondays at 7.15pm and have the use of 3 courts until 10.15pm. For those members keen to continue playing once the main season ends in March, they also host an informal Summer Club allowing for fun, social badminton from June until August.

New members are always welcome and further information can be found on their dedicated Facebook page or website: stricklandbadminton.co.uk.

Rugby is officially OK



L-R: Jonathan Hodgson - WRUFC President, Liam Nichol - RFU Regional Development Officer, Cumbria, Tim Wragg - WRUFC Chairman

Windermere Rugby Union Football Club achieved RFU club accreditation status at its first attempt.

This means the club operates at a recognised level of competence and diligence recognised by the RFU and Sport England. All its systems and operations were audited and rated.

This is a positive step forward in the club's future.

On yer bike

Kendal Cycle Club has just celebrated its 2nd anniversary with the news that it now has over 500 members.

The popular Saturday morning road ride is a chance to meet up with similarly paced cyclists - and enjoy coffee and cake after the ride. The club welcomes non-members on the first Saturday of the month (with a relaxed 9 mile ride for those new to cycling) and hosts weekly ladies only Breeze rides. Mid-week and Sunday mountain bike rides offer the chance to get muddy. The Go-Ride junior section



has introduced "Minis" sessions, and now caters for riders aged 4 to 14. The highlight of the year were the end-of-term Go-Ride races, where the children got to put their skills to the test in a competitive race. The introduction of weekend

junior mountain bike rides led by qualified ride leaders is allowing them to get out on the trails.

Whilst there's loads of great places to ride locally, it's good to get away. The club week in Mallorca proved so popular that the

2018 trip has already been organised! A ladies coast-to-coast ride held at the end of the summer also promises to become an annual fixture.

The club has been well represented in local sportives and races, with some riders competing nationally and internationally.

Kendal CC aims to be a fully inclusive cycle club for all ages and abilities, and supports Wheels for Wellbeing who provide adapted cycles and organise inclusive cycling events.

The club always welcomes new members. Further details can be found at www.kendal.cc

Mobility Scooters



Classic Canes



Wheelchairs



Power Chairs



For all your **Mobility Aids**

We are the Largest Mobility Outlet in the North of England offering a huge selection of Mobility Scooters, all with full guarantees and no pressure sales

We also have a large selection of fashionable walking sticks.

NHS
and Wheelchair
voucher scheme
approved

Profiling Bed



Rollators



Riser Recliners



Bath Lifts



Station Road, Arnsdale, Cumbria, LA5 0HG
(Directly opposite Arnsdale Train Station)

01524 761656
www.scootermarket.co.uk

ADVERTORIAL

Natural Remedies. Not to be Sneezed at!



Aaah Winter, the season of... sore throats, coughs, runny noses and, if you're really unlucky, flu. But there's a lot you can do to ward off Winter ills: stay active, eat healthily, get a good night's sleep.

Dr Catherine Tupper at Manuka also recommends natural immunity boosters, from the familiar vitamin C, echinacea and zinc to the more exotic but equally effective astragalus root, used in Chinese medicine. And don't forget the 'sunshine

supplement', Vitamin D, recommended by the NHS. If you do succumb, Manuka stocks a range of flavoursome 'throat coat' and flu teas to relieve the symptoms. And if you're not sure what to take, or how much, Dr Tupper and her knowledgeable staff are happy to help.

**Pop in for advice or to arrange a private consultation.
Or call 015394 48941.**



HERBAL MEDICINE

A HEALTHY WINTER, NATURALLY.

Boost your body's defences against colds and flu.

There's no need to suffer this Winter. Nature has provided us with the means to both fight off colds and flu and reduce their severity. And for centuries man has harnessed these natural immune-boosting remedies, from ancient Chinese herbal medicine right up to modern research into the importance of Vitamin D. So that you can face Winter colds and flu head on, safely and with complete confidence. You'll find all you need at Manuka.

Manuka, 44 Main Road, Windermere, LA23 1DX t: 015394 48941
e: manukawindermere@gmail.com www.drcatherinetupper.co.uk

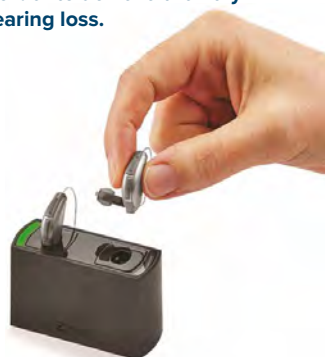
Give yourself the gift of better Hearing this Christmas

With over 40 years experience and dedication as a family run business, St John's Hearing are committed to providing a quality, personalised service in order to achieve the very best results for each individual hearing loss.

We know how important your hearing is. That's why we strive to offer you the best hearing instruments available and the most personal care possible. Please call us 015395 36391 today to begin your life of better hearing.

LET US BRING BETTER HEARING TO YOU

If mobility is an issue for you, or you would just prefer the privacy of your own four walls for your hearing evaluation, we offer **FREE HOME CONSULTATIONS** at a time to suit you. Our aftercare services are free of charge plus we service and repair all makes of hearing aid regardless of place of purchase



Our audiologists are continually developing their training and knowledge of all the current and breakthrough technology in order to offer you the very latest hearing solutions. We understand that if you have never worn hearing aid before, it is difficult to know what to expect and time is needed to make the adjustment to hearing new sounds, therefore a **FREE 30 DAY TRIAL** is available.

We also offer flexible, **INTEREST FREE PAYMENT PLANS** making better hearing more affordable than ever!

RECHARGEABLE HEARING AIDS ARE A REALITY!

If you wear hearing aids, you know how important batteries are to their performance. You also know how inconvenient it can be to buy hearing aid batteries, ensure you have spares with you, or change them in the middle of an event or conversation.

With the **Muse Z Power rechargeable battery technology**, you no longer need to worry about running out of power or replacing hearing aid batteries mid-activity. You can relax, knowing you'll have continuous, stable and uninterrupted hearing aid use throughout your day.



The new Z Power recharge by placing the entire hearing aid on the ZPower charger. After 3-4 hours of charging (we recommend overnight every night), your hearing aids are completely charged, and ready to deliver up to 22 hours of use. No need to fuss, worry or stop what you're doing because your hearing aids are running low on power. Call today for further information.

YOUR LOCAL HEARING SPECIALISTS

MAIN STREET, GRANGE-OVER-SANDS
015395 36391

**FOR AN APPOINTMENT OR FURTHER
INFORMATION CALL DIRECT AT THE
NUMBERS ABOVE OR CALL FREEPHONE
0800 085 1054
ST JOHN'S HEARING AID CENTRE LTD**

ST. JOHN'S
Hearing Aid Centres Ltd - Hearing Aid Consultants

hcpc
registered
www.hcpc.org.uk

BSHAA

DECEMBER

1st, 2nd & 3rd. Martin Roscoe & Friends at The Old Laundry Theatre in Bowness.

A weekend of glorious chamber masterpieces with a programme of 11 works by 11 great composers. Fri/Sat 7.30pm, Sun 2.30pm. Tickets adults: £22.50 child: £7. Tel. 015394 40872.

1st, 2nd & 3rd. Christmas Market at Yew Tree Barn, Low Newton, 40 quality stalls selling crafts, art, food and drink, with live music all day, chestnuts and mulled wine! 10am - 4.30pm Tel. 015395 31498.

1st & 2nd. Tall Tales & Magical Myths. The Brewery, Kendal. Join Brewery Youth Theatre for an evening of love, hope, imagination and fun to get the festive season off to a mystical start. With stories from Hans Anderson and a rip-roaring Kendal tale from local writer Steve Rowlinson. 7.30pm. Tickets £7. Tel. 01539 735891.

1st, 8th & 15th Christmas cake decorating workshop at Sizergh Castle. Ice and decorate a fruit cake (provided) ready to take home and enjoy. 9.30am-12.30pm. £39 per person. Booking essential phone 015395 60951.

2nd. Milnthorpe's Christmas Fair at No.17 restaurant. Performances from local acts, market stalls, Santa's grotto, arts and crafts, face painting and a lucky dip. Bar, teas and coffees and No 17 will be providing hot food. 10am - 3pm. Tel. 07585 663584.

2nd & 3rd. Santa Special at Haverthwaite Station. Magical family journey aboard Santa Express. Tickets £13. Tel. 015395 31594.

2nd. The Lancashire Hotpots, musical comedy maestros at The Brewery, Kendal. 7.30pm. Tickets £14. Tel. 01539 735891.

2nd. Westmorland Orchestra Concert perform their winter concert featuring the wonderful violist Steven Burnard. Westmorland Hall, Kendal Leisure Centre. 7.30pm to 9.30pm. Tickets £12 U18s Free. Tel. 01539 725133.

6th. Mark Thomas - a show that creates a fantastical, hilarious and possibly accurate vision of the world. The Brewery, Kendal. 7.30pm. Tickets £16, under 16's £12. Tel. 01539 735891.

7th. Young Marx (12A) NT live screening at The Brewery, . 6.45pm. Tickets £18, under 16s £17. Tel. 01539 735891.

7th. Sound of the Sirens at The Brewery, Kendal. 7.30pm. Tickets £8, £10 on the door. Tel. 01539 735891.

7th Shadow Tales - set in the 1860s, a story of a boy haunted by his past. The Brewery, Kendal. 1.30pm. Tickets £7, under 16's £5. Tel. 01539 725133.

7th & 14th. Christmas Wreath Making Workshops at Sizergh Castle. 9.30am-12.30pm. Create and take home your own Christmas wreath. Price includes refreshments. £39 per person. Booking Essential phone 015395 60951.

8th. Duke Special at The Brewery, Kendal. Duke will be performing songs and music based on the poetry of influential and renowned Belfast writer. Michael Longley. 7.30pm. Tickets £15. Tel. 01539 725133.

9th. Five in a Bar Christmas Carols at Growing Well, Low Sizergh, Kendal. A cappella singers Five In A Bar present a programme of music and words for the festive season. 7.30 - 10.00pm. Tickets tel. 015395 61777.

9th. Christmas Art Market Holker Hall. Artists from Cumbria and the North West will display their work at this market dedicated to painters and printmakers. www.artcumbria.com

9th. Coro Christmas Festive Indoor Market at the Coronation Hall and street market. Festive stalls, food and entertainment, Christmas gifts galore. 10am - 5pm Tel. 01229 588994.

9th. THE MOUSE OUTFIT at The Brewery, Kendal. 7.30pm. Tickets £13.50, £15.50 on the door. Tel. 01539 725133.

9th The Young'Uns at Kendal Parish Church. Join the three wise men of folk as they reflect upon and celebrate Christmas in both word and song, bringing seasonal joy and warmth to young and old alike. 7pm. Tickets £16. Tel. 01539 725133.

9th & 10th. Santa Special at Haverthwaite Station. Magical family journey aboard Santa Express. Tickets £13. Tel. 015395 31594.

9th & 10th. Windermere Christmas Celebration. Exciting family friendly event on the streets of Windermere. 11am - 8pm on 9th, 10am - 4pm on 10th. Tel. 015394 46499.

10th Christmas Food Market at Holker Hall. Local and regional food and drink. From 10.30am. Tel. 015395 58328.

10th. The Nutcracker - Encore Screening at The Brewery, Kendal. 1.45pm. Tickets £18, under 16's £17. Tel. 01539 725133.

11th. Blood Donor Sessions. Give blood and help save a life. Kendal Club Room, Castle Green Hotel, Kendal - 1:45pm to 3:45pm & 4:45pm to 7:30pm. 0300 123 23 23.

13th. Comic maestro Stephen K Amos at The Brewery, Kendal. 7.45pm. Tickets £17.50. Tel. 01539 725133.

14th Blood Donor Session. Give blood and help save a life. At The Hydro Hotel, Bowness. 1.30pm to 5pm. Tel. 0300 123 23 23.

15th. Christmas Food Market, Unsworth Yard, Cartmel. 10am - 4pm. Tel. 015395 36025.

16th & 17th. Santa Special at Haverthwaite Station. Magical family journey aboard Santa Express. Tickets £13. Tel. 015395 31594.

17th. MOULETTES at The Brewery, Kendal. 7.30pm. Tickets £16.50, £18.50 on the door. Tel. 01539 725133.

19th - 31st December Little Red and the Big Bad Wolf at The Brewery, Kendal. Tickets £14.00. Concession from £12.50. Tel. 01539 725133.

19th - 21st. The Christmas Gift at the Old Laundry Theatre, Bowness. A heart-warming, family friendly show with four famous Christmas stories magically bound together, with music, storytelling and readings. 7.30pm. Adult £10, child £8. Tel: 015394 40872

22nd. Christmas Farmers Market organised by Made in Cumbria. Kendal 9am - 3.15pm. Tel 01539 735891.

24th. Film It's A Wonderful Life at The Brewery, Kendal. 5.15pm. Tickets £7.50. Tel. 01539 725133.

24th. Blood Donor Sessions. Give blood and help save a life. Kendal Club Room, Castle Green Hotel, Kendal - 1.20am to 1.20pm. Tel. 0300 123 23 23.

BE THE CHURCH
Protect the environment. Care for the poor.
Forgive often. Reject racism.
Fight for the powerless.
Share earthly and spiritual resources.
Embrace diversity. Love God. Enjoy this life.

**Wherever you are on life's journey
there is a welcome for you.**

Carver Church, Lake Rd, LA23 2DB

CarverUniting.org.uk



Windermere Christmas celebration

Windermere's Christmas Market has been renamed as Windermere Christmas Celebration.

And if this kind of market is right up your street then put the weekend of the 9th and 10th of December in your diary. There will be a whole range of stalls selling all sorts of gifts and products, food and drink with live music and entertainment to make it a perfect family day out. The success of this year's event is set to be even bigger and better than last year's. Originally the market



was held on Victoria Street, but due to a significant demand for stalls, the market will spread across High Street too and promises to be a magical and wonderful weekend. On Saturday the 9th December the event will be open 11am to 8pm and on Sunday 10th December from 10am to 4pm.

It's a Wonderful Life!

It will soon be time for the Royalty's annual Christmas treat of "It's A Wonderful Life", starring James Stewart.

This uplifting Christmas film was released in 1946, but it continues to find a new as well as a repeat audience each year. It will be shown on Christmas Eve at 5.00 pm, with a short selection

of vintage clips in support, plus mince pies as well as traditional refreshments. "The film really gets you in the mood for Christmas," says the Royalty's proprietor Charles Morris. "After everyone has been rushing round doing their last-minute shopping, this is the time to wind down and start enjoying the festive season."

James STEWART
Donna REED
Frank CAPRA

"IT'S A WONDERFUL LIFE"
The ultimate feel good Christmas film

SHOWING ON
CHRISTMAS EVE, 24TH DECEMBER
ROXY CINEMA, ULVERSTON 11.00AM
ROYALTY CINEMA, BOWNESS 5.00PM

SUPPORTING PROGRAMME OF VINTAGE CLIPS PLUS MINCE PIES.

www.nm-cinemas.co.uk

MORE EVENTS FOR THE DIARY...

Thurs 30th Nov- Ruskins Bar, Kendal Open Mic from 8.30pm

Fri 1st Dec- Ivy Leaf Club, Kendal Macaroon Ceilidh Band, 7.30pm, £5 Entry

Sat 2nd Dec- Ruskins Bar, Kendal Punk Night: The Crippens and Holiday, £3 Entry

Thurs 7th Dec- Brewery Arts Centre, Kendal Sound of the Sirens, £8 adv.

Fri 8th & Sat 9th Dec- Lowther Castle Night Under the Stars

Sat 9th Dec- Arnside Sailing Club, Arnside Room Full of Mirrors, £5 Entry

Sun 10th Dec- Bootleggers, Kendal Nine Lives

Thurs 14th Dec- Bootleggers, Kendal Aynsley Lister, £12 adv.

Fri 15th & Sat 16th Dec- Lowther Castle Night Under the Stars

Sun 17th Dec- brewery Arts Centre, Kendal Moulettes, £16.50 adv.

Windermere Christmas Celebration

9th & 10th December
Saturday 11-8pm Sunday 10-4pm

- Live entertainment all weekend
- Father Christmas
- Kids Activities
- Local festive food & Craft stalls

www.windermerechristmas.co.uk

Sail & Ride
A FREE shuttle bus service to the celebration will be operated by Mountain Goat from Bowness Pier Car Parking available at the Gleebe

Windermere Christmas Celebration
@WindermereChristmas
#WindermereChristmas

GOAT
MOUNTAIN GOAT

BOOTHS
Moulettes

Classified lineage adverts are an inexpensive way to get your message across. We offer a great advertising deal to local businesses. The cost per word is just 28p+VAT or 38p+VAT with a yellow highlight.

ACCOUNTS**ANTIQUES**

Antiques bought and sold. Established, Ambleside 1983. Furniture, Clocks, China, Pictures, Jewellery, etc. Anything old or interesting, Tel: 015394 32127 to arrange a visit.

ARCHITECTS**BATHROOM INSTALLATION**

By Paul Tilley

Part or full installation service available, including all aspects of plumbing and tiling. Accessible bathrooms also installed. Professional friendly service. iKBBi registered. 07799 388 998

BIRD SEED**BOOKS**

Daisyroots Books Main Street, Grange-over-Sands. Second-hand books. Local History, Climbing, Railways and famous for fiction. Full range of OS maps. Open 9:30 – 4:30 Mon – Sat. 015395 38817

BUILDERS

YOUR BUILDING BUSINESS ADVERT HERE Do you own a building business? then advertise here. this advert, with 30 words will cost you only £11.40+VAT phone numbers are classed as 2 words 015395 35454

CARE SERVICES**CHIMNEY SWEEP**

ANDREW BACKHOUSE CHIMNEY SWEEP LTD Established 1992. Trading standards approved. All types of chimneys and flues swept. Camera surveys. Tel 015394 45117 or 0776 314 5594

CLEANING**COUNSELLING**

Fairweather Therapy, Child and Adult cognitive behavioural therapy. BABCP accredited. 07792 843 807. www.fairweathertherapy.co.uk

CURTAINS & SOFT FURNISHINGS**DOGS**

SHAMPOOCH formerly StudioK9 for all your dog grooming needs. Fully Insured. Est. 1990. www.studiok9.co.uk Tel: 015394 48387

DOG WALKING

JustLoveDogs - Mobile Dog groomer/Dog walking services. Home Visits, City and Guilds, Fully Insured. Flexible hours. Call Rosie on 07766 555349.

The Little Lake District Dog Walker - professional, insured dog walking services in the Lake District. thelittlelakedistrictdogwalker.com Tel: 07765551461

ELECTRICIANS**FOR SALE****FURNITURE RESTORERS****GARDEN SERVICES**

Tree Stumps Removed Fully insured Professional Tree Stump Grinding Service. GET A QUOTE ONLINE or call Will on 07983 373 724 stumps1066@gmail.com www.Tree-Stumps-Removed.co.uk

QUALITY GARDENERS - Now covering the whole of the Lake District. reliable, knowledgeable and affordable. Call Michael Thornborough 015395 32118 or 07796 674861

Nature's Helper: Small garden maintenance in South Lakes area. Private & commercial properties, regular or one-offs. Deborah 015394 44631

Tree and Garden Services Professional, effective, experienced and reliable Gardening Services for larger gardens/grounds. Small, large and difficult grass areas cut. Trees, hedges and shrubs beautifully pruned. Renovation projects undertaken. Call Hamish Foulerton. Tel 07747 788 370 or 01539 730501

THE LAWNMAN Specialist in fertilisation, weed and moss control, hollow tine aeration and scarification available. The Lawnman 015395 38949.

Grange Gardeners garden maintenance 015395 32118.

GROUNDWORKS

S & A Hodgson Ltd excavation contractor. 9tonn Kubota with Rototill, various tracked excavators with operators. All enquiries welcome, for information on all our services please visit our website www.sandahodgsonplant.co.uk mail@sandahodgsonplant.co.uk Tel 015395 52458 or mobile 07836 782707

IRONING

Full Steam Ahead Ironing Service, we can collect and deliver, covering Windermere, Bowness, Ambleside, Grasmere, Troutbeck, Ings. Take the stress out of your day call 07548 698873

LOCKSMITH

LOCKS EXPRESS LOCKSMITHS 24 Hour Callout. All Lock Problems Solved; Locks opened, repaired & fitted. Trading Standards Approved & Police (CRB) checked. Domestic & commercial work. Car keys cut. We cover all of the Lakes. Tel 01539 739218. Mobile 07886 831336.

MASSAGE THERAPY**OSTEOPATHY**

WINDERMERE OSTEOPATHIC CLINIC For treatment of conditions including: • Back & neck pain • Arthritic pain & stiffness • Shoulder pain • Sciatica • Headaches • Golfer's & tennis elbow • Hip, knee & foot problems • Sacro-iliac pain • Muscular strains & spasms • Repetitive strain injury (RSI) Call Tim Webb 015394 44383 www.lakesosteopathy.com

PAINTING & DECORATING

STEVEN T WELSBY EST. 1979 City & Guilds Advanced Full Technology Certificate Fully Insured **SOUTH LAKES 015395 34499**

D. LOGAN Ltd Painting & Decorating, Cleaning out gutters. Great prices for interior work or external staining. Discounts for OAPs. 07732 362 186

Simmons Decorating High Quality Decorating, Interior and Exterior decorating. Qualified and insured local tradesman with over 12 years experience. Call Ed on 07974 746 148.

PERSONAL TRAINER

FITNESS AND WELLBEING Personal Training with Elaine in the comfort of your own home. Specialising in rehabilitation and re-introduction to exercise 07855 135714

PEST CONTROL

TOWN & COUNTRY Pest Control Over 25 years experience. Most up to dates methods. 24 hour service. All aspects covered including Cluster flies. Wasps, Fleas, Rats, Mice, Moles. Tel. 015395 62795. Mob 07887 977 085. www.tandcpestcontrol.co.uk

PHOTOGRAPHY**PLASTERING****PLUMBING****PORCELAIN RESTORATION**

Porcelain, Ceramics, Paintings Restored. J.M. Restorers. 015395 68915

RECLAMATION

Oak Beams & Salvaged Furniture & Architectural Items Bespoke Fireplace Mantles & Suites Reclaimed Timbers & Bespoke Commissions lakeswoodwork@gmail.com 07920 117047

TAXIS

YOUR TAXI BUSINESS ADVERT HERE Do you own a taxi business? then advertise here. this advert, with 30 words will cost you only £11.40+VAT phone numbers are classed as 2 words 015395 35454

THERAPY SERVICES**TIMBER GARDEN BUILDINGS**

We make Bespoke top Quality Workshops, Cabins, Garden Offices & Pods. lakeswoodwork@gmail.com 07920 117047

TREE SERVICES

O H TREE SERVICES - Qualified and insured arborists/tree surgeons. Please contact Oliver on: 015395 30756 or 07904 698 794 Website: www.ohtreeservices.co.uk

TUITION

John P Howarth ARMC Teacher of Piano, Clarinet, Theory, Jazz Improvisation. ABRSM exam coaching. 015394 42591

Frank Perkins ARCM, Dip Ed Classical Guitar Tuition ABRSM Diploma, Grades 1-8 Fast Track Grade 5 Music Theory 015394-47316 www.frankperkins.co.uk/music

Philip Watson BA(Hons) A(Mus) LCM: Teacher of Saxophone and Musical Theory, Exam coaching 01539 734914.

WANTED

Wanted - TOOLS, gardening, joinery, engineering etc. garages cleared. Tel 015395 32793

Old suitcases, trunks, leather bags, wooden boxes, wooden tool boxes, wooden ladders, galvanised / enamel buckets, watering cans, old kitchenware, TG Green 'blue and white' Cornishware, Sewing machine cast iron stands Peter 07539290879 or eigerbird@hotmail.co.uk

WINDOW CLEANING**WOOD STRIPPING & DIPPING**

PORCUPINE @ LakesWoodWork near Ulverston. All wood furniture dipping & sanding services. Collection services available 07920 117047

QUANTITY SURVEYOR

Your advert here. Why not get in touch and find out more about classified advertising from only 28p + vat per word.



REDHILLS LANDSCAPES LTD



Based in Arnside with over 20 years experience for all gardening requirements

DESIGN • CONSTRUCTION • MAINTENANCE

07909 748 075 or 01524 761 028

info@redhillslandscapes.co.uk
www.redhillslandscapes.co.uk
 Find us on Facebook

LOCKSMITH



The only Locksmiths based in Grange

All Lock Problems Solved

- Trading Standards Approved
- Locks Opened, Repaired & Fitted
- Domestic & Commercial
- UPVC Door Lock Specialists
- Police (CRB) Checked
- 24 Hour, 7 Day Service
- OAP Discount

Eden Mount Road, Grange
Freephone: 0800 783 1104
Mobile 07886 831336
www.locks-express.com

JOINERY & BUILDING



Your local choice
for all building &
roofing work

T: 015395 35201
M: 07900 435 409

AUTOBODY REPAIR



ACCIDENT REPAIR SPECIALISTS

Moor Lane, Flookburgh
First left after Cumbria World Adventure Farm

015395 58329

www.evansautobody.co.uk

PAINTING & DECORATING



- 18 years experience
- Internal and external

Contact David for a free quotation
01524 383971 or 07732 362 186

JOINERY & BUILDING

W.G.BROWNIE Ltd.

Joinery & Building Contractors

All high quality
Bespoke Joinery.
Extensive local
experience in holiday
homes & second
homes since 1999.

- Complete roofing services; natural slate, tiling, leadwork, chimneys & velux installation
- Extensions & renovations
- Loft Conversions
- Refurbishments
- Conservatories, windows & doors in uPVC or Timber
- Hardwood Flooring Specialists

IGLS. 29 Greengate, Levens,
Cumbria. LA8 8NF

Tel: 015395 60673
Mob: 07810 602999

email: wgbrownielt@gmail.com

ROOFING



Specialists in all aspects of roofing

- Slating
- Tiling
- Pointing
- Lead work
- Flat roofing
- Chimney repairs
- Fascias, Soffits
- Guttering, cleaned and sealed

Windermere: 01539 897 892

TOTAL PROPERTY UPGRADES



Specialist in Roofing

- Slating • Tiles • Flat Roofing
- GRP Roofs • Filters of Upvc
- Fascia Boards, Soffits & Guttering
- Storm Damage

All Roofing Repairs

Free Estimates and Advice

All work Guarantee

015394 897694

REPLACEMENT UPVC



SUPPLY & INSTALL UPVC
WINDOWS, DOORS,
CONSERVATORIES,
FASCIA SOFFITS ETC.

REPAIR & REPLACEMENT
DOUBLE GLAZING

015395 32593
07971 698 541

Covering the South Lakes
25 years experience in upvc



WESTMORLAND FLAT ROOFING

- Waterproofing • Insulation • Skylights
- Balconies • Green Roofs
- BBA Approved Products
- Insurance Backed Warranties
- 30 Years Experience.

South Cumbria, North Lancs and M6 corridor

We also offer

- Thermographic Surveys • Consultancy
- Condition Reports

01524 730666 or 07772 884690

www.westmorlandflatroofing.co.uk • info@westmorlandflatroofing.co.uk



Your local reliable roofing service

SPECIALISTS IN LISTED BUILDINGS, NATURAL SLATES, COMMERCIAL & DOMESTIC ROOFING

- Slate & Tile repair
- Chimney Work
- Guttering
- Ridge tiles
- Re-Roofs
- Lead Work
- All Felt & Fibreglass flat roofs.
- Wood & UPVC Fascia Boards

*We offer a full loft conversion service from initial planning
application through to completion of work.*

Registered Velux window installer

Grange: 015395 35635

Mobile: 07770 303033

Email: info@askroofing.co.uk

FREE ESTIMATES



From the left: John Cooke, Zoe Gibson, Brian Whittaker, Charles Robinson, Krystal Garnett, Jonathan Holmes, Simon Theobald, Stuart Bailey

Windermere Solicitors going from strength to strength

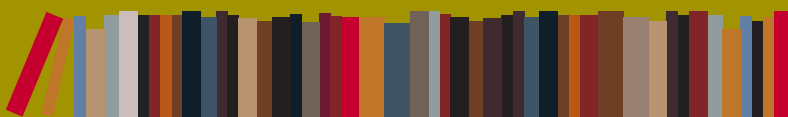
Thomson Hayton Winkley are expanding their practice at 25 Crescent Road, Windermere and are delighted to welcome Jonathan Holmes to the property department.

Jonathan has over 30 years of experience in commercial and residential property matters and has lived in this area for over 25 years. Jonathan says "I have relished developing and extending my knowledge of property law over the years and take pride in giving clients clear and pragmatic advice, based on local knowledge and technical expertise. I am looking forward to working with the team at Thomson Hayton Winkley".

Windermere Office

25 Crescent Road,
Windermere
LA23 1BJ
T. 015394 46585

Trusted Solicitors & Advisers
Thomson Hayton Winkley



Kendal Office

114-116 Stricklandgate,
Kendal, LA9 4QA
T. 01539 721945

Crooklands Office

J36 Rural Auction Centre,
Crooklands, LA7 7FP
T. 015395 67571

www.thwlegal.co.uk

Plumbs
Make your furniture beautiful again

plus
FREE
Accessories
worth
£50[†]

£200 OFF^{*}

Reupholstery and Tailored Covers



All Plumbs
Products are
British Made

Specialists in Reupholstery and Fitted Covers - with



fabrics from

Plumbs

At Plumbs, we are delighted to offer readers of this magazine the chance to make your furniture beautiful again whilst making a genuine saving. We are giving £200 off Plumbs Reupholstery when you spend £800, plus FREE Accessories worth £50[†]. Plumbs have been in business for over 50 years and reupholster and produce hand tailored fitted furniture covers for the finest furniture including: • Multiyork • Ercol • G Plan • Laura Ashley • Duresta • M&S and many more.

Totally handcrafted, they are available in a beautiful selection of fabrics from leading design houses such as Swaffer, Morris and Sanderson. Plus, we also have a new advanced Aquaclean fabric range that means stains can be easily cleaned just with water. When you request our reupholstery service, our expert craftsmen often local to your area, will inspect and repair your furniture, before reupholstering it to its former glory.

Call Plumbs today to arrange your FREE local Home Consultant Visit, including a FREE no-obligation Quotation, and expert advice on how your furniture can be re-vitalised by Plumbs.



**Super easy clean fabrics -
Easily cleaned just with water!**

OFFER ENDS NEXT 21 DAYS

ARRANGE YOUR FREE HOME CONSULTANT VISIT TODAY, CALL NOW

01772 83 83 33

Lines Open 7 Days a Week Quoting Dept. No. **A703 WND**

Plumbs Reupholstery, Old Lancaster Lane, Preston PR1 7PZ



or visit: www.plumbsreupholstery.co.uk/athome

**Post this coupon to: Plumbs Covers, Dept No. A703 WND,
Old Lancaster Lane, Preston, PR1 7PZ.**

- ☐ Please contact me to arrange a FREE No-Obligation visit at a time convenient to me. Please also send me a FREE colour brochure and DVD.
☐ Please send me a FREE Colour Brochure. **Dept No. A703 WND**

Mr/Mrs/Miss/Ms _____

Address _____

Postcode _____

Email _____

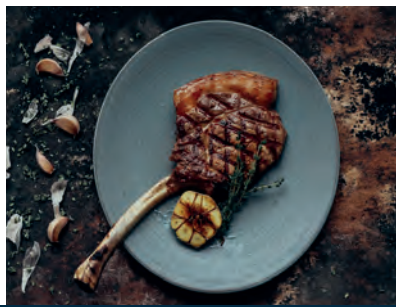
Telephone _____

Mobile _____

Service available to over 98% of UK households (including Jersey, Isle of Wight and Northern Ireland). Please call to confirm availability.

Plumbs

* £200 off Plumbs Reupholstery/Traditional Tailored Covers cannot be used in conjunction with any other promotional reupholstery/cover offer. Minimum order value of £800 applies. Antique furniture for reupholstery and clearance fabrics excluded from offer.
[†] £50 Free Accessories included when you purchase Plumbs suite covers, reupholstery or curtain orders over £399 after discount (some exclusions apply). Ask your Home Consultant for full details.



BLUE SMOKE

ON THE BAY

Blue Smoke on the Bay offers a dining experience never seen before in the Lake District.

The 3 metre long double woodfired grill is the centrepiece of the restaurant so the aromas and visual theatre of the kitchen add to the ambience of the Lake District's newest dining destination.

Cooking over hot embers is one of the oldest methods known and creates fabulous flavours in aged steaks, meats, fish, and vegetables. The chefs create a wide range of delicious dishes cooking on the grill using sustainable British wood such as elder, birch, and oak.
All served up "on the bay" looking out over stunning Lake Windermere.

LOW WOOD BAY RESORT & SPA, AMBLESIDE ROAD, LA23 1LP

BLUESMOKEONTHEBAY.CO.UK 015394 33338