

Ambleside, Coniston & Windermere now

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

ISSUE WN21 - AUG/SEPT 16
windermere-now.co.uk

Groomed for the Fells!... P6

ALSO INSIDE:

Carnival time... P13

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AND LOTS MORE >>>

FREE

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BUSINESSES**

P14

GRASMERE
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SUMMER
OF FUN



We're improving our wastewater network in Bowness-on-Windermere

Over the last few years we've completed several projects which have reduced the risk of storm water flooding on Glebe Road and contributed to significant environmental benefits to Lake Windermere.

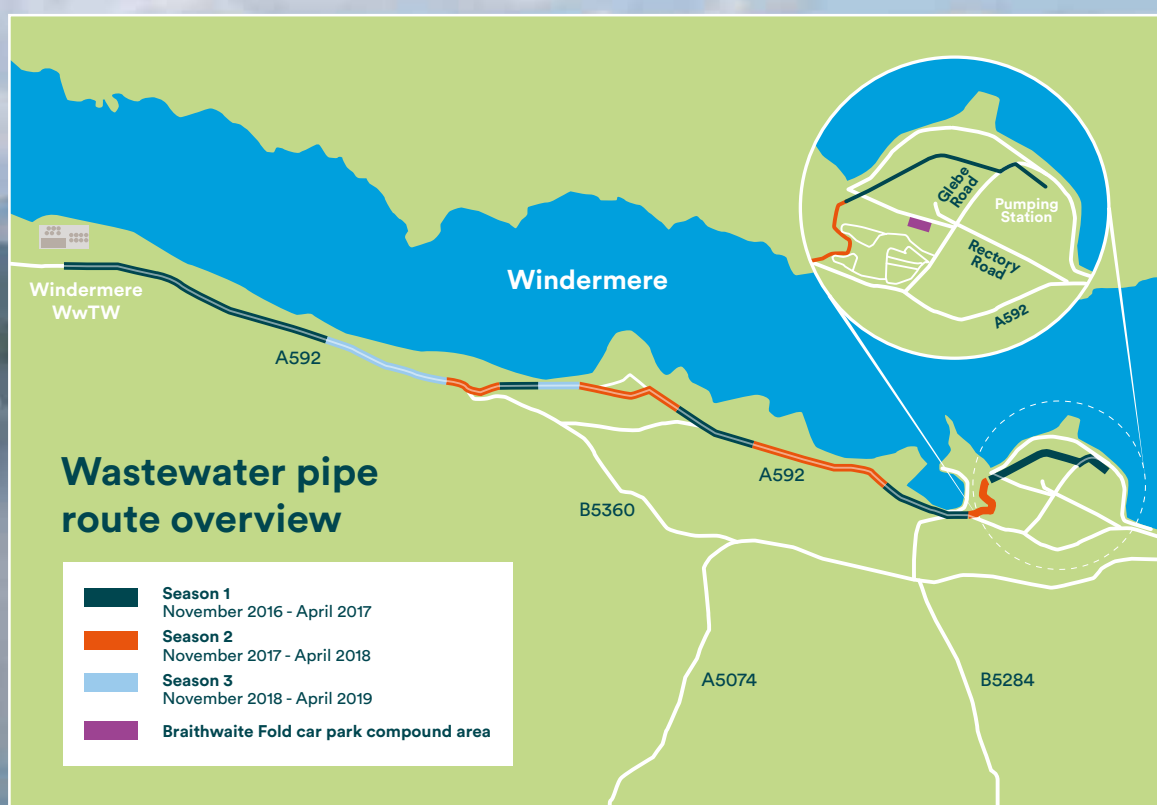
To help provide further water quality improvements in the lake we're due to carry out a project to install a new 6.5km wastewater pipeline from our Glebe Road pumping station, along the A592 to Windermere Wastewater Treatment Works.

We understand roadworks are inconvenient, and Bowness is a busy destination all year round. To minimise disruption we'll be completing our work during the quieter periods over three winter seasons.

We would like to share our plans with the community where you can find out more about our work and have a chat with the team. It would be great if you could find the time to pop in and see us.

Tuesday 13 September from 1pm until 7pm

**Belsfield Hotel
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Letter from the Editor

Would you like to advertise with us? We are offering a **FREE 20 WORD CLASSIFIED ADVERT**, to any business within our delivery area who hasn't advertised with us before. No obligation to continue, although we hope you will.

We are also working on a Foodie Feature for the October issue and would love to invite you to join in.

'Foodie feature' for the Sept / Oct issue



Receive a 25% discount when you reserve your space in our 'Foodie Feature'

Showcase your business in our Foodie Feature, for the run up to the Christmas party season. You do not have to be a restaurant or hotel, we welcome all local artisan food businesses to join in our feature.

We are offering all businesses that take part in our 'Foodie feature' a 25% discount from our standard price list, and the chance to include a special offer voucher.

Showcase your business with up to 5 photographs, a signature or special dish you would like to recommend and up to 400 words to promote your business. Please feel free to showcase your seasonal offers and why not try putting a voucher on. It does not have to be something that will cost you a fortune, a voucher can be something fun!

A breakdown of prices with the 25% FOODIE FEATURE DISCOUNT

- 1/4 page space with 25% discount £131.25+vat
- 1/2 page space with 25% discount £206.25+vat
- Full page space with 25% discount £281.25+vat

Ambleside, Coniston and Windermere Now is delivered to over 10,500 homes by Royal Mail every month. We have 100% coverage (we go into EVERY home and business in the Ambleside Coniston and Windermere area, including Hawkshead, Grasmere and Bowness). Our magazine is filled with local, relevant articles and events.

We are always here to help. For further information just send us an email to info@windmerenow.co.uk, or call us on 015395 35454 to reserve your space.

Don't delay the deadline for our next issue is 1st September.



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Future deadlines

Issue	Deadline	Release begins
WN22	1st September	26th September
WN23	1st October	24th October

Staveley 'Bridge' Outrage

With impeccable timing, the Lake District National Park Authority (LDNPA) has threatened beleaguered traders in Staveley with fines of up to £2500 for placing signs on the A591 Staveley by-pass to remind motorists that the village is NOT closed and that the businesses are still very much open.

This missive arrived at the same time as the Cumbria County Council finished work building walls to symbolically, and physically, close off the road through Staveley. This, sadly, underlines the fact that Staveley has been left out, by not prioritising repairs to the collapsed bridge which has cut the village in half. MP Tim Farron has written to Richard Leafe, Chief Executive of the LDNPA saying "I would ask that you treat Staveley as a special case. The continued closure of the bridge in Staveley following the floods last winter, and

the proliferation of 'road closed' signs which this has led to, is making life extremely difficult for businesses there, as they struggle to attract passing trade. I would ask that the LDNPA implement a common sense approach to this issue in the area immediately surrounding Staveley, and therefore that relatively small signs be temporarily permitted to stay, such that local businesses are able to recover."

Quite ironically near the traders' signs is an approved temporary AA road sign pointing people away from Staveley encouraging them to visit an attraction in Bowness.



Windermere Police Woman Attacked

FIVE TEENAGERS were arrested following disorder in Windermere when a police officer was violently attacked at 9.50 pm on Friday 29th July.

The lone female Police officer was patrolling the Main Street area of Windermere when she was approached by a male who was 15 years old. He had been viciously assaulted by another youth nearby causing him facial and bodily injuries.

The victim had been knocked to the ground and then repeatedly punched and kicked whilst laying on the ground trying to defend himself.

A large group of teenagers, some of whom had been drinking alcohol, surrounded the female officer who was approached by an aggressive drunken 15 year old female teenager. The teenager then became violent towards her. The female was arrested and a violent altercation took place. This resulted in the female police officer being repeatedly punched about the head and upper body whilst she lay on the ground.

The violent assault only stopped when other members of the public came to her assistance and stopped the 15 year old enraged youth from attacking her further.

However, following this incident several teenagers who had been drinking alcohol caused further problems and would not disperse from the area. Several teenagers were subsequently arrested for Public Order offences. The teenagers were interviewed by police and bailed until September 2016 pending further enquires.

Following medical intervention the officer was back at home but not fit to return to work from her injuries.

Kendal and Lakes Police have thanked members of the public who went to her aid. Extra patrols in the area were arranged over the next few weekends.

Now hear this...

We have heard that an attempted car theft in Ambleside was not quite what it seems.



Would-be thieves had spotted a set of car keys for a BMW on a hallway table and were attempting to 'liberate' the keys with poles that they stuffed through a letterbox, before fleeing when a neighbour interrupted them. At least, that's how the incident was reported in the media.

But, being as we have our ear to the grapevine, we can bring you the true facts: what the crooks

thought were car keys was, in fact, a hearing aid!



Are Cumbria Council Building bridges?



Following discussion with local businesses Cumbria County Council have agreed a shorter rebuild schedule for a replacement bridge at Staveley.

The new bridge is expected to be open to traffic before Easter 2017, five months sooner than previous estimates, but they will do everything they can to have it finished even sooner, if possible.

The county council says the shorter timeframe reflects the positive outcome of early design works and its close relationship with the Environment Agency. David Brockbank, owner of Staveley Mill Yard representing the community and the businesses in Staveley, said: "We had a really productive meeting with the

CCC, and are delighted that the bridge will be finished by Easter at the latest."

Stephen Hall, CCC's Assistant Director for Highways, Transport and Fleet said: "I'm delighted that we are now establishing a positive working relationship with the local community."

They confirmed that they are appointing a Design and Build contractor within a matter of days to build a single span bridge to alleviate future flooding. The design needs to be similar to how it was before (without parapets to help flood water), in order that the project is not held up any longer

"There's a lot of work to do and we'll be keeping people informed through a new local stakeholder forum as we progress."

DAVENPORTS

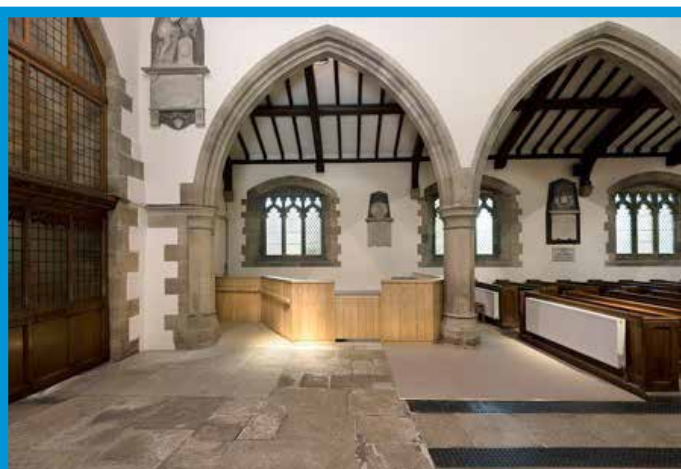
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Lakes Architect also undertakes Church Work

The recent re ordering at St Paul's Caton in Littledale Lancaster has been a great success.

The new kitchen has enabled the congregation to grow and they now have more young families attending.

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

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5 Star Nosh



The percentage of food businesses in South Lakeland rated with 5 stars by the National Hygiene Rating Scheme has risen from 66% in 2014 to a current figure of 78%. There are now 1200 food businesses in our area that have achieved the 5 Star rating.

Dog and Chips Please

The SLDC and the Dogs Trust have been chipping pet dogs at shows throughout the Lake District. The last main event is the Westmorland Show on 8 September.

New regulations require all dogs to be chipped and this offer could save owners between £15 and £30. Puppies up to the age of 6 months must be fully vaccinated before they can be microchipped.

Bute, a 7 year-old border collie, is a very lucky Rescue Dog. That is because her owner/handler is also a dog groomer.

Christyne Judge has been on the Mountain Rescue team in Coniston for 18 years. For 16 years of that time she been a Rescue dog handler.

Her faithful first dog, Skye, died last year, but she had already got her current dog, Bute, trained and qualified for Rescue work when she was 2 years old.

Christyne had been a police officer, but the loss of her beloved Skye made her take stock of her life and she decided to devote all her energy to her love of dogs. She left the Police force and now, to keep body and soul together, she has expanded her dog grooming and dog walking activities.

But the call of the hills is her love, and whenever she can, she takes Bute, and her less active spaniel, Oscar, out on the fells.

Rescue dogs rely on air-

It really is a dog's life



borne scent to find people and can cover huge areas of open fell and crag. However successes as a dog handler relies on being in the right area at the right time, so knowing the hills and the weather is important to know how to approach a search mission.

The Lake District Search and Rescue Dogs Association deals with training and assessing the

dogs and handlers. There are 14 dogs in use and 5 more in training in the our area.

Christyne is operating her dog grooming and walking business from a custom-built van which she takes to her customers' own homes. wuffscutsnwalks@gmail.com 07596 143 197

They rely on donations to keep up their work. lakes-searchdogs.org

Festival offers a chance to test yourselves

Visitors planning to come to Ambleside for the Festival of the Fells next month are being urged to challenge themselves.

The four-day outdoor activity and cultural festival from Thursday 22 September to Sunday 25 September, which is sponsored by Lakeland Land Rover, will feature a number of activities that might *just* be outside your comfort zone!

"This is the beauty of the festival," said Andrew Hewitt, chairman of the festival's organising group Ambleside Together. "You may never have thought you could climb a fell – but at the festival you can take a guided walk up Loughrigg or

Wansfell. You may never have thought you could tackle the Fairfield Horseshoe, Bowfell and Crinkle Crag, or the Langdale Pikes – but these higher routes will also be guided. And, of course, there will be wonderful low-level routes for families."

Other guided activities include ghyll scrambling (at Stickle Ghyll), abseiling (at Hodge Close), nordic walking (a three-part course), a trail race, fatbike riding and wild swimming!

There will be a series of talks and chats featuring mountaineer Alan Hinkes, Wainwright guidebook reviser Clive Hutchby, poet John Phoenix Hutchinson, mountain artist Andy Beck, walking guide Steve Watts, 'Rusland shepherdess' Andrea Meanwell and polar explorer Craig Mathieson.

A series of mountain movies are being shown at Zeffirellis including Everest, The North Face, Downhill and Life of a Mountain: Blencathra; the latter will be introduced by director Terry Abrahams who will take a Q&A session after its screening.

There is a charity duck race, a car pull up The Struggle, a chance to watch mountain rescue search dogs in action, historical lectures at the Armit Museum, a ceilidh at Ambleside Parish centre, a comedy night at The Lily, and live music at various venues, including a free town-centre



A guided walk will take you to Great Slab on Bowfell, one of the most spectacular locations in the Lake District

concert featuring the foot tapping blues band Uncle Carbuncle. Plus, the chance for wheelchair users to test-drive off-road machines.

"There really is something for everyone," said Mr Hewitt.

www.festivalofthefells.uk

Fine Birthday celebrations



MAIN: A young budding artist shares a story

RIGHT: John Moffet and Dame Helen Ghosh cut the Birthday cake



28 July saw Beatrix Potter's 150th Anniversary celebrations being enjoyed all across the Lakes in fine style.

Hill Top, the iconic house of Beatrix, hosted BBC Breakfast broadcasting the weather reports all morning (before the rain arrived!) and BBC Radio Cumbria in the afternoon on a live broadcast. Pete Tasker, the Hill Top gardener for nearly 30 years was Chris Evans Mystery Guest on BBC Radio2 and finished with ITV Border news in the evening. The paddock at Hill Top was host to some of Beatrix's beloved herdwick Sheep; a chance for face-painting; morris dancing; country

dancing; and there were many happy visitors, from all over the globe, enjoying a visit around the house. All children who came along got a free cupcake and Peter Rabbit pencil; and there was a chance to sketch and paint outside the house and the garden. People were not at all fazed by the light drizzle that accompanied the afternoon's proceedings! Helen Ghosh, director-General of the National Trust, was here to talk to visitors, and cut the cake and said: *"We have so much to be thankful to Beatrix for, and the Lake District wouldn't be place we know and love today without her passion for conservation and nature."*

Lorry alert on pavements

Incidences of large lorries carrying logs going up the kerb on Ambleside's Bridge Street were brought to the attention of Lakes Parish Council by a member of the public.

Town librarian Jane Renouf told councillors that she had witnessed this right by the Apple Pie, where the roadside pavement is particularly narrow.

Councillors agreed the relevant authorities should be alerted.

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Ambleside is top for walking, says survey



Ambleside has been named as one of the most popular walking destinations in Britain, in a nationwide survey just released by Ordnance Survey.

Its OS Maps service analysed more than 500,000 routes over ten years and revealed that the Lake District has topped the country's league table with Ambleside and Keswick being the most popular locations for walkers.

Of the 20 most popular places to create a walking route across Britain, 18 of them are within the core areas of the Lake District National Park – taking in popular locations including Ambleside, and Grasmere and the two most iconic fells: Helvellyn and Scafell Pike, England's highest mountain..

Managing director for Cumbria Tourism, Ian Stephens, hailed the result of the survey.

"This is the ultimate place to enjoy the great outdoors and this latest Ordnance Survey research confirms that the Lake District, Cumbria, is indeed the UK's Adventure Capital," he said. Among the most popular fell walks highlighted by Ordnance Survey was the classic Fairfield Horseshoe from Ambleside.

When the going gets tough... ...they come to South Lakeland

South Lakeland, and in particular Ambleside and Grasmere, is fast gaining a reputation for being the place tough guys and gals come when they want to test themselves.

The success of Triathlon X in June – which was based at Ambleside YHA – coupled with the endearing popularity of the fearsome Fred Whitton Challenge cycle ride – start and finish in Grasmere – is one of the keys to this popularity.

Throw in traditional sports with Cumberland and Westmorland wrestling, fell races and the rest, and it's doubtful whether anywhere else in the country has more outdoor challenges.

The extreme iron-distance race Triathlon X has been judged by the experts as the toughest in the world.

In a list compiled by 220 Triathlon magazine it enters the ratings for the first time and goes straight to number one, Their statisticians base their findings on scores for a range of features including bike elevation



and run elevation, run surface type, isolation, the median finishing time (at The X, over 18 hours) and the psychological factor they call the "psych battle".

Triathlon X comes out with a total points score of 89 out of 100, ahead of the join-second-placed Altriman in the Pyrenees, and Snowdonia's The Brutal..

"Which is the toughest long-distance race of all?" wrote the magazine's editor. *"And the winner is . . . Triathlon X in the Lake District. A bike route on the legendary Fred Whitton route and*

a run up Scafell Pike and down again makes the new-entry Triathlon X the world's toughest triathlon."

Race director Mark Blackburn said: *"We knew we had created the toughest possible course, and that was confirmed by all of our competitors. This is great news, to have the experts prove it with statistics. It is fantastic for Ambleside and the Lake District."*

The Half X – the smaller brother of Triathlon X but still a beast – takes place on 25 September, again based at Ambleside YHA.

ADVERTORIAL

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Ferry fury over ticket-machine delays

We sent our fell-top expert, Clive Hutchby to get a ferry-virgin's view of the new ticket machine serving the Hawkshead-Bowness route.

I was born in this country and speak English as my first language, but even I was bamboozled. So imagine what it must be like for foreign visitors (and we get quite a few of those in the Lake District, don't we!).

The ticket machine on the Hawkshead side of the Bowness ferry featured an icon-driven guide to the various ways of paying to get across the lake, but because this looks like an Apollo moon-shot control panel those kind folks at Cumbria County Council had taped a more detailed guide to the machine . . . which looks like a wordier Apollo moon-shot control panel.

I hung around in the queue to pay for my £4.40 car ticket (ouch!) and had a grandstand view of the confusion of first-time crosssees.

"It doesn't take a £5 note," said one man, "just coins."

"The debit card isn't being read in the slot," said another, "it has to be contactless,"

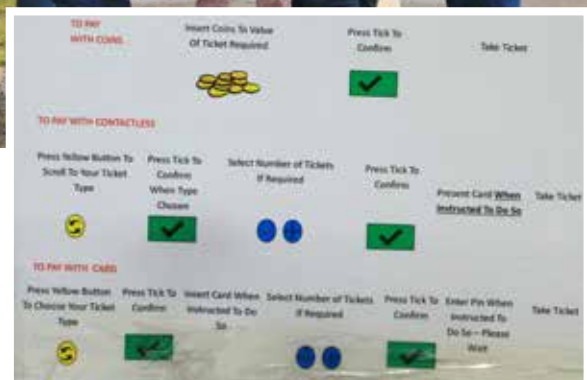
"I think you've hit the wrong button, dear," a middle-aged woman told her husband;

"Hurry up," she added, "the ferry's coming."

Ever since Cumbria County Council stopped the practice of buying your ticket from a human being AFTER getting on the ferry, there has been chaos, confusion and no little degree of anger.

Ferry workers walk up and down the lines of vehicles waiting for the next crossing encouraging people to get out of their cars and go get a ticket. But this – and all the phaffing about at the machine – takes time, which means fewer ferries per hour and a much slower route across this important Windermere crossing, made worse by all the holiday traffic.

LATEST: While at Ambleside Sports I heard from someone who had recently crossed that now the 'contact' system for debit cards was on the blink. *"It's a shambles,"* he said. *"They know nothing in Carlisle."*



MAIN: Confusion at the ticket machine

MIDDLE: Taped instructions

BOTTOM: A ticket to cross.

This was for a car, so it's unclear why the word 'Pedestrian' is printed



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Scrum fun



As we went to print England's women's Rugby sevens almost gained a bronze medal losing out to Canada, while the men were doing well in the early rounds.

The sport is booming across the country, and so perhaps you or your son or daughter might like to get involved with Windermere Rugby Club.

Both girls and boys from aged 11 up are welcome to join junior training sessions on Thursday evenings at 5.15. The sessions involve fun, touch rugby and players come from all the local schools. The coaching staff on hand are qualified and at the highest standard, led by Ex-England coach, Graham Smith.

The senior team are also recruiting and they have training sessions both Tuesday and Thursday. For Seniors or Juniors, you can call Tim Wragg to find out more on 07521 041 899 or simply show up. If you prefer you can stand and watch to see what it's all about at a training session before you decide to have a go. You are also welcome to have a look round the clubhouse.

The club is keen to stress that the emphasis is on fun and that beginners are welcome. The training ground at Dawes Meadow in Bowness is located just behind the cinema, and offers a fun and safe local sports club. Why not come along and see for yourself?



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Dawes Meadow, Longlands Road, Bowness-on-Windermere, LA23 3AS

I wouldn't bank on it!

South Lakeland MP Tim Farron is calling on HSBC to reverse its decision to close its branch in Windermere.

The bank has decided to close its Windermere branch on the 21st October, claiming it is not commercially viable for it to continue. Tim has written to the bank asking them to reconsider, given the specific needs of the local population, particularly the high proportion of elderly people.

"This decision by HSBC is a blow to local people.

The branch serves a rural population with a high proportion of elderly residents. For elderly people who have never used a computer, moving to online banking is simply not an option. When HSBC's Ambleside branch closed in 2012, we were told customers would be moved to Windermere. Now they will be shunted all the way to Kendal. Elderly residents want to be able to nip in to their local branch, not spend hours on the bus simply to access their savings. Banks must consider

the needs of the local community before cutting ties with the areas they are supposed to serve."

A statement from HSBC said "We never take the decision to close a branch lightly, and we understand it can be unsettling for the local community. In recent years our customers have changed the way they choose to bank with us. More and more people are using the telephone and Internet to complete their banking and branches are being used less often."

Big screen in Ambleside to watch top cyclists

Visitors coming to Ambleside for the Tour of Britain cycle race will be able to watch the entire day's action from a giant screen in the town centre.

Ambleside Together has arranged for live screening of the event throughout the day in the grounds of the University of Cumbria campus, near to the Armitage Museum.

Cycling fans who want to see the racers in action on the most dramatic section, the ascent of The Struggle from Ambleside to Kirkstone Pass, will be able to watch the early stages and the subsequent action on the screen without leaving the town. Special parking provisions will be made for spectators.

The Tour is Britain's premier road cycling event and stage two through Cumbria on Monday 5 September is from Carlisle to Kendal. Live coverage on the screen in Ambleside



will start at 9.45 and continue throughout the day till 4pm.

"We were very excited to learn that the Tour was coming through the town, and thought that this would be a great way to help cycling fans enjoy the whole day," said *Ambleside Together* treasurer Wendy Rainer. She and the committee arranged for the screen to be in place with grant funding from South Lakeland District Council.

The day's racing starts from Carlisle at 10.45am. It is estimated that the leading cyclists will go through

Pooley Bridge at 11.50am, Cockermouth at 13.18am, Keswick at 13.47am, Grasmere at 14.17pm, Rydal at 14.24pm, Ambleside at 14.26pm (Smithy Brow 14.28pm), top of The Struggle (Kirkstone Pass) at 14.35pm, Cook's Corner 14.45pm, Plumgarth's roundabout 15.01pm, and finishing uphill at Beast Banks, Kendal, 15.05pm.

Ambleside Together is the group behind the popular Love Ambleside campaign.

www.loveambleside.uk

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It is ten years since the Ambleside Parish Centre opened – this month is the anniversary. We asked centre manager Helen Minton to list some of its achievements in that time.

"I'm not sure they are all highlights!" she said, adding that the journey had developed along three lines:

Sustainability

We've developed the centre through good customer care, building a local reputation and encouraging regular use by the local and wider community.

This was challenging, as there was opposition to the centre being built, but we now have 18 local groups including pilates, tai chi, yoga, badminton, and karate working in the centre.

Benefiting the community

Developing projects/groups that are of interest to or benefit the local community has been the most creative,

Ten out of ten (well, almost!)



engaging and exciting part of our progress! We have enjoyed building and developing partnerships with other organisations such as the library, Learning Plus, the Rotary Clubs, the churches, Age UK, CVS, Parish Council, Health Centre and Fair Trade.

We have a superb promotions and hospitality team that puts on events, we run a weekly foodbank session, and have a dedicated counselling team.

Developing the organisation

The least exciting – but the most necessary bit! We have built the business each year and are getting to be less reliant on grants.

Highlights included the re-development of the youth club, the creation of a counselling room, the large number of community events staged by the centre, and our fabulous team of volunteers – over 50 now."

amblesideparishcentre.org.uk

That sinking feeling

Lakes Parish councillors were urged to be vigilant about blocked drains and let local county councillor Heidi Halliday know if there is a danger of flooding.

Cumbria unblocks all drains and gullies on the county's A and B roads

once a year, but according to councillor Vivienne Rees (Grasmere) that may not be enough.

She asked her fellow councillors to insist that regular maintenance was carried out in their own areas.

This advice is just as relevant to all local residents. As the winter gets closer it is essential to be prepared. Reporting blocked surface-water gullies could save someone from a dreadful experience.

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Carnival time!

Moves are afoot to revive the Windermere Carnival, last seen a good twenty years ago.

Planning is very much in the early stages yet with a Thursday evening in a year's time - August 2017 - being mooted. The rough outline of festivities would be as follows: floats assemble at the top of Windermere (it is hoped Lakeland will be able to offer their car park as the Carnival start point) and process down through the village, along Lake Road to end up at the Glebe in Bowness. Upon arrival at the Glebe the jollity would continue with local musicians striking up on the bandstand.

Windermere Town Council were presented with these plans at a recent meeting and were greatly supportive, reminiscing about carnivals past and offering plenty of constructive advice. One Councillor even offered to ride an elephant, should one be persuaded to attend!



Carnival organisers are hoping to bring more of a buzz to Windermere in the Summer.

They have noted that all our neighbouring towns and villages have their summer gatherings, from Ambleside Rushbearing to Ulverston's many festivals and, of course Kendal's regionally renowned Torchlight Procession. Although it is early days, here's hoping Windermere Carnival becomes an August highlight once again.

Windermere Town Council news

For all of us in Windermere & Bowness, August is a busy month – lots of visitors, children to entertain, gardens and allotments to keep under control and (hopefully) great weather to enjoy.

As part of the Town Council's commitment to keep the town centre looking good, we have decided to support a renovation of the Ellerthwaite Square Island. This will be done in partnership with the Civic Society and involves re-building the wall, disposing of the concrete containers, filling with soil and putting in some good quality perennials which our Town Steward, Gary, will maintain. The Town Council committed funding to this at the meeting on 27 July. We have also taken responsibility for planting up lots of flower beds and boxes in the town centre, which were abandoned. This includes the roundabout at Nat West, the 8 square tubs in the centre of Windermere, containers at the Police Station, Longtail Hill and entrance to Booths. We hope you enjoy the flowers!

The Town Council are responsible for one playground - at Langrigge which needs some replacement play equipment. We have chosen to provide more equipment for younger children, which will include a smaller climbing frame and some lovely colourful springs.

These should be on their way and installed in the Autumn. We have been successful in attracting more funding to support Shop Front Improvement in Windermere & Bowness. A reminder – shops and businesses on the high street (not B&Bs I'm afraid) can access **grants of up to £500** to assist with renovation, painting and enhancement of the frontage. If you are interested and need an application form, contact the Clerk – the details are below.

Finally, the judging has been completed in our Windermere in Bloom competition. It is now time to decide and announce the winners. Invites will be going out shortly and this year the awards ceremony will be held at the Ladyholme Centre on 22nd September. That is a date for your diaries. Please come along and help us celebrate our lovely area. Local residents are very welcome to come along to our meetings and we welcome applicants to be a Town Councillor – we are filling up but still have vacancies!

Mrs Julie Wright. Clerk to W T C. clerk@windermere-tc.gov.uk
07951 402372

Tim's Column

Well, as I am sure you know by now, we won our battle to keep the Kentmere Mental Health Ward open at the Westmorland General Hospital.

This is brilliant news, mental health is such a major and yet under resourced issue in this country. About a quarter of us will experience from some form of mental health problem during our lifetime and in many cases its impact will be felt by not just ourselves but our friends and family. One of the things I am most proud of from our time in the Coalition Government was the fact that we drove mental health so much further up the agenda of issues to be taken seriously by the NHS.

Clearly many of you agree with this concern as over 7000 signed my petition to save the ward and ensure that we have mental health care provision in South Lakeland, removing the threat that people, who are often at their most vulnerable points, have to travel to Whitehaven or Carlisle for treatment. I have said before that one of the things that makes me proudest about being MP for this area is the massive community spirit that exists here. Our ability to come together and fight for resources that we need is simply amazing.

Sadly I fear that this will not be the last battle we will need to fight for services in this area over the coming years, we will just have to keep working to ensure that we maintain the same levels of success.

Talking of community spirit this year's Ambleside Sports was a another example of people coming together to achieve something amazing. Let's be honest the weather wasn't the best, even for this part of the world, but an army of volunteers came together to make the event happen and ensure that lots of people had a great time. I rather recklessly agreed to take part in the Senior Guides race, all I can say about the event was that at least I wasn't last!

Finally, we have seen the introduction of the extensions of the Lake District National Park to the West of the Park. For me this highlights again the need for much better representation of the views of the people who live within the park on the Park Authority. Already this month I have had to write to the Authority asking them to be sensible in their treatment of businesses in Staveley who have been working hard to keep going with no bridge to allow visitors to pass through the village. Naturally they have been trying to promote themselves to passing visitors on the A591 but the Authority has been threatening them with fines if they did not take their signs down. These are the kind of issues where having elected representatives on the Authority would bring a degree of pragmatism to their decisions.

As ever if I can help you with anything then please do email tim@timfarron.co.uk or call 01539 723 403.

Thanks for your support Tim



International Baccalaureate Success

Windermere School is celebrating its eighth year of International Baccalaureate results with a very impressive ninety seven percent pass rate which is a record for the School.

This year saw eight students scoring forty points or more out of a maximum of forty-five points, which represents just over a quarter of those who passed the IB Diploma at Windermere School. On a global scale only five percent of IB students attain a score of forty or more and this level of success is equivalent to achieving three A Stars at A Level. The average IB score this year was thirty-four, equalling the School's previous record, which was set in 2011. To put this into perspective, the average score worldwide in 2015 was thirty. Additionally, twelve of the students this year gained the bilingual diploma. Delighted Headmaster, Ian Lavender, was full of praise for the students and the staff: "We are thrilled with this year's International Baccalaureate results. They represent a culmination of much hard work on behalf of both the students and the staff. There was wonderful atmosphere at the School as students learned what they had achieved, in many cases achieving beyond what they thought was possible.

The School would like to wish this year's leavers the very best in all that they do.

A summer of fun at Grasmere Primary

Grasmere Primary school children thoroughly enjoyed the summer term, making the most of some of the good weather that occasionally graced the Lakes.

Sailing Club concluded with 9 RYA Level One and 3 RYA Level 2 qualifications gained. Best of all, the certificates were presented to the children by trans-atlantic yachtsman Roy Hulse.

Keeping with the watery theme open Water Swimming Week provided essential training for the children so that they can make the most of where they live! Back on dry land running club has been coached by British 1500m runner and Olympian, John Kirkbride, who helped the runners reach their potential with the inter-school running festival. Meanwhile Cumberland and Westmorland wrestling day was once again a highlight of the year and special thanks must go to Ambleside Sports for making this happen. In the



arts, Grasmere children were lucky to be able to explore Wordsworth's poetry in situ; outdoor learning at its finest.

The end of term production was a spectacular 'King Arthur' which went with quite a swing.

Wonderfully creative at Hawkshead Primary

Hawkshead Primary had a wonderfully creative, energetic and sporty Summer term.

The youngest children created new art for the new Hawkshead GP Surgery, learning about collage techniques using various textiles and objects.

Years 3 and 4 enjoyed a fun trip to Coniston Water Park with kayaking, high ropes, low ropes and swimming. Succeeding in the District Schools Tri-golf Competition in Kendal they go onto represent the South Lakes at The Cumbria School Games Tri-golf Festival in Carlisle.

The older children competed in a County Athletics Competition at Furness Academy and had a



memorable experience of open water swimming in Windermere at The Low Wood watersports centre. Years 2, 3 and 4 enjoyed an interesting trip to a mosque in Burnley. Key Stage 2 children performed in the recent "Fantasia" show at the Lakes School. Other pupils, inspired by a drumming workshop, created fabulous

beats through drumming whilst dancing. Both performances received huge applause from the audience. At the end of term parents, teachers, volunteers, children and community members had a lovely afternoon enjoying a traditional English tea party for Headteacher, Mrs Hallam's surprise leaving do.

Following the high performance of John Ruskin's GCSE cohort in recent years, achieving record numbers of A and A* grades, the school is delighted to have secured increased investment in the science department from an ex-student.

Peter George has generously agreed three years of financial support to scientists. This funding will be spent on a range of resources including new computers for the lab which will be installed over the summer holiday. Most importantly the science department identified they would benefit from extra staffing at Key Stage 4 to enable them to push the levels of attainment and progress even higher, something that has now been put in place.

At the end of June four enthusiastic Year 8 scientists; Charlotte

The sky's the limit - by George!



Clarke, Grace Elkington-Crabtree, Dylan Lakin and James Mallett got up early and travelled to the University of Manchester to take part in the Salters' festival of chemistry. They spent the day in the university's chemistry department with undergraduate and postgraduate students, taking part in practical chemistry investigations. They worked very

well as a team and demonstrated their independent problem solving skills. In the afternoon they had the opportunity to watch a chemistry demonstration which included some extremely loud bangs, colorful explosions and rockets being let off into the audience. The sky really is the limit for science at John Ruskin School!

Langdale School sleep over



Once upon a time, some teachers at Langdale CE Primary School set up the tradition of a whole school camp. Their legacy goes on to this day.

It was a bright sunny day as Class 3 began the mammoth task of erecting enough tents in the back field to sleep 43 people. After school, the traditional talent show was followed by a barbeque cooked by Mr Lunn, and then all the children snuggled up with their teddies before "bedtime".

Legend has it that some people actually get some sleep! All the children eagerly await next year.

As busy as ever at St Cuthbert's

Local schools came together for the annual Fantasia dance show at The Lakes School and this year we entered two dances with the support of Miss Mel, our dance club teacher.

The physical activities continued with Lacrosse club coached by Mike Orm and highly successful 'Swimsafe' training sessions.

Our links with local businesses and community groups has continued to grow. The Yorkshire Building Society worked with us so that all the children spent time in money and finance workshops. Impact International, a highly regarded local business ran a 'Learnopoly' day with our children and this event supported both children and graduates from BAE who had to plan and run



the day in full. Thank you to all these businesses.

Peter Jewell from our Town Council ran an Ecology day in the Orrest Head vicinity. Dr Baqai from Ambleside developed our commitment towards mental wellbeing in young people.

Trips were a welcome feature of the term from visits to Treetop Nets to days spent travelling by boat, steam and visits to

the Aquarium. These are the experiences children remember.

There were some wonderful celebrations with a leavers service and prize giving ceremony. Reception and early Years children delivered one of their unique assemblies to families and friends. Watch the whole of their film (@cuthberts_st) - it will make you smile!

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A group of business studies students ranging from 15 to 17 years old from Kirbie Kendal school benefitted from the experience of Hawkshead Relish owner Maria Whitehead at a recent question and answer session.

The students invited Maria and her daughter Izzy to the school's drama studio to answer questions from the students about how the business was started, what plans they have for the future, what role Izzy takes in the business and how difficult it is being a member of the family coming into the business. At 20 years old and one year into working full time in the company Izzy, took the whole event in her stride, nerves settling after a few minutes and the relaxed atmosphere meant that the session was open and more of a discussion with questions from the students covering all aspects of running a small business in a rural location.

Maria said of the session *"My daughter Izzy and I didn't get an easy ride! We were really impressed, all the pupils had really thought through their questions. It was great to see the next generation of potential entrepreneurs engaging in our story and understanding what it takes to start a business"*

Maria was awarded an MBE in 2011, along with her husband Mark for, 'Services to Food Industry in Cumbria'. She has been a great

Relish the opportunity



supporter of encouraging others to follow their example.

"Over the years at Hawkshead Relish, we have worked with schools and colleges, giving tours and talks to groups and individuals to explain how we got started and that it is possible to have a small business in a rural area that can have global customers and that anything is possible. We are firm believers in the phrase, If you believe you can – you will. Having that idea and having belief in it can often be the spark that sets you off as an entrepreneur and this is how we try to encourage the students to think."

We have worked with the Hawkshead Primary School on a few occasions now, they have come into the production to see what we do and look at ways that they

can come up with new ideas, starting at a young age when they have no inhibitions about their own abilities is a great time to see the creative juices flowing. They often come up with some amazing and quite often impossible ideas, but in amongst these are the gems that can have potential."

Deputy Headteacher at Kirbie Kendal School, Gemma McMullen had high praise for the event *"The pupils have all reported back how much they enjoyed and got out of this project. Meeting real Cumbrian entrepreneurs, and in particular hearing from Izzy about her take on working in a family business as the second generation was enlightening."*

The session was organised for the Cumbria Family Business Network.

Windermere Rotary Club

The Rotary Club of Windermere has a new president, although he has been in the post before.

Alan Dodds, the longest serving member of the Windermere club, having joined in 1977, also served as president in 1984. Following that he became District Governor in 2000 with responsibility for all the Clubs in Cumbria and North Lancashire. Originally a Mancunian, he has now retired after 22 years working as Chief Architect at SLDC.

Alan said *"I am delighted and honoured to have been asked to be President in our 70th Year and am looking forward a great deal to working for our Community"*.

It is his hope that the coming year in Rotary will bring as much pleasure and fulfillment to him and his second wife Barbara, as the previous 39 have. He hopes *"that many people from all age groups will feel inspired to come and see how much personal enjoyment and satisfaction you have as a Rotarian. Add to that the satisfaction of knowing that the Club raises funds for Rotary's international efforts to eliminate polio worldwide. This is an aim that is very nearly accomplished now, with just 17 cases to date this year, all in Afghanistan."*

The Club will again organise both Bowness Bay Blues in April and Rock on Windermere next Summer, which raised about £30,000 for Cumbria Flood Relief and other charities recently.

Phoenix-like, arising from the ashes.

The Queen's Head at Troutbeck which was so badly damaged by fire in June 2014 at last seems to be on the way to being restored.

The walls and roof have been made good and the scaffolding, which has surrounded the building for the last two years, has been removed. A spokesman for the owners, Robinsons

Brewery of Stockport said that the work to rebuild the interior will start later this year.

The building is Grade II Listed and this has meant that the work, approved after a Heritage Statement submitted to the LDNPA Planning Authority, has been painstaking and slow so far.

It is unlikely that it will be completed before 2017.





Top 100 hotels

Two Cumbrian hotels have made it into the Top 100 hotels in the UK in a list compiled by leading industry experts.

The Gilpin Hotel and Lake House Hotel was ranked 68th in the list and the Linthwaite House was placed 89th.

The list was compiled by hotel industry leaders and previous prestigious award winners. Amanda Afiya, editor of The Caterer, said "Hoteliers know their industry, its pitfalls and opportunities best, so who better to ask when compiling a list of the top hotels in the UK? We're lucky to have so many wonderful hotels across UK and excited to be launching this list. There are, of course, many ways

of ranking and evaluating hotels, but there's nothing quite as special as peer-group recognition."

Linthwaite House offers luxurious accommodation in 30 individually-designed bedrooms; the hotel prides itself on its excellent service and attention to detail. General Manager Andrew Nicholson said "It is an honour for Linthwaite to be held in such high esteem by our industry peers, alongside some of the most famous hotels in the country. We take great pride in offering stylish, comfortable accommodation and attentive service, as well as award-winning food in our restaurant, so it is a real thrill to be recognised for all our hard work."

The key stages of wealth management

Wealth management is a relatively new profession, so it's not surprising that most people are vague about what wealth managers actually do.

A wealth manager can help you with such issues as: investing a lump sum, deciding how much you need to save in order to retire comfortably, estate planning and saving inheritance tax, getting the right types and amounts of life insurance, planning to pay university fees etc.

But that's only the start of this stage in the relationship. The Planners job is to find out what the client wants to achieve with their money, both now and in the future. In investment terms, there will be specific questions about the level of risk the client is prepared and able to take on. And that will lead to discussion about how various asset classes have behaved in the past and what they might do in the future. The aim is to build a portfolio of investments that will provide the returns the investor wants and needs and with which they are comfortable. This can sometimes take a considerable amount of time.

Once these needs and wants have been identified, it's time to do some specific product research into funds, tax wrappers – like ISAs - and insurance products. There's the planning part of the process, where the end result is a plan of action; and then there's the implementation.

Most clients want their adviser to keep an eye on their investments and other financial arrangements; you could, for example, receive periodic valuations, attend meetings or have phone calls on a regular basis, or as and when needed. The review process is intended to act as a catch up with what has changed – either in your own circumstances or in the financial world generally.

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Classes are held at The Marchesi Centre, Windermere every Wednesday 10-12.00am from 7 September. 01539436492 klondyke9@btinternet.com

The Lakes Scottish dance group meet every Friday evening 7.30 -9.30pm in Lindale Village Hall commencing Sept.16 where you will be equally welcomed. 01524781048

"Ow you doin', ducks?"

Troutbeck Village You'll have to be quick. Sunday 28th August will once again see the river in Troutbeck teeming with a host of golden ducks racing merrily downstream.

Whether your duck will 'swim' fast enough is a bit of a lottery but there are plenty of prizes on offer if one of your charges catches a strong current or gets a gust of wind and crosses the finish line in the top three. To make sure everybody gets a chance there will be several races spread throughout the afternoon and tea and cakes for all, whether your duck wins, loses or is the one that floats away! Starters orders are at 2pm in the field next to church bridge (on the Kirkstone road). All proceeds from duck sales go to village funds.

Ambleside Kirkstone Rotary also have a Duck race on Sunday September 25th, with proceeds going to Alzheimer's Research UK.

Held in Rothay park, the event starts at 2.00 pm. Entries are £1 per duck in advance from The Hub, Cunningham's or the Regent Hotel. During the Festival of the Fells from the Market Cross shopping precinct.



The Memory Quilt exhibition, Summer 2016 has seen growing numbers of visitors to the refurbished permanent exhibition "From Auschwitz to Ambleside", on show in our independent space on the first floor of Windermere Library.

In the permanent exhibition, more material about the child survivors, along with the addition of striking artefacts, has seen the exhibition grow from strength to strength.

The Jewish children thought it was like "arriving in Paradise", and to have their own small room in hostels on the estate was, to them, "like living in a palace". Their own bed, clean sheets and a plentiful supply of food all added to the feeling of release.

The hostels they stayed in were originally built to house single and unattached workers employed at the wartime "Flying Boat" factory at nearby White Cross Bay. The little houses on the estate were for families but the single workers

Holocaust Project



The photograph shows a young boy named Jona being cared for by a RAF aircraftman at Prague airport in August 1945. Jona was a child survivor of Theresienstadt concentration camp. The aircraft brought a special cargo of three hundred Jewish children, plus one stowaway child, to Crosby on Eden airport near Carlisle.

hostels were emptied after the end of the war when the workers returned to their homes throughout the UK.

Interestingly, although often described as "prefabs", the houses were in fact not prefabricated but built from brick and designed to be sturdy enough to withstand winter in the Lake District.

Calgarth Estate became a site of refuge and fulfilled a role that few would have foreseen for the estate when it was first built in 1942. Originally planned to simply house workers at the Windermere flying boat factory it had become "a kind of paradise" for so many grateful people, including little Jona.

Anniversary Torch passes through the Lakes

It's the 75th Anniversary of the formation of the Royal Air Force Air Cadet Organisation this year.

As part of the ongoing celebrations and events a special torch was commissioned and is to be transported by various means from John O'Groats to Lands End. The Torch arrived in the Lake District at Waterhead Ambleside on 28 July and was transported on a Lakes Cruiser by cadets from Windermere and Ulverston Squadrons to Bowness Pier.

At the pier Air Commodore Dawn McCafferty



Commandant Air Cadets met the cadets and took the torch ready for its next adventure on a canoe trip around Belle Isle and then onward by motorbike to Blackpool Tower.

Cadets who took part from Windermere Squadron were Sergeant Hall, Corporal Turner and Cadet Harris who all enjoyed meeting the Air Commodore for the first time.

There's a group of women in Ambleside who know more than a bit about arts and crafts and homemade products.

They meet every Friday morning at the St John Ambulance hall, tucked away from the hustle and bustle of the town at the foot of Stockghyll Lane, and they are carrying on a tradition that has been part of local life for nearly 60 years.

Ambleside Country Market had its modest beginnings in 1959 on a stall outside the Queen's Hall in the centre of Ambleside, a former dance hall which is now the site of the outdoor shop Gaynors. The market has been held at the St John Ambulance Hall since 1983.

"We are part of a group

Experts in the art of crafts



of 350 country markets nationwide," said treasurer and secretary Peggy Roberts, who revealed that it costs just 5p (yes, five pence!) to be shareholder. "Five pence a week?" we asked. "A lifetime subscription," she replied. Which sounds like great

value if you bake cakes, make chutneys and jams, grow plants, or have an artistic or crafts skill.

Members come from a 10mile radius of Ambleside, and newcomers are welcomed. Just drop in on a Friday morning (10am-12pm).

Anyone for 'table' tennis?



The Summer is the 'Closed Season' for table tennis, which is traditionally played in the Winter months between September and April.

Crook Table Tennis Club, which is the only club in the immediate Windermere area to play in the 'Kendal and District Table Tennis League', will start to prepare for the next season in August. Like any sport played at a reasonable level, practice is an important part of being able to play well in matches. Practice evenings are each Friday and will continue throughout the season. Please don't mistake the sport of table tennis for 'ping pong'. Table Tennis is an energetic, physical sport with a high degree of skill, but is also a very enjoyable and rewarding way to keep fit. It is encouraged within other sports as it is seen to improve the speed and anticipation of the player. It is truly a world-wide phenomenon, one of the most popular participation sports in the world.

If you would like to try your hand at Table Tennis, or renew your interest, please join us at The Crook Memorial Hall on Friday. There will be players there who will be happy to advise and help. We have three tables available and if necessary a 'Robot' which feeds balls to you for training purposes. If you wish to play please phone: Phil Swift: 015394 47652 or Mike Taylor: 015394 44853

Get your shoeboxes sorted out.

Boxes of Hope, Cumbria, the humanitarian aid charity which gets local communities together with the common aim of helping deprived children in Eastern Europe.

It may be summer, but it is time to bring you news of Cumbria's 2016 Christmas shoebox campaign in South Lakeland.

The benefits of being a "local" charity are that a team from Cumbria takes the shoeboxes and brings pictures and stories back of the children who receive them and. As a small charity we have no staff to pay, so any surplus funding goes towards longer term educational support for these children. The boxes contain educational supplies such as pens



and pencils, toys (such as dolls, cars and tennis balls), sweets and hygiene items such as face cloths and soap.

Children and adults alike love to fill a shoebox – it is a simple and fun thing to do, doesn't have to cost a lot of money, and it really does make a difference to a child who has none of the basics we take for granted. For these children there is none of the commercialisation we endure for weeks leading up to Christmas. Many of them have never in their

lives had a gift. Many have never had a toy. Please do start looking for empty shoeboxes and shoebox bargains such as toys, games, fun items, hygiene and stationary items, warm hat/scarf/gloves/socks, sweets, and pick up a leaflet from local shops and offices, or check out our website where you can download it.

The campaign runs from Nov 1 – 12. More information will be released later in the Autumn about where you can drop off your shoebox in November, together with the £2 donation for transport costs. We have locations in and around Windermere and Ambleside.

For more information, take a look on: boxesofhopecumbria.co.uk and our Facebook page.



You might remember Tuesday 19 July – it was our summer! The hottest day of the year; the day that made headlines as people all across the country did daft things like jumping in fountains or sunbathing in their undies... or climbing England's highest mountain.

I did the latter (I hasten to add!), from a sun-drenched Wasdale Head, and I prepared for the walk by filling three bottles with water and electrolyte. It was not enough; half-an-hour into the walk I had already drained one bottle and by the time we were on the Corridor Route on the way to Scafell Pike I had nearly finished the second.

Luckily, I came across a free-flowing beck at a sufficiently high altitude to expect it to be free from sheep detritus and filled the empty bottles. The water wasn't exactly sweet tasting but it did the job, and along with dozens of other fellwalkers we were soon on the summit of England.

Nothing surprises me when I have ever set foot on the Pike (or Helvellyn, for that matter). There was the usual number of walkers wearing shorts and trainers and sweaty football shirts, many of them already turning a deep pink because of a lack of suntan lotion.

On the way down we walked beside two guys who had one tiny rucksack between them; one was carrying an empty Lucozade bottle, presumably his liquid intake for the walk.

Back at the Wasdale Head Inn I ordered two pints of orange squash for myself, downed them in ten minutes, then heard from the barman that throughout the day walkers had been reeling into the bar suffering from heat exhaustion and dehydration having given up and turned back from Pillar, Great Gable and the rest upon deciding that discretion was the better part of valour.

The moral of this story: it's not just wind and rain and mist and snow that can put your life in peril on the fells.



View from the summit of Scafell Pike looking towards Great Gable, Styhead Tarn, Skiddaw (far distance) and Derwent Water

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.

Swimsafe

The annual SwimSafe initiative has been held on Windermere again.

Swim Safe, is a free programme of outdoor swimming and water safety sessions for children courtesy of a partnership between the ASA (Amateur Swimming Association) and the RNLI charity (Royal National Lifeboat Institution). Swim Safe offers practical, interactive, educational and fun water safety workshops to children aged between seven and fourteen.

Each session included a land-based safety lesson with a lifeguard and in-water tuition with a swimming teacher. Wetsuits, swimming hats and a free goody bag with T-shirt are all provided.



School Swim Safe sessions took place at Rayrigg Meadow during early July, ahead of the public sessions which ran from 25 July until 13 August.

Caroline Smith, Site Coordinator for Swim Safe at Rayrigg Meadow said: 'There are all sorts of environmental factors to consider when you're swimming outdoors, and it's important that children

know how to call for help if they get into trouble.

"We really enjoyed running the school Swim Safe sessions and the children certainly embraced the key safety messages during the interactive workshops.

It's a great location and we've received fantastic support from North Country Leisure and South Lakeland District Council."

La Famille is a National Trust family bike ride for parent and child teams to tackle a quiet route through the heart of the south Lakes.

There are two to choose from, a 14km or 18km jaunt depending on how you feel on the day with drink stations are available on the course, supported by Kendal Cycle Club. The route, for the majority, is on rough surfaced tracks and roads, happily there are a few steep climbs and descents on the route.

Very much a non-competitive cycling event there will be activities running at venues on the route, and opportunities to explore the wild play at Wray Castle as well as visiting Hawkshead and Hill Top. The rides start at Claife



Viewing Station and hug the lakeshore track, peeling up 'Col De Strawberry Bank' to Wray Castle for the first break.

For those following the 14 km Wray Challenge route, a simple retrace of the wheel tracks takes entrants back along the shore to Claife. Those on the 18km Hawkshead Challenge route will continue on to Hawkshead

via the challenging 'Col De Tock How'. After Hawkshead it's the home straight back to Claife along the road, with a final stop at Hill Top on the way. BBQ & medals afterwards for all participants.

September 18th, booking essential. 10am - 4pm at Claife Viewing station, Windermere west shore, Far Sawrey LA22 0LW.



If you enjoy watching people swimming in cooler waters you can follow the 5.25 mile open water swim on Saturday 3rd September in Coniston Water.

www.chillswim.co.uk

Wet weather shockers...

(well it *is* the Lake District)

AMBLESIDE SPORTS



They say that every cloud has a silver lining – well, there were plenty of the former dampening down the 130th annual Ambleside Sports, but at least two of the latter.

The first was when the popular 9-mile Rydal Run fell race to Fairfield and back was shortened because of dangerous conditions on the tops... more on that later.

The second was the first ever women's world championships in Cumberland and Westmorland wrestling, which was won by the favourite, 20-year-old Connie Hodgson from Dent, just a few days after she appeared on BBC's Country File and left presenter Helen Skelton sprawled on her back!

As well as men's and women's wrestling there were the usual track running and cycling events and the ever-popular hound trail races as well as fell races in various categories. These culminated in the other silver lining, when, because of the shortened distance of the Rydal Run, competitors from that race join the senior guides event making it the biggest ever entry. It looked it too, with a very wide line of runners at the starting point which included Liberal Democrat leader Tim Farron who finished in a respectable time.



CONISTON SPORTS



Martin Coe and Kirsty McFerlene, with Mishka, PHOTO: CHRIS WARNER



Linda Wall, Ladies Champion Overall in the Crooks competition, PHOTO: CHRIS WARNER



Coniston Mike Mourounas, of New Jersey, USA and eagle PHOTO: CHRIS WARNER



Coniston Natalie Beadle, first lady home of the Fell Race, TV presenter, Tony Robinson, and Andrew Stuart, first man home of the Fell Race, PHOTO: CHRIS WARNER

TRY SOMETHING NEW



Walking on Water

Evie, our temporary fall-guy ...erm. Writer ... went off to try an adventure sport.

Stand Up Paddle-boarding was something I had often wondered about trying, having often seen idyllic looking photographs of people floating effortlessly across serene lakes in the Canadian Rockies, and having watched group after group of keen young teenagers in the English Lakes try their hand at the sport.

When the opportunity arose to try it out I could not turn the offer down. Our neighbours kindly lent us their equipment and after a brief introduction on how to fit the small fin to the bottom of the board, and a reminder that the boards are a little expensive and that if they were returned in any condition other than the one they were presently in then we may be eating grass butties for the next month, we were off! We drove out of our home in the Eskdale with paddles and wetsuits in the boot, and two big boards strapped to the roof, and set off for Wasdale. It is worth noting the date of this particular "micro-adventure" was Wednesday the 20th of July - a day on which many will remember for waking up to flashes of lightning, giant cracks of thunder, and pounding sheets of heavy rain!

Regardless, we ventured off, as the storm was beginning to subside, and by the time we were set up and ready to paddle off, the sun was starting to come out and we were able to enjoy fantastic views of Great Gable and the Scafell. At first we waded out a little way, so as not to scrape the fin on the rocky lake bed, then we clambered on board, somewhat ungraciously! I was a bit wobbly at first and every paddle stroke I took seemed to turn me 45 degrees away from where I wanted to go. However, five minutes in and we were making tracks down the north side of the lake into a weak westerly wind.

Once we had become accustomed to the balancing act we even managed a headstand! Paddle boarding was such a relaxing experience and also quite a workout when we were racing into the wind! I would thoroughly recommend trying it out to anyone who gets the chance! Thanks a million to our neighbours at West Lakes Adventure, in Eskdale Valley, for lending us the equipment! No grass butty diet required!

Belt it out at Staveley

Staveley Choral Society will be starting rehearsals again on Monday 12th September 2016 in The Village Institute at 7.15 pm

Anyone wishing to join us is invited. The music is varied from classical to popular and the choir

welcomes all ages. There is no audition. You will be made very welcome, come and sing your socks off!! There is a modest annual subscription.

Apart from the weekly rehearsals which are normally from 7.15 p.m. to 8.45 p.m. the Society usually performs four concerts a year for members of the public. Come and give us a try; contact Christine Whittaker on 015394 42434

Brantwood events and exhibitions

Blue Gallery Exhibitions

Until 9 October:
Albrecht Durer:
Beyond the Burden
of Brilliance Durer
was an artist upon

whom Ruskin
lavished praise
and criticism in
equal measure. In
a cycle of fourteen
of Durer's finest
sacred engravings
and woodcuts
from Manchester's

Whitworth Gallery,
we explore the
artist's struggle to
balance faith and
fortune, virtuosity
and virtue. Entry is
included in House
admission.

Severn studio exhibitions

Until 9 October:
The Channelling
Ruskin Exhibition
showcases the
Impress Artist
Printmakers
versatile range
of approaches
and imagery. The
vibrant combination

of abstract and
representational
forms will inspire the
visitor to find new
and exciting ways
of experiencing
the natural
world. Through
an exciting and
innovative range of
printmaking media
and processes
the Impress Artist
Printmakers (Jamie

Barnes, Sue David,
Ann Marie Foster
M. A., Marion Kuit,
Frances Winder,
Deborah Windsor,
and Simon Wood)
demonstrate their
affinity with Ruskin's
vision through
works that celebrate
the rich diversity
of nature. Entry is
included in House or
Garden admission.

Getting Ruskin

2, 3, 4 September:
Ruskin on Art
with Brantwood
Director, Howard
Hull One in a series
of study weekends
to introduce you to
the ideas of a man
of whom Tolstoy

wrote "he thought
and said not only
what he himself
had seen and felt,
but what everyone
will think and say in
future". The sheer
volume of Ruskin's
writings and their
elaborate language
intimidate many
who would like to

know more about
this vital figure in
Western culture.
The weekend is
designed to clear
away the clutter and
bring Ruskin's ideas
clearly and vividly to
life. Fri 2pm – Sun
2pm. Residential:
£240 per person 29
th September

Life Drawing with Sally Bamber

A one-day
practical, hands-
on life drawing
workshop with

artist, Sally Bamber
– working mainly
with charcoal,
responding to the
nude model as
subject – starting
with short poses
using experimental
mark-making

techniques through
to a longer pose –
life drawing is an
essential study for
all those interested
in figurative
drawing. 10.00am –
5.00pm. £65.00 per
person

Heritage Open Day

As part of Heritage Open Days, St Margaret's Church Low Wray will be open 11am to 5pm 9th and 10th September.

A Talk by Vivian Griffiths will be given at 4pm Friday 9th at the Church entitled "Canon Hardwicke Rawnsley and The Vital Defence of The Lake District." This is to honour Rawnsley as a priest, the iconic meeting

with Beatrix Potter at Wray in 1882 and marking her 150th birthday celebrations. A Timeline of Rawnsley's life will be available for inspection.

Free Entry. Church to the right of the entrance of Wray Castle Sat Nav Postcode LA22 0JA Parking by Church. Enquiries viviangriffiths@talktalk.net 015394 22723.

A smattering of elemental financial strategy

A parish council's lot is not a happy one, happy one... especially when £2,500 of public money is involved.



Which is why Lakes Parish Council cancelled a planned open-air performance of Gilbert and Sullivan's Ruddigore barely days before it was due to go ahead.

Parish council clerk Michael Johnson said the council

had no choice because fewer than 20 tickets had been sold for the event at Rothay Park, Ambleside on Friday 15 July, which had been organised by the Rydal Village Society.

A one-word message on the council's notice board in Church Street stated: Cancelled.

Mr Johnson said the Ilyria Open Air Touring Theatre had not told the parish council that it would be staging a performance of Ruddigore at Hutton in the Forest near Penrith just a few days before the planned event at Ambleside, and thought that would have affected sales.

Missions to Seafarers

To celebrate the 160th Anniversary of the Mission to Seafarers, Rossall School will be hosting a concert in St. Mary's Church, Ambleside on Saturday, 1st October at 7.30 pm.

The school has a fine musical tradition stretching back over its history and performs regularly in Cathedrals and on overseas

tours. Rossall is located near the sea, between Cleveleys and Fleetwood and many old Rossallians have had strong connections with the Royal Navy and served the Missions to Seafarers which provides welfare to seafarers throughout the world.

For more information contact George Scarlett 015394 31906.

Cake by the Lake

Cake by the Lake with a Swing. On Sunday 4th September, You are invited to Brathay Hall to celebrate Brathay's 70th Anniversary with a day of vintage themed music inside a dance and weather proof marquee.

Classic cars, vintage and antiques traders, Prohibition Gin Cocktails, finger sandwiches and amazing cakes, face painting, biscuit decorating, coconut shy, side stalls and giant lawn games. Live acts include, much loved singer Becki Fishwick who will be performing her soulful vintage set – if you have not seen her perform yet you really need to! Learn a few moves with Swingdance Cumbria who will lead the dancing and entertain the crowds along with the finger snapping sounds of 1930's



Swing Jazz group Hot Sauce Finger Snappers. Other acts to be confirmed. The event runs from 1pm-6pm and entry is by donation. On site parking is limited and will cost £5 all day. A FREE shuttlebus service will be available running between Brathay Hall and Ambleside town centre, throughout the event. A day to remember awaits fans of anything vintage. Follow the event on Brathay Trust's Facebook page for updates and event schedule.

There's SOMETHING FOR EVERYONE at
festival of the fells

AMBLESIDE
22-25 SEPTEMBER 2016

sponsored by **Lakeland LAND-ROVER**

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TALKS, CHATS & SHOWS: Alan Hinkes, Clive Hutchby, John Burland, Andy Beck, John Phoenix Hutchinson (festival poet), Terry Abrahams, Steve Watts, Andrea Meanwell (the Rusland shepherdess) **GUIDED WALKS:** Fairfield Horseshoe, Langdale Pikes, Crinkle Craggs & Bowfell, Loughrigg Fell, Wansfell, Lingmoor Fell, Red Screes & Scandale Horseshoe **GUIDED WILD SWIMMING:** Brathay & Windermere, Rydal Water Grasmere & Loughrigg Tarn **GHYLL SCRAMBLING:** Stickle Ghyll **ABSEILING:** Hodge Close **TRAIL RACE:** Wansfell **NORDIC WALKING:** Three-part course **HALF-TRIATHLON:** The 'Half X' **MOVIES @ ZEPPS:** Blencathra, Everest, The North Face, Downhill & more **MUSIC:** at various venues **CEILIDH:** Tumbling Tom Band **FREE CONCERT:** Uncle Carbuncle **COMEDY:** at The Lily **DUCK RACE:** on Stock Ghyll **HERITAGE TRAIL:** Take your own trip round town **WHEELCHAIR TEST-DRIVES:** and routes guide **FATBIKE RIDING:** Guided rides **LECTURES @ THE ARMITT:** History of Ambleside / Birth of Conservation **MOUNTAIN RESCUE SEARCH DOGS:** Watch them in action at Kirkstone **GUIDED STROLLS:** Friends of the Lake District walks to Borran's Park and the Brathay **CAR PULL:** up The Struggle **LAKES INFO ... AND MORE EVENTS BEING ADDED**



supported by
South Lakeland District Council
and Lakes Parish Council

GET BOOKING! @ www.festivalofthefells.uk



Ranger Diary

As a National Trust Ranger the majority of my work is about maintaining access routes in the countryside and at the moment in Langdale it feels like we're making fantastic progress.

We have plans to significantly improve access for mobility-challenged visitors in Langdale by installing two all-terrain hydro-powered electric Trampers for people to borrow from Sticklebarn. Our hope is that those people who cannot access the countryside easily on foot will be able to enjoy a day Tramping along the off-road cycle trail between Sticklebarn and Elterwater.

Last month, the Disabled Ramblers group kindly agreed to come along and undertake an access audit for us. So, on a scorching day we set off on an adventure from Sticklebarn, it was great fun and afterwards we received lots of detailed feedback on the route from the group. Overall we learnt that in its current condition the trail isn't far off the mark and everyone agreed that, with a few tweaks here and there, this could be a fantastic route for Trampers.

The input that the Disabled Ramblers are giving us is so valuable, during their visit they picked up on improvements that would never have occurred to me, but will make all the difference to our less- mobile visitors. Now we know what needs to be done to improve the trail, the hard work really begins, there is still a lot of detail to work out, but our aim is to have at least one of these Trampers installed at Sticklebarn by next summer. The added benefit with this project is that our hydro scheme at Stickle- ghyll will allow us to charge the Trampers with hydro-electricity, making them kind to the environment as well as our visitors.



Laura Whittaker
National Trust Ranger

World Heritage status. Is it for you?

The Lake District has had its nomination confirmed by UNESCO (the cultural agency of the United Nations) to become a World Heritage Site.

The Lake District National Park Partnership has been working with 25 partners to create the case for inclusion in the Cultural Landscape category.

The government submitted the Lake District, which is the UK's only submission for 2017, in the category of 'cultural landscapes'. If successful the Lakes would join the likes of Durham Cathedral, Hadrian's Wall, Stonehenge and the Tower of London as a World Heritage Site in the UK.

What would World Heritage Status mean for us, living in the area?

Two of the main concerns have been about the potential for overcrowding as a result of increased visitor numbers, and also the prospect of additional planning restrictions.

Although bringing additional visitors to the area is not a specific aim of the bid, it is acknowledged that it is



likely to make a wider international audience aware of the Lake District's cultural landscape and could be useful in attracting higher spending, longer staying tourists who make a significant contribution to the local economy. Early estimates suggest that just a one per cent rise in holidaymakers to the area could boost the local economy by around £20 million.

In term of planning controls, World Heritage Sites in the UK are protected by planning regulations which are actually less stringent than those of a National Park so the existing planning regulations will protect the Lake District.

However, World Heritage Sites do currently attract a very small number of restrictions to permitted development rights that do not already apply in national parks. These additional restrictions are confined to domestic developments of solar panels, stand-alone solar systems and flues for biomass or combined heat and power systems.

So, whilst we await the decision from UNESCO, we know there are going to be winners and there will also be losers. The question is, how will it affect you?

Anyone can view the impressive nomination document at:

lakesworldheritage.co.uk

Invasive Species in Cumbria

The numerous tarns, lakes, rivers and becks of Cumbria are of great ecological and economic significance.

Humans have introduced many new species of animals and plants to Cumbria. A minority of these have serious negative impacts and may spread through the environment, causing damage to its health; these are called invasive non-native species (INNS). Particularly pertinent to Cumbria are species such as Japanese knotweed and Himalayan balsam which may increase the possibility

of flooding in highly infested areas. In a pilot initiative the Environment Agency, Natural England and DEFRA have founded a collaborative project here. The Cumbria Freshwater INNS Initiative's aim is to achieve a sustainable management framework that will prevent the introduction of, or detect, control and/or eradicate specified INNS throughout Cumbria.

It is aiming to promote awareness and management of freshwater INNS issues from promoting biosecurity to training volunteers and

coordinating the removal of certain species.

Some of the key protagonists are American Skunk Cabbage, Chinese Mitten Crabs, Floating Pennywort, Giant Hogweed, Himalayan Balsam, Japanese Knotweed, Killer Shrimps, Signal Crayfish, and New Zealand Pigmyweed.

Non-native species could be spread in any water or material. Boat users and anglers should take care to avoid moving these between water bodies using the 'Check. Clean. Dry.' mantra.

Holebird Gardens

Driving up the drive through the electronic gates which open slowly to allow cars to pass, the first indication of the autumnal colours in the garden are the leaves of the Katsura tree, *Cercidiphyllum japonicum*, as they change from green to orange.

Before the leaves fall this is a spectacular sight. The Acers in the woodland walk will also start to change colour during this month. Walking from the car park along the drive leading to the astilbe beds is a shrub, *Euonymus elatus compactus* easily overlooked for most of the year but not in autumn when its leaves



are a spectacular red. Dahlias in the next bed will still be in flower at the start of the month, but will need to be lifted, dried and stored in a frost free area before the temperature drops. Overhanging the small wall opposite this bed

are the branches of *Acer palmatum dissectum*, with leaves also changing colour before they fall off. More Acers can be seen in the Rock Garden and near the walls at the top of the garden.

A bed of blue autumn gentians will be in flower in a dedicated bed in the rock garden area. Further along on the path which leads to the paddock, the conservatory behind the potting shed will be undergoing reconstruction, with contractors present.

A wide variety of dahlias will be in flower in the walled garden, in the always colourful beds as well as purple flowered *verbena bonariensis*. Reception will be open with members willing to answer questions and help with the hot drinks machine, should the days start to become colder.

Ingrid Grayling Dog Trainer

Thinking about getting a dog but not sure which breed? Renowned Cumbrian based dog trainer, Ingrid Grayling, offers this advice.

Owning a dog is a wonderful thing, dogs provide lasting companionship, unconditional love, and of course, a dog will make sure you get out and take walks every day. Living with a dog can also help to boost your social skills and the confidence of children and adults alike, but the decision to bring home a dog warrants very careful consideration.

So what should you consider before purchasing a dog? Choosing a breed that matches with your lifestyle is absolutely vital otherwise you could end up with a very unhappy dog, and a potentially stressful situation.

You should consider the size of your home, how much time you have to train the dog, and how much time you can dedicate to walking it each day how will the dog fit into your daily life? These are just some of the questions you need to consider before purchasing your new pet. Getting the right advice from a professional dog expert such as Ingrid Grayling who offers this service, could be very helpful and prevent making the wrong decision. Remember every dog deserves the right loving home.

SEE INGRIDS ADVERT ON PAGE 12



AMBLESIDE SALUTATION HOTEL & SPA

Christmas Party Nights

Whether it's a 'shindig' with colleagues or a celebration with family and friends, our Party Night Celebrations are not to be missed, be part of it as the emphasis is on a fantastically fun night to remember!

We have the following fantastic Party Nights lined up for 2016

Saturday 3rd December | Friday 9th December | Saturday 10th December
Friday 16th December | Saturday 17th December

Come and join the Festive Fun! Just £32.50 per person

Includes fizz on arrival, 3-course Festive Fayre, coffee, mini mince pies, crackers, party paraphernalia, midnight munchies and a bop till you drop disco till 12.30pm with our fabulous local DJ Ken Harper.

WINTER WARMERS

Festive lunches served throughout December for a lunch time get together.

SUPERB STAY OVER RATES

Just £66.00 per person bed & breakfast - our Midweek rate for the Weekend!

For bookings contact our party night planners at Reception on

015394 32244

AMBLESIDE SALUTATION HOTEL & SPA
www.hotelslakedistrict.com Email: ambleside@hotelslakedistrict.com

CLOSE TO HOME. FAR FROM EXPECTED

HOLKER

ChilliFest

2016



Saturday 10th & Sunday 11th September 2016
10.30am—5.00pm

- Specialist chilli companies from all over the country
- Local specialist food suppliers
- Cuisine from around the world
- Entertainment—live music, belly dancing and magic!
- Chilli eating competition with Darth Naga

- Cookery Demonstrations
- £6 per adult, accompanied children free

Reduced tickets available from our website

- Includes parking & entry to the Café, Food Hall and Gift Shop
- Hall & Gardens open, discounted admission charge applies



HOLKER HALL & GARDENS

Holker Hall and Gardens, Cark-in-Cartmel, Grange-over-Sands, Cumbria, LA11 7PL

015395 58328 | www.holker.co.uk

UP COMING EVENTS

4 Sept: Brathay Hall: 1pm-6pm: 70th Anniversary. Cake by the Lake with a Swing. Limited parking, £5. A FREE shuttlebus service will be running between Brathay Hall and Ambleside town centre. Entry is by donation www.facebook.com/BrathayTrust/events. See page 25

1 October: Saturday: 7.30 pm: St.Mary's Church, Ambleside: 160th Anniversary of the Mission to Seafarers. Contact George Scarlett 015394 31906. See page 25

Tuesday 11 October: 1.30pm: Brewery Arts Centre, Kendal Entry £10.00 South Lakeland Decorative & Fine Arts Society (SLDFAS) Harlots, Rakes & Crashing China. Lars Tharp MA (Cantab), HonDArt, FSA Contact: Ms Dorothy Mitchell, Tel: 01524 761836

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

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: Tuesday 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: contact ann@cumbriabreastfeeding.org.uk

Hola. U3A advanced Spanish sessions. 1st and 3rd Monday of the month 10am. 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.

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. Kendal Golf Club, The Heights, Kendal. Special loyalty discounts available - £6: Pam Furness, 07770 954 359 dance@furnessjive.com

AMBLESIDE PARISH CENTRE

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

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

All Together Now: Tuesdays: 3.15 - 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. A weekly opportunity for the older members of our community to meet together for activities/talks/trips etc. New members welcome. Call Betty Potts on 015394 31851 betty.potts@btopen-world.com

Foodbank: Thursdays: Food boxes distributed 11am-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.. 01539435200 or just come along.

AMBLESIDE LIBRARY
CALL 015394 32507 FOR
NEW OPENING TIMES.

Beginners Spanish Plus, Monday 19th September, 10:00 - 12:00, 12 weeks: If you can speak a little Spanish, but would like to learn more, Improve your basic Spanish with this course.

Using Your iPad, Monday 19th September, 18:00 - 20:00, 5 weeks: Find out how to make the most of your iPad in this 5 week course.

Digital Photography, Tuesday 20th September, 18:30 - 21:00, 4 weeks: An introduction to using your digital camera, saving, organising, editing & printing your photos.

Improve your French, Thursday 22nd September, 14:00 - 16:00, 12 weeks: improve your knowledge & confidence to speak French in this fun class.

Introduction to Mindfulness in Daily Life, Saturday 24th September, 10:00 - 16:00: An introduction to Mindfulness & the practice of awareness & living in the moment.

Autumn Watercolours, Wednesday 28th September, 10:00

- 16:00, 2 Weeks: Pick up tips and invaluable instruction from local award winning artist Mike Labrum, suitable for both beginners and improvers alike.

Indian Head Massage, Saturday 8th October, 10:00 - 16:00: Fun & informal workshop to learn a variety of massage techniques.

Lakes Parish Council Meeting, Wed 7th & 21st September, 19:00. Latest planning applications to view from 18:30.

Ambleside Songsters, for all who love to sing including those with dementia, followed by coffee, Fridays 11:00 - 12:00.

Ambleside Library Reading Group, Wednesday 14th September, from 19.15pm, discussing From Pakistan to Preston by Alison Boyle. Friendly informal group, new members welcome.

Knitting & Craft Group, meeting Tuesdays 10:00 - 12:00. Get-together for Knitting, Chat, Coffee (or Tea) & Cake. A friendly social group to share ideas & knowledge, beginners welcome.

Games Group 1st & 3rd Tuesdays each month 16:30 - 18:00. Informal games playing Cards, Scrabble, Chess etc.

Wednesday drop-ins with SLDC advisor, 10:00 - 13:00.

Ambleside Child & Baby Clinic, Thursday 1st & 15th September, 10:00 till 11:00am

Gadget Man every Wednesday, 11:00 - 13:00, Help with iPhones, tablets etc, plus free 1 to 1 IT sessions offering further help using your Laptop, iPad, etc. Please book with library staff.

Public PCs available for internet, scanning and printing. Wifi is free, visitors welcome to join. email ambleside.library.staff@cumbria.gov.uk for further information.

WINDERMERE LIBRARY

July

SLDC: Drop in - Tuesdays and Thursdays: 9.15am-12.15pm

Meditation: Thursday 7th and 14th from 6pm-7.30pm

Tim Farron Surgery Saturday 30th 10am-12 noon

August

SLDC: drop in - Tuesdays and Thursdays: 9.15am-12.15pm

Baby Massage Fridays : Running for 5 weeks from the 5th August 1pm - 3pm

Wordsworth Trust Friday 5th 10.30 - 12.00 noon

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

Auschwitz to Ambleside Exhibition: first floor of the library 9:30-5pm closed on Wednesdays

MARCHESI CENTRE

Holly Rd, Windermere LA23 2AF
015394 43411 email address mcwindermere@gmail.com

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

Windermere Bridge School: 7pm (from September)

Rummikub Club - 7.30pm

(3rd Monday of the month)

Tuesday:

Enjoy Your Leisure 10am (from 27th Sept)

Alzheimer's Society Dementia Café 1.30pm (2nd Tues)

Trefoil Guild 2pm (2nd Tues)

Exercise Class for the Over 50's - 1.30pm (from 6th Sept 2016)

Wednesday:

Coffee & Chat Drop In 10am - 11.30pm

Windermere Scottish Dance Group. 10 - 12.30am.

Weightwatchers - 5.30pm

U3A Reading Group 2pm (1st Wed)

Windermere Bridge Club 6.50pm

Thursday

Art Class 10am

Windermere W.I. 7pm (1st Thursday)

Bowness W.I. 12 - 4pm (2nd Thursday)

Filling Station 7.30pm (3rd Thursday)

Friday

Enjoy Your Leisure 10am (from 27th Sept)

Alzheimer's Society Dementia Café 1.30pm (2nd Tues)

Trefoil Guild 2pm (2nd Tues)

Exercise Class for the Over 50's 1.30pm (from 6th Sept 2016)

Social Club 10am

U3A Bridge 2pm

Windermere Bridge Club 6.50pm

Saturday

Coffee Morning

(10 am 1st Saturday of each month)

Autumn/Winter 2016
Outings

Thursday 8th September - Westmorland County Show £25/£26

Thursday 29th September - Boundary Mill £12/£13

Friday 11th November - Barton Grange £10/£11

Thursday 1st December - Blackpool Christmas Shopping £10/11
Everyone Welcome

I wandered lonely as a rushbearer...

It's an enduring local event that William Wordsworth, were he still alive, would recognise – after all, back in his day he too took part in Ambleside Rushbearing!

They had rain, too, in the 19th century when Wordsworth was postmaster and distributor of stamps for Westmorland based in a building at the top of Church Street (now known as the Old Stamp House); the rushbearing procession went past the poet's former workplace, but not before going through the town centre in a deluge that began as soon as leaving St Mary's Church.

Rain, of course, cannot dampen the spirits of this hundreds-year-old event, which is held every year to mark the time when townsfolk replaced the rushes in places of worship that made the old earthen floors



rather more sweeter than they could have been.

Chair of the organising committee, Judith Shingler, says the key to putting on a good parade, followed by church service and a fell race up Loughrigg, is to hold one meeting – yes, just one – which is over very quickly.

"I just ask everyone if they're happy to do what they did the previous year, and that's it," she said. "It seems to work well."



Churches Together in Cumbria.

Celebrating Together Day

Rooted and Grounded in Love: a prayer tasting day Will be held this year at St.Mary's Church Ambleside and Ambleside Parish Centre, on Saturday 17 September, from 10am-4pm. The keynote speaker, Roy Searle of the Northumbria Community, will speak on:

"Loving God and Loving Others-the Great Commandment and the Great Commission". Roy will help us explore how love of God relates to living missionally, alone and together. There will be a choice of six workshops. The cost for the day is £12.

For details of the workshops and a booking form email Lucinda Kirby lkctic@yahoo.com or phone Helen: 07503931196

Carver Uniting Church (URC and Methodist)

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

Sunday (third of the month): 6.30pm, Evening Communion Service.

Sunday (fourth of the month) : 9am, informal early service, Church with Croissants.

Wednesday, Coffee @ Carver: Our coffee morning every week, 10-11.30am. All welcome

Carver Tots will resume on Thursday 15 September and will meet every Thursday in term-time from 9-11am in the Church Hall.

South Lakes Methodist Circuit.

Members of the South Lakes Methodist Churches held their Circuit Service on the evening of 24 July at Carver Uniting Church. The preacher was Rev.Dr. Steve Morgan, from United States, who with his wife Phyllis, had spent a year living in the area and working with the churches during 2013-14. The music for the service was provided by the Ulverston Methodist Band. Afterwards the large congregation enjoyed refreshments and fellowship in the Church Hall.

Dates for September

- Friday 16 September: 2.30pm Bereavement Group Meeting
- Sunday 18 September: 6.30pm Evening Communion Service
- Sunday 25 September: 9am Church with Croissants

Sister Margaret Atkins speaks at Filling Station

The Marchesi Centre, Windermere Thursday: 15 September: 7:30 pm

Sister Margaret Atkins is a member of the community at Boarbank Hall - a theologian, writer and lecturer, whose particular interests are virtue ethics, health care and the environment. . We look forward to a stimulating and thought - provoking



meeting at The Filling Station when Margaret explores with us, aspects

of Christian life in the light of the ideals of St Augustine- one of the greatest Christian thinkers of all time - whose understanding of the Christian faith has shaped and advanced our spiritual development for over sixteen hundred years. You'll be welcome Phone 07584 079 607 to find out more.

Christian Centre

Healing Service On Sunday 11 th September at 11am,

We are looking forward to having a special Healing Service and we invite you to come and join us at Lakes Christian Centre

on Lake Road, Bowness. We will be speaking about how God heals people today and we will also have a time where the Elders and Prayer Ministry team will pray for anyone who is in need of healing.

We believe that God can

do miracles and he hears our prayers. So if you would like us to pray for you, then please come along as it would be our privilege.

For more information on Lakes Christian Centre, please see lakeschristiancentre.co.uk

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