

Windermere now

over 10,000 copies delivered every month

Ambleside, Bowness, Grassington, Hawkshead, Langdale, Staveley, Troutbeck, Windermere and surrounding areas.

ISSUE WN18 - APR/MAY 16
windermere.now.co.uk

WHY NEV LOVES GOING TO WORK

SEE PAGE 12

ALSO INSIDE:

Could you foster a child?... **PG10**

Running Reverend is revved up for Marathon ... **PG14**

'Rock on Windermere' The Quo comes to town... **PG22**

AND LOTS MORE >>>

Serving the communities of Lake Windermere and surrounding areas

Cumbria
Tourism
Awards
2015
WINNER

Riva

CAFFÈ ★ RISTORANTE ★ BAR



THE

FLYING PIG

A GREAT BRITISH PUB

Fantastic Spring OFFERS!

SPRING MENU and Cash Ales

Locals Loyalty Card 15% OFF ALL FOOD & DRINK*

(*not in conjunction with any other offers)



£11.95
for 2 Courses

Early Bird
Offer

4pm - 5.30pm
Every Day

Spring Special

Daily Lunch Offer
7 days a week **£6.95***

Menu with a great selection
of **Pasta, Pizza or Toasted Panini**
& **LOW PRICE DRINKS***
served midday to 4pm

Relax in our New Outdoor Terrace

Happy
Hour!
+1/2

All cocktails £4.95 Moretti £2.50
125ml Glass House Wine £2.95
Every day 4pm - 5.30pm

Get your Locals Card at Caffè Riva
St Martins Square, Bowness

T: 015394 23232 www.caffèriva.co.uk

CASK ALES

The Golden Pig Ale ♦ Windermere Blonde
Boondoggle ♦ 'Guest ale of the month'

HOME COOKED FOOD

Lakeland Short Crust Pies
with Mash or Chips and Vegetables
from **£9.95**

SUNDAY ROAST

with all the trimmings!

Served every Sunday

£9.95

ask about our

EARLY BIRD OFFER

served 4-6pm

Get your Locals Card at THE FLYING PIG
Rayrigg Road, Bowness

T: 015394 43332 WWW.THEFLYINGPIGBOWNESS.CO.UK

Letter from the (News) Editor

Whilst we are slaving away in the boilerhouse of this publication Chris has taken himself and family away to the sun, sea and sand.

And why not? He has worked very hard to get the three papers to the position in which we are serving Grange over Sands, Windermere and the Central Lakes and now Ulverston.

This month in Windermere Now we are celebrating success. Britain's Best Pie; the World's Best Marmalade; new shops, cafes and restaurants opening; hotels being refurbished and hotels winning awards.

We have youngsters winning trophies in cross-country races, conservationists re-establishing endangered species and a vicar running the London Marathon.

All positive stories about positive folk in our area and something to encourage you to see the good things around us.

There is news from the Windermere Town Council, from the National Trust Rangers and from our MP, Tim Farron.

This month we have a feature on fostering from a new, local writer, Ceri. This may awaken some people to the possibilities which, along with a case study, may encourage some to investigate further. The need for foster carers in this area is constant and indeed, growing.

Many events are promoted by local amateur groups who not only want to entertain you but are keen to attract new members. If your interests lie in their direction, why not give it a go?

If you have a local event to promote look at the deadlines and publication dates below and get in touch with the details.

By the time this issue reaches you it will only be a couple of weeks until the re-opening of the A591 to all traffic. The A592 alongside Ullswater has already been re-opened and Pooley Bridge has been replaced with a "temporary" structure.

They signify the re-connection of the Lake District into one entity, the fact that the floods are behind us and we can look forward to the future.

Future deadlines

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

Windermere Now

Ground Floor, Barclays Bank Chambers,
3 Crescent Road, Windermere, LA23 1EA

OPEN 9am-1pm MONDAY - FRIDAY

info@windmerenow.co.uk 015394 22070 / 015395 35454



- 04 Ambleside gears up for Festival of the Fells
- 05 Housing boost for Langdale village
- 06 Rail improvements put back
- 07 The write stuff
- 13 Putting up with Crazy Golf



10 Being a Foster Carer *A personal story*

12 Not a bad commute

14 Running Reverend is revved up for Marathon

- 16 Pruning for the future
- 17 Crossthwaite Garden Ramble
- 18 On the fells
- 19 Inter Schools' Cross Country
- 20 A capital time for Pupils
- 21 Refugees in Art and Religion
- 22 Lakes Ignite
- 24 Windermere pasty is Pie of the Year
- 26 A small club punching above its weight

12 BUSINESS

14 CHURCH

16 NATURE & WILDLIFE

18 HEALTH & LEISURE

20 SCHOOLS

22 ART & MUSIC

24 FOOD & DRINK

26 CLUBS & SOCIETIES

28 LETTERS

29 WHAT'S ON

30 CLASSIFIEDS



Ambleside gears up for Festival of the Fells

Festival of the Fells, Ambleside's first ever mountain and cultural festival, will feature one of Britain's greatest ever mountaineers.

Alan Hinkes, the only Briton to have scaled all 14 of the world's 8000m mountains, will be giving an illustrated talk at the festival, which runs from Thursday 22 to Sunday 25 September.

It is being organised by the recently formed group Ambleside Together, which was formed in January to promote the town in the wake of the December floods. Since then, the 'Love Ambleside'

branding campaign has been launched, and most of the shops in the town have put up window stickers with its distinctive heart logo. A Facebook site has been started and a Twitter account has been set up, with a website set to go online shortly.

Ambleside Together chairman Andrew Hewitt, the owner of Waterhead's Regent Hotel who organises the annual town Christmas lights, said: "People are working very hard to make this event a success. We're hoping for a lot of help from the local community and, knowing



Ambleside folk, we're confident they'll get right behind it."

The distinctive festival logo features an outline of St Mary's Church in the town against a backdrop of the Fairfield Horseshoe.

Events planned include

Guided walks – low-level walks for families; mid-level walks (Loughrigg Fell and Wansfell Pike); high-level walks (the Fairfield Horseshoe and Red Screes);

Guided swim/walk – Windermere, River Brathay, Loughrigg Tarn, Grasmere and Rydal Water;

Guided abseiling – at Hodge Close, Tilberthwaite;

Guided ghyll scrambling – at Stickle Ghyll, Great Langdale;

Mountain movies – at Zeffirellis, a number of mountain and outdoor movies will be shown;

Illustrated talks – from mountaineer Alan Hinkes and from Clive Hutchby, the man currently revising Alfred Wainwright's legendary series of seven guidebooks, the Pictorial Guide to the Lakeland Fells;

Historical tour – a walk around Ambleside visiting its historic sites;

Music, comedy and restaurants and cafés offering special festival treats.

Other events are likely to be added to the programme, say the organisers.

NB. The world's 8000m peaks are: Everest (8850m), K2 (8611m), Kangchenjunga (8586m), Lhotse (8516m), Makalu (8463m), Cho-Oyu (8201m), Dhaulagiri (8167m), Manaslu (8156m), Nanga Parbat (8125m), Annapurna (8091m), Gasherbrum I (8068m), Broad Peak (8047m), Gasherbrum II (8035m) and Shishapangma (8013m). The highest fell in the Lake District is Scafell Pike at 978m (3210ft).

Museum progress on track

The complete rebuilding of the old Windermere Steam Boat Museum site on Rayrigg Road to create the snappily-named Windermere Jetty is progressing well. Cumbrian company Thomas Armstrong Construction was appointed as main contractor in October last year.

Although from Rayrigg Road it's not really possible to see what is happening, the ground-works for the conservation workshop and boatyard and the raised ground level for the main museum buildings are completed. The dredging of the lake bed was

completed in February and piling works were completed in March.

The latest news is that the foundations for the new workshop are now underway. The new museum is due to open in summer 2017.

The Lakeland Arts Trust have successfully raised an incredible £16 million and are close to the final target but still need to raise £250,000 to fill the gap to complete the Museum. Should you wish to help us in this final fundraising phase, contact Samantha Millar or Charlotte Upton on 015394 46139.

Superfast Broadband available in Coniston and surrounds

Kencomp Internet, who were the first to bring superfast broadband to many of the areas around Windermere including Troutbeck, Storrs Park and Crook, have just launched a high speed internet service in the Coniston area.

The Kendal firm can now provide broadband speeds of up to 50 Meg to both homes and businesses in the areas around Coniston Water including Torver. And the best

bit is that the service doesn't even need a phone line to work so there's no line rental!

Kencomp specialises in providing broadband to towns and rural communities throughout Cumbria using microwave radio technology which is especially suitable for rural areas. It also means the speed you get is a lot faster than most local phone broadband. If you'd like faster broadband call 01539 898145 or sales@kencomp.net

ADL architects
ARCHITECTURAL DESIGN LIMITED

ADL has the ability and experience to turn your problem into an opportunity efficiently, cost effectively, with imagination

From planning & building regulations applications and planning appeals through to project completion we offer a full range of architectural services in and around the Lake District National Park.

One Queens Yard, Victoria Street, Windermere, LA23 1AN
015394 43721 www.adlarchitects.co.uk



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

Housing boost for Langdale village

It may be less than a handful of homes, but in the context of affordable housing four properties is a big deal in little Skelwith Bridge.

Two Castles Housing Association has worked with with Skelwith and Langdale Community Land Trust (SLCLT), a not-for-profit company formed to provide affordable housing that benefits the community, to design the three three-bedroom homes and one two-bedroom home. They are expected to be completed by the end of the year.

Gordon Baddely, chairman of Skelwith and Langdale Community Land Trust, said: "We are all aware of the special problems relating to affordable homes in the Lake District.



Perfect partners: from left, Gordon Baddely, Heidi Halliday, and Two Castles pair Rob Brittain and Greg Denwood.

Communities are struggling because local people, and people who work in the area, cannot afford the prices asked for the relatively few properties available.

"Our work with Two Castles Housing Association is an attempt to make at least some homes available to families who want to live within the Skelwith and Langdale community.

They and their children will help to bring life and vitality back to our valleys."

Ambleside and Grasmere county councillor Heidi Halliday, housing and strategic development portfolio holder, said: "These homes are going to enable local families to stay within their community and help sustain that community."

Hospice event raises £13,000

A 'Big Top' themed ball, organised by St John's Hospice, has raised more than £13,000 for the charity.

The fundraising evening, which took place in March at the Castle Green Hotel, Kendal, marked the organisation's 30th anniversary and welcomed more than 150 guests from across the South Lakes!

"We are beyond delighted that the 'Big Top' Ball has generated such a fantastic level of support and funds!" said community fundraiser, Jill Santamera. "The feedback we have received from guests has been wonderful and it was a night when the local community really came together – once again - to support St John's Hospice.

TIGHT SQUEEZE on The Slack



The Slack is the narrowest road in Ambleside that can be used by traffic – but vehicles usually using this town centre thoroughfare are cars, not dirty-great-big lorries.

So fair play to the driver of this truck who was delivering bags of spuds in the town recently: no dents, no scratched wing mirrors, and most definitely no scraped potatoes!

It's a nasty cycle

262 bike-related crimes were reported in South Cumbria between October 2014 and September last year.

Detective Inspector Jason McKenna said: "Unfortunately, these crimes happen because bikes can be of high value and easy for criminals to sell on. Cumbria is a safe place to live and to visit, but this doesn't mean that crime doesn't happen at all. When tourists come to visit Cumbria from towns and cities with high levels of crime they can leave personal security behind".

Canoe /Kayak - Windsurf - Sail

5 Week Courses - £95

Summer Courses start on the 11th and 12th June.

Watersports Clubs - £5

Already have experience and want to practice? Become a member and enjoy our Club Sessions. Also Tuition, Parties and Hire.



Windermere Outdoor Adventure Centre

01539 447 183

Come and see our exciting NEW RANGE OF E-BIKES

Including advanced Crank drive and Sine wave systems.

Agents for Raleigh, Batribike, Freego, Cyclotricity, Mission Cycles, Full size bikes, folders and three wheelers



Conversions specialising for those with mobility issues

0% Finance over two years available on certain bikes



bespoke e-bikes

Unit 20, Airfield Approach Business Park Moor lane, Flookburgh, Grange-over-Sands, LA11 7NG

015395 59195 or 015395 35786 www.bespoke-e-bikes.co.uk

Look good. Feel better. Live longer.



Wanted dog lovers to care for lovely dogs whilst their owners are away

Become a host with Barking Mad

It's great fun, all of the benefits of dog ownership without the expense or financial commitment. We carefully match dogs to your home.



To find out more please contact Alison Quigley 01539 234044

alison.quigley@barkingmad.uk.com BarkingMad.uk.com



CITY EXPERTISE AVAILABLE LOCALLY

Our specialist team have over 20 years' experience in advising on inheritance tax, wills, probate, lasting powers of attorney and elder client related issues.

We have proven expertise in drafting technical wills, as well as dealing with contested wills and estates and the creation of trusts and settlements.

don't put it off...

We offer a complete legal service from each of our offices, so why not leave more than memories by making the arrangements now



Pamela Horobin



Hannah Taylor

A complete legal service

015394 42255
www.progressionsolicitors.com



5 Crescent Road, Windermere, LA23 1EA

Rail improvements put back

Both the Lakes Line Rail User Group (RUG) and the Community Rail Partnership (CRP) are concerned at the delay in electrification to the line between Oxenholme and Windermere.

Over recent years the service has gone down from five through trains each weekday between Manchester and Windermere, in each direction.

The £16million project to electrify the line between Oxenholme and Windermere had originally been due to be completed by 2017. It seems now to have slipped further back. Transport Minister Andrew Jones MP said that the decision about "how long it will take to construct, test and deliver the scheme" is

"scheduled for March 2017". At this date, "Network Rail will confirm delivery dates for electrification of the Lakes Line.

MP, Tim Farron has said "The original plan was to complete the project by 2017; the government is now only saying that it will complete the plans by then."

There is presently work going on at Oxenholme which in some ways prepares for electrification to Windermere.

The legal eagle is landing

Barrow is a town of industry and ingenuity, so it is no surprise it has become the natural choice for Progression Solicitors, newest office.

The company has been steadily expanding across the South Lakes and Furness Peninsula over the last ten years and will be opening the doors of their Barrow office on 4 April 2016. Overseeing the newest arm of the company will be Matthew Ratcliffe, one of their up and coming directors. Now at just 31 Matthew who was made Director two years ago following a string of highly successful cases is the perfect member of Team Progression to head up the Barrow office. Moving to the area having trained in Manchester, Matthew brought his city expertise to Furness and is loving every



minute of it. Director Anthony Smith said 'Barrow is a thriving town and the clear location to expand the focus of the Commercial side of our practice. Matthew specialises in commercial litigation and has the trust of so many of our clients that now is his time to shine.'

You can expect Matthew to continue to be a regular in Barrow Courts, but for all the right reasons!

Portabello Blinds & Curtains

We are a family run business, with over 25 years experience.

We pride ourselves on our reliable, prompt and personal service.

- Wooden shutters, venetian, roller, roman and vertical blinds
- Extensive, beautiful range of made to measure curtains
- Conservatory blind specialists
- Approved Velux blind dealers

01524 702 111
www.portabello.net

Where quality & courtesy come as standard

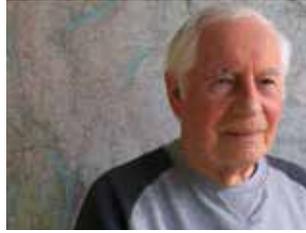
The write stuff

Peter Langford is a champion of a lost art – one that he first started to master when subject to the scrutiny of some of the finest minds in the country.

“When you get a letter published in the Cambridge Evening News you have to be prepared for criticism,” he said. “There are so many intellectual people if you get anything wrong they will jump on your case.”

Since moving to Bowness on his retirement, Peter has peppered the local media with letters, his two recent targets being the Lake District National Park Authority’s planning policies and the Cumbrian floods of 2009 and 2015.

He is particularly scathing of the park authority sanctioning building on areas prone to flooding, citing the Daffodil Hotel at Grasmere, the planned conference centre at the Low Wood Bay Hotel,



Peter Langford, in front of a map of his beloved Lake District.

the waterfront at Glebe Road, Bowness and the Ferry Nab development.

And don’t dare to mention the cycle track on the south side of Rydal Water between Rydal village and White Moss. “That really sparked me off,” he said.

Peter, 78, believes that all good letters should be concise. “They shouldn’t be too long and you should get to the point,” he said.

Peter’s letters may not be long but the process of writing them is anything but swift. Because of arthritic fingers he cannot type (and thus cannot cut and paste paragraphs), so he has to do four or five drafts before he’s satisfied

and then pay to have the completed letter typed up.

“It usually costs me about £5, but it’s worth it,” he said.

Here are some examples from recent letters:

On flooding... why is the Cumbria Flood Action Plan not going to be ready for the summer? It took me five minutes to prepare my infallible three-point action plan: 1) Dredge 2) Dredge 3) Dredge.

On the National Park authority’s efforts to secure World Heritage Status... the Lake District is not really a 5-star hotel kind of place, is it?

On the authority’s vision for development of the park... they know diddly squat about business – ‘entrepreneurial spirit will be nurtured’ – the park is full of entrepreneurs, they are called shopkeeper, B&B owners and hoteliers, and don’t receive much nurturing, just unfair competition, irresponsible development and second-rate infrastructure.

Ouch!



Two more ospreys have returned to the Lake District, this time to its biggest nature reserve, Foulshaw Moss, near Witherlax.

Interestingly-named Blue 35 and White YW, the two ospreys that successfully raised and fledged three chicks last year, are back. The two have claimed the same nest they used for the last two years. The unusual names come from the birds’ leg rings, which are used to identify all sorts of birds.

Using this system scientists are able to see how ospreys have spread over the UK from other nesting sites – Blue 35 was raised at Kielder Forest in Northumberland.

Simon Thomas, Reserves Officer for Cumbria Wildlife Trust, says: “Ospreys spend the winter in Africa then return to Europe in spring to breed.



We have moved to a New Studio at 11 Church Street Windermere. next to the pelican crossing on your way up Orrest Head.

Call in, we look forward to meeting you.

Chris Rushton is an award winning Architect Living and working in Windermere.



**Lakes Architect
Windermere**

www.lakesarchitect.co.uk

015394 42224 / 07971 911 432

email: chris@lakesarchitect.co.uk

LAKES ACCOUNTANCY

LIMITED

**Friendly and personal service
tailored for you**

- Annual accounts preparation
- Business & personal taxation
- Book-keeping and VAT
- Business advice
- Cash flow management

FREE INITIAL MEETING

11-12 Church Street, Windermere, Cumbria, LA23 1AQ

015394 45412

sue@lakesaccountancy.co.uk
www.lakesaccountancy.co.uk

CHARTERED ACCOUNTANTS

Tim's Column

The aftermath of the flooding and its tragic impact on our part of the world continues to take up much of my time. So I was really pleased to be part of some good news at last when I was invited along to support the opening of the latest Made in Cumbria outlet, this time in Windermere.

The shop will be based in the Windermere Information Centre at the top of Victoria Street and will sell a range of the best that Cumbria has on offer, everything from jewellery to cards to drinks to jams. It will give another much needed boost to our local businesses and be a tangible sign that we are "open for business" in a very prominent position. If you can get along there yourself to see what is on offer and possibly buy a few things please do so and importantly point any visitors you speak to in their direction.

On a less positive note we are still waiting for the A591 to re-open and as if that was not bad enough news for local transport I have just learnt that the electrification of the Lakes Line has been delayed we don't know how long for. As many of you will know there have been rumours of delays for some time and as a result I wrote to the Transport Minister to find out what was going on and push him to stick to the original timescale. In reply he told me that he was not able to give any definitive news about timescales and the best he could do was tell me that the planning stage would be completed by March next year. This is more or less when I was hoping for the electrification to be completed and so is a massive disappointment and one I really am not prepared to take lying down.

I can see that the next four years are going to involve a lot of time on my part fighting to hold the Government to account over promises that they make to us here in South Lakeland but that is the reason why many of you voted for me.

As ever if I can help you with these or any other issues please do get in touch, email me at tim@timfarron.co.uk or ring 01539 723 403.

Thanks for your support Tim

Windermere Town Council Working for the Community

We have been using this month to plan for Windermere in Bloom. We have recently appointed a new contractor to plant, erect and water the 108 hanging baskets & tubs in Windermere & Bowness.

They will go up in May and will last all through the Summer. We have a list of regular sponsors that we will be contacting in May, but we could always do with more. It costs a business or an individual just £50 to sponsor a basket or a tub for the whole season and a name plaque is attached as thanks. If you are interested in sponsorship for Windermere in Bloom, please contact the Town Clerk – details below.

Gary, our Town Steward, will be planting up quite a few of the currently "abandoned" planters around our area during the Spring and we hope to have some good sustainable colour throughout the Summer. Windermere in Bloom judges will be out and about in the local community during August and will leave a "calling card" to properties that have been judged – no applications needed. The presentation evening will be held on 22nd September, at the Ladyholme Centre and invites will be sent nearer the time.

We recently held the Orrest Drive Allotments AGM. The site of 14 allotments, which was created and is run by the Town Council, is thriving. There is one plot vacant and we shall be allocating that from the current waiting list. These allotments are only suitable for

those who live nearby and do not need to bring a vehicle. If you fit the bill and wish to be added to the waiting list, just let me know. The Town Council does all it can to promote public allotments in our area and are always on the look-out for suitable sites. It isn't easy in our community, where land is so expensive, but we do our best.

The Bowness & Windermere Community Care Trust are preparing to resurrect "Winderclean" this summer. They are putting together a list of interested groups, so, if you are interested please contact Simone Backhouse on 07849 080703 or email phoenixwindermere@gmail.com. All equipment and instructions are provided!

Finally, a reminder about the Orrest Head Beacon, which will be lit by the Town Council in honour of the Queen's 90th Birthday, on 21st April at approx 7.30pm.

Local residents are very welcome to come along to our meetings and we welcome applicants to be a Town Councillor. Our next meeting is on Wednesday 27th April at 7pm, Langstone House, Broad Street. Mrs Julie Wright Clerk to Windermere Town Council
Email: clerk@windermere-tc.gov.uk
Phone: 07951 402372

net*
we design great looking websites
& take care of all the technical stuff



Call us on **01539 732 040** or visit
www.wearenet.co.uk

W I N D E R M E R E
O S T E O P A T H I C C L I N I C

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

W I N D E R M E R E
TILES & BATHROOMS
18 Lake Road, Bowness on Windermere, Cumbria LA23 3AP
015394 45552

- Bathroom Suites
- Wet Rooms
- Shower Rooms
- Taps
- Showers
- Heated Towel Warmers
- Mirrors
- Adhesives, Grouts & Trims
- Design Advice
- Fitting Service
- Bathroom Tiles
- Kitchen Tiles
- Floor Tiles
- Accessories
- Lights
- Shower Spares

Hotel & Guest House Special Offers & Deals Available



Email: windermertilesandbathrooms@outlook.com
www.windermertilesandbathrooms.co.uk
015394 45552

Bagot Opticians

CONTACT LENSES | DESIGNER FRAMES | PROFESSIONAL EYECARE | SUNGLASSES



Free NHS Sight Tests for Children

Disney **FROZEN** AND **STAR WARS REBELS**

**Children's glasses
Free with NHS voucher**



Free Spectacle Lens Cleaner Spray and free refills

**Call into our Practice and we'll
give you a free spectacle cleaning
spray then just bring it back any
time you need a free refill.**

No purchase required.

S., C. & T. Bagot Opticians is a family business which has been offering the highest level of eye care for over 30 years.

We use the latest, state of the art diagnostic equipment and stock an extensive range of designer frames.

We also offer all types of contact lenses and a wide selection of children's glasses.



Contact Lenses

**We can fit
contact lenses
to almost any
prescription.**

**WHY NOT BOOK IN
FOR A FREE TRIAL?**



Free NHS Sight Tests

For Children, Over 60s,
recipients of certain
benefits, and others.

ASK FOR DETAILS



15 Victoria Street
Windermere
LA23 1AB

Monday – Friday
9am – 5pm

Saturday
9am – 4pm

015394 46381

www.bagotopticians.co.uk



Being a Foster Carer - A personal story -

Dawn Limitsios from Barrow is both a foster carer and an adopter. She and her husband have adopted their six year old son, and are currently fostering a nine-month-old baby. They have two of their own biological children, aged 14 and 16.

About six years ago the family made the first steps into fostering, after years of wondering if they were right for the role.

They fostered an 18-month-old boy with emotional neglect issues, who was still unable to walk, talk, make eye contact or crave any interaction. His birth mother was unable to make an attachment with him due to her own emotional neglect in her past, so he was placed in the care of Dawn and her family.

With patience and love Dawn saw slow improvements. Dawn and her husband ended up adopting him and he is now an active, loving, happy six year old. The fostering decision process took three years. The process was much longer back then. Current regulations state that a decision regarding the future of a fostered child should

be made in six months, with some exceptions.

She also provides short-term foster care, from anything between a couple of weeks to a couple of years, as well as respite care for those children whose current carers are unable to look after them for a few days.

Dawn says: "A good foster carer needs to be patient, caring and able to commit fully to the children." This meant giving up work for Dawn, as younger pre-school children and babies need that extra time and attention to form attachments.

Dawn emphasises that it never gets easier to say goodbye to a foster child. "You have to remember that they will be fine, and you have done your job of providing that security no matter how short term for them. It never becomes easier though."

She says that whether adopted or being fostered "All kids get treated the same in this house, whether they have been here for years or weeks. They are all part of the family. All the fostered children and our adopted son came with their own personal stories that you get support to work through."

There are organised visits, social worker intervention and paperwork that go hand in hand with fostering.

Of local support groups in the area Dawn says: "We meet up once a month, and sometimes have some training included. We have to undertake a certain amount of training each year to continue to foster and these groups help make up some of those hours.

"The training sessions are very informative and range from learning about behavioural issues and attachment practices, to noticing signs of self harm."

With six people and a scatty Jack Russell terrier living in the house, organisation is key. Dawn says: "We are lucky to have the room, but yes, there are boxes of unisex clothes tucked away in the attic that just need topping up every time we have a new foster child arrive."

Dawn has one piece of advice for anyone thinking of fostering a child: "Just give it a go. You can try it and if it doesn't work out then at least you will know. No one forces you to carry on and everyone is really supportive"



Changing a child's life. Fostering and adoption

Cumbria County Council estimates that over 970 children currently require foster care.

Councillor Anne Burns, Cabinet Member for Children's Services, said: "Every year around 12 per cent of foster carers leave the service. Together with the comparatively high number of children coming into care, this means we are calling on local people to come forward."

"The council already supports over 230 foster families across Cumbria. If you do decide to become a foster carer you will not be expected to 'go it alone'."

Who can foster?

As long as you can provide a loving home, a spare bedroom and have the time and commitment to foster a child then those are the first things that the various organisations look for. There are different types of fostering from short term care (ranging from a couple of weeks to a few years before the child can return to their original home), to permanent fostering.

Legally you have to be over the age of 18 to foster, but some agencies have higher minimum age limits. Assessments are undertaken at the start of the process, including checking criminal records, as people with convictions for offences relating to children will be unable to foster. This process can take approximately six months.

Emma Weaver, of Community Foster Care (CFC), a not-for-profit organisation, says that carers can come from any walk of life: "I think that there are a lot of myths around who is eligible to foster. Carers have to be over 25 years of age for CFC to consider, and be fit enough to look after a child. There is no upper age limit, you can be single, in a relationship, have children of your own or be childless, be in rental accommodation. A person's sexuality is not an issue. You don't need formal qualifications, CFC will provide the training you require."

CFC are keen to recruit within South Cumbria so that children stay within their local community.

What is the process?

Security and medical checks are undertaken and references sought. A preparation workshop is offered to help aid understanding of what is to be expected in welcoming a new child or children into the family, and a series of home visits are done to help determine the best match of carer and child. The final part is the submission of a formal report to an adoption panel that considers the application and makes recommendations.

Where can I find out more?

Cumbria County Council are holding their annual Foster Care Fortnight between 16th and 29th May. More information is available online

cumbria.gov.uk/adoption or cumbria.gov.uk/fostering

Community Foster Care have a Facebook page with details of all upcoming events, as well as details added to their website regularly

communityfostercare.co.uk

Family Fostercare are also holding events throughout the year. They update their Facebook page and their website regularly at

familyfostercare.co.uk

HEART OF THE LAKES

Let us unlock the potential
in your holiday home.

For a new owners pack ☎ 015394 33110
info@heartofthelakes.co.uk
www.heartofthelakes.co.uk

DAVENPORTS
— GRANGE OVER SANDS —

ARE YOU LOOKING FOR AN OUTFIT FOR A SPECIFIC OCCASION?
A TREAT?
OR ARE YOU HOPING TO FIND THOSE ELUSIVE ITEMS TO
SEASONALLY AND STYLISHLY UPDATE YOUR WARDROBE?

Our staff are friendly, helpful and truthfull!
We want our customers to leave us knowing
they look their absolute best, and feeling confident
and happy with their purchase.

www.davenportsfashion.co.uk
TEL: 015395 32085
MAIN STREET GRANGE-OVER-SANDS CUMBRIA LA11 6DP



A bright future in a luxurious past

Hotelier Andrew Wildsmith, who also runs The Ryebeck in Bowness and Hipping Hall in Kirkby Lonsdale has worked his magic on the Forest Side Hotel and Restaurant in Grasmere by looking backwards.

He and Operations Director Tom Lewis have re-imaged the tired 19th-century Victorian hotel and now present a luxury experience. Although Tom admits they have “a way to go” what they have achieved is miraculous.

Launched earlier this year after an extensive 18 month, four million pound renovation, Forest Side is a luxurious 20 bedroom, 50 cover restaurant. Heading up the kitchen will be Kevin Tickle, former chef and head forager at L'Enclume for almost eight years. Kevin's menu will change daily according to produce available within the abundant 46 acres of forageable grounds and the newly built Victorian kitchen garden.

The interior complements the landscaped and wooded private gardens with-locally sourced furnishings and art works. From Fellside lamb in the kitchen to Herdwick wool in the carpets, the insulation and even the beds the attention to local provenance is obvious.

Even the management wear bespoke Lancashire woven tweed jackets.

Forest Side's past is fascinating. Part of the original building was once the Swan's Ostler's house in the late 17th century. The present building was erected in 1853. Its transition from mansion to hotel perhaps was inevitable, but it slowly demised as the market changed.

The resurrection from a tired old hotel into chic boutique, is testament to Andrew's vision (and the investment). Just like a phoenix it has risen once more.

‘A lot of hotels go over the top, competing to outdo each other with opulence and colour. We want something that is timeless, beautiful and romantic in every way. We stripped it right back and completely renovated, although we kept the original features to ensure the old character is retained. It is “Luxury Cumbrian”.

Doggedly determined

The Sun Inn in Kirkby Lonsdale secured a Highly Commended award in the Dog Friendly Business of the Year category at VisitEngland's Awards for Excellence.

Lucy Fuller, co-owner of the Sun Inn, said: “It was a real privilege to receive this accolade from the national tourist board. As a team, it's great to have the recognition that we are providing a really special experience for our guests, and in particular, a warm Cumbrian welcome for our four-legged visitors! We can now build on this to promote and build the business even further.”



With a history stretching back over 25 years, VisitEngland's Awards for Excellence are firmly established as the highest accolade in English tourism.

This year, VisitEngland received more than 400 applications from across the country. The awards were presented during a glittering ceremony at Blackpool's Winter Gardens as part of English Tourism Week.



Not a bad commute

What a workplace: High Fellside Quarry seen from Holme Fell, with the Langdale Pikes looming two miles beyond.

FRONT PAGE: Happy worker Nev Walker on the fellside beside his green slate quarry.

If you've got good eyesight, you can just see where Nev Walker and his son Richard work, high up above Little Langdale on a rough shoulder of Wetherlam.

If you've got a camera with a zoom lens, you can climb Holme Fell and focus on High Fellside Quarry, where Nev has been working for 45 years.

“I started work with my dad when I was 15,” said Nev, looking around the glorious Lakeland scenery from outside his corrugated-roofed workshop. “It's not a bad view, is it?”

High Fellside is owned by the National Trust, but the Walker family has been renting the business since 1957 and trades under the name High

Fell Green Slate Company. From the fellside two quarries up from where the notorious 19th-century smuggler Lanty Slee kept an illegal whisky still in a cave, Nev and Richard hew chunks of beautiful green slate and make them into bespoke kitchens, table tops, flooring and more.

The only drawback of the location is the wear and tear the steep drive up a rocky track has on Nev's 4x4.

“It's off the road at the moment with a busted spring. We're going up to work on a dumper at the moment.” he said during a phone conversation with Windermere Now.

“In fact, I was hoping that this call would be from Ford offering me a courtesy car!”

Windermere's new "Made in Cumbria" shop.



Assistant manager Kate Barton (2nd from left) and Tim Farron invited guests at the opening of the new shop

Locally made goods from the "Made in Cumbria" range are being sold in a new shop in the Windermere Tourist Information Centre in Victoria Street, Windermere.

Part of the Information Centre will now be dedicated to showcasing local produce which will be sold to both tourists and residents. Amongst the suppliers are Windermere - based Lakeland Fragrances. Skin care products from Staveley-based Pure Lakes as well as favourites such as Hawkshead Relish,

Cartmel Sticky Toffee Pudding and Grasmere Ginger Bread and many others.

South Lakes MP Tim Farron attended the opening with other invited guests. Tim said: "This is an exciting new scheme, which will give local independent businesses a welcome boost following the difficult period they have been through. This sends out a clear message that Cumbria is 'open for business', and provides a fantastic showcase for local Cumbrian produce."

Raffle benefits the Brownies

Tesco in Ambleside decided to run an Easter raffle to raise some funds to help out the Brownies, whose hut had been badly damaged by the flooding.

The main prize was a large hamper of Easter goodies which was won by Lee Haywood and Sue Cooper. The raffle, organised by Tesco staff member Suzanne Oliver, raised £209 to help with the hut's refurbishment.



Lee Haywood, Sue Cooper and Suzanne Oliver

A move for the Cumbria Tourism Awards

The 2016 Cumbria Tourism Awards celebration will be held on Wednesday 22nd June at Cartmel Racecourse.

The award finalists will begin celebrating their achievements on the evening with a drinks reception at this glamorous black tie event.

The 16 winners will be revealed in the awards ceremony. This exciting new venue means they are able to invite larger numbers of guests to the 14th Awards celebration. Tickets will be available to anyone else who would like to help celebrate Cumbria's tourism industry on the evening.

Secret of fudgery – a kettle!

Carl and Kim Scott, who live above their Old Bridge House Fudge Shop on Lake Road, Ambleside, are selling the business.

The popular couple, who have run the shop for the past 23 years, say they want to move closer to their grandchildren and that "it's time for a change".

Potential buyers should note that The Kettle, the unsung hero of the business, will be included in the price. "We use a boiler to mix the fudge," said Carl, "and we call it The Kettle. It's never let us down."



Typically, it takes about an hour to make a batch of fudge, with a further 5-6 hours (usually overnight) for it to set.

Oh... and it's delicious!

Putting up with Crazy Golf



If you're looking for something to do with the children, grand or otherwise!, then White Platts Recreation ground in Ambleside has enough going on to keep most people happy for the entire day.

There's a 9 hole mini golf course, which includes a 90m hole, a putting green, an infant play area and, not forgetting a firm holiday favourite, crazy golf.

There are also three full size tennis courts for the budding Andy Murray's amongst you or if you prefer a gentler pace, there is an immaculate bowling green.

After all that strenuous activity, there are ample seats and benches around - grab a hot or cold drink and an ice cream from the ticket office, and sit and watch the world go round.

If it's a lake view you're looking for, then head up to Waterhead, grab a delicious Kelly's ice cream from the kiosk and just marvel at the beautiful view. White Platts is open daily (April - October) from 10am, with the last ticket sold an hour before closing at: 7pm during peak times, and at 5pm off peak times – weather permitting.

Running Reverend is revved up for Marathon



Tiree Dawson photography

The vicar of Finsthwaite, Haverthwaite and Staveley-in-Cartmel will be resting her tired feet by the time you read this. Rev. Michelle Woodcock has had her running pumps on to raise money for the British Heart Foundation in the London Marathon last weekend.

The 26.2 mile trial has been her way to remember her father, Geoff, who died of a heart attack on her 23rd birthday.

“We miss him every day. I think what an amazing grandad he would have been for the children. This is a positive way to make him still part of our lives.”

Michelle has trained in “sideways rain, and hail” but says “The sideways rain I didn’t mind, I just wore my cap to keep the water out of my eyes. I found running through puddles quite therapeutic.”

After using the trips between her parishes for training she will probably go back to her more relaxing favourite pink shoes, which were not made for running, for a while.

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

M.E.L.
Blacksmiths & Furniture Restorers
 Specialists in traditional & modern gates & railings including stainless steel glazed railing systems

Enquiries (015395) 36269
www.mel-cartmel.co.uk

DOMESTIC APPLIANCE CENTRE


| | |
|--------------------------------------------------|-----------------------------------------|
| SALES NEW AND RECONDITIONED APPLIANCES | SPARES MANY HELD IN STOCK |
| SERVICE ALL MAKES OF VACUUM | REPAIRS MOST MAKES AND MODELS |

GOT A PROBLEM WITH AN APPLIANCE ONE CALL TAKES CARE OF IT
01539 741 241
www.domesticappliancecentrekendal.co.uk

Churches Together in Windermere and District

Christian Aid Week 15-21 May 2016.

Although it is now 71 years since Christian Aid was set up to fight for justice for the World’s poorest and most disadvantaged people the need for help is as great as ever.

This year Christian Aid Week focuses on the needs of our neighbours whose lives are already affected by the problems caused by climate change, the people who have no choice but to live on low-lying islands on the Bramaputra River in Bangladesh.. There the constant threat of floods is a terrifying part of their everyday lives.

Just £250 is enough to pay for a Christian Aid Home Safety Package which can be used to flood-proof a typical small corrugated iron house by raising it 8feet

on an earth plinth, thus making it a safe place to rebuild, keep livestock, and grow crops. It could also buy a goat, seeds, and a wormery to help produce compost, all of which will help to give the people living there a long term income and a solid foundation for a new and safer life.

Members of two of our local churches will be delivering and collecting the familiar red envelopes during the house-to-house collection in Christian Aid Week. Our collection last year raised £3,195.

Any offers to help with the collection will be most welcome, we never have enough collectors! contact Jean Lishman 015394 42423 jeanlishman@gmail.com

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 morning 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.

Carver Tots meet every Thursday in term-time in the Church Hall from 9-11am.

Pudding Tasting Evening. This was to raise funds for St. John’s Hospice in Lancaster which this year is celebrating thirty years of care and service to the community.

There were 23 puddings on offer and it was a very enjoyable evening, with trophies awarded to the Queen of Puddings, the Maker of the Most Decadent Pudding and the team who won the Pudding Quiz. £375 was raised for the work of the Hospice.

Dates for May.

- Saturday 14 10.00am Bible Society Coffee Morning
- Fri 20 2.30pm Bereavement Group Meeting
- Sun 22 9.00am Church with Croissants

The lonely headstone explained

Following on from our article about the lonely headstone at St Mary’s Church, Windermere, we have heard from a reader, Robert Freeman.

“You have probably heard by now about Hannah Watson (nee Townley) wife of John Watson who died in a

police station in 1887. The venue was because her husband was a policeman, and the family lived in police houses according to the 1881 & 1891 censuses.

There does not appear to have been any suspicious circumstances surrounding her death, which is mentioned in the

Carlisle Patriot on 12 & 19 Aug 1887, but I have not been able to get the full details.

I could not find a record in the paper of the two children’s deaths, but in the 1891 census John was an Inspector living at Millom police station with one son and three daughters.”



SALE



**TEMPUR MATTRESSES IN STOCK!
FREE 24HR DELIVERY**



Tempur® Original
A supportive, firmer feel mattress



Tempur® Cloud
A supportive, softer feel mattress



Tempur® Sensation
A supportive, traditional feel mattress

BOOTH'S

Family Business Established 50 Years

You can buy online at www.boothsfurnitureltd.co.uk
Freephone: 0808 178 7195 Email: sales@boothsltd.com

6-16 Church Street, Eccles, Manchester, M30 0DF

...and so to bed...

A project to restore reed beds on Windermere, which has seen a loss of over 95% of reeds in the last 100 years, has been gaining a lot of support from local organisations and volunteers.

Co-ordinated by Dr Mike Sturt at South Cumbria Rivers Trust, the project aims to conserve these very important habitats for birds, invertebrates and mammals, and also play a role in filtering water and buffering pollutants. With lots of help from volunteers



Envirotech Ecological Consultants volunteer (Emma) lifting reed at Leighton Moss

from The National Trust Fell Foot, RSPB, and Envirotech Ecological Consultants they have transplanted reed rhizomes from Leighton

Moss RSPB reserve to the shores Windermere at Ash landing.

Historically, Windermere had substantial beds and swamps of Phragmites Australis fringing the majority of the lake shore areas. In recent years, these habitats on Windermere have become threatened through the effects of wave wash from boat bow waves, damage resulting from boat and canoe launching, nutrient enrichment and from grazing (e.g. Canada Geese, ducks and farm animals).

Look for the South Cumbria Rivers trust on Facebook for lots of volunteering opportunities.



Rangers Diary

As Rangers we get involved in pretty much anything and everything, from the usual practical work of repairing walls fences and paths, to running children's activities around the South Lakes.

The recent Book Festival at Wray Castle was no exception to this, in fact we positively threw ourselves head first into the fun!

It's a special year for us here in the South Lakes as we're celebrating Beatrix Potter's 150th Anniversary with many great events throughout the year. The celebrations began with the first ever National Trust's children's book festival at Wray Castle, which was a great success. Over the weekend over a thousand people were welcomed into the castle, with staff and volunteers working together to offer plenty of exciting activities.

For the Rangers this meant building miniature Squirrel Nutkin rafts and then testing they floated in our equally as miniature pond. However throughout the day the activity evolved and with Axel Scheffler on site we were soon making as many stickmen as we were rafts! As with much of our work, during the Book Festival we were more than ably supported by a wonderful gang of volunteers.

From face painting and book mark making to story-telling and story writing, they too threw themselves into the fun. For many it was their first foray into volunteering and with many more flexible opportunities available in Beatrix's 150th year we're hoping it won't be their last.

For more information on volunteering please visit www.nationaltrust.org.uk/volunteer or contact

volunteer.southlakes@nationaltrust.org.uk

Holehird Gardens regularly appear as one of the top ten gardens in Britain.

It's a pleasure to visit at any time of the year but as spring gradually changes into early summer they are particularly spectacular.

There is new young foliage on the trees, late spring bulbs are pushing through the ground. The wild yellow Tulipa sylvestris can be seen in the woodland walk, and brightly coloured tulip cultivars can be found in the walled garden. Rhododendrons and azaleas throughout the garden are in flower. The scent of the yellow flowered deciduous azaleas near the paths by the fell wall wafts through the garden. Herbaceous plants throughout the garden

Pruning for the future



are growing showing the promise of things to come. Our Davidia involucrata, which is now over one hundred years old, has been pruned to rejuvenate it. It won't flower immediately but will do so again in a few years time. A Magnolia wilsonii has just been planted on the slope where the wild

narcissi flower, with the promise of spectacular flowers in the years to come. It joins the variegated wedding cake tree near the astilbe beds which has been in place for a couple of years and is now showing its true form. The sales benches are full of plants and wardens are in reception to help all visitors.

Conserving the wildlife in our Lakes

The local U3A is hosting a Talk entitled "Conserving the Wildlife in our Lakes, Rivers and Becks – a Community Approach" at the Marchesi Centre, Windermere at 2pm on Monday 9 May.

The talk will be given by Mr

Les Higgins of the South Lakes Cumbria River Trust and he will describe the work of the Trust in looking after Coniston Water and the becks and river that run out of the lake down to the Leven Estuary at Greenodd. All are welcome (non-members £2.00).

Crosthwaite Garden Ramble

This Spring Bank Holiday Sunday 29th and Monday 30th May the gardeners of the Lyth Valley village of Crosthwaite are once again opening their gardens to the public in aid of charity.

Following on from the success of the 2014 Garden Ramble, which attracted 500 visitors, locals and visitors are invited to stroll around the delightful private gardens on show, each offering something different, from landscaped lawns to cottage gardens.

“What better way to spend a beautiful May day than satisfying your inner curiosity?” says John Hanley, event organiser, whose garden will also be on show. “Everyone loves seeing what other people have



done with their gardens, gleaned hints and tips and even ideas for their own gardens. It's a great day out...for all the family”.

A free mini bus service will run to all the gardens from the village hall where refreshments are served all day, from morning coffee to light lunches and afternoon tea.

The gardens will be open each day from 10.30 am to 4.30 pm. Tickets will be on sale from Crosthwaite village hall on the day. Adults £5, children under 16 free of charge. All proceeds from the Garden Ramble will go to St. Mary's Church, Crosthwaite.

For further details contact 015395 68297.



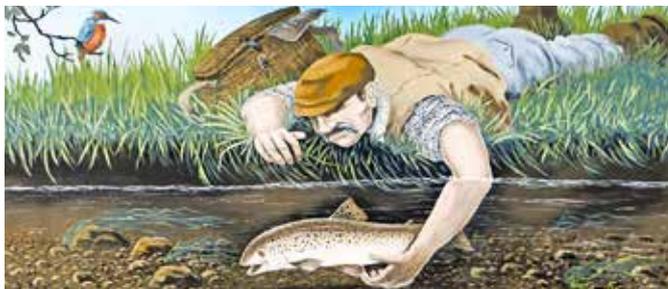
Miller right

Miller Bridge, the stone packhorse bridge that links Rothay Park in Ambleside with Under Loughrigg and is a popular tourist route, was fully repaired in time for Easter.

The work was paid for by The Ramblers (formerly the Ramblers Association) and was a major tourist boost for the town as it is the only direct way of reaching Loughrigg Fell, one of the most-climbed of Lakeland's lower fells.

Andrew Hewitt, chairman of Ambleside Together, the group behind the 'Love Ambleside' campaign to promote the town, said: “This was very welcome indeed.”

Tickling Trout in the Beck



Troutbeck as a valley is not, perhaps, most aptly named. Of course the odd trout is certainly present in the beck but Troutbeck river itself hardly credits mention in the annals of Cumbrian angling and keen fisherman may be advised to look elsewhere for any serious sport.

Nevertheless, there are still fish to be had. One Troutbeck resident happily remembers practically fighting for a place amongst the congregation of keen fisherfolk in the 1970's. With high water levels at the height of spawning season everyone would be vying for a spot to cast into the pool above

what is now the Post Office sorting office at Troutbeck Bridge.

Through the summer and into the Autumn is when sea trout may swim up river, having passed through Windermere en route to their native river. If they are lucky enough not to be hooked by an angler's tantalising fly, or worse; a grubby worm and have survived the tickling by school children the fish will spawn in the shallows and return to the sea. Their offspring - smolts - grow to become brown and thence sea trout themselves, with a handful faithfully returning up the stream that gave Troutbeck its name.



I 
the Lakes

Beatrix Potter
150 years

Join us as we celebrate 150 years of Beatrix Potter.

Explore Hill Top, Beatrix Potter's beloved Lakes retreat, and see her original artwork on display at the Gallery. Visit Allan Bank to find out who inspired her to save special places in Lakes from development.

nationaltrust.org.uk/thelakes

The National Trust is a registered charity, no. 205846



Back in February, I posted this message on my Facebook site: **HERE COMES NUMBER THREE: I'm really excited about this launch** – the Central Fells include some of the most iconic (Langdale Pikes, Helm Crag), dramatic (Pavey Ark, Eagle Crag), charming (Loughrigg Fell, High Rigg, Walla Crag), underrated (Blea Rigg, Ullscarf) and beautiful (Silver How, Grange Fell) fells in the Lake District. Best not mention Armboth Fell and High Tove, though (just kidding – even squelching can be a wonderful experience!).

It was to promote the third of Alfred Wainwright's newly-revised Pictorial Guides, and on Easter Saturday in Keswick the 'official launch' duly went ahead.

Now not a lot of people know this, but the third of AW's seven-volume series is, in fact, the best-selling guidebook; the publishers told me that. Most people assume it's Book One: The Eastern Fells (Helvellyn, Fairfield, Red Screes etc) or Book Four: The Southern Fells (featuring the Scafells, Bowfell, Crinkle Crag and the Conistone Fells), but these occupy (respectively) second and third place in terms of sales. I would assume that Book Six: The North Western Fells and Book Seven: The Western Fells would be next, with Book Five: The Northern Fells and Book Two: The Far Eastern Fells bringing up the rear.

It's easy to see why the Central Fells are so popular, but it's not necessarily to do with the quality of the walking in my view, although that, of course, is wonderful. It's all about access, and these fells are well-blessed in that regard, being right on the doorstep of the popular tourist destinations of Ambleside, Grasmere, Keswick, Borrowdale and Great Langdale.

Of these fells, I'd like to give a special mention to Loughrigg Fell, of which, AW writes: Of the lesser heights of Lakeland, Loughrigg Fell is pre-eminent.

This is very much a little mountain, being just 1101ft high and 211th out of the 214 fells in the Pictorial Guides, but you could spend a lifetime on its sprawling slopes and still not visit every little summit or hidden gully or tiny tarn. And the views... well, they simply take one's breath away.

Many local people, so I've been told, have never climbed a fell. I would urge them to make an exception in Loughrigg's case.

Clive Hutchby, who contributes to Windermere Now, is 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. He is currently working on Book Four: The Southern Fells.

The Fred Whitton Cycle Sportive will once again be gracing the highways and byways of Cumbria on Sunday 8th May.

Grasmere will host the start and finish line, so look out for a host of fresh faced cyclists taking the road to Ambleside and thence up over Kirkstone Pass via Holbeck Lane and Troutbeck early in the morning, and wearily returning through Elterwater, Skelwith and Rydal late on in the afternoon.



The 112 mile charity event takes in all of Cumbria's notable road passes and it's formidable reputation means that the event is

long since sold out, but the good news is that this year £10,000 will be donated to the Cumbria Flood Relief Appeal.

Grasmere Gallop - Run for the Reds

The Grasmere Gallop is an annual friendly fell race now in its 31st year of running. This year the Gallop is being held on June 4th.

It's not too late to enter one of this year's races, whichever of the 5.7km, 10km or 17km routes take your fancy. If you prefer a slightly gentler pace there is also the option of a 10km Nordic Walk and if you're under the age of five (in which case well done for reading this bit!) the Teddy Dash at event HQ on Grasmere Sports field is not to be missed; don't forget your teddy.



Grasmere Gallop is now administered by the National Trust, with all money raised from entry fees going back into National Trust coffers. The fundraising tagline this year is "Run for the Reds" which is a reference to

the noble work being undertaken in and around Grasmere to support the survival and conservation of native red squirrels.

More details can be found online. grasmeregallop.co.uk

Anyone for...

Windermere Tennis Club season has started, with sessions on their two hard courts on Queen's Park Recreation Ground off Droomer Drive Windermere.

They cater for all levels from junior, social and veteran players through to team members. Mens', Mixed and

Veterans' teams also play in the Kendal and District league .

Adult social tennis sessions are held every Tuesday and Sunday from 6.30 pm. with ladies' sessions on Tuesday and Thursday afternoons from 1.30pm. Court time can also be booked on-line by members for individuals and family games. Junior coaching by accredited coach Jon

Griffin, which is included in the membership, is partly funded by a generous donation from the Windermere Tavener's .

All Memberships are available along with special rates for Students. Come along to the courts, when members are playing and you will be made most welcome. windermetetennis.com.

Inter Schools' Cross Country Event

Last month, almost four hundred runners from over twenty local schools headed to Windermere School for the biggest cross country event the school has held to date.

This year's event saw the introduction of a challenging, new course for the runners, as well as the introduction of a new 'spectators green' where visitors were able to watch not only the start and finish of each race, but were also afforded excellent views of most of the course itself.

Visiting teams were given clear areas to set up camp and a refreshments marquee gave spectators the opportunity to escape from the wind if necessary.

The event provided a challenging and exciting afternoon of races. For many it was their first ever experience of racing, while for others it was an opportunity to improve on previous performances while competing against almost one hundred competitors.

In the Girls' U10 race, all the runners showed great spirit. A superb run from Sophie Rylance (Lindale) ensured she went home with the gold



Hector Westmoreland-Nicholson of Windermere School finishes strong to take the U10 Boys top spot

medal, Jessica Edmondson (Coniston) took the silver and Sophie Roberts (Selside) the bronze. Good performances from Taya Wade-Wilson (4th), Bethany Saunders (5th), Brooke Machell (Year 2) in 25th and Patia May Pickering (27th) meant Windermere School won the U10 shield.

The U10 boys had an equally challenging time, running against some speedy competitors. Hector Westmoreland-Nicholson (Windermere) put all his training and knowledge of the course into good use,

timing his attack well to take 1st position and the gold medal. Edward Sargent (Penny Bridge) took the silver and Charlie Allmond (Crosthwaite) the bronze. Great runs from Jonny-Lee Machell (4th), Eddie Lewis (13th) and Felix Stewart (22nd) led Windermere School to victory and the U10 shield.

In the U11 races, Olesia Winder (Penny Bridge) put in an exceptional run to take 1st position in the girls' race, with Hannah Gaynor (Windermere) taking the silver medal and Rowenna

Hamilton (Langdale) the bronze. Stramongate School won the Girls' U11 Shield with good runs from Georgia Beresford (5th), Rowan Hebblethwaite (13th), Emma Foster (16th), Amelia King (19th) and Mia Bryant (24th).

The boys U11 race had some equally quick runners. An exciting finish saw Henry Hunter from Stramongate School take 1st place and the gold medal. James Bowen (Hawkshead) took the silver medal and Harry Bowen (Hawkshead) the bronze. Good running from Matthew Ansell (5th), Dylan Cater (6th) and Ethan Ross (45th), meant that Stramongate School also went on to win the Boys' U11 Shield.

All runners finished the afternoon with a burger and a chocolate bar, and most of the participants still had a smile on their faces! The school asked for special thanks to be passed on to all those involved in making this such a successful event. From the grounds staff to the catering team, the first aiders (who fortunately were not called on for anything too serious) to the marshals and the hares, their involvement was invaluable in making this annual event the best yet!

Yoga

Everyone has heard of it. It's that "bending-double" thing that Sting does, isn't it?

In fact Yoga is one of those activities which no-one really knows much about, unless they practice it, of course.

Gabriella Maass, originally from Chile, has lived in the area, and has taught Yoga to some of her regulars, for 15 years. But it has been in rented halls and community spaces. Not always the most restful situation to help with the calmness and concentration that is required.



She is now bringing a new way to enjoy Yoga to the Windermere area with her peaceful new studio on the Rayrigg Estate, in a tranquil setting next to the lake. The dedicated space provides a perfect environment to learn or practice Yoga.

Gaby says "Yoga exercises your joints and helps detoxify your liver and organs. It balances your hormone levels and helps you to avoid anxiety and depression. Yoga is not just a series of exercises. It is not just techniques for relaxation. It is a complete body and mind culture which will change your life for the better. Your body will be stronger and more flexible. You will also feel happier, more relaxed and more content."

There is no "completing a course" with Yoga. It carries on as an holistic way to look after your body and mind.

There are several different disciplines in Yoga, most are

suitable for learners, but a few are for the more advanced pupils. Classes are for people of different ages, abilities and levels of experience allowing to everyone progress at their own pace. Back problems or joint trouble are no reason to shun the idea of joining a class. The exercises can be tailored to help improve a condition you may have.

Gaby also takes classes in the more aerobic Yoga disciplines for those at a higher level of experience, but is keen to point out that it is not a competitive activity. The aim is to calm the mind, open the heart and stimulate your spiritual evolution.

continuumyoga.com

Windermere School kitted out for community project

Once a year Windermere School takes a group of students to the North West Province of South Africa, to help pupils at Tiger Kloof School with their community projects. Both schools believe strongly in educating their students about the importance of community and service, ensuring that all are involved in local projects as part of their curriculum.

This year a few extra suitcases were required as Manchester United Foundation kindly donated a large number of football kits for children living in local townships. Over 100 items including football shirts, t-shirts, baby clothes and other assorted goodies filled the seats in the school's spacious auditorium – Crampton Hall – and will fulfil a desperate need for clothing in the areas surrounding Tiger Kloof.

The Hem Soup Kitchen is a project into which the Windermere School pupils threw themselves wholeheartedly. Open three days a week, this facility feeds the poorest children in the village – up to 1200 children each week. As well as preparing the food and joining in with the young children's game, the Windermere School pupils also manned all three sessions during the course of



MAIN: Pupils of Tiger Kloof and Windermere School pose for a picture in their new kit.

their week-long stay, providing the children with nutritious meals, such as Epap, a pre-cooked porridge powder drink made from whole grain maize and soya bean, with added vitamins and minerals.

Deputy Head Jo Parry said: "Every year I continue to be amazed by what these young people can achieve when they really have a passion for a project. Years ago this was rather flippantly called

'Life Change South Africa' but today I feel there could not be a better title; this project really does change lives. Not just those of the children in the township, but also of our wonderful Windermere School students."

Another project where the Windermere School pupils got involved is the Thussanang Disabled Centre, a unique facility in Huhudi providing a safe place for about forty children of all ages to go each morning. One of the classrooms, intended for use by the older students who attend the centre, required

a major refurbishment. Requiring a more mature feel for its pupils, the walls were given a very plain makeover, and in one corner one of the pupils expertly painted a tree to signify Windermere School and Thussanang growing together.

The centre is a happy place for the local children, somewhere they can come to learn with safe, open spaces for them to play. The Windermere School pupils worked with the children at Thussanang to help take their education forward. Just by taking the time to play and give them the much needed attention that these children often do not get, brings them immense joy.

Again, through the generosity of the Windermere School community and Manchester United Foundation, the children were given new clothes and in most cases, a new hand knitted woolly hat.

During the course of the trip, the Windermere School pupils discovered that funding for the centre has been slashed, meaning food is in short supply. The money raised to date will supply enough food until the end of August. However, on hearing the disappointing news about the funding, the Windermere School pupils have vowed to raise enough money to provide food for the facility for the next twelve months.

A Capital time for Pupils

Just before the Easter holidays the classes of years 5 & 6 went on a residential visit to London.

They set off from Windermere station on Monday morning, where the parents waved them off. They enjoyed lots of amazing activities and sightseeing during their 3 day stay including a guided tour of the Houses of Parliament, St Paul's Cathedral, a trip on the London Eye and many more.

One highlight of the trip was seeing the Tim Minchin musical

'Matilda'. It's a trip that they will remember for a very long time and it will cement some of the friendships they have with school friends so that they last a lifetime.

Ambleside primary really value the benefits of taking children on residential stays, not least because of the sense of independence and self-reliance that the children develop. They learn how to organise themselves more and it gives them the opportunity to discover qualities in themselves that they didn't know they had.

Easter spring clean

Hawkshead Primary school put on a wonderful Easter Celebration service at church where everyone was welcomed by the vicar, John Dixon.

The congregation were then treated to a play and powerpoint about Jewish Passover, and the telling of the Easter story. Key Stage 2 children sang Panis Angelicus, in latin, led by 3 year 6 boys (This means "heavenly bread"). Key Stage 1 then shared songs and tales of typical Easter traditions and their observations of new life in spring.

In the afternoon, the whole school set about a tidy of the school grounds, with the help of the National Trust Wardens. New paths were laid, the vegetable



garden dug over and pots were cleaned ready for spring planting.

Year 5 and 6 boys' cross country team came first in the local schools competition and 2 of them; James Bowen and Harry Bowen went on to compete in the National finals with 200 boys from Year 5, 6, 7 across the country. James came first and Harry came sixth. We are very proud of them!

St Cuthberts School



IN March St Cuthbert's Primary school was transformed into a surreal world of characters from favourite children's literature.

The characters past and present, real or animated thronged the classrooms and playgrounds and there was much excitement and excited language about who they were and why the children had chosen them. For many parents, another dressing up day can be filled with trepidation with the demands of children wishing for a costume on a par with a West End Show. The text message from the Head supported families: keep it simple.

Primary Schools have a great advantage over secondary schools who have the demands of much more challenging timetables; in Primary, there is the freedom to vary days and

curriculum to embrace creative opportunities such as this day. World Book Day is much more than just dressing up for the day. The drive this year at St Cuthbert's was to promote reading across the whole school. "Reading is a major key to unlocking what children learn now and what they achieve in the future" says headteacher Peter Harrison.

To collapse the normal timetable for the day to work on challenges and events totally focussed on reading is always special. As a small school, children were able to work in vertical groups with some children much younger than themselves, which

is a great opportunity for the older pupils to develop leadership skills as they run reading activities and book challenges. In a world where reading is becoming second to new technologies we want children to be exposed to reading and the benefits to language that it develops. How many adults reading this will be wishing that they read more? Hopefully World Book Day events will reverse this trend in our future readers.

A successful World Book Day event does not happen without the support of families and a committed staff who are simply 'incredible'.

Refugees in Art and Religion



The children of Grasmere School have felt terribly moved by the plight of refugees, and in particular that of the displaced, unaccompanied children. They have responded in several ways. In recognition of the refugees' endless and frustrating journeys the children spent a morning running and walking in circles. Anyone wanting to sponsor this effort is welcome to do so by dropping a donation into school.

In St Oswald's Church the children have created an artistic response to the crisis. The Prince of Wales visited and was very keen to discuss the children's work.

Flight, by war artist Arabella Dorman, focuses on an upturned boat held above the nave of St James' Piccadilly. The inflatable dinghy was found at a beach on Lesbos, near the coast with Turkey. It was used to transport 62 refugees across the choppy Aegean Sea, despite being designed to carry a maximum of 15 people. Grasmere children know about boats and are lucky to have safety and hope for the future. A boat can be a symbol of that hope so the children's installation is also a boat, but theirs is carrying their hopes, prayers and wishes for the refugee children. Accompanying it is a sound installation, which they hope will encourage others to say with them:

"May the things that I do help to build trust and friendship. May the things that I say help to build trust and friendship. May I set my heart to build trust and friendship."

CURTAINS & BLINDS BY DESIGN

our blinds... our curtains...

NEWLY REFURBISHED AFTER THE FLOODS



15%

DISCOUNT

OFF EVERYTHING

Please quote ref **Windermere Now**
Terms and conditions apply

**ROLLERS
VERTICALS
WOODEN AND METAL
VENETIAN
ROMAN
PLEATED
DUETTE
VISION ROLLER
PERFECT FIT
CONSERVATORY
CURTAINS
SOFT FURNISHINGS
TRACKS AND POLES**

Your home...

3 Kendal Business Park, off Appleby Road, Kendal LA9 6EW **01539 737004**
info@signsandblindsbydesign.co.uk | www.signsandblindsbydesign.co.uk

Staveley Choral Society Summer Concert

Saturday May 21: 7.30pm, Staveley Village Hall. Tickets from Staveley Pharmacy or on the door.

A compilation of music both choral and instrumental with a sporting theme.

Come and join us! Rehearsals are on Monday nights, 7.15 - 8.45 in Staveley Institute. Contact Wendy Randall 01539 821524

Rembrandt Lecture

Thursday 12 May, 6 - 7.30pm
Abbot Hall Art Gallery

Dr Allison Goudie from the National Gallery will explore Rembrandt's Self Portrait at the Age of 63 and consider why self portraiture played such an important role in Rembrandt's career.

£10/£8 Friends, includes a glass of wine. Booking essential 01539 722464 / 015394 46139

University of Maine Singers Concert

Sun 29 May 7pm £5

St. Mary's Church, Ambleside Road, Windermere in aid of Community Action Nepal and the church.

The touring choir of the University of Maine, United States. The ensemble have toured all over the USA, and Europe.

Brantwood Events and Exhibitions

BLUE GALLERY EXHIBITIONS

17th April – 3rd June

Design for Life: Radical Objects by Stuart Walker, a contemporary artist-designer

SEVERN STUDIO EXHIBITIONS

25 March – 5 June

Elements by Kate Bentley A collection of oils and watercolours focusing on earth elements and nature.

REGULAR EVENTS THROUGHOUT THE SEASON

Children's Activity Trail Around the Gardens School Holidays: April to October 2.15pm

Guided Garden Walks : Every Wednesday, Friday and Sunday.

Ruskin Lace demonstrations: 3rd Thursday in the month, April to October

015394 41396 brantwood.org.uk

Rock On Windermere

With summer approaching, Rock On Windermere, on the weekend of 17-19 June, is central to the celebration that "Cumbria is open for business".

The Lake District suffered huge losses and devastation during last winter's floods. The impact has seen visitor numbers down by over 40%, but the community has been slowly rebuilding and re-grouping. Roads still require re-connecting, some people are still dislocated from their homes. There are still businesses that are still struggling.

Rock On Windermere will attract music fans into the region, highlighting our community character in fighting against the elements and turning

challenge into victory.

It will be the biggest music event the area has seen. Set against our unique backdrop of Bowness we aim to show that our legendary hospitality and welcome is as warm as ever and that our excellent, tourist attractions are now open and as always, ready to receive visitors.

Friday will provide a gentle lead into the weekend with Gordon Hendricks as Elvis appearing, together with Platinum as the live Abba tribute show.

Saturday will be the main focus of the event when Status Quo are billed to appear, supported by Toploader and a further band yet to be announced.

Sunday changes the focus a little as it is hoped



to secure the services of Military Wives and present an opportunity to raise additional money for Help for Heroes.

As a not-for-profit event, the aim is to directly generate financial support for those who need it most and indirectly provide income for the businesses who will enjoy increased revenue that the Festival brings.

Lakes Ignite Seven Nocturnal Rainbows

Lakes Ignite art experiences are a showcase of contemporary culture, coming to Lakeland this spring.

The highlight, running from 30th April to 6th May, will be "Seven Nocturnal Rainbows for the English Lakes" which is a light installation at Coniston Water, Ullswater and Grasmere in turn. Inspired by the poets and artists of the Lake District, particularly the painting 'A Shower', Buttermere by JMW Turner's the rainbows will appear as the light fades each evening and will become stronger as night overtakes the day.

Each rainbow comprises approximately 250 floating LED units, each with a GPS sensor reacting to their location, thereby creating a gigantic spectrum as they travel

across the lakes. The exact motion of the lights will depend on the breeze, and each passage will last two to three hours.

Lakes Ignite hopes to foster some creative enthusiasm for the English Lakes by revisiting places that have been explored by earlier artists, particularly those of the Romantic and Picturesque periods. Contemporary artists will explore many of the Lakeland elements that so inspired earlier generations of painters: the rain, the sun, interplay between land and water, garden and wilderness and the search for the perfect viewpoint. The other Lakes Ignite Art experiences are Amy Sharrocks' "Museum of Water" at Wray Castle Boat House between 6-8th May and a 21st Century digital landscape art class hosted at Brockhole on 14th and 21st May.



Seven Nocturnal Rainbows will begin at approx 20.45 each evening at the following:

Coniston

Sat 30 April, Sun 1 & Mon 2 May

Viewpoint: Brantwood, Meadows Field

Parking: Brantwood and Machel's Coppice

Ullswater

Tues 3 & Weds 4 May

Viewpoint: Glenridding to Glencoyne Bay footpath/road

Parking: Glenridding and Glencoyne Bay

Grasmere

Thurs 5 & Friday 6 May

Viewpoint: Near Daffodil Hotel & A591 footpath

Parking: Daffodil Hotel and Dove Cottage

The Lakes Collective

Featuring 25 talented Lake District artists, painters, printmakers, sculptors, woodworkers, ceramicists, textile artists, silversmiths, jewellers, glassworkers, bookbinders, milliners and cabinet makers, the collective present their 2016 Summer Showcase from Tues 24 May to Mon 30 May at the Bishop Bulley Barn, Rydal Hall.

Open to the public: 10am – 5pm every day and 9pm on Thurs 26. Admission Free.



There will be craft workshops in the Barn on every day of the Showcase. Please book these in advance by ringing Rydal Hall. 015394 32050

Monteverdi's Mass for four voices

The Ambleside and District Choral Society will be performing a varied programme of seventeenth and twentieth century music at its Spring Concert at Ambleside Parish Church, conducted by its Music Director Jolyon Dodgson on 7 May.

Monteverdi's beautiful Mass for Four Voices will feature the

50-strong choir and soloists Julie Leavett, Anne-Marie Kerr, Stephen Newlove and Jonathan Millican.

The concert begins at 7.30 pm. Tickets (£10, including a glass of wine) are available from members of the Choir or at the door. Telephone 015394 36260 or 32096 for further information.

Ruddigore at Rothay Park

An outdoor concert at Ambleside's Rothay Park has been announced, with the renowned Illyria Theatre Company set to perform the popular Gilbert and Sullivan comic opera Ruddigore on the evening of Friday 15 July.

The performance is being

underwritten by Lakes Parish Council, which pleased Ambleside district and county councillor Heidi Halliday, who announced on her Facebook site that she was "really pleased" with the decision. She added that the performance would go ahead "whatever the weather".

For ticket details, go to the website www.illyria.uk.com

Allegri Singers & Players

"A Summer Miscellany", this year's summer concert by the Allegri Singers and Players is a highly varied programme of works for choir and orchestra.

Beginning with Monteverdi's glorious Magnificat for 14 voices, the first half includes music by Telemann and Brahms's glorious Geistliches Lied.

The second half contains rarely performed music by Beethoven and ends with another setting of the Magnificat, this time by Schubert. St Andrew's Church, Main Street,



Sedbergh LA10 5BZ – 7:30pm Saturday 21 May
St Anne's Church, Ings LA8 9PY 8pm – Sunday 22 May
At both concerts there will be retiring collections for the church and singers. contact: Owen Davies, 01539 621261

HOLKER HALL & GARDENS Festival

HOLKER GARDEN FESTIVAL 2016

3rd – 5th June
10.00am – 5.30pm daily

Presenting the very best of gardening, countryside, food and crafts, the Holker Garden Festival returns for its 24th year with a show-stopping line-up, including gardening expert and TV presenter Charlie Dimmock on Saturday.

Buy discounted tickets and pre-book Afternoon Teas and Festival Lunches online at www.holkerfestival.co.uk or call 015395 58838.

Evening Mail Sanlam Ellis & GSK Audi LANANATURE LIFE Garden

Holker Hall & Gardens, Cark-in-Cartmel, Grange-over-Sands, Cumbria, LA11 7PL (20 mins from Junction 36, M6)

ROCK ON WINDERMERE

Status Quo

PLUS SPECIAL GUESTS
toploader

SATURDAY 18TH JUNE 2016

TICKETLINE.CO.UK - ROCKONWINDERMERE.CO.UK
PROVIDING SUPPORT FOR CUMBRIA FLOOD RELIEF

'The Pig' heaven for 'pork lovers'!



A new restaurant and bar in Windermere will be a 'pork lover's dream', with more than 70% of its menu honouring the tasty meat!

The new venue, named The Pig, which opened on Crescent Road on Friday, is the creation of local businessman and restaurateur, Ian Dutton, who owns the nearby Village Inn Bar and Grill in Bowness; and the Miller Howe Café in Grasmere. And, he and son, Harry, both chefs, will be the ones responsible for creating some very unique dishes!

The menu for the 40 seater restaurant, features homemade pork scratchings; smoked pig, sweetcorn and potato chowder; a hunk of pig pie with homemade piccalilli; potted pig with an appetiser jelly, homemade crisp bread and sage butter; a pig platter and slow roasted suckling pig.

The concept for 'The Pig' comes from Dutton's belief that pork is an underrated meat and he's happy to see it in prominence on his menu: "Pork is such a feel-good meat and I don't believe we see enough of it on restaurant menus," he explains. "The Pig is all about good food, well cooked and where possible, locally sourced. It's a very unique offering. We'll be featuring a hog roast every day and some really unusual dishes. If you're not a pork lover, we still have a wide variety of choice, so hopefully, there's something for everyone."

The Pig will also feature a range of vegetarian dishes, fish and seafood, such as mussels and scallops and an eight ounce goat burger. Serving a wide selection of wines, beers, spirits and cocktails, The Pig will also sell 'skinny champagne' (champagne with fewer calories), the only venue in the South Lakes, apart from the Village Inn, to offer this.



Windermere pasty is Pie of the Year

'It'll do... won't do! Only perfection counts!'

Huddleston Butchers in Windermere backed-up their motto by being crowned Supreme Champion at this year's world-renowned British Pie Awards. Their renowned "Grafter" became the first pasty to beat the 815 other pies entered to secure the hotly coveted trophy. This delectable beef skirt & vegetable pasty had the judges' mouths watering for its even bake, beautiful glaze and well balanced flavours.

This year pies were entered from 132 professional bakers, butchers and chefs and judged by over 100 top pie perfectionists - including leading food critic Charles Campion, renowned chef Rachel Green and TV chef Andy Bates

Matthew O'Callaghan, Chairman of the British Pie Awards and Melton Mowbray Pork Pie Association, said: "I know many will be surprised to see a pasty winning the British Pie Awards, but pies come in all shapes including round pies, square pies and pasties. According to the rules, a pie must constitute 'a filling totally and wholly encased in pastry' - thereby ruling out such potential interlopers as a lemon



MAIN: Judging is all in the detail
LEFT: John Nicholl of Huddlestons with his prize winning Pie

meringue pie or a cottage pie, but making a pasty well and truly eligible.

Pasties have been a feature of British cuisine for centuries ranging from the Forfar Bridie in Scotland through to the Midland's Bedfordshire Clanger and down to the iconic Cornish Pasty. I'm pleased that we now have an award-winning pasty to shout about from Cumbria."

Pierate, an online pie review site whose 'Pierateers' help judge the awards, described the decision as 'a sad day for pie fans. As a judge at the awards the last three years, we are seriously

considering a boycott over this,' it wrote. However Huddleston's delighted owner John Nicholl, 56, was unapologetic about the controversy.

'It says in the rules that a pie is a filling totally encased in pastry, which is exactly what a pasty is - but I can understand why some people will be surprised,' he said.

Regulars at his shop in the picturesque Cumbrian town have known the pasty's delights for several years, where they are sold as Grafter's for £2.80 each, although Mr Nicholl said he had been 'tweaking' the recipe.

World's Best Marmalades

The World's Original Marmalade Awards at Dalemain had 3,000 entries including 160 overseas homemade entries. With flavours and entries from all over the world, it is truly an international obsession.

The judges were unanimous in their praise of the Double Gold winning entry, Marmalade with Skye single malt whisky, made by Jo Aldhouse in Oxford.

Japanese entries have skyrocketed, and Atsuko Hayashi has taken a Gold Award for a second time, whilst Portugal and Australia also provided Gold winners, with classic Seville flavours that proved irresistible.

Local Homemade Category Winners

- Seville Orange Marmalade – Susan Dyer, Cumbria
- Children's Marmalade – Beth Wigston, Cumbria
- Campanologists Marmalade – Louise Folkard, Cumbria

These quirky awards founded in 2006 by Jane Hasell-McCosh are centred on Dalemain Mansion; a Georgian stately home lived in by the same family for over 300 years, which also happens to hold a very rich archive of Marmalade recipes.

To date the Dalemain Marmalade Awards & Festival have raised almost £200,000 for Hospice at Home. This year the money raised from amateur entry fees will go to Hospice at Home, Action Medical Research and Marie Curie Scotland.

Big wedding or a little café?



Anna (centre) outside the Copper Pot with sisters Holly (left) and Lisa.

Anna Morton and Matt Durschmidt have been dating for 16 years, since they were teenagers, and for much of that time have been saving up for their dream wedding.

So when the opportunity comes to spend all the marriage money on a new café in Ambleside, what is a couple to do? It was a no-brainer.

"Because we're local we heard on the grapevine that Angela's Place was going to be available – which is why I'll be able to stay a Morton for a bit longer," said Anna, 34. She's still not sure about taking the name Durschmidt – "Matt's of Austrian descent!" she added.

Anna and Matt, 35, who is manager of Mountain Warehouse in Ambleside, have had plenty of help and advice since they started

work on refurbishing the café. Anna's dad David used to run The Sun at Hawkshead and her grandfather, also David, ran the Kirkstone Pass Inn and the White Lion in Ambleside. It was natural that Anna went into the same line of work and she spent six years as manager of the Lucy Cooks cookery school which is just up from the Church Street café.

The Copper Pot is a real family business, with Anna doing all the baking and cooking and her sister Holly, 29, in charge of 'front of house'. Younger sister Lisa, 13, a student at The Lakes School, is also in on the act. "We're training her," said Anna, "in life skills!"

The Copper Pot has also secured a drinks licence and is expected to open in the evenings "for nibbles and local beers."



Lily set to blossom again

Popular Ambleside bar The Lily was set to reopen this month after closing early in the new year because of a major water leak.

"People have kept asking if it was because of the floods," said owner Stuart Birkett. "Well it was, kind of."

The initial clean-up was only expected to take a few days

but then some dry rot was discovered, which is why the renovation work has taken several weeks.

On the bar's Facebook page, customer Rob Marsh was distraught. "This is becoming a Severity 1. When do you think you will be open again? Turned up after a day out on the fells only to be gutted my favourite boozier was still shut."

CLOSE TO HOME FAR FROM EXPECTED

- Restaurant & Bistro meals.
- Sunday Lunches 3 course just £16.95 served 12-2pm
- Stylish Lounge bar & luxurious accommodation
- State of the art leisure facilities including indoor pool & fabulous outdoor hot tub
- Oxley's Spa – Spa Day's available
- Great for family get-togethers
- Non-residents most welcome
- Great local Gym Membership offers
- Swim Sundays pre book lunch and use the leisure facilities for free
- 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

LAKE ROAD, AMBLESIDE, LA22 9BX
015394 32244
www.hotelslakedistrict.com

10% off
ALL FOOD AND DRINK WITH THIS ADVERT
WN18SALUTATION

Artificial Grass Installation

Accredited Installers

- Guaranteed For 20 Years
- No Mowing
- Allergy Free
- Super Soft For Kids
- Clean, Green Play Area
- No Muddy Mess or Grass Stains
- Virtually Maintenance Free
- Green Lawn All Year Round
- Practical Alternative To Real Grass
- Hard Wearing
- Tested To British Standards
- Most Installs Completed In A Day

01524 823734 07903 793701

www.greatgrassallyearround.com
www.facebook.com/GreatGrassAllYearRound

Daft about daffs



There was snow on the fells but spring came early to Ambleside with the town's horticultural and craft society staging its 27th annual Daffodil and Spring Flower Show.

And it was such a popular attraction, the opening time at the Kelsick Centre had to be brought forward. Society chairman David Capstick said: "It's been very busy this morning. People were queueing up at 10.30, so many we had to open the doors early."

There was early drama when one of the judges couldn't make it so Joanne Dann, whose Lily Lou's florist is just across the road, stepped in as an emergency judge for the floral art section.

Maris Hall, a society member, said: "Small local shows are important, they are disappearing fast, but we're obviously doing a good job because we're attracting lots of people."

The society's main annual show is being held at the Kelsick Centre on 13-14 August.

Tell us a little about yourselves

Windermere Now is looking for your input into your local free paper. We distribute to villages, towns and hamlets in the local area stretching as far as Staveley, Grasmere, Hawkshead and of course Ambleside, Bowness and Windermere.

Local people like to hear about local activities and groups, which they may want to join. If you are involved in a pastime or perhaps a charity that is operating "under the radar" perhaps you would like us to let others know about it. Whether it's metal detecting, singing, kite-flying, rabbit-training or any of the thousands of things people like to do, we'd like you to tell us about it.

Windermere Now

Ground Floor, Barclays Bank Chambers, 3 Crescent Road, Windermere, LA23 1EA

OPEN 9am-1pm MONDAY - FRIDAY

info@windmerenow.co.uk
015394 22070 / 015395 35454

Ambleside Rotary Club - A small club but punching above its weight!

The recent weeks have seen much activity from the members of Ambleside Rotary Club. In March, the Club held its annual Over 60's Coffee Morning at The Salutation to which 120 people came along.

his number is the largest attendance in the history of the coffee mornings! Along with their coffee and biscuits, visitors were able to meet old friends and swap their news. Recently the Club was delighted to welcome three new members Graham and Margaret Harrison and Hilary Lewis.

These new members were involved soon afterwards in the community event at The Parish Centre when they raised £125 for the Club's good causes and also publicised the

Club as they chatted to customers. The Club has given a total of £3000 to Flood Relief with £1000 going directly to the regional fund for Cumbria and £2000 earmarked for local assistance – which has included local home owners and the Ambleside Football Club whose pitch was contaminated by flood debris after Storm Desmond. By now locals and visitors alike will have seen the "outbreak" of painted Herdwick Sheep around the town.

The two Rotary Clubs in Ambleside joined forces to sponsor the sheep which is now in the window of the Tourist Info / Post Office Hub and eagle eyed admirers will have spotted the strategically placed bag of chocolate flavoured sheep droppings

in the window! The sheep was decorated with a whole series of local iconic landmarks and Lakeland traditions.

Other donations by the Club have included £500 to The Salvation Army, £100 to the local Food Bank and £500 to help with Malaria prevention in Africa. Forthcoming events include a special concert by Burneside Brass Band on June 10th which will coincide with The Queen's 90th Birthday Celebrations. As a result, the event will aim to reflect those celebrations.

Tickets priced £10 will go on sale soon and refreshments on the concert night will include a chance to enjoy strawberries and cream and a glass of fizz!

New mums get Lottery boost

South Cumbria Breastfeeding Support, (SCBS) which runs the breastfeeding support groups in Kendal and Windermere has received funding from the National Lottery that will enable them to continue and extend the support that they offer to local mums.

SCBS aims to support each mum to reach her own breastfeeding goal. Their breastfeeding

support groups meet twice each week, and provide a place for mums who are breastfeeding, combination feeding or expressing with a place to meet and support each other, as well as offering specialist help from a qualified Breastfeeding Counsellor on any breastfeeding-related issue.

Ann Bruce, Breastfeeding Counsellor, says 'We're thrilled to have received this funding. We know that the groups are valued by mums in the area, and this funding gives us some much-needed security and the

scope to develop what we can offer them.'

Support Groups are held on Thursday mornings 9.30-11.30 at Ghyllside Neighbourhood Centre, Gillinggate, Kendal, and Friday mornings 9.30-11.30 at Windermere Manor Hotel, Rayrigg Road, Windermere., No need to book, just drop in.

You can find the groups on Facebook: Kendal and Windermere Breastfeeding Support Groups For further information, contact ann@cumbriabreastfeeding.org.uk

Volunteer trustees wanted for Charity

'Nine Oaks Housing Trust, a Charity based in Windermere, to recruit trustees for both the organisation and the community it serves.

Nine Oaks provides accommodation for older people, generally over 65, who want to remain independent, yet feel the need of

some companionship. The Charity is looking for members to join the board of trustees – a team of volunteers which oversees how the organisation is run – and they are particularly keen to hear from students and others who might not consider themselves "typical" trustee material.

Trustee, Nicola Steadman, said: Being a trustee allows people to learn about management, working as a team, as well as helping to run a charity".

For more information on Nine Oaks, see the website:

nineoakshousing.co.uk

Living the Dream from £2995



- ◆ Hot tubs from £2995
- ◆ Hot tub servicing from £160
- ◆ Hot tub hire from £140
- ◆ Water care accessories
- ◆ Garden and patio furniture
- ◆ Breakdown and repairs
- ◆ Indoor and outdoor saunas
- ◆ Luxury Swim spas
- ◆ Free hot tub advice from our friendly technicians



015394 44005
www.cumbriaspas.co.uk
david@cumbriaspas.co.uk

66-67 Quarry Rigg Shopping Centre,
Bowness on Windermere, LA23 3DU

cumbria
spas

LETTERS

Letters to the Editor are published on the understanding that they may have to be shortened to fit available space. Publication of a letter in no way reflects the views of Windermere Now. All letters must be accompanied by a name and address even if the correspondent requests anonymity. In this case 'name and address supplied' will be added.

Where is our EU Grant Aid?

Dear Editor,

Our latest experience of storm damage suggests yet again there is work to be done, yet it's been decided not to apply for EU grant aid.

Whilst we don't know the true circumstances as to why our local authorities didn't find it fit to request this grant assistance, a representative from Cumbria County Council Highways Department suggested that whilst some emergency repairs have been completed there is still more work to be done and it's likely to be three to six years work before the permanent

repairs to all the damaged bridges and highways damaged in the December storms are completed. What was surprising therefore, considering the EU grant decision was his qualification statement 'If Government make the required funding available'.

The Minister that recently visited our area suggested the required funding is available. Quite obviously the FSB as the largest institution of its type in the country, it now needs to use that status to lobby on behalf of our community to provide the funding to complete those repairs as quickly as possible and identify projects that meet the grant criteria for future funding.

Our experience tells us that to have any success in obtaining

grant aid we need projects. We then need to consult residents and business on the proposals and if their comments are favourable then the projects need to be planned and costed.

The Federation of Small Businesses would like to hear your ideas on what is needed and what would allow our community to flourish going forward. These proposals could be appropriate traffic diversion routes to avoid pinch points and roads liable for flooding or tourism related projects to assist not just recovery but also businesses disaster resilience. It might also be community centre type projects or similar to provide safe refuges or disaster recovery centres.

I'm sure you are more aware of what your community

needs than us and we would be delighted to hear of your suggestions. Once we have your ideas the FSB can then introduce them into our discussions with councils to progress them to implementation. Our experience with this type of process and previous projects suggests it will take years rather than weeks to complete, but what is required now are your ideas to get your projects started into the process.

To give us your ideas please contact Federation of Small Businesses South Lakeland Branch Chairman Brian Harrison. Email brian@bandmharrison.co.uk or use the ideas post box in Brambles Café in Windermere.

Brian Harrison, address supplied

The facts about flooding

Dear Editor,

A lot of rain falls on our Cumbrian hillsides. Because of gravity this rainwater will take the quickest route down to the lowest point, usually the sea. The way to prevent flooding is to expedite this flow of water out

There is a problem in hilly country. Grit, stones and even boulders are washed off the hills and silt up the rivers, hence the need for dredging.

Suppose a silted up river is only one foot deep. A dredged river three feet deep will carry three times as much water before flooding. Silted up rivers carry abrasive material which will strip the mortar from between building stones and do other damage. With a dredged river these abrasive materials will sink and inexperienced people

suggest alternatives to dredging, usually involving dams and trees. History shows the folly of this. In 1951 Lynmouth in North Devon was a pretty village with a small river trickling through the middle of it. In 1952 there was a rainstorm which washed trees into the upper river causing a dam. A huge weight of water built up against this dam until eventually it burst, sending a raging torrent of water into Lynmouth. 34 people lost their lives and 38 cars were washed out to sea. Lynmouth now has a V shaped storm drain through the middle of it, which is good engineering.

Planting trees on the fells will not help and interfering with nature in this way could trigger a disastrous man-made landslide. In 1966 the school at Aberfan was buried by a man-made landslide. 116 children and 28 adults perished.

The A591 arterial road over Dunmail Raise was washed away because engineers interfered with nature and

diverted Raise Beck into Thirlmere Reservoir to provide water for Manchester. Could dredging have prevented this?

So why have we stopped dredging? Prior to 2000 farmers would clear their ditches every winter and rivers were regularly dredged, helping nature. Our water creatures thrived happily in these conditions.

Because of our geographical position we have much heavier rainfall than Europe. Completely ignoring this, in 2000 the European Union issued a "one size fits all" directive banning dredging in order to protect water creatures. A fast moving silted up river will wash away water creatures and their habitat. Perversely material dredged from rivers was declared hazardous.

The local authorities liked this because they didn't have to pay for dredging and they could blame the Environment Agency for flooding, while they carried on building on flood plains.

The EA said that they may have to abandon Cockermouth. Surely dredging and storm drains will fix this?

Where else is expendable – Grasmere? Keswick? They will say they don't have the money, while the Government spends billions of pounds of our money on the unnecessary HS2 and HS3 railways.

While there is a clear correlation between flooding and the lack of dredging, Lake Windermere regularly floods because of the bottleneck at Newby Bridge. The Rothay and Brathay rivers meet a wall of water, causing flooding upstream.

The Cumbria Flood Action Plan is due in summer. Unless they have permission to dredge our rivers, as they did for Kendal, and unless they replace Newby Bridge and Whitewater Bridge at Backbarrow, all they will offer us are ineffective sticking plaster solutions.

Peter Langford, address supplied

MAY

Kendal South Choir: 7 May: Saturday 7.30pm: Haydn: The Creation: St Thomas's Church, Kendal Laurie Ashworth (soprano) Richard Pollock (tenor) Ian Caddy (Bass-baritone) Lonsdale Classical Players Directed by Ian Thompson Tickets £12 (under-18s free) From Turning Point, Highgate, Kendal, From choir members or at the door

"Conserving Wildlife": 9 May: Monday: 2pm: Marchesi Centre, Windermere. Les Higgins of the South Lakes Cumbria River Trust will describe the work of the Trust in looking after Coniston Water, the becks and river. All are welcome (non-U3A members £2.00).

Lecture: 10 May: Tuesday 1.30pm South Lakeland Decorative & Fine Arts Society Let There Be Light - Art & Beauty In The Middle Ages. Dr Janet Robson Brewery Arts Centre, Kendal Entry: £8.00. Mrs Lalik Nasmyth, tel: 01229 468525

Freshwater Biological Association Open Day: 12 May: 10am and 5pm Come along and see what we do at our free event on the shores of Windermere. Freshwater Biological Association, The Ferry Landing, Far Sawrey, LA22 0LP

"The Way it Was": 14 May: Saturday: 7.30pm: Marchesi Centre, Holly Road, The Windermere Oral History Society. An audio visual entertainment of Occupations, including, furniture making, farming: butter making and pig killing, quarrying, and underwater exploration (and survival!). Refreshments and raffle. Tickets £5 from Windermere Library.

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.

Staveley Choral Society Summer Concert: 21 May: 7.30pm: Staveley Village Hall. 'Summer Olympiad Prom' This summer concert is a compilation of music both choral and instrumental with a sporting theme. Further details: Wendy Randall 01539 821524

Allegrì Singers and Players: 21 May: Saturday: 7.30pm: A Summer Miscellany St Andrew's Church, Main Street, Sedburgh. owen@odavies.plus.com, 01539 621261

Allegrì Singers and Players: 22 May: Sunday: 8pm: A Summer Miscellany St Anne's Church, Ings. owen@odavies.plus.com, 01539 621261

Crosthwaite Garden Ramble: 29 and 30 May: Bank Holiday Sunday and Monday, in the beautiful village of in the South Lakes. An opportunity to view 14 private gardens in the stunning setting of the Lyth Valley. Free mini bus service and refreshments available throughout the event. Gardens open 10.30 am to 4.30 pm each day. Adults £5, children under 16 free of charge. All proceeds to St. Mary's church refurbishment fund. Details 015395 68297.

Encore Opera Group Concert: 10 June: Friday: 7 pm St. Mary's Church, Ambleside Road, Windermere. £8 call 015394 44596 or pay on the door.

Cross Bay Walk for The Rosemere Cancer Foundation An unforgettable experience and a perfect activity for a summer's day for all the family! Starts from Arnside shore at 10.00am and finishes at Kents Bank near Grange over Sands, with Queen's Guide Cedric Robinson leading the way. The walk is approximately 8 miles and takes around 4 hours depending on the tides. Entry is only £10 and all Rosemere walkers will be given a free bag, snack and water. There will also be coaches to take walkers from Grange railway station car park to the start of the walk in Arnside at a cost of only £3 (to cover the cost of the coach). For an entry form please call the Rosemere Cancer Foundation on 01772 522913 or download a form at rosemere.org.uk. Book your place early as the walk is always over-subscribed.

ON-GOING EVENTS

Stott Park Bobbin Mill: Open Wed to Sun and bank holidays 10am-5pm: The only fully operational bobbin mill left in the country. Experience how bobbins were made in the traditional way. Finsthwaite<near newby Bridge.

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.

Breastfeeding Support Groups: Thursday mornings 9.30-11.30 at Ghyllside Neighbourhood Centre, Gillinggate, Kendal Friday mornings 9.30-11.30 at Windermere Manor Hotel, Rayrigg Road, Windermere. No need to book, just drop in. You can find the groups on Facebook: Kendal and Windermere Breastfeeding Support Groups. contact ann@cumbriabreastfeeding.org.uk

Hola. U3A advanced Spanish sessions. 1st and 3rd Monday of the month 10 am This small friendly group meets at one another's houses, and examine Spanish material taken from the recent Spanish press or from Spanish literature. New members are welcome. Contact Tony Lonton on 015394-31345.

Stickman Activity Trail until 31 May: All Day Self-led activity trail walk. Grizedale Price: £3 Tel: 03000 674495 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

MARCHESI CENTRE

Marchesi Centre Holly Rd, Windermere LA23 2AF 015394 43411

Monday: Social Club 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:

Exercise Class for the over 50s: 1.30pm Alzheimer's Society, 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

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:

Social Club: 10am U3A Bridge: 2pm Windermere Bridge Club: 6.50pm

Saturday:

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

AMBLESIDE PARISH CENTRE

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

Gentle Exercise: Friday, : 11-12 pm. Age UK. 01539 728118

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@btopenworld.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 noon Brathay Church Hall. Follow the smell of fresh scones!

SKELWITH BRIDGE COMMUNITY CENTRE

U3A Bridge group; Fridays: 2pm. Small friendly group. Phone 01539 435 200 or just come along.

AMBLESIDE LIBRARY

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.

Ambleside Child & Baby Clinic, Thursday 5 & 19 May, 10:00 till 11:00am.

Lakes Parish Council Meeting, Wed 11 & 25 May, 19:00. Latest planning applications to view from 18:30.

Ambleside Library Reading Group, Wednesday 18 May, from 19.15pm, discussing Sellafield Stories by Hunter Davies. Friendly informal group, new members welcome 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.

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.

Free use of public PCs available for internet, small charge for scanning and printing. Wifi is free, visitors welcome to join. Contact the library 015394 32507 or ambleside.library.staff@cumbria.gov.uk

WINDERMERE LIBRARY

Closed on Wednesdays

Meditation Thursday 28th April 6 - 8pm

Baby Massage Friday 29th April 11 - 13:00

Local Elections 5th May 6:15am - 10:30pm

Baby Massage 6th May 12:30 - 14:30

Meditation 12th & 19th May 6 - 8pm

Visiting Author Monday 16th May

Cumbrian author, Philip Caine will be joining Windermere Library reading group to promote his novel Picnic in Iraq. A fictitious novel based on friendship and discovery. Entry free.

Tim Farron - Surgery 20th May 3 - 5pm

Citizen Advice Mon - Friday 10am -2pm - first floor of the library Tel: 015394 46464

Auschwitz to Ambleside Exhibition: Flowers of Auschwitz - first floor of the library 9:30-5pm

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.

ANTIQUES

We buy furniture, Bric-a-brac etc.. Established in Ambleside since 1983. Valuations and Probate undertaken. To arrange a visit phone; 015394 32127

BATHROOMS

Windermere Tiles & Bathrooms Ltd., 18 Lake Road, Bowness-on-Windermere Beautiful new showroom - supply and fit - trade enquires welcome Tel: 015394 45552

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 015395 32527 / 07799 388 998

BOOKS

Daisyroots Books Main Street, Grange-over-Sands. Second-hand books. Local History, Climbing, Railways & much more. Full range of OS maps. Open 9:30 - 4:30 Mon - Sat. 015395 38817

BUILDERS

PLAS-TECH construction for all your building, plastering, dashing, landscaping requirements. city and guilds qualified. 07918 680 882 and 07435 963 562.

CATERING

Having a dinner party? Wedding? Special Event? Let Lucy's Inside Out Catering iron out all those culinary creases and supply you with a suitable feast that will ensure you 'dazzle in the dining room' rather than 'frazzle in the kitchen' Call us on 015394 32288 to discuss your requirements

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

W R Chapman, Pressure Washing service, Drives, patios, decking, etc 07979 760980

COOKERY CLASSES

Whether you're a creative cook or a complete novice, LucyCooks Cookery School will point you in the right direction to develop your skills and increase your repertoire. It's a great day out for all the family or as a little culinary treat. Take a look at the website to find out more. www.lucycooks.co.uk or call us on 01539 822507

COUNSELLING

Cognitive Behavioural Therapy Phobias (inc. school phobias), anxiety, depression, addictions, confidence and self esteem. Speak to a professional caring therapist. Experienced in working with adults and children. 0779 284 3807 www.fairweathertherapy.co.uk

CURTAINS & SOFT FURNISHINGS

Curtains, Roman Blinds and soft furnishings made for you, also clothing alterations. Call Joanne Airey on 015395 30601 or 07947 853207

DOGS

Holidays for Dogs - in dog friendly homes throughout Cumbria. No kennels or cages, your dog lives as part of the family. Top Dog Sitters 0800 689 1519

COSY HOME BOARDING FOR YOUR DOG - 1:1 care with our carefully selected local host families. Professional, insured and licensed service giving owners complete peace of mind, because dogs deserve a holiday too! Contact Alison - Barking Mad South Lakes: 01539 234044 www.barkingmad.uk.com

DOG WALKING

YOUR DOG WALKING ADVERT HERE Do you own a dog walking business? then advertise here. this advert, with 32 words will cost you only £8.96+VAT phone numbers are classed as 2 words 015395 35454

DRESSMAKER

Curtains, Roman Blinds and soft furnishings made for you, also clothing alterations. Call Joanne Airey on 015395 30601 or 07947 853207

FOR SALE

RECLAIMED OAK BEAMS We have hundreds of Fantastic Reclaimed Oak Beams & Timbers in Stock Original & Restored - From Small Shelves & Fireplaces to Huge Beams! Give us a call or Visit us near Ulverston Tel: 07920 117 047 or email: lakeswoodwork@gmail.com

GARDEN SERVICES

Tree Stumps Removed GET A QUOTE ONLINE or call Peter on 01539 720441 stumps1066@gmail.com www.Tree-Stumps-Removed.co.uk

W.R.Chapman, Garden and Ground Service, Grass cutting, Turf laying, Hedge cutting, etc 07979 760980

QUALITY GARDENERS - reliable, knowledgeable and affordable. Call Michael Thornborough 015395 32118 or 07796 674861

Topiary and Ornamental hedge clipping and shrub pruning carried out to a high standard, also herbaceous perennial care and planting. Andrew and Simon 01539 728189 07728 616601

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.com Tel 015395 52458 or mobile 07836 782707

HANDYMAN

Gutter Cleaning and Handyman. Contact Joshua Lewis: 07531 581440 / 01229 581082

HOUSE CLEARANCES

House Clearances, Houses, Garages, Sheds cleared and all contents removed. For prompt reliable and confidential service contact Graham Walkden. Tel: 015395 32793

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.

OSTEOPATHY

Suffering Aches and Pains? Expert treatment is just a call away! Professional diagnosis and treatment for: All Back Problems inc. Sciatica, Muscle & Joint Pain inc. Arthritis, Neck & Shoulder problems, Pelvic Pain, Sports Injuries, Repetitive Strains. Ed Snoad BSc(Hons) Ost D.O - Registered Osteopath, Staveley. www.southlakesosteopathy.co.uk Tel: 07899 657058

PAINTING & DECORATING

Trustworthy Lady Interior Decorators Deer Park Decorators Quality, Tidy Work at Reasonable Rates Call Michelle on 07876 645751

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. Tel 07732 362 186

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

PLUMBING & HEATING

Domestic plumbing service. Sanitary ware, kitchens and pipe fitting. General maintenance jobs. Call: Paul Wood T: 015395 33059 M 07785 527 955

REMEDIAL THERAPY

MESSAGE and Craniosacral therapy for back, neck and shoulder pain. Meg Henderson 015395 36298 www.meghendersontherapy.co.uk

REMOVALS

Steele's Removals ltd Local * National * International Secure self-storage containers available 24 hour access + Self-Drive Removal vans www.steelesremovals.co.uk info@steelesremovals.co.uk 01229 820777

SOLID FUEL

JJ COUPLAND & Son Ltd Approved Coal Merchants. Established over 100 years. Regular deliveries to Windermere and surrounding areas. Quality fuels and home fire ovals for multifuel stoves. Telephone 01539 821258

TILING

Windermere Tiles & Bathrooms Ltd., 18 Lake Road, Bowness-on-Windermere Beautiful new showroom - supply and fit - trade enquires welcome Tel: 015394 45552

TIMBER GARDEN BUILDINGS

TIMBER GARDEN BUILDINGS: Creators of Amazing Garden Spaces! Bespoke Timber Garden Buildings - Traditional or Contemporary Designs. Hand Built High Quality Sheds, Summerhouses, Garden Offices, Workshops, Cabins, Boat Houses, Mini-Lodges & Camping Pods. Give us a call to discuss your ideas & we can make them come to life! Call Nathan on 07920 117 047 email: lakeswoodwork@gmail.com www.gardenbuildingscumbria.co.uk

TUITION

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

WANTED

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

Grasmere's Knit and Nat is looking for suitable wools to knit items for neo natal wards, and charity Christmas boxes. Have you anything suitable that you could offer? contact Carrie Taylor at carrie@windermereknow.co.uk or ring 07584 036 544

STAMP COLLECTIONS, OLD COINS / medals and pre-1960 picture postcards purchased. Will visit to view. Tel Smith 07721 651751 email fillatellie@yahoo.co.uk

OLD SUITCASES, trunks, leather bags, wooden boxes, toolboxes, wooden ladders, galvanised buckets, watering cans, kitchenware Peter 015395 62811

FREE FOR SALE

Next deadline 29th April, subject to space. Single items max £200, in writing to our offices or e-mail info@windermereknow.co.uk including your name and address

Men's TOG24 Goretex walking jacket, blue XL, unused/as new £35. Men's LEWIS Keylar Motorcycle jacket, black XL, excell cond £30. Ladies' genuine Triumph leather jacket, size 8/10 excell £35. 015395 34604

Rare Antique Marine Brass Gimballed Ships Oil Lamp Lantern £50. Carlsboro Keyboard amplifier. £30. 015395 34587

Cream wrought iron antique style 4' 6" double bed frame with base and fitted valance £75. 015395 34480

Vax Vacuum Carpet Washer £50. Roberts Digital Clock Radio £5. Djembe Drum £20. Three-wheeled mobility walker £25. 07867 123800

Greenhouse in green, 6'x6' one opening window, some glass replaced with Perspex £100. 015395 58600

2x2 Seater Parker Knoll settees w recliner, excell cond £200. 015395 34879

Vibrating Exercising Machine, as new w instructions £65. 015395 33476

Hoover cyclonic vacuum cleaner, hardly used £250. 0743 4460018

Dehumidifier, Homebase, 10litre, excell cond £65. 015395 32739

Settee & 2 chairs, very comfortable £55. Table top dishwasher £40. Wooden extending dining table (seat max 10) £60. Coffee table, wood £15. Misc household items. 07971 675274

Caravan Equipment: Aquaroll water Container £7; Lightweight porch awning £25; Digital TV aerial (freestanding) £12. 07967 975232

Priory display unit, 3 cupboards, drawers, glass display 5'x6" nice condition £200. Sofa bed as new £75.

High-backed winged leather armchair, tan, nice cond £100. 07507 410589

VW Tiguan Cycle Carrier for 2 cycles VGC £50. 015395 34828

AUTOBODY REPAIR



ACCIDENT REPAIR SPECIALISTS
Moor Lane, Flookburgh
First left after Ducky's Park Farm
015395 58329 mobile: 07766 913 572
www.evansautobody.co.uk

SITUATIONS VACANT



Holiday Property Cleaners required
Also needed Evening School/office cleaners
Full or part time (Hours to suit)
South Lakes Services
015395 36956

SITUATIONS VACANT



COMMUNITY CARE WORKERS REQUIRED

We are looking for male/female carers experienced/inexperienced (full training will be given) in the Grange, Kendal and the South Lakes areas.

We provide an innovative range of homecare packages encompassing all aspects of support for people living in their own homes.

Excellent rates of pay starting at £7.60 w/d £8 w/e. Travel time payment and mileage paid.

Must have full UK driving licence and access to a car.

We are looking for caring enthusiastic individuals dedicated to providing the very best care to our service users.

Contact us on 01539 739 684
Email homecare@brancasterhomecare.co.uk

Do you want a well-paid Customer Services career based in Windermere?



Your opportunity to work for a growing company that provides telephone based daily contact to interesting people all over the UK with its OkEachDay® service.

Earn £8.06+ per hour talking to people

Full training given with several optional training courses to choose from if you wanted to develop your skills and career further. Part-time and full-time work available.

Fun days out and brilliant training

You will benefit from amazing days out in the Lake District with your team members and opportunities to develop your own skills with brilliant training and leadership coaching.

You'll need the following skills...

You will need to be enthusiastic, friendly, reliable, talkative, have an eye for detail, care about people, able to write and speak good English and able to accurately type up notes from telephone calls.

To apply send an email through to jobs@alertacall.com. Tell us about yourself, why you want the job, why you will be great at it and if you have a CV send that too.

www.alertacall.com

JOINERY & BUILDING

W.G.BROWNLIE 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: wgbrownlieltd@gmail.com

WOODBURNERS

Cumbria Woodburners
Wood burning & Multi fuel stove installers



Fire places, Hearths Chimneys, All building works, Free estimates



Over 30yrs trade experience
01229 861202
www.cumbriawoodburners.co.uk

SEPTIC TANKS



Septic tank emptying
Fast, efficient & clean service

07748 338 797
www.septic tanksouthlakes.co.uk

ROOFING



WESTMORLAND FLAT ROOFING

- Over 25 years in domestic and industrial flat roofing
- Repairs, replacements and overlays
 - Green Roofs
- Insurance backed warranties
 - Insulation specialists
- BBA approved products with a life expectancy in excess of 40 years

WE ALSO OFFER

- Thermographic Surveys
- Consultancy
- Condition Reports

01524 730666 or 07772 884690

www.westmorlandflatroofing.co.uk / info@westmorlandflatroofing.co.uk

ADVERTISE YOUR BUSINESS WITH US

From as little as 28p per word +VAT

Call the team to discuss more about your requirements

info@windermere.com

015395 35454



EXCLUSIVE AND FULLY INCLUSIVE WEDDING PACKAGES

HOLBECK GHYLL

MOMENTS TO SAVOUR

Holbeck Ghyll Country House Hotel, Holbeck Lane, Windermere, Cumbria LA23 1LU
t +44 (0)1539 432 375 w www.holbeckghyll.com e stay@holbeckghyll.com

 /holbeck.ghyll  @holbeckghyll

