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ISSUE WN17 - MAR/APR 16
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Letter from the Editor

This month I want to tell you a bit about the people who contribute to making this paper happen each month. We have four regular writers - Phil, Carrie, Tim and Clive who live in Windermere, Grasmere, Troutbeck and Ambleside respectively.

They will follow up stories through the month, talk to people involved and get to the heart of local issues. In addition they will edit articles and notices that are sent to us about events, clubs, school reports and so on.

As deadline approaches, Phil does a terrific job as news editor and will bring all the articles and images together, checking for accuracy and making sure we have a good balance of all areas, that captions are correct and so on. This is a demanding task and it includes the what's on listing, requiring particular attention to detail.

Each month we may have guest writers so in this issue you will see guest posts from Julie at Windermere town council, Andrew, a local cycle leader, Clive's walking column and Laura's piece about her work as a local ranger.

At the same time Chris (and from this month our new person Maria) is involved with talking to advertisers, preparing proofs, listening to instructions and turning them into attractive advert designs. Sometimes our advertisers provide their own artwork but more often the design is done by us. Which brings us to Glenn who as our head graphic designer, not only designs the adverts but also brings the pages to life by laying the articles and images provided by Phil and the writing team.

Windermere now is a real team effort by local people who live and work in the area and are all committed to providing a quality community newspaper every month.

Tempting as it was to come up with an April fool story (remember the flying plane story from last year that prompted many people to call in and try and book a seat) we have resisted the temptation - or have we?

Happy Easter everyone.

Future deadlines

Windermere now

Issue	Deadline	Release begins
WN18	1st April	25th April
WN19	29th April	23rd May
WN20	1st June	27th June
WN21	1st July	25th July

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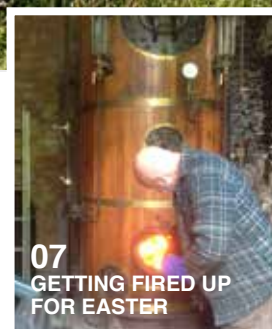
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Work started after Valentine's Day on improvements at Glebe Road in Bowness, as part of a project to make some of the Lake District's 'honeypot' areas more accessible by bus, bike or car.

The first phase of the work, which will finish at the end of April, will see the creation of additional parking on the section of Glebe Road from Windermere Aquatic to the junction of Rectory Road, providing angled parking bays.

The new layout will enable work to take place later this year with a new layout to re-locate on-street parking away from the waterfront and create better footways, carriageways, and public spaces.

The improvement works at Glebe Road have been planned for some time and a contractor, Capita, has been appointed to carry out the work. The project will not affect the council's ongoing effort to repair roads and bridges in the county damaged in the recent floods.

Glebe Road revamp has begun

Councillor Keith Little, Cumbria County Council's Cabinet member for highways, said:

"Funding for this project was secured from the Government some time ago. Since the December 2015 floods, the council has been working very hard on the flood recovery work, repairing the damage to our roads and bridges, and that remains our top priority."

Construction of the scheme on Glebe Road is being phased to help reduce the impact on visitors and businesses. Work is being programmed to avoid the main school holidays at Easter, summer and autumn. SLDC have been able to reassure businesses that public parking will be available at Braithwaite Fold at Easter. Then, work will begin from



November 2016 on Glebe Road from the Information Centre, including the foreshore area between Pump House Café and Lake District Boat Club, through until the end of March 2017.

Traffic will be able to access

Glebe Road, whilst work is taking place, and park on sections of the road which are unaffected by work.

For more information on the scheme and future updates, go to the county council's dedicated webpage.

In or Out. Can you vote?

Whatever your views on the European Union, you will only be able to vote in the forthcoming Referendum if you are on the electoral register. Don't assume you are registered just because you pay Council Tax!

The registration system changed two years ago. Under the 'Individual Electoral Registration' system, each person is now required to

register to vote individually, rather than by household. If you don't have a letter from the District Council showing that you are registered to vote, then take action now – it's easy to do.

Register at www.gov.uk or telephone the Electoral Services Office at South Lakeland District Council on 01539 733333. You will need your National Insurance Number and date of birth.

Joined up WiFi

Free WiFi in Kendal town centre has been a success. Now plans to extend the project further afield are being made.

South Lakeland District Council (SLDC) project saw shoppers log on to the free Wi-Fi more than 22,000 times between March 2015 and the end of the year. Anyone with a Wi-Fi-enabled device was able to log on to the internet for no charge.

In consultation with Regional Network Solutions, who have guided similar schemes in Carlisle and York, the council is now looking to expand the internet coverage and introduce it into other town centres in the district, potentially including Bowness and Windermere, Ambleside, and Ulverston.

There is an annual maintenance fee of around £6,000. Expansion of the scheme into other towns would mean additional costs, so the council is in discussion with existing Wi-Fi providers who would take on the operation of the Wi-Fi. This would allow continued free access, with revenue generated through advertising.



Cllr Giles Archibald said: "Internet access brings obvious positives to the many thousands of people who visit the district, whether they are on a shopping trip, leisure break or business. By embracing this new technology we can help the visitor to our town centres. We hope this will mean people want to spend longer there, making town centres more vibrant and economically-viable. South Lakeland could be one of the first areas in the country to have such widely-available free internet access."

SLDC is in consultation with a number of interested Wi-Fi providers, with the hope that work can begin on the service during July 2016.

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Ambleside Crisis plan

Work is moving forward on a community crisis plan for Ambleside to help the town deal with natural disasters such as the December flooding and power cuts caused by severe weather.

A group has been meeting at the Mountain Rescue Centre of Lake Road for the past few months, and significant progress has been made in identifying places of safety in the town and setting up a system of local co-ordinators.

Ambleside Emergency Action is planning to launch a website in the near future and also a presence on Facebook, and it is hoped that a detailed emergency plan will be in place by the summer.

The work has been co-ordinated by the Environment Agency, and has included input from Cumbria County Council and South Lakes District Council. Cllr Nick Martin will be representing Lakes Parish Council on the group working on drafting the plan.

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Progression's commercial team continues to grow

Following the appointment of Associate Solicitors Malcolm Glynn, who joined Progression last year and the re-appointment of Nicola Wood this February, the commercial law department based in our office at 5 Crescent Road Windermere is now six solicitors strong and is one of the largest commercial law teams in the South Lakes area.

Led by Managing Director Anthony Smith, the commercial team advises commercial clients on all aspects of their businesses from buying and selling premises, commercial leases for landlords and tenants, partnership and shareholder agreements, business restructuring and incorporation.

Progression is able to provide a holistic service to the client from the beginning of any business enterprise starting with intellectual property and patent applications at inception, planning and development, joint venture agreements, funding, acquisition of business premises, business structure, terms and conditions and supply contracts, right through to employment contracts and handbooks. Nicola and Malcolm in particular act for clients throughout the UK advising on commercial property transactions, including sales and purchases of hotels and guesthouses, buying and selling freehold and leasehold retail properties and leisure facilities, and land development work. Our employment solicitor Janett Walker has specialist expertise to guide businesses through the minefield of employment legislation when employees transfer on the sale and purchases of businesses.

Although the team are based in the Windermere office, they are happy to see clients at any of the firm's other offices in Ulverston and Grange and soon will also be available in our new location in Barrow in Furness.



Anthony Smith



Nicola Wood



Malcolm Glynn



Janett Walker



David Townsend



Matthew Ratcliffe

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Staveley dampens flooding danger

A stretch of artificial embankment on the River Kent in Staveley is to be removed by South Cumbria Rivers Trust in a community supported project that will have benefits for both flooding and wildlife on the River Kent.

At the location in the centre of the village the river will be allowed to connect to its floodplain, which at times of high water flow will allow it to spread into adjacent pasture. This natural spreading of the river will help to reduce flood pressure in Staveley village and beyond. As a River Restoration Strategy scheme this is funded through the Environment Agency and Natural England and has the support of both the local council and local landowner.

Removing 1 km of embankment, created from decades of accumulated dredging material will reduce the height of the river bank by around 60cm in an area on the opposite bank to the confluence of the River Kent and River Gowan, allowing flood water spread out and potentially reduce flood risk for nearby



properties close to the river's confluence. By 'slowing-the-flow' of water in the upper catchment, the severity of flooding can be reduced downstream, in areas such as Burneside and Kendal. As part of the project, the field boundaries which were damaged during Storm Desmond will be repaired and made more flood resistant.

Arthur Capstick, Chairman of Staveley and Ings Parish Council said "We hope this potential to release flood water earlier onto the floodplain will play a part in our determination to better protect properties in the village"

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FIRING UP FOR EASTER



Make an effort to see the original Victorian steam engine at the Stott Park Bobbin Mill fired up and in action this Easter at the only fully operational bobbin mill left in the country.

It reopens for the season on Good Friday 25th March, and is under steam power, on Sat 26th to 28th March and also Sat 2nd to 3rd April.

The multi award winning mill, in Finsthwaite, near Lakeside on the Western shore of Windermere, produced millions of bobbins for the textile industry. Visitors can experience how bobbins were made in the traditional way.

The mill is open for the season, Wed - Sun and Bank Holidays 10am-5pm

Queen's 90th Birthday Beacon

Orrest Head 7.30 pm, April 21st. It's a date.

There's a long standing tradition in Great Britain of lighting beacons to celebrate Royal events and the Queen's 90th birthday on April 21st this year is no exception.

Councils and associations, as well as private landowners up and down these Isles will be putting a torch to a beacon on top of mountains, churches and castle battlements, on town and village greens, farms, country parks and estates, and along the beaches surrounding our shores. The Queen herself will be starting the chain of beacons off by lighting her own, Principle Beacon.

Windermere's Orrest Head is virtually mid-way between Land's End and John O'Groats. The Town Council will be lighting the Windermere Beacon on Orrest Head at 7.30 pm on the Queen's Birthday (April 21st, in case you forgot).

Do come along – the more the merrier. It is a lovely sight and Windermere occupies a pivotal geographical position in the national line of beacons that will all be lit at the same time.



Cumbria beacons we know about at the time of going to press:

- Wicham Parish Council Millom
- Millom Without Parish Council
- RAF St Mawgan
- Windermere Town Council
- Brampton Parish Council
- Coniston Parish Council
- Scafell Pike, the highest Peak in England (Cumbria Army Cadet Force)
- Latterbarrow, Lake District (National Trust)
- Catbells, Lake District (National Trust)
- Carlisle Castle (English Heritage)
- Birdoswald Roman Fort (English Heritage)
- St Bees Lighthouse (Trinity House)



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Enter now in the Low Wood, No wood boat race

"There is no more efficient way to convince someone you are crazy than to tell them you are building a cardboard boat." Said local Councillor, Ben Berry, who set up and ran the Low Wood No Wood Cardboard Boat Race after being inspired by similar events in the USA.

This fourth event will make a massive splash. The race, sponsored by Progression Solicitors and Low Wood Bay Resort Hotel and Marina, has always been in aid of local charities. In 2016 it will be supporting St Mary's Hospice and the Lake District Calvert Trust.

St Mary's Hospice, Ulverston, provides specialised supportive and palliative care for people with life limiting conditions throughout South Cumbria. The Calvert Trust,

Bassenthwaite, enables people with disabilities, together with their families and friends, to achieve their potential through the challenge of outdoor adventure in the countryside.

The racing is followed by the Armada (Destruction Derby) in which boats still managing to keep afloat succumb to a final onslaught. As if it wasn't enough for competitors to get that sinking feeling as their beautifully constructed cardboard boats gently submerge beneath the waters, a man made water serpent will be rearing from the depths to demolish any surviving vessels.

Last year's fastest time was achieved by Richie's Warriors who pillaged their way to victory.

Paddlers will compete for a variety of prizes courtesy

of Low Wood Watersports Centre, including the fastest boat round the course, the best dressed team, best design, and the Under 16s award. The Armada prize will go to the victorious team in the final battle, and the Titanic prize awarded for the most spectacular sinking.

This year the team who raises the most money through fundraising will not only receive a much coveted cardboard trophy but also a slap up delicious meal for their team at one of the areas brilliant award winning pubs The Watermill Inn, Ings.

Low Wood Bay Resort Hotel & Marina once again hosts the thrills and spills on the water from 10:00am on Saturday 14 May, and crews from Cumbria, Lancashire and beyond are now being called to enter by visiting:

www.cardboardboatrace.co.uk



RAF Cadets feel the Force



Cadets and staff from 1264 Windermere Squadron were certainly tested when they travelled to Blackpool in February for a parade to celebrate the 75 years of Royal Air Force Cadets.

The extremely cold weather and 50 mph winds meant that, after the church service, the parade from the War Memorial along the sea front to the aptly named Winter Gardens, was demanding.

Along with almost 800 other cadets from Lancashire and Cumbria they kept in good spirits

Warrant Officer Gaynor Collins, Officer in Charge of the Windermere Squadron, said "I was extremely proud of my young cadets, many of whom were marching in a major parade for the first time, yet they kept a smile on their faces throughout and showed tremendous fortitude, enthusiasm and determination in difficult conditions".

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Bridging the 'Gap'

CLIVE HUTCHBY makes an early morning trip from Grasmere to Keswick on the first shuttle bus to cross Dunmail Raise since December's floods.

It was freezing cold, with frost glistening on parked cars in the centre of Grasmere under the yellow sodium glow cast by street lamps. I checked my watch – 6.04am – I was early and it looked as if I would be alone.

Suddenly, a figure appeared out of the darkness wheeling a small suitcase. "Good morning," I said, relieved that I wasn't the only person crazy enough to catch a bus at 6.15 in the morning. "Are you catching the shuttle?"

"Yes," said my travel companion, a fresh-faced lad wearing a hoodie that screamed 'I am not a fell walker.' I looked at his suitcase. "You on holiday?" It seemed a logical enough question.

"No. I've come up from Loughborough University to see the shuttle first hand," he replied. "I'm studying transport and business management. I follow Stagecoach on Twitter which is how I found out about it."



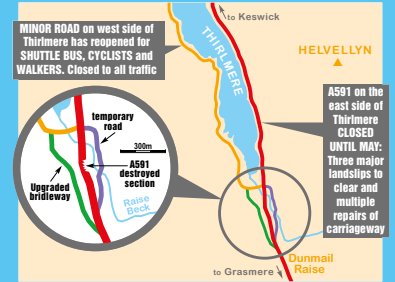
Eighteen-year-old Peter Nathanail then proceeded to tell me how he reached Grasmere's Thorney How hostel the previous day: car to Derby, train to Penrith changing at Sheffield and Manchester, bus to Kendal, train to Windermere, taxi to Grasmere. "I could have driven," he said, "but I don't think that would have been in the spirit of using public transport."

At this moment Paul and Kay Adkins, wrapped up against the biting cold, joined us. The retired couple, who are joint editors of Grasmere Parish Magazine, couldn't resist the lure (if that's the right word) of being on the first bus out of the village to cross Dunmail Raise to Thirlmere and beyond since that fateful day in December. Actually, when I asked them why they were catching the bus Kay replied even more succinctly: "Because we can."

And then, right on cue, the shuttle arrived, pulling to a halt opposite the Heaton Cooper Gallery. I hopped on first, handed over a £10 note and received the first ever ticket sold on this route and £5 change, courtesy of driver Andy Dobson, who told us, soon after leaving Grasmere, that there was a 10mph speed limit on the recently completed temporary section of road that bypassed 'The Gap'.

What he didn't tell us, however, was that we would have to pass a gated checkpoint just before the start of the new road and that we would have an escort (a 4x4) leading us, across a Bailey bridge over Raise Beck, through the dense conifers along a former forest track before arriving at the junction of the A591 and the turnoff to Armboth (the narrow road on the western side of Thirlmere). Midway along this stretch is a lay-by where the two buses that operate the route cross (the first one there pulls in and waits). At the other end of the reservoir we passed a second gated checkpoint, then onto the A591 where the first light of dawn was advancing behind the outline of High Rigg away to the right.

At Keswick Bus Station we were met by a reporter from the Keswick Reminder newspaper. Plus three travellers heading for Grasmere and a beaming Matt Cranwell, Stagecoach MD for Cumbria and North Lancashire, who joined Paul and Kay for the return trip. Peter, meanwhile, had a 7.10 bus to catch for an 8 o'clock train at Penrith.



SHUTTLE TIMETABLE

Grasmere to Keswick:

Mon-Sat: Buses leave Grasmere (Broadgate) at 6.15, 7.00, 7.50, 8.50, 9.50, 10.50, 11.50, 12.50, 13.50, 14.50, 15.50, 16.50, 17.50 and 18.50. Journey time to Keswick is 45 minutes.

Sunday: Buses leave at 8.50, 9.50, 10.50, 12.50, 14.50 and 16.50.

Keswick to Grasmere:

Mon-Sat: Buses leave Keswick Bus Station (outside Booth) at 7.05, 8.05, 9.05, 10.05, 11.05, 12.05, 13.05, 14.05, 15.05, 16.05, 17.05, 18.05, 19.05 and 19.40. Journey time to Grasmere is 45 minutes.

Sunday: Buses leave at 10.05, 11.05, 13.05, 15.05, 17.05 and 18.05.

I wandered off into Keswick and down to Derwent Water where I took photographs of the lake backed by pinky-tinged snow-covered fells (it was a beautiful dawn), then returned to the town centre for a coffee and bacon butty. My plan was to go back to Grasmere on the 9.05 to see how much busier (if any) the bus would be at a rather more agreeable hour. It was packed! TV crews from Border and BBC North West joined about a dozen passengers (including a still-smiling Mr Cranwell) for the 12-mile journey.

The service was certainly popular on the first day, however. When we arrived back at Grasmere there was a big queue of people waiting, and throughout the rest of the day, so I'm told, business was brisk.

So perhaps I was wrong; perhaps the bus represents the first shoots of economic recovery. It's certainly a fun way to travel, that's for sure.

NOTE: The road is not open to traffic. Only the shuttle bus, cyclists and pedestrians are allowed.

Triathlon event is minted



Kendal mint cake firm George Romney Ltd, which was badly hit by the December floods is supporting the Windermere-based Triathlon X, with packs of mint cake for some 300 athletes from around the world at the event in June.

It's not something we could all do. Competitors in the race, the world's toughest extreme triathlon, will swim two miles in Windermere, before cycling the 112 miles on the "Fred Whitton" route, and then running a mountain marathon of 26 miles to the top of Scafell Pike and back.

John Barron of George Romney Ltd, said: "We know that our mint cake has provided sustenance for endurance athletes for many years. We are happy to support this event and hope it also raises awareness that the Lake District is most definitely back in business".

Romney's join other sponsors of The X, including Lakeland UK and Heart of the Lakes, BlueSeventy, and Hawkshhead Relish.

A percentage of each entry fee is going to the YHA's bursary fund, Breaks for Kids, which provides adventure holidays for disadvantaged children.

Healthy Living for Grasmere Pharmacy

Grasmere's Pharmacy headed up by husband and wife Trevor and Helen Eastes have been awarded one of only 23 Healthy Living Pharmacy Accreditations in Cumbria. Helen said "We have worked very hard to get it".

The Healthy Living Status demonstrates that the pharmacy has true commitment to promoting health and well being. The Cumbria Local Pharmaceutical Committee recognises the impact that quality community pharmacies can have in the county in times when Cumbria faces public health challenges which affect the health and wellbeing of local communities.

The pharmacy team can offer advice on problems, encourage a healthy lifestyle and offer a multitude of in-house services.

The same week as their Accreditation was announced they heard that the Rural Funding period had been extended to "at least March 2017". A customer survey last year had highlighted all the individual services they provide to villagers and visitors alike including Flu jabs, passport photos, prescriptions and minor ailments provision.

A huge present for Wordsworth on his 250th birthday in 2020, is a grant from the Heritage Lottery Fund of as much as £4.75 million.

Starting with £650,000 the Wordsworth Trust will develop the concept with research and testing, the results of which will see the rest of the funds available to complete the project in time for his anniversary year.

The grant will allow the Trust to bring the Townend site into the 21st Century. Original manuscripts will still be centre stage. A new part of the museum embracing the fell views through the garden outside, will bring in the light – a difficult trick to manage given the low lighting-levels needed to preserve documents. The educational work of the Wordsworth Trust will gain larger and better premises for school visits. The experience

Grant for Wordsworth Trust



will be enhanced with an introductory hub reception, living history interpretation, fresh cafe facilities and a nature trail across the site. A little bit of something for everyone!

It was in Dove Cottage, where Wordsworth and his sister Dorothy arrived in December 1799, that he wrote "I wandered lonely as a cloud" considered to be the best known poem in the English-speaking world.

The grant will transform Dove Cottage & the Wordsworth Museum from an attraction to a "Destination", drawing more visitors to Grasmere and benefitting the local economy. Director Michael McGregor commented "Thanks to the support of the Heritage Lottery Fund, over the next four years we can 'reimagine' Wordsworth, bringing his life and work to an even wider audience."

MyCumbria keeps loyalty local

As part of Cumbria Tourism's flood recovery initiative, MyCumbria is now offering businesses across the county the opportunity to join the card membership scheme free for one year.

Launched by Cumbria Tourism in 2012, MyCumbria is a card-based membership scheme exclusively for residents of Cumbria, which offers discounts and special offers at local attractions, eateries, hotels and shops. Until recently businesses had to be a Cumbria Tourism member to be part of the scheme.

The scheme aims to encourage residents to make the most of what Cumbria has to offer, generating greater footfall within the county and increasing custom for local businesses.

There is a fantastic range of offers already



in existence generating extra trade at times when you need an extra boost. Existing offers range from 10% off in shops and cafes through to 2 for 1 on cinema tickets and Afternoon Tea.

Sam Tollerson, MyCumbria Executive said: "The MyCumbria card scheme is a simple and effective way to market your business and encourage more local trade at a time when we need it the most. We have a tried and tested system

already in place for you to take advantage of so if you are interested in promoting your business through MyCumbria, then please get in touch today. It's free to sign up and we can do the marketing and promotion for you."

If you are interested in providing in getting involved with MyCumbria or if you have any questions please contact Cumbria Tourism on 01539 822222 or at stollerson@cumbriatourism.org



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Windermere Town Council - working for the Community

March is a good month to get out and about and start spring cleaning and Gary, our Town Steward has been busy cleaning signs, tidying up public areas and clearing out the public toilets guttering.

It all counts! The Troutbeck "rings" which were badly damaged in the floods will be getting repaired and planted and we are hoping to resurrect the "Winderclean" campaign. It is also time to think about the garden and the Town Council will be hosting the Orrest Drive Allotments annual meeting on 16th April.

We are holding the Annual Parish Meeting on Tuesday 12th April, starting at 6pm at the Marchesi Centre. This is YOUR meeting and is enshrined in our great British legal system. It is your chance to come along and question town councillors, find out what is going on and let us know what you think is important locally. This year, we will be choosing 5 to 10 activities where we will focus our efforts for the coming year. It's your chance to contribute to that.

The meeting is informal and welcoming and I can



Bench at War Memorial dedication

promise some really good cake! Our Town Council meeting last week was largely taken up with consultation by the County Council on developing a new improvement scheme for Bowness Bay. Councillors got chance to contribute their views and ideas at this very early stage, which will lead to options being put to residents later on this year. Keep reading this column for more news.

The Town Council will be lighting the Windermere Beacon on Orrest Head at 19.30 pm on the evening of 21st April, to celebrate the Queen's 90th Birthday. Help us by praying for dry weather and do come

along – the more the merrier. It is a lovely sight and Windermere occupies a pivotal geographical position in the national line of beacons that will all be lit at the same time.

Finally, the photo shows a recent ceremony at the War Memorial to dedicate a bench to soldiers who died in training operations on Windermere Lake during the Second World War.

Local residents are very welcome to come along to our meetings. Our next meeting is on 23rd March, Langstone House, Broad Street, at 7pm.

Mrs Julie Wright, Clerk to Windermere Town Council
clerk@windermere-tc.gov.uk
07951 402372

Trail-bikers are being watched

Cumbria Police have joined with partners, Natural England, the Lake District National Park, National Trust and the Forestry Commission to tackle the issue of illegal off-road trail-biking in South Lakeland.

Two days of action in the last two months were used to address this anti-social behaviour issue. Twenty two people were actively involved from the agencies, who sought to educate and where appropriate prosecute, all illegal off-road riders on the fells and forests in the areas of Coniston, Torver, Broughton, Kirkby Moor, Satterthwaite and Grizedale.

Six riders were spoken to across the two days, numerous warning letters were

sent to keepers of suspected transport vehicles.

Five trail motorcyclists who were also issued with warnings under the Police Reform Act 2002 in December and January. These riders were off-road on a SSSI (Site of Special Scientific Interest). If further anti-social use of these vehicles is observed there is the potential for them to be seized and crushed.

Sgt Rupert Johnston of the Ulverston and Furness Policing team said: "These have been very successful days of action which have targeted the illegal and anti-social use of motor vehicles that have been abusing our countryside."

"Most of the off-road routes in the area we cover are illegal to drive on – including by motorcyclists. There are a small number of legal routes

but it is important that motorists research and seek advice to check they are driving legally. (A definitive map of BOATs (Byways Open to All Traffic) can be found on the Cumbria County Council web site. Search for "Hierarchy of Trails Routes")

"We are intending to run a number of further operations this summer as we are determined to do all we can to prevent further damage to the fells and distress to our residents and visitors."

Coniston and Hawkshead's PCSO, Emma Forrester, responded to the concerns of her community and liaised with all the agencies to put together the operation. She said: "I am delighted by the enthusiasm of all involved, including the partners, the community and colleagues from the police."



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Out my Backdoor

High Close Estate

As a National Trust Ranger for Langdale and Grasmere I look after the countryside doing practical conservation work and maintaining access routes and boundaries. One area I love to spend my time working is High Close.

High Close Estate sits between Grasmere, Ambleside and Elterwater on the saddle formed by

Loughrigg Fell and Dow Bank. The 535 acre estate includes High Close Garden which contains a variety of tree and shrub species many of which are remains of the original Victorian plantings. The garden was laid out in about 1866 by Edward Wheatley-Balme and was planted in the fashion of the day using exotic conifers and evergreen shrubs.

There were once nine gardeners and a full time path sweeper to tend this lovely place, but more recently much of the garden has fallen into disrepair. Luckily for us our task of caring for High Close has been made much easier by the High Close Volunteers who are determined to see the garden restored to its former glory.

Over the last couple of years we have worked with the volunteers to clear back overgrown areas of rhododendron and to unearth the original path network. The volunteers work three days a month and have had a transformational effect. As well as getting the path network back up to standard, earlier this year we planted thousands of spring bulbs along the banks to bring a burst of colour to High Close.

The garden is open all year round so come and have a look for yourselves. If you see a ranger or volunteer do stop and talk to us about our work and the rich history of High Close.



Laura Whittaker

Langdale & Grasmere
National Trust Ranger

Make hay while... erm... there is time

Cumbria Wildlife Trust has secured a six-month extension to its Meadow Life project which aims to restore and create northern hay meadows across Cumbria.

Funded by the Heritage Lottery Fund, the extension will allow the local wildlife charity to create a new network of people who have not previously been involved in the Meadow Life project, and give them the skills to continue to look after Cumbria's hay meadows in future years. The network will bring together land managers and volunteers to share expertise, skills, knowledge and equipment to ensure our hay meadows thrive into the future.

Graham Jackson-Pitt, Cumbria Wildlife Trust's Conservation Officer, says: "What we want to do is ensure people feel supported by like-minded individuals and have the confidence to continue managing and restoring hay meadows. We'll also be training volunteers,



Scything at Waitby Greenriggs Nature Reserve, photo: Andrew Walter

building on the skills and experience they've already gained through the project, to learn how to assess a hay meadow's condition and its suitability for restoration."

Staff working on the extended project are also running events for anyone interested in learning to gather wild flower seed, sow and grow it, and there will be events for people to learn how to scythe and information about these will be available at cumbriawildlifetrust.org.uk. Staff will be working to restore even more hay meadows this year, with

around 10 hectares being added to the 150 hectares restored by Cumbria Wildlife Trust altogether – the equivalent of 1,196 Olympic-sized swimming pools.

Cumbria Wildlife Trust identified the sorry state of hay meadow habitats in Cumbria back in 2005, when they found that just 20% of hay meadow Wildlife Sites identified in the 1980s were still in existence. Hay meadows were in such decline they were placed on a list of Cumbria's most vulnerable species and habitats along with the iconic red squirrel.

I talk to the trees...

...and whilst they may not listen to me... the "Cumbria's Top 50 Trees" project will do.

From March 21 people will be asked to nominate their favourite tree in the county. "It's the human connection to a particular tree that makes Cumbria's Top 50 Trees unique and which will help to protect trees for future generations," said Iris Glimmerveen, Project Co-ordinator.

"From children climbing branches for conkers, to lovers carving initials on a tree trunk, to ramblers sheltering from a freak hailstorm beneath a cosy canopy of leaves, nearly everyone has a unique



The trees people love

memory about a special tree in Cumbria.

"We are eager to unearth the hidden stories about our amazing tree and woodland heritage.

"These will, in turn, help us to appreciate the vital role that trees play in the much-loved environment and cultural landscape of Cumbria."

As well as urging the public to nominate a favourite tree, volunteers are also being sought to help uncover the human stories behind each tree nomination.

"They will take a picture of the person, their tree and record the story behind it," explained Iris.

"These will then be uploaded onto our dedicated Cumbria's Top 50 Trees website."

From the hundreds, possibly thousands of entries, a special panel will then determine the top 50 and a public vote will decide on the top 10 next year.

Cumbria's Top 50 Trees, supported by the Heritage Lottery Fund, will be officially launched on March 21 - the first day of spring - when its website cumbriastop50trees.org.uk will go 'live' and begin accepting nominations from the public.

Anyone wishing to know more about the project or to volunteer should contact Iris Glimmerveen on 01768 881775.

Restoring Freshwater Mussel Rivers



The Freshwater Biological Association (FBA) and the Lakes Aquarium are excited to announce the opening of a new 'Restoring Freshwater Mussel Rivers' exhibit at the Lakes Aquarium.

Freshwater pearl mussels have been native to our rivers since the last Ice Age. This exhibit showcases the amazing work going on across Cumbria and England to safeguard our remaining populations.

Find out more about this intriguing species and its fascinating life cycle, the threats currently facing the freshwater pearl mussel and the flagship, Biffa Award funded project "Restoring Freshwater Mussel Rivers in England" lead by the FBA in collaboration with partners Devon Wildlife Trust, North York Moors National Park Authority and South and West Cumbria Rivers Trusts.

Bill Brierley, Chief Executive of the Freshwater Biological Association, based on the shores of

Windermere, says "This project is an exciting opportunity to make a real difference to this critically endangered species. The exhibit the FBA have developed at the Lakes Aquarium is a fantastic opportunity for people to learn about a little-known species and how it helps keep our rivers clean".

Chris Sturdy, Displays and Maintenance Manager at the Lakes Aquarium says "The Lakes Aquarium is very excited to be entering a partnership with the FBA to raise awareness of the critically endangered freshwater pearl mussel. The new exhibit showcases information about the mussel in a fun and engaging way for all who visit the aquarium, whilst the aquarium team will support the FBA with their vital conservation work through knowledge exchange and practical help".



As Alfred Wainwright so succinctly put it: "Watch where you're putting your feet." But what if you can't see them?

That was the problem we had one Saturday morning in January when the snow that covered the head of Great Langdale and made Crinkle Crag and Bowfell look like Alpine giants attracted hordes of fellwalkers to the Old Dungeon Ghyll.

From the valley floor the mountains were majestic, but views from valley floors don't always reveal the whole picture – in this case, the 2ft-deep snow drifts through which we had to clamber on the climb out of Oxendale on the way to Red Tarn. It was like wading through treacle, and, of course, we couldn't see where we were putting our feet. You see, the thing about deep snow, is you can go through it into a gully below – which I did on more than one occasion. So apologies to anyone who had to watch a green-clad walker (me) floundering like a beached whale somewhere around Brownie Gill that morning.

That seemed to be it for winter this year. There were a few more smatterings of snowfall, but by the third week of February the fells were largely snow-free – however, there was still a sting in the tale with a cold snap starting on Tuesday 23 February, a day that was cold, crisp, sunny and just perfect for fell walking. I'll end this column right now, to leave space for this wonderful image of the Harrison Stickle and Pavey Ark, taken on that day...



Clive Hutchby, who contributes to Windermere Now, is currently revising Alfred Wainwright's seven-volume Pictorial Guide to the Lakeland Fells. Books One, Two and Three (the Eastern, Far Eastern and Central fells) have already been published.

As well as hosting the Big Chillswim event, the shores of Windermere have hosted an international awards ceremony to pay tribute to the champions of global open water swimming.

United Nations Patron of the Oceans, Lewis Pugh, was guest of honour at this year's World Open Water Swimming Association awards dinner held at Low Wood Bay Resort Hotel & Marina.

He presented a range of awards to top class swimmers from all over the world including Antonio Argüelles of Mexico and Bridgette Hobart Janeczko from the USA, who picked up the much coveted

Big Chill Swim results



accolades of World Open Water Swimmers of the Year for 2015.

Windermere's Big Chillswim 2016 at Low Wood Bay attracted over 1,000

participants this year. The event was organised in partnership with the Lake District National Park Authority and South Lakes District Council.

Get on yer bike! and ride ...

Cycling can be a very social and inclusive sport, suitable for all abilities and ages.

How can I get into cycling or just get back in the saddle after years of being a couch potato? There are at least two established means of doing this already within Cumbria and the National Park.

British Cycling offer the so called 'SkyRides', run by local leaders to cater for different abilities and varying ride lengths. The atmosphere is friendly, inclusive and non competitive. Most rides run on Sunday's, but are held in mid week during the Summer holidays. On trafficked roads, leaders take care of traffic management, so participants can just enjoy the ride. There are over 60 such rides planned in Cumbria this year, so here's a big opportunity for those fancying riding with like minded people or for families or anyone who would rather be led.

The second option runs along the same lines, but rides are organised and run by volunteers of the Lake District National Park Authority and often include free passage on Windermere Ferry or the unique bike boat from Brockhole Visitor Centre on Windermere's shoreline.

These rides need advanced booking and are ideal for those who don't own a bike or do not wish to bring their bikes on holiday as you hire a bike (ranging from £18-22 per day) at the start point of the ride. The rides are designed to be family friendly, allowing tagalongs and child seats and are nearly all traffic free routes.

Spring is coming, so commit to a bike ride this season and see how easily you're hooked. Get on yer bike and ride!

www.goskyride.com

www.lakedistrict.gov.uk

This article was written by Andrew Tomlin, who has lived in Windermere for 30 years. He is a keen mountain bike and road cyclist and is a ride leader for the British Cycling SkyRide programme and a volunteer ride leader for the National Park Authority.



Tour of Britain returns to Cumbria

Some of the world's greatest cyclists are heading to Cumbria, as the Tour of Britain returns in September. The route passes through Grasmere and Ambleside and includes the fearsome climb of The Struggle up to Kirkstone Pass.

The county will host Stage Two of the tour on Monday, September 5, which begins in Carlisle and finishes in Kendal.

Tour race director Mick Bennett said: "We are delighted to be returning to the heart of Cumbria and the Lake District with the Tour of Britain so we can once again showcase the fantastic scenery and celebrate the local communities we will pass through,

particularly as so many were badly affected by the winter floods."



Running at the Castle...

Wray Castle now hosts weekly organised runs on a Tuesday evening between 6 and 7pm.

Maybe you fancy jogging a tour of the grounds of this National Trust property or exploring further afield; perhaps along the shoreline of Windermere and across the fields to Blelham Tarn?

The runs are organised by experienced leaders who are on hand to offer pointers on running techniques and they include drills to develop skills, fitness and confidence. All ages and abilities are welcome with each hour long session costing £5. Contact ursulabrenling@hotmail.co.uk for more details.

10 mountains in 10 hours

Walkers in the Lake District are being offered the chance to take part in a charity event to climb ten mountains in ten hours on any day of the year.

The organisers of the successful '10 in 10' event, which is held annually in June in the Newlands, Buttermere

and Borrowdale valleys near Keswick, have decided to encourage people to take to the fells all year round to allow more people to take part and they've called it the 'Everyday 10 in 10'

Go to www.10in10.org.uk for more details



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Pupils from Year 6 at Windermere Preparatory School, ably supported by Year 5, have delighted audiences of family and friends with their musical pirate extravaganza, *Pirates of the Curry Bean*.

After many weeks of hard work learning lines, perfecting songs and practising dances, the show finally came together. The result was a very funny and entertaining performance, full of swashbuckling action and dreadful pirate puns that drew laughter from start to finish.

The show centres on young twins Jack and Liza Periwinkle whose dreams of adventure come true when they discover a real life treasure map. But when the infamous Redbeard and his pungent pirate crew steal the map and kidnap their mother, the race is on to rescue

Pirates of the Curry Bean



her, reclaim the map and find the treasure! Accompanied by their faithful cat, Fiddlesticks, the twins join a mad admiral and his crazy crew on a voyage of adventure that takes them from the Old London Docks to the mysterious island of Lumbago in the Sea of Sciatica. But will they be the first to find the treasure chest or is there a surprise waiting for them that's even better than gold?

Director Mrs. Nield was delighted with the

performance; "There was so much brilliant acting and some exceptional performances. With such confidence and presence on stage, it was sometimes easy to forget that it was a Preparatory School show! It will be fantastic to see what they can produce in the Senior School."

Pirates of the Curry Bean is the third major production the school has staged since September following *Much Ado About Nothing* and *The Addams Family*.

St Cuthbert's get a pizza High Borran

Some of the most exciting learning opportunities for children happen when schools work with community groups, businesses or supporters of education.

Last month children from St Cuthbert's Primary School had the opportunity to work with High Borran Outdoor Education Centre (owned by North Tyneside Council) in the development of their outdoor classroom and learning environment, which has been specifically designed to meet the needs of visiting schools. The children and staff at both school and centre came together to trial a range of activities and resources to make outdoor learning engaging and fun. The day was a massive success with children suggesting it was the 'best classroom ever!' Staff from St Cuthbert's said: "What makes this space unique is that it has



DINNER TIME!
Pupils from St Cuthbert's Primary School enjoy pizza from a traditionally built pizza oven

is a self-contained area with great facilities for any group of any age whether running Forest School activities, overnight camping or simply having fun making pizzas in the specially built traditional pizza oven. At High Borran expertise is always on standby."

High Borran Outdoor Centre is keen to work with local schools and those further afield to provide them with teacher led or staff led days at the centre

that can be tailor made to meet individual needs of the schools. The Head of St Cuthbert's school, Peter Harrison urges other schools to become involved and support this great partnership that is on our doorstep: "I grabbed the opportunity to work with another partner to enhance the opportunities we can give to our children."

High Borran may be contacted on 015394 42816.

Hat-trick Gymnasts

Goodly Dale Gymnastics Champions for the third year in a row! February saw Goodly Dale Community Primary School children participate in the Local Area Key Steps Gymnastics Small Schools Competition at Lakes School.

The annual school competition is where children take part in Floor Work, Vaulting and Body Management at competition level in front of judges. Goodly Dale won two categories in all age groups with a second place in another.

The children were an absolute credit to their families and school, performing to the highest level and receiving their winner's medals really capped off all their hard work. The three teams now move on to the Area Key Steps Gymnastics Competition at Cartmel in the next few weeks. Head Teacher Andrew Corcoran expressed his delight at the performance of the children: "I am delighted that our children performed so well in winning two competitions across the age groups. It is fantastic to see the children develop and return each year as better gymnasts. For a small school to have entered six teams is exceptional.

We are looking forward, yet again, to our next challenge in the Area Finals!"

Ambleside Primary

On the first Monday after the half term holiday Ambleside Primary started 'Monday Miles'.

The whole school, from Early Years to Year 6 ran their first mile all together, which amounted to 12 laps of the playground. The children were very supportive of each other and there was a lovely atmosphere of camaraderie. Older children were running with and encouraging younger ones and the fittest and fastest children went back to run alongside anyone who needed extra support, including some of the staff! As well as this being great fun, the children and the staff are getting fitter and healthier.

HAPPY TO BE ME!

Every Friday our youngest children walk up to the beautiful woodland at Allan Bank... Every week it is the start of a new adventure... in one of the best "classrooms" in the world. The most important thing the children learn at Grasmere Forest School is to be happy and secure in themselves. Watching their social skills develop is a joy. They learn to encourage, negotiate, support, and work together towards a common goal. Their confidence grows and their self-belief blossoms.

Learning through investigation is at the heart of Grasmere School's ethos. At Forest School the children explore the wonders of the wood, and develop an increased respect for their natural surroundings, beginning to identify the plants and animals that live there. The engineering skills of design, innovation and problem-solving are learnt through den building and other construction activities. Science, geology, geography, music, art and RE are all naturally explored as we work in the woods. Play is work and work is play...

The ability to take responsibility for our actions is key to our success in life. At Grasmere School it starts in Early Years, with the choices they are encouraged to make. The children have the freedom, time and space to learn, grow and demonstrate independence. They learn how to

control their bodies, manage risk and respect each other and the environment.

Gradually the children are introduced to scrambling, climbing and exploring. They are encouraged to observe and think carefully before they try anything, and to take things at the pace which feels safe to them. There are lots of wonderfully patient and observant adults watching every move!

The children become skilled at spotting risks and making appropriate rules to keep themselves and others safe. This includes thinking about animals and plants which could get damaged. The risks change with the weather and the activities, so the children are always thinking and adapting their behaviour accordingly. Skills for life! They feel very proud of their achievements. It is such an adventure, within a loving, happy and safe environment.



GET IN TOUCH

Any nursery aged children can book into Grasmere Forest School sessions.

Contact the school on 015394 35313 if you're interested.



From Broadway to Ambleside

Enjoy a concert featuring music from hit musicals by composers such as Andersson, Lloyd Webber, Rogers, Sherman, Elton John, Zimmer, Shonberg, Bernstein and others.

It's being presented by the Kendal Concert Band on Friday April 1st (honestly) at St Mary's Church, Ambleside, in aid of Global Sight Solutions and other Rotary charities.

Tickets £8 from Ambleside Hub or on the door.

Flooding the airwaves with Rock for Recovery

Rock for Recovery is a fundraising scheme dreamt up by Cumbria Live to raise money for local people affected by the floods.

Well known bands such as Colt 45, The Sun Explodes and Paper Cranes appear alongside up-and-coming acts including Over and Out, Stand Up Arcade, and The Chadelics. Many of the bands have released exclusive tracks for the project. The album may be downloaded via the Bandcamp music sharing website priced £2, with all funds raised for Cumbria Community foundation's Flood Appeal being matched by CN Group.

Search for cumbrialive on bandcamp.com

'Music of The Lakes' to premiere in Grasmere

Lake District resident, Malcolm Thorogood, got together with one of the UK's most talented composers, Vaughan Kennedy, and is launching a unique CD of music that celebrates features of our National Park.

Called 'Music of The Lakes,' and described as 'a journey through the English Lake District' every track has been specially composed.

The 12 tracks of will be played for the first time in public at a special WI launch event in Grasmere Church on 7th April at 2.00pm. Entry is £3 in aid of the cancer-care charity Marie Curie. So the WI can plan seating and catering please email thoros@btinternet.com if you would like to attend.

The Brantwood Spring Exhibition

Kate Bentley is an artist that regular Brantwood attendees will be familiar with; her work was exhibited there in 2011.

The 'Elements' exhibition that runs from March 25th to June 5th will showcase Kate's latest work; a collection of watercolours and vivid oil paintings which embrace both aspects of contemporary and traditional painting.

Kate says of this exhibition:

"This body of work was born from pure and simple observation of my local environment, that is, The Lyth valley and the Lake District. En plein-air expeditions for me act as resource training exercises and here you can see a collection of work from those locations. It also struck me that it's the light and weather, forever changing, that makes things more exciting. The risk of a rain shower or sharp wind just around the corner all helps add a bit of drama!

The studio paintings are conceived by a series of mark making, often with no planning. Obviously



information of my en plein-air trips, worm there way in to the studio but memories, smells and local weather of a place are of equal importance. It is those elements that I dwell on in my studio practice.

Some paintings I start in the field and finish in the studio especially when I am caught short with the weather or if I feel I have lost the essence of the place and want to work from memories instead. My aim is not to produce

a 'pictorial' memory of the place but to remember what it was like to be there and to respond to all 5 senses."

The works on display will be available to purchase at the Severn Studio, Brantwood every day 10.30am until 5.00pm. Admission is included in the house or garden ticket. For further information please contact Brantwood on 015394 41396 or visit www.brantwood.org.uk

The Rule Book

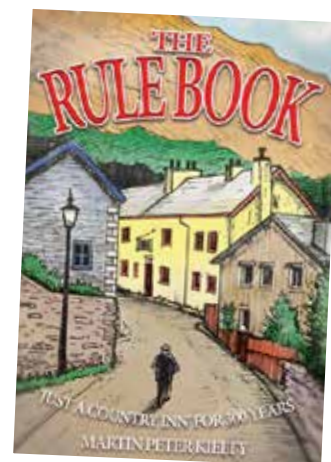
The Golden Rule has been an Ambleside pub since 1723, and beer has been brewed there since 1508, providing beer for Ambleside Hall and its estate workers.

With such a wealth of history it is easy to imagine the diversity of characters that have graced the pub's doors in the last 500 or so years. Martin Kielty a novelist, journalist and playwright based in Glasgow has done just that, having clocked up numerous visits to Ambleside and the Golden Rule over the years.

The Rule Book is a collection of stories, anecdotes and local adventures based on

events that really happened in and around the pub. The assembled cast includes: an innkeeper who lost it all not once but twice, several painters and Lakes poets, an old man who feared God had forgotten him, a wicked con-man, the Rule's last brewer, a hopeful racing driver, the odd war hero, and many supporting characters who have made this gem of a pub an interesting, not to say unique place over the centuries.

The only question is whether this book will finally clear Martin's bar tab? Find out in the foreword written by John Lockley who has been the landlord of the Golden Rule since 1981.



The Rule Book
by Martin Kielty

RRP: £10

ISBN: 978-1-326-55293-0

Imprint: Sennachie Press.

Ebook available.

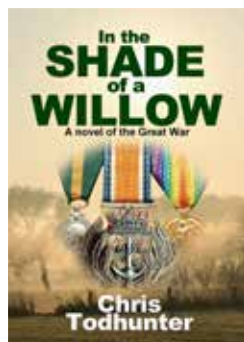
In the Shade of a Willow

Many readers will be unaware that, at the outbreak of the First World War, thousands of Naval Reservists were among the first to be called up, to be formed into "Winston's Little Army."

Sailors of the Royal Naval Division fought in the trenches alongside the army in most theatres of the war, from the searing heat of Gallipoli to the freezing Somme and the hell of Passchendaele, always jealously guarding their Naval identity.

Like the main character of the novel, the author is a former naval officer, lawyer and the son of a Cumbrian vicar.

Chris Todhunter has thoroughly researched his subject and has skillfully woven a highly personal story into that of the military campaigns. Your reviewer, a sailor, found it hard to put down and so will you!



In the Shade of a Willow - A Novel of the Great War

by Chris Todhunter

ISBN: 978-0-9574244-2-5

Longitude Press.

Available from Kindle, Amazon Books and from your local book store

Armitt reopens after flood

The Armit Museum and Library in Ambleside has reopened this month after suffering the wrath of Storm Desmond and succumbing to the flood waters that caused so much damage across the county.

With the ground floor of the building soaked through in December it has taken some months to dry out the floor and walls. Thanks to a team of volunteers swinging into action the all important exhibits were spared a ducking by the floods and the exhibition rooms have been redecorated and are now ready to welcome visitors once again.

Founded in 1912 the Armit hosts an interesting and unique collection of works by some of the Cumbria's most important writers and artists. The highlight of these is surely the Kurt Schwitters collection and, in this most important of anniversary years a range of Beatrix Potter works that might not traditionally be associated



with Peter Rabbit, Squirrel Nutkin et al. As well as being a children's author, sheep breeder and early supporter of the National Trust, Potter was an accomplished naturalist, being particularly interested in Mycology (the study of fungus) and she bequeathed all her botanical drawings and watercolours to the Armit Trust on her death.

Beatrix Potter: Image and Reality is a permanent exhibition at the Armit, Ambleside. Open Monday - Saturday 10am to 5pm.

A Grasmere WI Special Event open to all.

£3 entry... entirely in aid of Marie Curie.

At Grasmere Church. 2.00pm Thursday 7th April 2016.

An 'Afternoon Affair' in Grasmere!
Wonderful new music, a short talk and a WI afternoon tea!

Music of The Lakes

An Orchestral Journey through the English Lake District.



Come and hear the first public playing of a brand new 'easy-listening' CD of 12 movie-theme-style orchestral tracks, each one specially composed to celebrate a different aspect of the Lake District... its mountains, its lakes, its wildlife and some of its attractions. The music will be interspersed with a short talk about each piece & how the album was conceived and directed here in Cumbria. You can follow this with a WI tea at 3.00pm (separately charged and again in aid of Marie Curie). Please email thoros@btinternet.com if you would like to attend.

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For Ellen Bowness, beautiful views have always been part of her life – when you've been raised in Little Langdale how could they not be – so it was only natural that she got into photography.

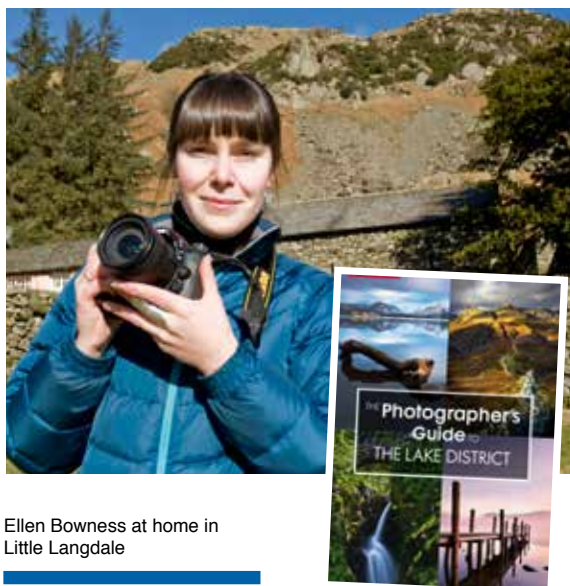
It was straight after university (at Edinburgh where she studied pharmacology), and it wasn't long before she started to amass a portfolio of pictures of and from hundreds of Lake District beauty spots while also starting a career working for a publishing company.

"Photography... books... one thing just led to another," said Ellen, 33.

She set up her own company, Long Valley Books, and using her skills in the desktop publishing software InDesign plus her stunning photographs she produced and launched her first book, The Photographer's Guide to the Lake District, which was published in 2013.

The handy-sized paperback lists more than 50 locations such as lakes, tarns, waterfalls, viewpoints, caves and stone circles to take classic pictures, plus detailed directions for getting there and advice on the best times of the day for shooting.

Driven to landscape



Ellen Bowness at home in Little Langdale

"Producing the book was the easy part," she said. "The toughest part of the process was distributing it. I spent ages driving to every bookshop in Cumbria, but they all stocked me!"

Since then Ellen has done a whole lot more driving, producing Photographer's Guide books covering the Peak District, the Yorkshire Dales and London. Her most-recent guide, to Glencoe and the Trossachs in Scotland, was published last month.

She has some favourite Lake District locations. Here are five of them:

- Lingmoor Fell looking over Side Pike to the Langdale Pikes
- Derwent Water boat landings at Keswick
- Wast Water
- Cathedral Cave, Little Langdale
- Innominat Tarn on Haystacks.

Rucksack of Rhymes Strides Out



Zoe McLain from the Dove Cottage and the Wordsworth Museums pops her Rucksack of Rhymes down on the story mat surrounded by cushions and rugs for her participants to plonk down on.

The sessions take place in a variety of venues from libraries, to nurseries and schools throughout Cumbria. The Rucksack has travelled from Penrith to Grange and from Ambleside to Barrow engaging children age 6 months to 5 years and their families.

The Rucksack contains dolls of William and Dorothy Wordsworth who bring with them items and experiences found in the Lake District. This includes rain, and a flowing river, animals, bugs and includes Georgian domestic items such as a candle-mould. Reflecting themes from Wordsworth's poems including the Weather, Butterflies and Bugs, Plants and Animals or Georgian home life, Zoe uses the hour to the full, packed with songs, crafts and stories.

The outreach service takes informative fun, free of charge to libraries and schools all over the county. The Wordsworth Trust would like to work with 7,000 children, teachers and parents this year and want to hear from you if you would like to visit a session at Dove Cottage or at one of their outreach posts or would like to find out about a visit to your school or nursery.

This year, kids aged 16 years and under go free to Dove Cottage the Wordsworth Museum and family fun activities when accompanied by a paying parent or carer (annual adult tickets are £8.25). This offers an excellent chance to go do something a bit different.

Visit www.wordsworth.org.uk for info on Terrific Treks on Tuesdays, Tales for Tots, Rucksack of Rhymes and loads more family fun activities.



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A lonely Headstone

A family tragedy is laid out in weather-beaten, stone-carved letters on a gravestone at St Mary's Church, Windermere, which stands alone and away from other burial plots.



The lettering caught the attention of churchwarden Jean Clarkson, who told Windermere Now: "It's intriguing. Why did a mother and a daughter die in separate police stations within months of each other?"

Can any local historians shed light on the events that led to these three deaths?

info@windermere-now.co.uk if you know anything.

The gravestone reads

In loving memory of
Hannah Alice
Wife of John Watson
Who died at Windermere Police
Station, Aug 10th 1887
Aged 36 years
William, their youngest son,
who died July 13th 1887
Mary Agnes, their eldest
daughter who died at Millom
Police Station Nov 29th 1887,
aged 14 years
Interred at Windermere.

Easter at Lakes Christian Centre

This is an important time of the Christian calendar where we remember that Jesus loved the world so much that He died for each one of us.

If you would like to hear more and come and celebrate with us, then join us for our Easter Service on March 27th. We will be having a time of singing from 10am with our family service starting at 11am, and we would love you to join us. Our children's

church and youth will be part of the service and there will be refreshments afterwards.

Also you are welcome to pop down to our church from Thursday 24th to Sunday 27th March any time of day or night as we will be reading the Bible from cover to cover over 72 Hours!

You can find out more about Lakes Christian Centre at www.lakeschristiancentre.co.uk

Carver Uniting Church

We meet for worship every Sunday at 10.45am and welcome everyone to our Service.

On the fourth Sunday of the month there is an early informal service 'Church with Croissants' at 9.00am. Join us for coffee, croissants, discussion, music and prayer.

Coffee@ Carver, our Wednesday coffee morning, is held each week between 10 and 11.30am. Drop in for

conversation, free coffee or tea and an opportunity to meet friends.

Services for Holy Week and Easter. Thursday 24th March: 6.30pm: Service for Maundy Thursday. Easter Sunday 27th March: 9.00am: Church with Croissants. 10.45am: Service with Communion.

Dates for April. Friday 15th: 2.30pm: Bereavement Group Meeting. Sunday 24th: 9.00am: Church with Croissants.

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- Swim Breakfast just £12.95 with free use of the leisure club till 12 noon
- Dinner & Dip just £23.00 pre book dinner and use the leisure facilities for free

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Burning Issues

Cumbria Fire and Rescue Service is looking for Community Volunteers to help make a difference in their communities.

Imperative to reducing the number of fires in the home is giving fire safety advice and ensuring adequate smoke alarms are fitted. Community Volunteers are fully trained to carry out Home Safety Visits and are provided with a uniform and out of pocket expenses.

If you have a few hours to spare and enjoy giving something back to your local community or would like further information then contact Nicola Jackson on 07825 011005 or Eileen Teasdale on 07887 793970.

Bowness Bowling Club



Our club opens for the season on Wednesday 30 March and we are keen to attract a few new members. Why not come and have a go?

Bowls are available, you only need to bring flat-soled footwear. Friendly, social bowling to be enjoyed every Wed. and Sat. afternoon from 1:45 pm. Just come along. For information ring Bob Proctor on 015394-47797.

Gather together

The 'Gather' has been an annual event for over five years in aid of the Great North Air Ambulance Service (GNAAS). St Oswald's church hosted the day at which general public donated bags of clothing, bed linen, curtains, towels and books. CD's and DVD's, old mobile phones and used ink cartridges were collected for recycling.

The total, this year from the stalls, tombola and refreshments came to £521.81 – an average day according to the W.I. ladies. The bags of clothes etc are taken to the new HQ in Darlington, where they earn a donation of 80p per kilo.

Details of the W.I. meetings are posted in the 'What's On' section.

Windermere Model Yacht Club

Windermere Model Yacht Club is a recently formed club. We manage to sail our model radio-controlled racing yachts on the Lake on a weekly basis and are currently sailing from the meadow next to the old Steamboat Museum.

There are creature comforts on site however many would welcome a move to a more accessible venue. We generally meet on Thursdays but are looking to change over to Sundays which will hopefully allow prospective members who work to come along and share our sport.

We sail radio-controlled International One Metre Yachts, which are sailed worldwide. They provide competitive racing or just



the pleasure of bobbing about enjoying what must be the finest views in the country. We do have a couple of Yachts which could be used on a try-before-you buy basis by any interested potential members.

Some of our members have spent many happy years being involved and sailing from the old Steam Boat Museum.

We look forward to the opening of the new Windermere Jetty in 2017, when it is hoped that the new facilities will be made available to our club members to continue the long association we have had with the museum.

You can look us up on Facebook, call 01539 488 715 or email steamjet2295@gmail.com

Support at the CAMEO social club

The CAMEO Social Club, which meets at the Marchesi Centre, Windermere has a new hand at the helm. Anita Baxter, a former Social Worker, will be taking over, with support from Nigel Kelly, Fiona Wilkinson and our wonderful volunteers Joan, Beryl and Kath.

The club will still run from 10am to 3pm on Mondays and Fridays, and we hope to increase to 3 days a week from June 2016.

Cameo is open to local residents over 55 years old. Members are free to drop in for the morning, a freshly cooked lunch, afternoon sessions or stay all day.

Our transport service is provided by a local tax firm and available to all our members. In addition, all members can register themselves on the 'occasional users'



transport list and take lifts to or from the club if the weather is poor or they are feeling unwell.

We offer stimulating activities in a warm, safe and comfortable environment with trained staff and volunteers who have professional experience of supporting older people and caring for people with early dementia, giving support as required.

We can offer ongoing reviews to ensure we

meet the changing needs of each person, respite for carers, advice / information on other support services.

How to join the CAMEO Social Club

Self-referrals are welcomed but referrals can also be made by social workers, GPs, family and friends. All enquiries should be directed to Anita Baxter on 07874 009 808 or pop in and say hello.

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Brambles Cafe

The brambles after which Chapel Stile's Brambles Café is named are barely 250 yards away from the café, and are a prominent feature of a village garden that supplies the café's fruit and vegetables.

The garden is that of owner Sam Rodway's parents Mike and Beryl, and it's Mike's task to keep the prickly shrub at bay.

"Dad grows the veg for the soups and quiches and the gooseberries, blackcurrants and redcurrants for the jams," said Sam. "I've got an apple tree at home."

Sam trained as a chef and was working at Chesters-by-the-River in Skelwith Bridge in 2000 when she got the chance to launch her own business. She took over part of the first-floor above the Langdale Co-op that had been most recently a store room, but years before was the hub of Great Langdale's social scene as a dance hall.

"You can still see the marks made by stiletto heels in the flooring!" said Sam. The business is truly 'local' with the most distant supplier being Peggy's Bakery in Ambleside. Sam is helped by her sister-in-law Carol Bray, nephew Nathan Bray, and occasionally by her husband, who is a joiner by trade.

Samling restaurant set to expand

The Samling Hotel is to expand its Michelin-star restaurant, more than doubling its capacity in a new development.

The restaurant has been providing what it calls "intimate dining" for over a decade, but believes it is now time to increase in size to meet demand. As well as additional seating, it will also offer a bar area, chef's table and wine cellar.

General Manager Alasdair Elwick said: "Over the past three years we have added a smokehouse, development kitchen and growing operation. As a result of this improvement demand for our restaurant has dramatically increased and we haven't been able to cater for this demand. Our new restaurant capacity will make it easier for people that aren't staying at the hotel to dine."

In December last year the hotel announced the appointment of Nick Edgar to run the restaurant. He was previously head chef of the two-Michelin-starred Belmond Le Manoir aux Quat'Saisons

Elwick said he hopes the restaurant development along with the appointment of Edgar will help the Samling "go from strength to strength".

Juicing is the food trend of the 2010s with an ever-growing number of households equipped with an electrical gizmo that slices, slashes, pounds, grinds or pulverises fruit and veg in the name of a healthy lifestyle, so it's probably not that much of a surprise that a juice bar has just opened in Ambleside.

The Lakes Pressery, however, is much more than that. For a start, the juicing process is accomplished by a cold-pressing machine that's unrecognisable from the type increasingly found in the nation's kitchens (and much bigger).

"It cost thousands," admitted co-owner Val Edwards. "We had to import it from Las Vegas."

Val, who has set up the business with Jane Harvey with whom she owns the Queen's Head in Hawkshead, said that cold-pressing was increasingly being seen as the best way forward for juicing, offering the best for nutrition and shelf-life. "The juice is bottled right out of the machine and the bottles are filled right up to the brim so as to ensure no oxidation," she said.

Val works alongside her partner Calley Edwards,

The power of the press



A row of cold-pressed juice bottles. Val and Calley Edwards at The Lakes Pressery in Ambleside.

and they had a busy first week during the February half-term and expect to be fully open from Easter right through to the end of the summer season. They've devised juices to suit all customers, with some intriguing titles: Rocket, Remedy, Recovery, Purge, Dr Brainlove, Super 7 and Dr Greenlove.

Our reporter chose a 'Dr. Brainlove' drink comprising blueberries, spinach, broccoli, beetroot, apple and lime, described as follows: *Brimming with*

anti-oxidants, vitamin K, B6 and B12, these nutrients slow down the process of ageing, cell damage and help improve cognitive brain function.

He's not sure that it helped him write this article, but he loved the taste, nevertheless.

The Lakes Pressery is situated on Rothay Road (the one-way system coming into Ambleside from the south) on the left just before the turn to Miller Bridge car park.

A touch of chipistry

Q: When is a chippy not a chippy? A: When it's also a bit of a local history museum.

That's exactly what The Little Chippy in Beech Street, Windermere is – and it rather shocked owner Mark Lilley when he first saw the place.

"I've been a chef for 30 years and I was looking for a business," he said. "When I saw it I knew it was right for me – but I couldn't believe the number of old black and white photos of local scenes on the walls."

Other newcomers might have got rid of them and



installed a whopping great TV screen, but Mark had other plans; he hired local photographer Steve Wayne to revisit all the locations and take an up-to-date photo, and they have joined the old pictures on the walls

of the chippy. And there is still no TV. "When people are waiting for their fish to cook they can look at the walls instead of a telly screen," said Mark. "That's much more social!"

APRIL

Jumble Sale for Action Aid: 2 April: Saturday: 2 pm Staveley Village Hall. Donated items for the sale can be taken to Staveley Institute on Friday 1st from 4-6pm (by 555 bus stop)

Coffee Morning: Ambleside and District Choral Society: 6 April: Wednesday: 10.30 – 12.00 Lucy's on a Plate, Church Street, Ambleside. Entry on the door £2.50 including coffee and cake. Cake Stall, Tombola, Raffle, Bric & Brac stall. Everyone welcome!

Rummikub and Scrabble: 7 April: Thursday: 1.30 – 4.30 pm Marchesi Centre, Windermere. Cost £5, includes afternoon tea. There will be a raffle. To book please phone Sylvia 01539 446233. Troutbeck WI welcomes new members. Talk to Sylvia at the event or phone Eliz 01539445252

Levens Choir: 9 April: Saturday: 7.30pm: Cartmel Priory. Levens at 40 – Shakespeare at 400. Tickets available from Grange TIC, Kendal TIC, Made in Cumbria and Windermere Information. 01539 730590 www.levenschoir.net.

"The British Red Cross" a talk: 11 April: Monday: 2 pm: Marchesi Centre. The talk, hosted by the U3A, will be given by Fiona Cartmell who works on international matters for the Red Cross. She will explain how the British Red Cross fits into the international organisation as well as describing the work it undertakes here in Cumbria and in the UK generally. All are welcome (non-members £2.00).

The Charisma of Caravaggio: 12 April: Tuesday 1.30pm Mrs Fenella Billington BA (Hons), MA South Lakeland Decorative & Fine Arts Society (SLDFAS) Brewery Arts Centre, Kendal. Entry Fee: £8.00 01229 468525

Levens Choir: 12 April: Tuesday 7.30pm. St Anne's Church, Ings. Levens at 40 – Shakespeare at 400. Tickets available from Kendal TIC, Made in Cumbria and Windermere Information. Contact 01539 730590 www.levenschoir.net.

The Arty Farty Fashion Party: 15 April: Friday. 6.30pm for 7.30pm A celebration of fifteen years of Two by Two in memory of Chris Benefield will be this year's Fashion Show. Café Ambio, Lakeland Motor Museum. Leven Valley Support group for St Mary's Hospice. Drink and a tray bake included. Tickets £8 (includes museum entry): Dorothy 015395 30132

Poetry Reading for the Wordsworth Trust : 20 May: Friday. 7.30 pm. Kelsick Centre, St Mary's Lane, Ambleside. Arthur Kincaid, a local professional actor, his productions of The Tempest and Shelley's Prometheus Unbound have been seen in the area fairly recently. His selections, among his own favourite poems, will include Shakespeare, Donne, Herbert, Blake, Wordsworth, Keats, Shelley and Browning. Admission £10. Bookings through the Wordsworth Trust, tel. 015394 35544.

ON-GOING EVENTS

Stott Park Bobbin Mill: Good Friday, 25 March: 10am-5pm: The only fully operational bobbin mill left in the country reopens for the season on Good Friday with the original steam engine powering the mill on Sat 26th - Mon 28th March

and Sat 2nd – 3rd Sun April. Experience how bobbins were made in the traditional way. Open Wed to Sun and bank holidays

Chair based exercises: Every Tuesday 10 am at Nine Oaks Trust, Phoenix Way. The exercises are safe, gentle and benefit circulation, flexibility, muscle strength and mobility - with an emphasis on enjoyment. For men and women. Further details from 015394 44436.

Stickman Activity Trail Until 31 May: All Day Self-led activity trail walk. Grizedale Price: £3 Telephone: 03000 674495 grizedale@forestry.gsi.gov.uk www.forestry.gov.uk/grizedale

Modern Jive Dance Night & Class: Mondays: 7.30pm - 10.30pm Weekly modern jive classes for beginners & improvers with dancing to variety of music genres. Fun, easy to learn & suitable for adults all ages & fitness levels, singles/couples. Great night out in relaxed & informal atmosphere. Bar & on-site parking. Kendal Golf Club, The Heights, Kendal. Special loyalty discounts available - £6: Pam Furness, 07770 954 359 dance@furnessjive.com

AMBLESIDE PARISH CENTRE

Cedar Counselling Cumbria: Mon-Fri: Free and confidential counselling available. Call 075021-06582 or email help@cedarcounsellingcumbria.co.uk

Gentle Exercise: Tuesdays, : 2.15 - 3.15pm. Age UK. Call Tony McMichael on 077678-47687.

Migrant workers conversation group: Tuesdays: 3 - 5pm. Call the parish centre on 015394-34172.

Bereavement Support Group: First Wednesday of each month: , 2.30-4pm. Call Judith Shingler on 015394-34640.

The Evergreen Club: Wednesdays: 2pm to 4pm Looking for new members. We packed 25 boxes of blankets and other items for its Romanian appeal in 2015. Call Betty Potts on 015394 31851 betty.potts@bopenworld.com.

Citizens Advice Bureau: Thursdays Appointments only. Call 015394 46464.

Foodbank: Thursdays: Food boxes distributed 10am-1pm. Collect vouchers during office opening hours.

BRATHAY CHURCH HALL

Coffee mornings: Thursdays: 10am to 12 pm. Brathay Church Hall. Follow the smell of fresh scones!

SKELWITH BRIDGE COMMUNITY CENTRE

U3A Bridge group; Fridays: 2pm. Small friendly group. Phone 01539435200 or just come along.

AMBLESIDE LIBRARY

The History of Your House, Saturday 16 April, 10am – 4pm: How to find the history of buildings using a range of sources & archive materials, suitable for both beginners and those who have already started researching their own home.

Lakes Parish Council Meeting, Wed 2 & 16 April, 7pm. Latest planning applications to view from 6:30pm.

Ambleside Library Reading Group, Wednesday 13th April, from 19.15pm, discussing The Glass Palace by Amitav Ghosh. Friendly informal group, new members welcome.

Ambleside Songsters, Fridays 12pm - 1:30pm. For all who love to sing including those with dementia, followed by coffee.

Knitting & Craft Group: Tuesdays 10am - 12pm. Get-together for Knitting, Chat, Coffee (or Tea) & Cake. A friendly social group to share ideas & knowledge, beginners welcome.

Games Group: (First and third Tuesdays each month) 4:30pm - 6:00pm. Informal games playing Cards, Scrabble, Chess etc. Everyone welcome.

Wednesday drop-ins with advisers from Age UK, 11:15 am - 1pm and South Lakeland District Council, 10:00 am – 1:00 pm.

Ambleside Child & Baby Clinic, Thursday April 7th & 21st , 10:00 till 11:00am.

Gadget Man: every Wednesday, 11am - 1:00pm. Help with iPhones, tablets etc, plus free 1 to 1 IT sessions offering further help using your Laptop, iPad, etc. Please book with library.

Public PCs available for internet, scanning and printing. Wifi is free, visitors welcome to join.

Contact the library 015394 32507 or ambleside.library.staff@cumbria.gov.uk

AMBLESIDE PARISH CENTRE

Cedar Counselling Cumbria: Mon-Fri: Free and confidential counselling available. Call 075021-06582 or email help@cedarcounsellingcumbria.co.uk

Gentle Exercise: Tuesdays, : 2.15 - 3.15pm. Age UK. Call Tony McMichael on 077678-47687.

Migrant workers conversation group: Tuesdays: 3 - 5pm. Call the parish centre on 015394-34172.

Bereavement Support Group: First Thursday of each month: , 2.30-4pm. Call Judith Shingler on 015394-34640.

The Evergreen Club: Wednesdays: 2pm to 4pm Looking for new members. We packed 25 boxes of blankets and other items for its Romanian appeal in 2015. Call Betty Potts on 015394 31851 betty.potts@bopenworld.com.

Citizens Advice Bureau: Thursdays Appointments only. Call 015394 46464.

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MARCHESI CENTRE

Marchesi Centre Holly Rd, Windermere LA23 2AF 015394 43411

Monday:

Cameo Day Centre 10am
Short Tennis 10am
U3A: 2pm (2nd Monday of the month)
U3A Local History: 2pm (3rd Monday of the month) Slimming World: 5.30pm & 7.30pm
Ellwood Bridge School: 7pm
Rummikub Club - 7pm (3rd Monday of the month)

Tuesday:

Enjoy your Leisure: 10am
Exercise Class for the over 50s: 1.30pm
Alzheimer's Society, Dementia Cafe: 1.30pm (2nd Tuesday of the month)
The Trefoil Guild: 2pm (2nd Tuesday of the month)
Chess Club: 7.30pm

Wednesday:

Windermere Scottish Dancers: 10am
U3A Reading Group: 2pm (1st Wednesday of the month)
Yoga: 2pm
Weightwatchers 5.30pm
Windermere Bridge Club: 6.50pm
Growing Singing: 7pm (Every other Wed)

Thursday:

Art Class: 10am
Bowness WI: 12pm - 4pm (2nd Thursday of the month) Windermere WI: 7pm (1st Thursday of the month)
Filling Station: 7.30pm (3rd Thursday of the month)

Friday:

Cameo Day Centre: 10am
U3A Bridge: 2pm
Windermere Bridge Club: 6.50pm

Saturday:

Coffee Morning: 10am (1st Saturday of each month)

WINDERMERE LIBRARY

Windermere Reading Group: third Monday of each month in the meeting room at Windermere Library. Please join us for tea, a biscuit and a chat about our latest read. We often also have visits by local authors to discuss their new books and their experiences as a writer

21 March 3pm – 4.30pm Visiting author Jean Brigg discussing her new Dickens and Jones mystery 'Death at Hungerford Stairs'.

18 April 3 -4.40pm We will be discussing 'Agnes Grey' by Charlotte Bronte

Child Health Clinic 11 & 25 April: Monday 9 – 12pm

Tuesday

Drop-in: 9.15am – 12.15pm :SLDC customer adviser: Drop-in: 11am – 1pm: Age UK Village Agent
MIND: 1pm – 4pm: get-together
Tiny Tots Tales: 2.30 – 3pm: story-time & rhyme-time for under-5s

Thursday

Drop-in: 9.15am – 12.15pm :SLDC customer adviser: Meditation: 6 – 8pm: (21 Jan – 24 March)

Friday

Baby Massage 1 April 12 – 2.30pm

Exhibitions

"From Auschwitz – Ambleside": 9.30 - 4.30pm Monday, Tuesday, Thursday
Friday: Permanent exhibition about the Windermere Boys, young survivors of the Holocaust, who came to Calgarth, Windermere in 1945 to start new lives in the UK.

Citizens Advice: open Mon, Tues, Thurs & Fri: 10am - 2pm, Sat 10am - 1pm First floor, Windermere Library, 015394 46464, phone for appointment.

Windermere Library has full disabled access.

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CURTAINS & SOFT FURNISHINGS

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CURTAIN SALE

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