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ISSUE WN26 - APRIL 17
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New Visitor's Guide 15-18

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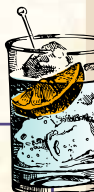
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Letter from the Editor

Our Easter edition has 25% more copies including over 160 visitor hotspots across our coverage area. That's 13,000 every month.

A new feature this issue is the Visitor's Guide in the centre section. We aim to offer hints, holidays tips and suggestions for activities, food and drink to both locals and visitors each month.

Don't miss the Langdale pub crawl on page 18.

What better way to spend a day in one of the most beautiful spots in the U.K.

We also have a new 'Chef of the month' column (p.15). Could it be you next month? Get in touch.

Wishing you all a very Happy Easter and I look forward to hearing from you before our next deadline on April 1st.

Chris

**NOW 13,000
Copies/month**

**Extra bulk copies delivered across
160 visitor hotspots every month.**

With a massive 25% increase in circulation, from this issue we are delivering bulk supplies of the paper to over 160 visitor locations in our coverage area. We have teamed up with a-ha distribution who will be delivering copies of the paper alongside their leaflet displays in hotels, campsites, pubs, holiday homes and numerous other visitor locations.

Why not reach out to both locals and visitors through the pages of this paper. We go to every single letterbox in LA23 (Windermere & Bowness), LA22 (Ambleside and Hawkshead) and Coniston plus all areas in between, PLUS 160 bulk drops. For a full list of all 160 visitor bulk drop points visit windermere-now.co.uk/visitor-bulk-drops

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FRONT COVER

'Windermere from Loughrigg' by Nina Kathryn Claridge

Based in the Lake District, photographer Nina Kathryn Claridge works with clients such as Waitrose Food magazine, Booths, Cranstons and Bells of Lazonby. Alongside her commercial work, Nina produces a popular range of photographic greeting cards, available from Booths, The National Trust, Country Harvest, Beetham Nurseries and Yew Tree Barn.

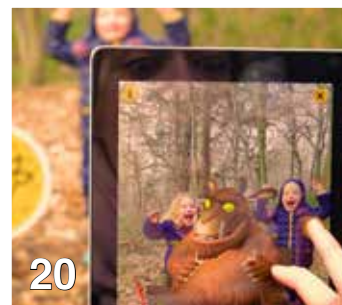
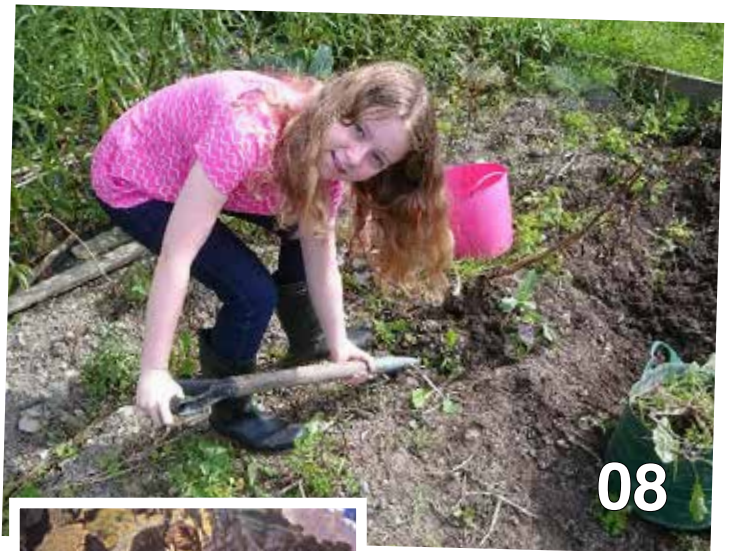
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Future deadlines

Issue	Deadline	Release begins
WN27	1st April	24th April
WN28	5th May	28th May

Shops feel the axe



Puzzled tourists who may have wondered why two shop fronts on Ambleside's busy Compston Road were boarded up might have thought they were victims of an economic downturn.

The shops were victims, but not of a financial crisis: a woman wielding an axe was the culprit.

The front windows of the Age UK charity shop and Clayton's Butchers were smashed during the incident which resulted in the woman being arrested by police.

Inquest told of Wrynose car tragedy

A man who died when his SUV plunged down the fellside near the summit of Wrynose Pass in Little Langdale last September was not wearing a seatbelt at the time and was thrown from his vehicle, an inquest heard.

David Otway, 52, from Alderley Edge, Cheshire, died as a result of multiple injuries, the Kendal hearing concluded. He had been having personal and financial difficulties, but the coroner said there was insufficient evidence to suggest he took his own life.

Hard at work in Hag Wood

Hag Wood in Windermere has seen the National Trust hard at work this winter.

If the name Hag Wood doesn't ring too many bells that's because many of us are more familiar with calling it St Catherine's. Popular with local families out for a stroll and dog walkers, this part of Windermere's hinterland often gets bundled in with Elleray Wood and Orrest Head. The dedicated team of National Trust fell



rangers have been asserting the course of the beck to help flood prevention as well as resetting some of the footpaths that have also

suffered from past flood waters.

You can't help but admire the smart and sturdy new river crossing in particular.

Publishing Scam Warning

Trading Standards have warned about the latest publishing scam aimed at businesses involving unsolicited telephone calls from a company claiming to represent a forthcoming Child Safety Campaign.

In return for support in the form of a cash donation to provide unique and valuable games to schools, hospitals and child activity projects, the company will put your business details onto the equipment. The

company offer different levels of support that a business can choose from ranging from approximately £199 to £699.

- Never agree to a contract over the telephone unless you are sure about legitimacy of the publisher you are dealing with.
- Ask questions: How did they get your number, can you view examples of the equipment they are supplying?

- Report any concerns to Trading Standards or the Police

If you receive an invoice for equipment you have not funded, write back stating this to be the case. Seek advice before making any payment.

Please help stop the scammers by sharing this information and warning others. Report the scam to Trading Standards via the Citizens Advice Helpline on 03444 111444 or Action Fraud www.actionfraud.police.uk.


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Grant for Broadband Continues

The Government scheme which contributes to the cost of broadband installation in rural Cumbrian areas has been extended into 2017. If your home doesn't have access to broadband speeds of more than 2Mbps you may qualify for a grant towards the cost of broadband installation by an approved supplier and Kendal-based Kencomp Internet is one of the approved suppliers for Cumbria.

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

Electoral corruption by Bowness resident!

Yes. Despite the current rash of claims that elections have been influenced or rigged, it's not new and it's not limited to High Office.

Sleepy little Bowness had a famous 19th century resident, H W Schneider. He owned controlling shares in the Barrow Haematite & Steel Co and Barrow Shipbuilding Co as well as many smaller businesses.

He famously bought the Bellsfield mansion in Bowness Bay in 1869 and commuted via his steam yacht Esperance, and his own carriage on the train to Barrow in Furness, daily.

Despite being a successful businessman and generous philanthropist, he did unwittingly bring about reform of the electoral process as a result of his corrupt electioneering, just before he moved to Bowness.

In 1865 he and Matthew Fenwick, both Liberal MPs sitting for Lancaster, had to fight for re-election after the dissolution of parliament.

At that time only Freemen and house owners could vote. In Lancaster only 1,408 of the 17,500 population were entitled to vote. Some voters, who were both Freemen and also house owners, could vote twice. In the election both Schneider and Fenwick retained their seats. The Tory candidate, Edward Lawrence, was not successful.

The results showed that 2,065 votes had been cast. This was more than the total of Freemen, house-owners and those falling into both categories.

At this time it was fairly common for bribery to take place during electioneering

and it wasn't generally regarded as serious although it had recently become a punishable offence.

A Royal Commission was established to investigate the claims of corruption and bribery. The three commissioners examined 1,400 witnesses, asking more than 39,000 questions over a 34 day period. Strangely neither Schneider nor Fenwick were called to give evidence.

The Inquiry reported its findings in 1867. The 750 page report is still important reading for students of Electoral Reform in Britain.

They determined that 60% of those entitled to vote accepted bribes and that a further 6% of the voters were involved in carrying out the bribery. So 66% of the eligible voters corrupted themselves on behalf of the candidates.

It was shown that the unsuccessful Tory, Edward Lawrence, was also involved in bribing voters.

Schneider and Fenwick had declared election expenses of £1,404 and £1,129. But it was shown that a Lancaster grocer, Henry Welch, had handled an illicit £6000 fund to solicit support for the two candidates.

This was very serious money in the 19th century.

As a result of the report Lancaster was disenfranchised from Parliament and remained without any MPs for 20 years.

He wasn't all bad though. After his death in 1887 it was reported that during his lifetime he had donated over £70,000 for the building of churches, schools, hospitals and working-men's clubs.



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Extra push for appeal

Windermere charity, AID, working closely with Lancaster University is close to reaching half way point in its appeal to raise £500,000.

It is to finance a trial on a drug already licensed in the UK for treatment of people suffering from type 2 diabetes, which research at Lancaster University has indicated may help people suffering from Motor Neurone Disease.

Through the generosity of many individuals and Trusts the Association has already raised over £170,000 with a further sum of £50,000 pledged as soon as the fund reaches £200,000.

Paul Adorian is appealing to people wishing to help sufferers of MND to help raise that missing £30,000.

The pre-clinical trial is already underway on this exciting drug. Similar trials have already taken place on other Neuro related diseases with encouraging indications. To contribute to this worthwhile cause, please visit our Donations page on our website or telephone Paul on 01539 448459

'Cyclathon' hits Ambleside

The last thing shoppers might be expected to come across in the centre of Ambleside on the last Saturday in March would be a fundraising cycle marathon – but that was what was on the agenda at the Market Cross on Saturday 25 March between 9am and 5pm. 'Cyclathon 2017' was the name chosen for the Ambleside Kirkstone Rotary Club event, with teams of four cycling for 50 minutes on an exercise bike.

All funds raised will go towards Blood Bikes, a voluntary organisation which transports essential blood and organs between hospitals.

A quiet day at Dove Cottage

At William Wordsworth sites across Cumbria, none more so than in Grasmere, thoughts are already beginning to turn to 2020 when the 250th anniversary of the poet's birth will be celebrated.

In 1770, the year when Wordsworth was born in Cockermouth, Captain Cook was in the middle of his first voyage to Australasia and 14 year-old Marie Antoinette married Louis-Auguste (later to become King Louis XVI of France). Back then, communications were rudimentary, with few and infrequent newspapers, and the Royal Mail was still in its relative infancy.

Fast forward to 2017, and the marketing people at Dove Cottage in Grasmere have a free day available after a guided tour is cancelled at short notice. Cue Facebook... which is how your Windermere Now correspondent heard about a 'quiet day' at the cottage, where members of the public were invited to explore the home of the newly-married Wordsworth and his sister Dorothy.

Senior guide Karen Clarke said: *"It seemed like the best medium to get out the message."*

Karen was on hand to show us around the cottage, stopping at the couch made famous in 'Daffodils' *"Wordsworth wrote Daffodils when he lived here between 1799 and 1808,"* said Karen. *"We like to think that his best poetry was written at Dove Cottage."*

There is so much to see in the former public house that once stood on the main 'road' between Ambleside and Keswick before being usurped by the A591 that hugs the shoreline of Grasmere. Wordsworth's cuckoo clock above the



MAIN: Rear of Dove cottage seen from the charming garden

RIGHT: Senior guide Karen Clarke at Wordsworth's couch



stairs (a 70th birthday gift) is still working; in a corner of the main bedroom is the tiny double bed he shared with his wife Mary; on a wall is his passport (height 5ft 9 1/2 inches!); and in a glass cabinet you will find his tinted eyeglasses that look as if they could have been worn by John Lennon and a pair of scales used by Thomas De Quincey (who lived at the cottage for ten years after Wordsworth) to weigh his opium.

There are kitchen ranges and old fireplaces, low beams and wood-panelling, but the room which most people would probably remember years after their visit is the one shared by his children and covered wall-to-wall in old newspapers from the era.

At the back of the cottage, the charming steep sloping garden is still laid out as it was when Wordsworth and his beloved sister Dorothy sat in the shade and looked across the Vale of Grasmere.

These were happy days, but, with five children making Dove Cottage rather

crowded, the Wordsworth family moved to Allan Bank in 1809, which the poet detested, and then the Parsonage in the village, where two of his young children passed away in 1812.

It was a dark year, and this period of Wordsworth's life when money was tight and tensions were high is chronicled in the new play – William Wordsworth by Nicholas Pierpan – which is showing at Keswick's Theatre By The Lake from April 1 to 22.

In 1813, Wordsworth and his family moved the other side of White Moss to Rydal Mount where he lived until his death 1850, but it was at Dove Cottage where it all began. And if there's another cancellation, keep a close watch on the Facebook page (Dove Cottage & The Wordsworth Museum) in case there is another 'quiet day'. In fact, keep a close watch anyway, because there is likely to be lots of news the nearer it gets to 2020.

A message for dog owners



Did you know that dog faeces not only causes health risks to children, but can also cause blindness?

There are about 12 new cases of OLM (ocular larva migrans) diagnosed annually in the UK!

1st Windermere Sea Scouts Beaver Group, based at the Phoenix Centre, Windermere, have joined forces with PCSO Sarah Blacow of Windermere Police Station and SLDC to try and clean up Windermere Village. The level of dog fouling in the area has reached an intolerable level and we now want to make a difference.

We, here in the Lakes, live in such a beautiful

area, which is now spoilt by having to dodge dog poo along its paths, in its parks and on its playing fields. The young beavers are each going to design a poster and the best one will be reproduced and put up in the worst offending areas with the hope, it will encourage responsibility of dog owners to clean up after their four legged friends.

The public will also be encouraged to name culprits of dog fouling to the police/SLDC and these people will be dealt with accordingly. So let's all give these little beavers a hand and clean up after our dogs and encourage others to do the same and assist the Beavers in gaining their community impact badge.

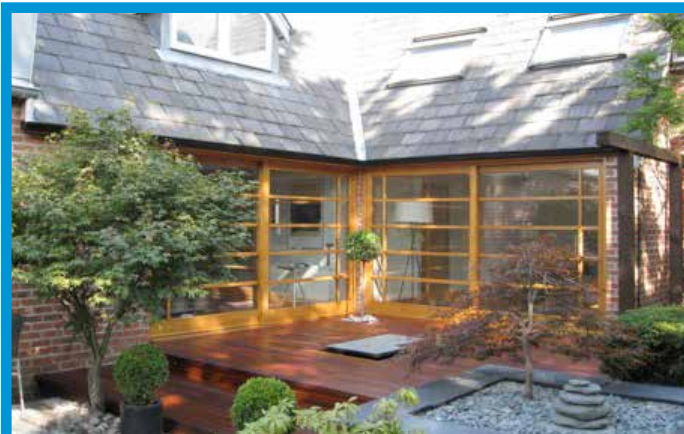
Rubbish mobile phone service

"I recently signed a two year phone contract with a new network provider but the reception in my home is terrible. Can I cancel the contract?"

Poor signal doesn't give you a right to cancel, but you can take action. If you bought your mobile online or over the phone within the last 14 days, simply cancel the contract. If you bought it in store or have had it for longer, explain the problem to the company. They may give you a device which can boost your signal.

If this doesn't work, ask to terminate the contract. They will usually ask you to pay an exit fee, which can cost as much as the contract. If you don't want to pay then use their complaints procedure. If you haven't got a resolution after 8 weeks, ask an Alternative Dispute Resolution Service to make a decision on releasing you from the contract.

For further help, call the consumer service helpline on 03454 04 05 06 or contact South Lakes Citizens Advice on 03444 111 444.



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Tim's Column

I had a great time at St Cuthbert's Primary School in Windermere the other day.

The school has been studying the Holocaust and thinking hard about the lessons that they feel we should learn from it, like being respectful and tolerant of others. They showed me this amazing quilt they have been working on which has different flags on it to celebrate the different nationalities and backgrounds of the school's pupils. If you get a chance go and have a look at it yourself. I am always so impressed by the children I meet when I visit local schools but this was a particularly thought provoking session.

It has been a bit of a tourism focused month. Clearly the decision to leave the EU is having a big impact on the industry, the fall in the value of the pound should mean that more people decide to stay in this country for their holidays and that more people from abroad see us as a good value place to come and visit. We need to make sure that as many as possible of these visitors come to our part of the world. I popped in to look at the refurbishment of the Hydro Hotel when I visited St Cuthbert's and was impressed by what I saw. They are clearly doing what they can to be ready for an upsurge in visitors.

But they are far from alone, I was honoured to be asked to open the 42nd Lakes Hospitality Show the other day. Amongst the hundred or so businesses exhibiting there was a lot of signs that the business across the region is trying hard to get itself into the best possible shape.

But it isn't all positive. The Government's revaluation of business rates is causing a lot of worry. Many businesses across the Lakes are facing the threat of their rates going up by at least 25%. That is a huge leap and I have written to the Chancellor of the Exchequer to ask him to reconsider the Government's plans. That sort of increase in costs makes running a business very hard indeed.

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

Mayoral twins in Diessen

Windermere's Twinning connection with Diessen – am- Ammersee in Bavaria is now in its 20th year. To start off the celebrations Windermere's Town Mayor, Leith Hallatsch and his wife Christine will be making an official visit to Diessen at the end of April this year, accompanied by other Members of the Association.

Twinning partners over in Diessen are looking forward to welcoming the Mayor and are preparing a



programme of cultural visits, entertainments and trips into the surrounding areas which will emphasise the similarities which have connected our the communities in friendship over the years.

In 2018, it'd hoped that, in return for their

generous hospitality, a similar programme of events can be arranged to welcome a group from Diessen to visit Windermere and its beautiful surroundings to celebrate twenty years since the Twinning was commenced by Windermere Town Council.

There is still time for anyone who may be interested to join the trip to Diessen in April and further information from the Chairman, Jenny Borer, jsborer@tiscali.co.uk or 015394 44995.

Windermere Town Council

As Spring approaches, we are all thinking of getting out and about a bit more.

There is no lovelier walk than the one up Orrest Head and it is easier than ever to access with the restored Carriage Drive in Elleray Woods. Also take the kids to the Langrigge Play area and try out the new equipment installed by the Town Council, with help from the Windermere Lions. If you fancy doing something useful whilst you walk, join in with a local litter pick during Windermere's Clean for the Queen week, starting on 27th March. Contact Simone Backhouse on phoenixwindermere@gmail.com to get hold of jackets and equipment, which have been provided by the Town Council.

The Town Council's main project at the moment is the enhancement of Ellerthwaite Square and you will have noticed the



safety fences and tents. The slate stone wall is being erected by a local man – John Charnley, and we hope to be able to plant the area with attractive plants later in the Spring (once Electricity Northwest have moved the ugly meter box!). The Civic Society will be helping us out with that.

We had our Allotments Annual Meeting in February and agreed a work plan for the year. The Allotment site on Orrest Drive continues to be very popular and provides some much needed growing space in our urban environment. Here is

a great picture of last years' potato harvest!

Our next meeting is the Annual Parish Meeting on 12 April at 6.30pm. This is YOUR meeting and a chance to have your say about local issues in Windermere, Bowness & Troutbeck Bridge, so do come along. You will be most welcome. Up to date details of time and venue are on our website. Take a look or give me a ring!

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



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We are very proud to announce that 1st Frame have recently carried out a phase of uPVC window and door replacement in the area, at Hapimag Holiday Resort in Bowness on Windermere and the Best Western, Grasmere Red Lion Hotel and during the summer of 2016 we won the tender for the full sash window replacement at Ambleside student accommodation for Cumbria University. 1st Frame offer the REHAU Heritage sliding sash window that is not only an exact copy of a traditional sliding sash window but has already been installed in conservation areas in Cumbria, such as the Ambleside student accommodation and nationally. The Heritage Vertical Sliding Sash Window is designed to incorporate all the authentic features and good looks of sash windows but with all the benefits and convenience of modern pvc-u.



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Julian's three shows

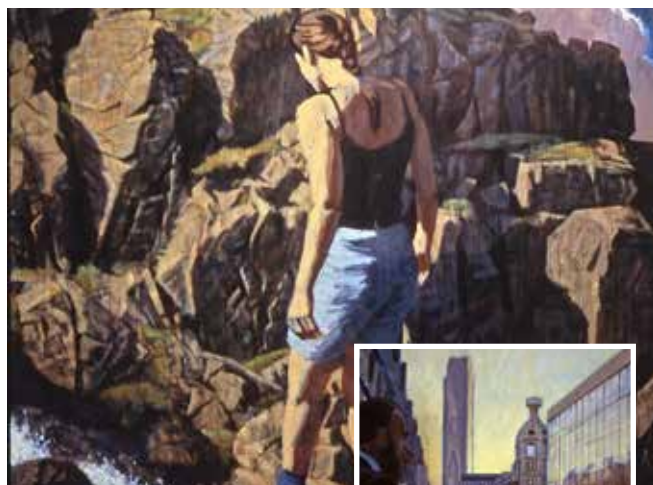
A trio of exhibitions will mark the 70th birthday this year of Britain's foremost mountain artist, Julian Cooper.

Major shows in London and Kendal will be followed by an exhibition, "Full Circle", on home territory at the Heaton Cooper Studio in Grasmere.

It was in the new studio there in 1969 that his father, the painter William Heaton Cooper, had just built, that he put on the first exhibition of work by Julian who had just graduated from Goldsmiths Art College.

Almost 50 years later, his work will be the first to be shown at the re-opening of the Archive Gallery at the Grasmere studio.

The London exhibition, 'Upstream', at Art Space Gallery, who regularly show Cooper's work, opens on April 28. It is devoted to new paintings on the theme of going upstream



from Cockermouth and exploring the channels and sidestreams in what Cooper sees as a 'contested landscape', looking at visual traces of the tensions between the various uses of the land, including between farming and ideas of wilding the landscape.

In Kendal, the Abbot Hall Art Gallery will show over 30 monumental paintings from Cooper's extensive output



over 45 years and reflecting the artist's travels. While some are of the Lake District, others were inspired by journeys to South America, the Alps, the Himalayas and the quarries of Tasmania and

Carrara. It will run from April 7 until July 2.

Meanwhile, the Grasmere exhibition will open in June, marking Cooper's birthday on June 10, and will run throughout the summer. This will include previously unseen work covering a range of time and subjects, including, people and urban scenes as well as mountains.

His more recent work has been concerned with finding a relevant contemporary language for painting mountains and rock. In 2001 his 'Mind has Mountains' exhibition at the Wordsworth Trust and in London showed paintings made after an expedition to the Kanchenjunga region of Nepal, noticeable was an absence of sky and a concentration on selected areas of terrain.

His solo exhibition 'Cliffs of Fall' in 2004 at Art Space Gallery showed work based on a comparative study of the North Face of the Eiger in Switzerland and the Honister Slate Mine in the English Lake District.

What's behind the Green Door

The annual Green Door Art Trail returns on 8 and 9 April with more than 50 members of the region's leading artists' collective taking part.

It's a fantastic opportunity to see a range of members' work on show – possibly the widest yet – with painting, prints, papercuts, photographs, jewellery, wood, glass, textiles, sculptures and ceramics.

18 Trail venues are located across South Lakeland and around Morecambe Bay - The trail circles our area with High Stott Park and High Dale Park on the West of Windemere being the nearest venues. The

trails starts in Ulverston and ends up in Burton in Kendal.

Members of the Green Door Studio on Market Place in Kendal are holding a pop-up shop and a cluster of artists will be gathered in Leasgill. This is a great opportunity to meet artists, talk to them about how they create their work (perhaps even see them in action) and, of course, to purchase their work. Some artists are offering refreshments to visitors as they make their way around the Trail. Download a brochure from the Green Door website, www.greendoor.org.uk

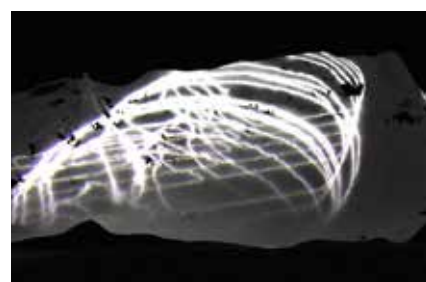
Presenting *The Light Within*

Blackwell arts and crafts house has a new exhibition this spring, which runs until the 18th of June.

Emerging artists Griet Beyaert and Paul Miller present *The Light Within*, which combines the modern medium of digital technology with the age old art of glass making.

Touted as an immersive response to Blackwell, the exhibition features a multi-layered video projection mapped onto sculpted glass works and accompanied by a soundscape. Beyond the Oliver Thompson gallery housing this installation the curious and attentive may find freeform sculptural glass works by Beyaert.

These are dotted around



the gracefully carved wooden interior and stained glass windows that echo Blackwell's setting amongst the Lakeland fells with its magnificent view of the lake. The light reflected from these landscape features, so integral to the design of Blackwell yet outwith the house, is brought inside by this exhibition. Entry to the exhibition is included in the admission charge to the house itself.

Dixit Dominus and Missa Brevis

Levens Choir, winner of the 2017 Choir of the Year Award in the Cumbria Life Cultural Awards, welcomes Spring with two April performances of works by a varied group of composers, ancient and modern. The main work is by the young George Frederick Handel of Psalm 110: 'Dixit Dominus'.

In contrast, the choir sings three more recent works – the 'Missa Brevis' by James Macmillan, the 'Agnus Dei' by Samuel Barber, and 'Daemon Irrepat Callidus' by the Hungarian Gyorgy Orban. Performances are on Saturday April 22nd in St Thomas's Church, Kendal and Saturday April 29th in Lancaster Priory. Both start at 7:30 pm.

Tickets cost £12 (no charge for Friends of Levens Choir, students and children). Tickets at the door or in advance for the Kendal concert ring 01539 730590. Tickets for the Lancaster concert from Lancaster Visitor Information Centre 01524 582394 and Morecambe Visitor Information Centre 01524 582808.

To encourage visiting fell-runners to try new and different routes Ambleside-based author, Kingsley Jones has produced a new book, "Trail and Fell Running in the Lake District".

Due out in mid April, published by Cicerone Press in Milnthorpe, it includes 40 route descriptions, with a range of distances, and graded in terms of severity of terrain. He includes race routes of some of the classic fell races, including the Borrowdale, Sailbeck, Langdale, and Three Shires races.

A key motivation in writing the guidebook, was Kingsley's response to seeing many visiting runners on the same few fells, he wanted to encourage them to explore more of the national park, help them be sensitive to the upland environment, encourage the use of public transport, and to be supportive of the local economy.

Kingsley of the Mountains



The publishers offer a 25% discount to readers. Use the code "WINDNOW" if buying from their website www.cicerone.co.uk

Previously there has been no comprehensive guidebook for fell running that details routes from short 2 hour loops, right up to 35 kilometre plus classics, and technical skyrunning. (This term describes an increasingly popular, yet cutting edge, activity where mountain running overlaps with scrambling.) As the author is a UIMLA International Mountain

Leader, he spends most of his time guiding groups in the Lake District fells and abroad. This made writing the book a challenge, fitting the research into times when he wasn't working or guiding. Many of the route recce's were in the very early mornings or the evenings, and so Kingsley had the fells to himself, which made the whole process an especially rewarding experience.

Princess Ida returns to Staveley

Although this will be Staveley Amateur Operatic Society's (SAOS) sixty-fourth Gilbert and Sullivan production, it will be only the fourth time they have performed 'Princess Ida'. It was first seen in Staveley in 1983, again in 1990 and lastly, 15 years ago in 2002.

The plot centres around two kings, Hildebrand and Gama, whose son, Hilarion and daughter Ida, were married when he was just two years old and she was one. The complicated plot requires fifteen principal singers and two strong choruses and SAOS are seeking to fill the places from their current members together with any former members who would like to return or new additions who would welcome the

chance to appear in this rarely performed G&S operetta.

Rehearsals will begin on Tuesday April 11 at 7.30pm in Staveley Village Hall where Musical Director, David Tattersall, will be leading a sing-through of the entire score to acquaint everyone with the wonderful music of Sir Arthur Sullivan and the witty lyrics of WS Gilbert. Everyone is welcome whatever previous experience you have had and no auditions are necessary to join the Society.

The show will be performed between 13 and 16 September 2017. Please contact Margaret Barker m.barker020@gmail.com or on 07815 452636 if you are interested in joining us or just turn up on the 11 April.

2 0 1 7

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Bowness Bay Blues

We are now just two weeks away from Bowness Bay Blues 2017 - the 6th edition of this increasingly popular blues festival.

The headlining bands on Friday night are:

- Australian born blues/rock guitarist Geoff Achison with his UK Souldiggers
- Red hot and rocking 6-piece band from Preston; The Stumble.

On Saturday night we have:

- LaVendore Rogue who have a unique blend of in-your-face, bourbon-soaked roots and rock 'n' roll.

Finally, on Sunday:

- the last act to have the Wheelhouse crowd dancing and stamping their feet are the 1950 swing and rock'n'roll band; The Revolutionaries.

The main festival, in Bowness, will take place at Lake District Boat Club, Hole in't Wall, The Quayside, the Wheelhouse, The Ship Inn, The Hydro Hotel and Beresford's Restaurant. Not forgetting the 2017 Free Fringe Festival in Windermere, with live music in four venues, Grey Walls, The Lamplighter, The Ellera and The Brookside.

With generous support of Windermere Lake Cruises we will again be operating the Blues Cruise on Saturday 8 April!

The last remaining tickets are on sale via the Brewery Arts Centre.

www.bownessbayblues.co.uk.

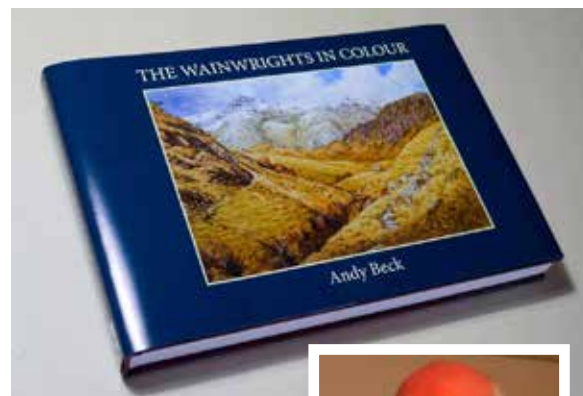
A ten-year odyssey comes to an end in May with the launch of a book that is one of the most significant publications since the late Alfred Wainwright completed his 13 years of work on the legendary seven-volume Pictorial Guide to the Lakeland Fells in 1965.

The book, *The Wainwrights in Colour*, is the work of artist and fellwalker Andy Beck, and is being launched at the Castle Green Hotel in Kendal – Wainwright's home town for the last 50 years of his life – over the first weekend in May.

It features paintings of every illustration in the 2,000-plus pages of Wainwright's hand-drawn books covering 214 fells. Andy had to track down each spot from where Wainwright took a photograph before he returned to his Kendal Green home and subsequently making a sketch. Andy has done exactly the same, but instead of a black and white line drawing he recreated the scene in a watercolour painting. There are more than 1,500 such illustrations in the book.

The 360-page coffee table-size book will

Ten-year Wainwright odyssey nears an end



MAIN: Front cover of the book

RIGHT: Andy Beck



be published as an individually numbered and signed limited edition of 5,000 copies, each accompanied by a DVD showing how Andy worked to complete an example fell from start to finish.

"It's good to be able to see the light at the end of the tunnel," said Andy, who last September gave to talks at the inaugural Festival of the Fells in Ambleside about his upcoming book.. *"When I look back at some of the pictures done in the early years I can see how my work has definitely improved, but there's no going back after ten years: it's set in stone."*

That was much how the Wainwright books developed, too. Book One, featuring the Fairfield and Helvellyn ranges and Book Two (the High Street fells), offers a lot less detail and finesse than later volumes in the series.

The *Wainwrights in Colour* can be pre-ordered and collected at the Castle Green Hotel on Saturday 7 May and Sunday 8 May. It costs £39. If you are unable to collect your copy postage and packing is extra. Details on andybeckartist.co.uk

Jam at the home of mintcake

BRUCE FOXTON, a founder member with Paul Weller of the iconic new wave band *The Jam*, will be bringing his band 'From The Jam' to Kendal next month where they play at the Brewery Arts Centre on April 29.

Booked up at Wray

Top children's book authors were on hand as Wray Castle hosted the National Trust's Children's Book Festival for the second year over the first weekend in March.

Included in the line-up was Axel Scheffler illustrator of the *Gruffalo* books.

37 Years of hard work for the Car Pull Committee

Committee member, Sandra Graves, contacted us to give a bit of background on the origins of this event which raises much needed funds every year for the local chemotherapy ward.

Did you know...the idea of a car pull up Kirkstone Pass originated 37 years ago when Dave Reynolds came up with the idea in the Queens Hotel in Ambleside? He wanted to raise some money, and so contacted the local rugby club. They still hold the record at 51 minutes 20

seconds to this day. It takes a lot of work behind the scenes to make the event happen from insurance to traffic marshalling, crowd control and fund raising. The committee of Dave Reynolds, his son, young Dave, Roy Green of the Kirkstone Pass Inn and Sandra work together to make this annual event a great success.

Long may they continue. If you have any images or stories from car pull events over the years why not send them in to info@windermerenow.co.uk

Pictures of past events and more details next month.

Rotary event benefits charities

Money raised from an indoor festival organised by Ambleside Rotary and held at the Boathouse Restaurant at Whitecross Bay last month will go to two local charities.

Benefiting are North West Air Ambulance, which is entirely funded by the public, and Danny's Healing Fields, a charity set up in memory of Windermere man, Danny Fields, 28.

The Whitecross Bay event was the first organised by Ambleside Rotary's new young associate members.

ISA's

The combined ISA allowance for couples for 2016/2107 is £30,480 in ISA wrappers in this tax year and increasing to £40,000 in the new tax year 2017/2018— a tidy sum to set aside towards a couple's long-term financial plan. Whilst the ISA must be set up by a parent, Junior ISAs offer parents, grandparents, other relatives and friends the opportunity to invest regular contributions or lump sums up to the maximum of £4,080 this tax year, on behalf of a child in a flexible and tax-efficient way.

ISA investments can now be held in any combination of stocks and shares or cash that an individual wishes, offering choice and flexibility to build a portfolio and to reflect people's differing, and changing, appetites for risk. Although new subscriptions can be split in any proportion between Cash and Stocks & Shares ISAs,

individuals will still only be able to pay into a maximum of one Cash ISA and one Stocks & Shares ISA each year.

The reality of a slow and incremental increase in the base rate is that returns from cash deposits are likely to remain negligible. Furthermore, the present level of returns on the majority of cash savings is not sufficient to protect their value from inflation.

However, the new flexibility to hold cash has effectively re-fitted the Stocks & Shares ISA into an even more versatile investment vehicle, providing individuals with a safer haven to ease concerns about short-term market volatility.

Remember that the favourable tax treatment given to ISAs is subject to changes in legislation and many not be maintained in future.

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Hopping for success



Windermere Pale, a pint from Hawkshead Brewery, has been awarded the North West champion beer for the second time in four years, building on the regional success of 2013's Cumbrian 5 Hop in the Campaign for Real Ale's (CAMRA) annual competition.

Windermere Pale is hoping to go one better and take the national prize at the Champion Beer of Britain finals, having swept rivals off their feet at Liverpool beer festival in February. Windermere Pale has been given multiple awards by the Society of Independent Brewers (SIBA) since it was launched in 2009 plus it has a silver medal from "the Oscars of the brewing industry," the International Brewing Awards.

The hard work and fine pedigree of the Staveley based brewers continues, this being the 7th year in a row that they have had a beer in the Champion Beer of Britain finals.

Damson Day is back in a burst of colour

After being cancelled last year due to waterlogged fields, Damson Day is back on Saturday 22nd April.

Organised by the Westmorland Damson Association, the annual celebration heralds the arrival of spring and the most beautiful damson blossom in the Lake District. A fun-filled family day

out, 2017 hopes to be better than ever with local crafts, artisan foods, refreshments, real ale, dog agility, a children's fair and live entertainment.

The event at Low Farm in the Lyth Valley, Crosthwaite also boasts blossom walks where visitors can walk amongst some of the most breathtaking

and colourful spring blossoms in the region. Damson lovers will also be in seventh heaven as they savour damson products including; mouthwatering jams, chutneys and delectable damson gin!

Admission is £6 for adults and £3 for children, the event will be open 10.00am until 4.30pm

Events group focuses on Health and Safety

Ambleside-based Mountain Trauma Rescue Services, which was set up ten years ago whilst founder Nick Wright was still at university, has rebranded as Event Safety Group following the acquisition of an events communications and safety company.

In the past decade the

company has grown substantially, with up to 67 people now registered to work at any one time including paramedics, doctors, rescue technicians, communications operatives and security personnel.

The business provides safety support nationally to outdoor events

including triathlons, obstacle course races and many more.

"Health and safety at outdoor events is so wide ranging," said Nick. "From marshalling and route management to being ready for a medical emergency we can now offer a fully bespoke package to any outdoor event."

Cumbria Tourism Awards

Tourism businesses from across Cumbria are competing for the prestigious Cumbria Tourism Awards.

Now in their 15th year, the awards celebrate the very best of what Cumbria has to offer and the talented individuals behind them. Cumbria's tourism businesses drive a visitor economy worth over £2.6 billion, making their achievements, hard work and dedication

worthy of recognition.

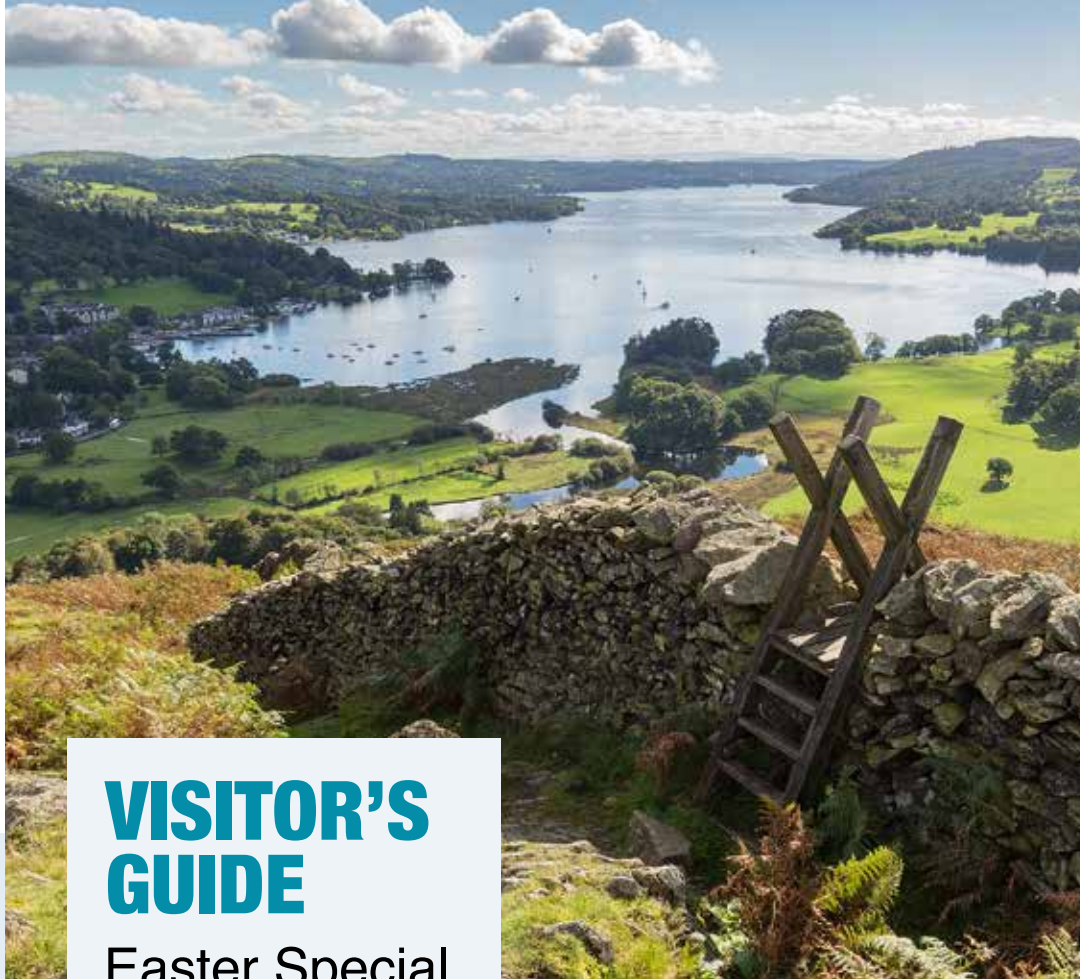
There are 17 award categories in total which cover the huge range and diversity of Cumbria's tourism industry. The judges will be looking for tourism businesses that demonstrate excellence and innovation across their products and services.

The winners will be announced at a glamorous black tie 'Oscars' style awards ceremony on Wednesday 21st June at Cartmel Racecourse.

Susan Dickson from Parkcliffe Caravan and Camping Estate said; *"Winning Holiday*

Park of the Year at the 2016 Cumbria Tourism Awards was a huge morale boost for our hardworking team, it's recognition of the quality service they provide and it highlights to us that the business is continuously moving in the right direction. Awards like these motivate us all to do better, continue to provide the best service possible and go the extra mile."

For the third year Chris Brammall and his team of award-winning architectural and sculptural metalworkers from Ulverston will again create bespoke awards.



VISITOR'S GUIDE

Easter Special

Whether you're visiting the area for the first time, or you're a life-long home-grown local, Springtime and the Easter holidays are always one of the best times of year to be in the Lakes.

The weather begins to improve, local businesses begin to bustle once again with visitors, and numerous events are laid on for both the rainy and brighter days.

This four-page Seasonal Guide is a great starting point for planning some great days out in all corners of the Lake

District. This month's guide includes the infamous Langdale pub-crawl, adventures in the 'wild-west-lakes', a perfect rainy day trip on the impressive Haverthwaite Railway to the multi-award winning Lakes Aquarium, a good old-fashioned Easter Egg trail with a modern twist thanks to the National Trust, and much more!

To get a flavour of the whole region, why not book a tour with 'Mountain Goat' and reach the corners of the Lake District less visited by the crowds? Wherever you get to this month we hope you enjoy seeing all the new lakeland lambs, the springing daffodils and the changing season as the Lake District comes alive for 2017.

CHEF PROFILE



Holbeck Ghyll Inspired food

By Jake Jones

At the age of 26, Jake Jones at The Holbeck Ghyll is proving why he is one of Britain's fastest rising young talents.

Producing incredible culinary creations on the plate, time and time again. Inspiring food, such as his exquisite Isle of Mull scallop, rhubarb, sea kale and caramelised celeriac dish, give Jake the edge and a fast growing reputation. His whole ethos in the way he conducts his kitchen, along with his outstanding brigade behind the scenes, deliver exemplary kitchen etiquette under Jake's leadership. In fact guests will soon be invited to the Chef's table in the heart of the kitchen to hear and sample all his dishes; a foodie's dream! Jake's fast rise to the top has not come without sweat and dedication, having working in a number of prestigious establishments alongside other outstanding chefs, such as James Martin. The five year commitment Jake has made to the Holbeck Ghyll is not only a testament to his character, but to his passion for growing an already excellent reputation, and to surpassing all guests expectations through making the most of seasonal British ingredients. I must not forget to mention the impeccable engagement of the service team at the Holbeck Ghyll too. Every member of the team is extremely friendly, and passionate about helping guests enjoy and maximise their dining experience. The knowledge and passion they have for Jake's food is above and beyond, adding to the whole experience. If you desire to be inspired, have a passion for seasonal British ingredients, and are looking for a real treat for the taste buds then Jake Jones's menu at the Holbeck Ghyll ticks all the boxes!

Could you be our next chef of the month? Why not get in touch?



Don't Miss

- ◆ Bowness Bay Blues Festival: 7th - 9th April
- ◆ National Trust's Cadbury Easter Egg Hunt at Fell Foot: 16th April
- ◆ Easter Egg Weekend at Haverthwaite Rail: 14th - 17th April
- ◆ Damson Day: 22nd April
- ◆ Kirkby Lonsdale Beer & Music Festival: 28th - 30th April



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West Lakes Adventure is a family run activity centre in the Western Lake District, based in the Eskdale Valley. With easy access to Wastwater and Scafell Pike, they really could not be better placed to provide a wide range of fun and exhilarating outdoor adventures.

The area offers some of the best ghyll scrambling and canyoning locations in the county, is close to some fantastic valley crags, suitable for family climbing days, and the nearby lake of Wastwater offers spectacular surroundings for canoeing, kayaking and stand up paddle boarding (SUP).

Open all year round they can provide activity packages for families, groups, couples and individuals. A set programme of activities run during the key school holidays from Easter until September means that whichever day of the year you venture over to the beautiful Eskdale valley, there will be a full day of varied and exciting activities to join in with.

On site they have a holiday cottage which sleeps 8 and is open for Easter 2017. In addition there have two new studio style bunk units with an outdoor covered living space, each sleeping up to 6 people.



Step into spring this Easter

Fell Foot, Newby Bridge, Windermere, LA12 8NN

Spring Discovery Fun 8-23 April, 10am-4pm

See nature come alive and have a 'Wild Time' at Fell Foot through the Spring discovery trail. Prize at the end. £2 per trail.*

Cadbury Easter Egg Hunt Sun 16 Apr, 11am-3pm

An eggtravaganza of Easter activities including a Cadbury Easter Egg Hunt traditional Lakeland egg rolling, games and much more £2 per trail.*

Sizergh, Kendal, LA8 8DZ

Cadbury Easter Egg Hunt

Fri 14 - Mon 17 Apr, 11am-4pm

Come and take part in the Cadbury Easter Egg Hunt challenge and enjoy a tasty chocolate treat. £2 per trail.*

*Normal Admission charges apply



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If you find yourself waking up to some April showers then there is a great day out waiting for you at the South of Lake Windermere.

Lakes Aquarium and the Lakeside and Haverthwaite Railway have teamed up to offer a great deal across both attractions. You can catch the steam train at Haverthwaite and ride the magnificent 19th century machine along the beautiful meandering tracks up to the edge of the lake where you will reach the Lakes Aquarium.

The journey is one that is full of excitement, history, incredible views and fun for all the family. Your grand day out continues at the multi-award winning Lakes Aquarium where you will find sharks, rays, otters, fish of every shape, size and colour, birds, crabs, jellyfish, snakes, marmosets, and much more, as well as a fantastic gift shop and cafe.



There are great deals on offer for families, couples and kids parties across both attractions, this is a day out you will definitely remember

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THE LANGDALE PUB CRAWL



1

The Old Dungeon Ghyll is a place of great Lakeland history and legend. This climber's mecca is based deep in the Great Langdale valley and has a rustic fully-stocked bar, serves great homemade pub grub and has a cosy hotel if you want to stay over! Look out for our folk festivals and live music nights too...



2

Sticklebarn is a great place to relax after a day on the fells. This isn't a traditional pub experience, it's a National Trust pub and we do things a little differently; with fire pits, free rainy day movies and adventure films, board games and hearty food. What's more, every penny you spend here helps us to care for Langdale and continue our conservation work.



3

A well established family run hotel with busy walkers bar. Open 365 days a year and all food is home cooked using local suppliers as well as fruit and herbs from their garden. They have a well stocked bar serving draft ales and a premium draft ale is changed monthly in the summer to offer their customers a little something different. The walkers bar has live music every Saturday night in the summer months.

1 OLD DUNGEON GHYLL

2 STICKLEBARN

3 NEW DUNGEON GHYLL

CHAPEL STILE

4 WAINWRIGHTS INN

5 THE BRITANNIA INN

ELTERWATER



5

Expect a traditional warm lakeland welcome at this 19th century inn. The Britannia has earned itself a deserved reputation for great local food and ales, warm open fires and its prime location as a base for so many famous lakeland walks.



4

Wainwrights' Inn varied history is matched by the variety of fine ale from local brewers and a few choice brews from further afield. Other refreshing beverages are available with a selection of wines and seasonal specialities for inside and outside all year round, and all compliment the hearty pub menu!



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SUN 25th JUNE - Ladies (3) Waltz

FRI 30th JUNE - Gents team of 4

SUN 9th JUL - Mixed 4BBB

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WED 29th Sep - Seniors Texas

WED 11th Oct - Senior 4BBB

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Gruffalo Spotters



If you go down to the woods today with your smartphone in hand, you're in for a big surprise.

The Forestry Commission has teamed up with the Gruffalo himself and it's down to you to find him. He and his friends are hiding in 26 different forests across England, with the trees of Whinlatter and Grizedale keeping them busy up here in Cumbria. Download The Gruffalo Spotter app at home (data signal can be a bit hit-or-miss in the woods) and follow clues along the interactive trail, tracking down signs of the characters from The Gruffalo.

A £3 activity pack is also available from forest visitor centres with a spotter's guide, animal info, stickers and a special magnifying glass. Clues will lead to five different footprint markers in the forest for each one of the characters from the book including the unmistakable footprint of the gruffalo! When you spot the markers point your phone's camera at them and the app will bring the characters to life. Thanks to augmented reality technology, the characters will appear to blend in with the forest around you!

Snap happy for a new competition

Get your cameras ready! Budding photographers and Lake District enthusiasts everywhere have been given the opportunity to submit their photographs in a new exciting competition.

Friends of the Lake District are looking for images to use in their official 2018 calendar and 2017 Christmas cards. The organisation is seeking twelve year round images to be used in their 2018 calendar and five wintry images for 2017 Christmas card sets. Those submitting photographs which are successful will receive a complimentary set of Friends of the Lake



District 2017 cards and a 2018 Calendar. More importantly, the chosen photographers will also be fully credited for their image on the cards and calendars.

Friends of the Lake District is an independent charity and membership

organisation dedicated to enhancing and protecting the landscape of the area. They also take action to conserve and enhance the natural beauty of the landscape for the benefit of visitors, local communities, wildlife and habitats.

Those wishing to enter the competition should go to their website www.friendsofthelakedistrict.org.uk/photography-competition
The closing date is Friday 16th June. Get up those hills and happy snapping!

Holehird

April is always an exciting time at Holehird Gardens on Patterdale Road, Windermere.

Many of the early spring bulbs such as the wild daffodil will have finished flowering, but there are usually some late flowering narcissi in bloom. Tulips are at their best as the temperature increases. Planted next to the metal barrier on the way to the car park are yellow flowered *Tulipa sylvestris*, the woodland tulip. Yellow and purple *Erythroniums*, commonly known as dog violets are also making their annual appearance here. Red flowered *Tulipa sphembergi* sometimes flowers in the wilder areas near the top of the garden. Miniature tulip species are found in the rock garden and beds near the Alpine

House while taller cultivars flower in beds in the Walled Garden.

The display in the Alpine House changes throughout the year. Mound forming Saxifrages or cushion plants are covered in small flowers in early spring in this house which is open at both ends to let the air circulate. Automatic shading protects the plants against too much heat and light. Plants featured here also include bulbous plants such as small narcissi, muscari and pleiones later in the month. This and the nearby Tufa House always have interesting plants in them.

Pulmonarias can be found in many locations in the garden, the majority being in the winter bed and the paddock. Holehird holds the Northern collection of pulmonarias. When in flower it is always surprising to see the many



variations between the many cultivars.

The external structure of the new display house in the walled garden, will have been completed by April plus most of the internal fittings, although planting it will take more time. More information will be available from members in Reception and from nearby notices. Coffee, tea and water will also be available for visitors in the reception area.

Be a farmer for a day

This year, for the first time ever, the National Trust is inviting small groups of visitors to enjoy exclusive use of High Lickbarrow, a small Lakeland farmhouse in Windermere.

With the place exclusively yours, the Trust invites you to make yourselves at home and become immersed in the Bottomley family's Lakeland way of life.

High Lickbarrow Farm came to the Trust in October 2015 following the death of the donor Michael Bottomley. For over sixty years he lived at there. Bought by his parents in 1947 it was farmed by his sister and father in a traditional manner.

The traditional Lakeland farmhouse, formal front garden and topiary, set amidst a beautiful lowland landscape are no doubt what kept Elizabeth and Michael Bottomley on the farm for so many



years. The farm and the belongings of the close knit family that lived here for almost seventy years provide a fascinating insight into a traditional way of life that has now largely been lost. Despite being surrounded by housing, the land has extensive areas of wildflower-rich pastures, abundant bird song and becks full of native white-clawed crayfish. The most notable residents of the farm are its Albion cattle.

Originating in Derbyshire, Albions are not yet recognised as a true breed and they are very rare with an estimated national total of 100 breeding cows. High Lickbarrow has 25 of them, making it the largest herd in the country and therefore potentially central to its survival.

Fiona Green, Manager said: "The location and type of property means that we are unable to invite visitors

in the way we do at most National Trust properties but this presents us with an opportunity to offer a different kind of visit."

There is no set schedule to the visit but visitors are instead given suggestions for activities they might enjoy when there; snuggle up next to the fire with one of the books or farm diaries going back to 1959, take inspiration from Michael's artwork and do some sketching or painting of your own or rustle up some cake or biscuits in the kitchen and then enjoy them in the parlour. Intrigued? Contact the National Trust for more details.

This experience is available for a limited time only, it is free to National Trust members. Prices for non-members are: Adult £12.00, Child £6.00, Family £30.00. Dogs welcome. To book, 07484 078 776, or email: fiona.green@nationaltrust.org.uk

Spreading the love of trees

A Heritage Lottery funded project from Woodland Inspirations, a 'not for profit' organisation based in Cumbria has been gathering information in the hope of finding Cumbria's favourite trees.

At a time when trees are under threat from climate change, pests and diseases, Cumbria's Top 50 Trees is hoping to inspire people to celebrate the county's most magnificent specimens.




From childhood memories of climbing branches for conkers, lovers carving their initials on a tree trunk and walkers sheltering from a hailstorm, it is thought that nearly

everyone has a unique memory of a special tree in The Lake District.

From hundreds of stories, Woodland Inspirations has now selected Cumbria's top 50 trees and launched a public vote to find our which is the most iconic specimen and Cumbria's Top Tree! The trees have each been given imaginative names such as 'The Memorable Maple' at Ambleside and 'The Courageous Tree' at Coniston.

To vote for your favourite tree www.cumbriastop50trees.org.uk.



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Hilary set to be president

Hillary Clinton may have lost the chance to become the first woman president of the United States in November, but a Hilary (with one L) on this side of the Atlantic is set to break through Ambleside Rotary Club's 'glass ceiling' later this year.

In June the club's president-elect Hilary Lewis will receive the chain of office from current president Jim Wilson to make history at the club by becoming its first woman president.

"I'll get Jim's chain and my name will be added to it," she said. "Then I will really be able to put something back into the town."

'Something back' is a phrase Hilary mentioned several times when she spoke to Windermere Now at the turn of the year. She recalled being in The Lily bar with friends Margaret and Graham Harrison and they talked about "putting



something back" into the town they loved.

"We got in contact with secretary Richard Attenborough, then went along to a meeting, met everyone and felt very comfortable," said Hilary. Associate membership of one year followed before they became full members and ready to throw themselves into charity events in the town, which

is a cornerstone of Rotary's philosophy. Hilary has lived in Ambleside for more than two years and made it her home because she fell in love with it when she was younger. "This is where I got engaged and my in-laws lived here," she said. "It was either stay in Shropshire or come here – it wasn't even a contest. I've known Ambleside a long time – Malcolm

Tyson sold me my first walking boots!"

Ambleside Rotary is, of course, one of two Rotary clubs in the town (the other is Ambleside Kirkstone Rotary) which often causes some confusion. Kirkstone was formed in 2003, ironically, in view of Hilary's upcoming 'promotion', because at that time Ambleside Rotary didn't admit female members; since then Kirkstone has had a female president and later this year Sandra Hamer is set to become president.

Hilary hopes to harness the synergy between the two groups. *"I would like to see both clubs working alongside each other to further benefit the community of Ambleside,"* she said.

Ambleside Rotary Club meets at the Salutation Hotel on Thursdays at 5.45pm. For details call secretary Richard Attenborough on 015394 31516. Ambleside Kirkstone Rotary also meets at the Salutation, usually on the third Tuesday of the month.



Lakes Charity Classic Vehicle Show

The Lakes Charity Classic Vehicle Show is coming again on Sunday June 18 to the sports field in Grasmere in the heart of the Lakeland fells

The Lakes show has become a very popular event on the calendar, attracting more than 300 vehicles from all over the UK. Among the regular visitors is a group who call themselves 'the Grumpy Old Men' who bring their cars – including an MGYB – over from Yorkshire.

The event is organised each year for charity by the Windermere and Ambleside Lions Club, a small but dynamic team of volunteers whose efforts are appreciated by the entire community in Cumbria.

Last year's show made more than £7,000 for South Lakes Young Carers and the Jigsaw children's hospice trust; it's always local charities which benefit. Over the year they have raised over £35,000, helping 10 local charities. This time the chosen charities are Blood Bikes Cumbria, and LAMRT. The chair of the organising committee and long-standing member of the local Lions, Anthony Harrison said *"We always want to help local charities, and we know that these two both provide a vital service here in the Lake District,"*

The classic car show is their flagship event in the Lakes. It's a popular day out for families, with an

entry fee of just £5 (£12 for a family) and plenty of entertainment all day long. There will be tombola stalls, live music, Scalextric races, a car pull contest, and a competition to identify unusual motor parts.

There's also a bar, and a number of different food outlets, and the organisers will welcome bookings from auto-jumble dealers. *"We would like to try and encourage more motorbikes, trucks and other vehicles,"* said Anthony.

They are also looking for young blood to become members of the organising committee and helped make the show bigger and better again in the future.

Carver Uniting Church (URC and Methodist)

Everyone is welcome at all our Services and Social Events.

Two special events in April.

Saturday 1 April at 7.30pm. **Cafe Jam** is an opportunity to come and learn new and not so new songs in a relaxed and informal setting. Come to sing or just to listen. Refreshments provided.

Wednesday 19 April at 7.00pm Springs Dance Company present **Bread of Life**. This is an uplifting response to the invitation 'Come and Eat'. This powerful dance performance explores a message at the heart of the Christian tradition of the Communion/Eucharist in a thought-provoking and innovative way.

The show is choreographed by Belfast-based choreographer Suzannah Mc Creight for a company of five dancers.

Regular Services:

Sunday 10.45am Morning Worship
Communion Service 10.45am 2nd
Sunday of the month.

Evening Service 6.30pm 3rd
Sunday of the month.

Church with Croissants 9am 4th
Sunday of the month.

Every Wednesday 10-11.30am,
Coffee @Carver Our coffee
morning every week.

Carver Tots meet every Thursday in
term-time, 9-11am.

Dates for April.

Saturday 1 7.30pm Cafe Jam.

Sunday 2 10.45am Morning
Worship led by Cafe Jam.

Friday 7 6pm Pudding Evening.

Sunday 9 10.45am Morning
Worship with Communion.

6.30pm Evening Taize Service

Monday 10 6.30pm for 7pm Film
'Son of Man'

Thursday 13 7pm Maundy

Thursday Communion

Sunday 16 10.45am Easter Sunday
Morning Communion.

Wednesday 19 7pm Springs Dance
Company presents Bread of Life.

Sunday 23 9am Church with
Croissants.

10.45am Morning Service.

Sunday 30 10.45am Morning
Service.

Cartmel vicar's first year

Rachel took up the duties of Team Vicar, in April last year.

She's responsible for the congregations of St Mary's Allithwaite and St John's Flookburgh and her vitality, humour and profound faith have already endeared her to her parishioners, who applaud her unstinting care for the community.



Rachel is also the North West leader for New Wine Cumbria... a charismatic

movement which unites thousands of Christians throughout the UK.

Meet this dynamic Kendalian when she witnesses to us in Windermere, on a characteristic topic 'Stepping up, stepping in and stepping out.'

Join us at the Marchesi Centre on Thursday 20 April at 7:30 Details 07584 079 607

St. Michael and All Angels, Hawkshead's Parish Church fundraising campaign is well under way.

Since we launched the campaign in June last year, we have now raised nearly £27,000! Thank you to everyone who has bought a Hawken Owl, (guardian of the Bell Tower), a Virtual Roof Tile, mugs, Bell Tower Relish (made for us by Hawkshead Relish), or just made a generous donation, however large or small. It all helps!

We still have a lot to raise and although we have been getting some helpful publicity for our cause on Radio Cumbria and Border television and of course the wonderful BBC programme about

The Bell Tower Fund



Cumbria aired a week or so ago, we need more support.

We have a jumble/brick sale on Saturday 8th April and a Black Tie Ball at the Daffodil in Grasmere on Saturday 6 May (Tickets are available at £40.00 per head). Help us save this important Bell Tower and

get nearer our target of £70,000. Follow and like our facebook page and keep an eye out for our soon to be launched Just Giving page.

If you wish to buy tickets for the Ball or make a donation contact the fundraiser on **dbtowerprojec@gmail.com**

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100 miles to Langdale



Langdale School recently signed up for the 100 Mile Challenge, organised by Active Cumbria.

The challenge is to encourage as many children as possible to complete and record 100 miles by walking, running, cycling or swimming. The children have a before and after questionnaire to complete and a record card so that they can record their miles in and out of school. A chart on the wall of each classroom shows the children's progress. Langdale are using their mile-a-day morning run to help children on the way to their target. Although the mile-a-day has only been going for a short time it has been great success, with over 90% of the children taking part. Everyone, including the staff, parents and puppies, loves starting the day with a run and even the nursery children are taking part. A lot of the children are already well on their way to their 100 mile target!

Understanding the Holocaust

It is a challenge for any young child to comprehend the horrors of the Holocaust but nevertheless, children do have the capacity to understand and empathise when people of other cultures and backgrounds are persecuted.

For a group of the children at St Cuthbert's Catholic Primary School, their insights into this period in history were deepened when they visited the Lake District Holocaust Project (LDHP) at Windermere Library with visiting artist, Nicki Smith. Memory quilts were on display to tell the story about this horrific event in history and the children took their experiences and put them together to produce a memory quilt



of their own to represent their own cultures and diversity; something they are immensely proud of. The project celebrated differences from Africa to Latvia and all the countries, (including the Solomon Islands), sat in equality, side by side on the quilt. Headteacher, Peter Harrison explained that,

"St Cuthbert's children live out our beliefs that we are all equal; respect and celebrate differences and stand up for injustice past, present and future. Sometimes adults can learn these basic values from children who tend to get it just right!" It was a great morning when the quilt was presented to the school by Nicki Smith.



The children in Key Stage 2 had a very exciting day recently, taking part in brilliant archery sessions with specialist coaches.

It's always fun to try new sports and this was no exception with lots of smiles all round. The children had to really concentrate and there were quite a few

On target at Ambleside Primary

bullseyes too! Years 3 and 4 linked their archery session to their Egyptian history topic and rounded up their time with a Pharaoh themed competition. The sessions were funded using part of the Government Sports Grant that is awarded to all schools and academies.

Ellen's a cookery star

ELLEN GLEDHILL, 13, a student at The Lakes School in Troutbeck Bridge, was a runner-up in the Cumbria and Lancashire heat of the Rotary Clubs' nationwide young chef competition and won a place in the North West Regional Final. The food was judged by top local chefs who said it would have graced many fine restaurants.

Stepping up to the Finals

On Wednesday the 1st March, twelve aspiring gymnasts from Goodly Dale Primary School attended the South Lakes Key Steps Gym competition at Cartmel Priory School.

In previous years Goodly Dale had taken an incredible six teams to the cluster competition at The Lakes School and were delighted to have two teams qualify for the next stage of the competition. At Cartmel this year the school had one team in the Key Steps 1 competition (Years 1 and 2) and one team in the Key Steps 3



competition. (Year 5 and 6). The children practice their routines at weekly gym clubs which have regular attendances of over 20 pupils. The weekly coaching and practice has helped the gymnasts make excellent progress with their skills. This was clear to see at Carmel as they all performed fantastically. The Key Steps 3 team were unfortunate not to

qualify for the county finals. However, the Key Steps 1 team won the competition and have qualified for the county finals for the second year in a row. This is an amazing achievement. The whole school community is extremely proud of all the gymnasts and enjoys observing the pupils continuous love for sport and PE at Goodly Dale.

Book-reading became exciting

World Book Day was given a bit of a makeover this year at Windermere School, as the children attending the Elleray Campus were challenged to read stories from different cultures around the world.

The result was a representation of countries from across the globe thanks to the children's, and their parents', efforts to create such a wonderful array of outfits. Certainly, Elleray had an international air about it this week.

As well as dressing up as characters from their chosen books, the school also ran a competition for the pupils. Simply titled, 'Where do you like to read?', the pupils had to submit a photo of themselves reading in a place one would not usually associate with this quiet pastime.



The breadth of entries demonstrated real imagination and included reading while riding a pony; sailing on Lake Windermere; riding a bouncy toy in the park; hidden in the laundry cupboard of a hotel. The winning entries came from Tom Johnson and Felix Stewart, who were snapped reading in their

boats. Mrs Thomas, Head of the Elleray Campus at Windermere School, was delighted with the level of enthusiasm shown by the children for this year's World Book Day; *"The effort that has gone into both the outfits and the photo competition, shows just how motivated our children are by the books around them."*

Grasmere Primary

In a time of austerity it's wonderful that we still have such great facilities in South Lakes, and the children at Grasmere School have certainly been out and about enjoying them in the last few weeks.

Class 2 habitat work has involved getting out in woods and by lakes. Sometimes the local wildlife doesn't show itself very much and it isn't so easy to travel to a contrasting habitat such as the African Savannah. Kendal Museum provided the solution and the children explored African wildlife by torchlight in a dark gallery ("A lion!"), and then contrasted it with the lovely displays of South Lakeland habitats upstairs. Thank you Kendal Museum! Early Years have continued going to the library weekly, and have gained so much from the brilliant story telling by the librarians. All the children choose new books, and learn about different types of books from the classification system. Schools often haven't got these levels of resources, so gratitude goes to the library service. The Wordsworth Trust Head Gardener worked with the children on their science objectives. They had a wonderful afternoon planting and learning about plant structures. They're also carrying out weekly scientific observations at Allan Bank, during Forest Schools sessions. Thank you also to everyone who parks in Grasmere School playground at the weekend – carpark contributions help to fund all these educational visits.



Festival ideas floated



Ambleside is taking the plunge with a series of wild swimming adventures at the Festival of the Fells to be held over four days from 21-24 September.

Open water specialists Swim the Lakes will take swimmers out in the lakes and rivers during this year's festival, including wild swimming taster sessions, and a swim down the River Brathay described as 'down the river without a paddle'.

Swim the Lakes director Pete Kelly said the moonlit swim in Windermere which was featured on BBC television will be one of the highlights of this year's festival and was likely to be the most popular.

The organisers are hoping that this year's event will be even bigger and better than last year's inaugural festival, which attracted thousands of visitors and brought an estimated extra £325,000 into the local economy.

The new headline sponsors are holiday cottage company, Heart of the Lakes. The festival will feature a programme of walks, talks, music and film along with the swimming events, which can be booked now on the Swim the Lakes website.

Also likely to be on the festival agenda is the Triple Spine Lakeland Challenge, a charity walk launched by Richard Jennings in June 2016. The three main ridges of the Lake District (Red Screes-Fairfield-Helvellyn- Clough Head, the High Street range, and Loughrigg Fell to Walla Crag over Sergeant Man, High Raise and Ullscarf) will be traversed with two of the legs starting at Ambleside.

Wet as an otter's pocket

Vickie Hunter, a local girl, who is out most weekends competing as a passenger in Sporting Trials, said she had "Severe waterproof failure today. I called in at Ma and Pa's on the way home – sat on their kitchen floor in front of a fan heater for an hour until I could feel my buttocks again."

The 'today' she refers to was the last Sunday of February, when Ings, near Windermere, was host to a round of the Northern Phoenix Trials Car Club's championship for the first time.

Sporting trials involve driving a funny little car up some very steep hills as far as possible. There is no speed involved, but lots of spinning of wheels when grip is lost.

If you remember, that weekend was very windy and very, very wet. Twenty competitors turned up (less your



Vickie Hunter Passengering Martin Greenwood

News Editor and Managing Editor, who read the weather forecast) to attempt to climb 6 Hills, four times each during the day.

The wind was bad enough, but by the time the first round of six hills was completed the rain was pelting down.

50 mph winds and 13mm of rain in the six hours the trial lasts (in 'old money' that is half an inch of rain) makes for a real trial!

Not surprisingly the competition was called off at lunchtime, after the second round of the Hills. It's not just the competitors to be

considered, but also the marshals, who have to stand about in the wind and rain.

There were enough results to announce the winners, with Mike Salton, a Windermere man, as 3rd overall and Best Live Axle car.

Vickie, passengering, as usual for Martin Greenwood, came 7th overall. The winner was the Simon Kingsley from 'over there' in Yorkshire.

It was a shame it was so wet as the site is very nice with scope for laying out challenging Hills. Better weather next year, maybe?

Fell Foot Park gets £2 million facelift

A new sports facility at Fell Foot Park Windermere is currently under construction thanks to a £500,000 investment by Sport England.

The facility is part of a £1.9million development to the National Trust site which will include a new cafe, restoration of the 19th century boathouses, landscape gardening and a 'glamping' area. The work undertaken by Thomas Armstrong

Construction Ltd will also provide the base for the Windermere Rowing Club and Sailing Club. Fell Foot attracts water sports enthusiasts all year round and it is hoped that the new sports complex will cater for more group events. The development has caused much controversy with local residents who are concerned about the 'commercial intent' of the development and that it will spoil the tranquility

of the lake. A letter from Staveley in Cartmel Parish Council was sent to The Lake District National Park Authority outlining these concerns. The majority of the park is remaining open for business as usual with Easter Egg Hunts on 16th April and several spring discovery fun days running from 8th until 23rd April. The new facilities are scheduled to be ready by October 2017.

'Brathay 262', a new 24-hour endurance road cycle-event is a tough 10 laps around England's longest lake, Windermere. A year in the planning, it is the brain child of Paul Sutherland

"There's a massive interest in top end cycling events that are technically challenging and take place in stunning settings. A circuit around Windermere Lake ticks all those boxes. A mix of quiet B class roads, with plenty of twists, turns and hills, and wider A class roads with traffic." The total ascent is 19,500 feet and the distance travelled is 262 miles – equivalent of riding from Kendal to London while ascending Kilimanjaro!

Riders will be cycling through the night and, even with a full moon, leaf cover will make for darker roads and slower speeds. *"There are also road hazards, wildlife at night and tourists by day"* said Paul.



The first rider back is expected to complete the course in under 18 hours.

This unique event is limited to 20 riders and places are selling quickly.

Scott Umpleby, Event Director, explained why they are offering the Lake District's newest, toughest road cycle stage race. He said:

"Over 70 years of expertise in outdoor learning, through

challenging activities, means Brathay is well equipped to organise high quality, distinctive endurance events.

The riders face the unenviable task of staying awake for 24 hours and battling mental and physical exhaustion. In doing so they will also make a commitment to raise funds to help Brathay Trust's work with some of the UK's most vulnerable children and young people".

The entry fee is £125 and includes support, all meals and accommodation for the duration of the event. Interested? www.brathaychallenges.com

Langdale big mountain weekend

A celebration of climbing takes place at the end of April in one of the Lake District's most beloved valleys of rock, routes and rope.

The Sticklebarn in Langdale will host the Big Mountain weekend on 29th and 30th April, bringing together the climbing community to share and improve the

skills necessary for enjoying these beautiful mountains safely. Workshops from scrambling, to multi pitch rock climbing are open to complete beginners, intermediates and experienced climbers alike. There will be a Saturday night Lakeland revival promising a BBQ with live music, technical advice and classic route cards.

The Lakeland Revival has been running for the past three years with the simple aim of reinvigorating the spirit of Lakeland climbing. This year the focus is not just on looking after popular routes but reviving Lake District climbing generally; history, characters, myths, legends and tall tales from the Lakeland valleys. Details.

www.arcteryxlakelandrevival.com for more details



It was coincidence corner as I started writing this column. Just as I was about to begin typing a slim, padded parcel dropped through the letterbox: it was the first copy, hot off the press, of the latest revised Alfred Wainwright guidebook, Book Four: The Southern Fells. Major excitement!

I was about the extol the virtues of Wetherlam, the fell that so dominates the start of Little Langdale, and I immediately turned to the chapter in the book which has been enlarged by two pages in order to give details about the way up from Tilberthwaite via the prominent spur known as Steel Edge.

Wainwright never mentioned this route, but it really is a splendid line of ascent up a ridge which looks formidable but, in fact, is merely, well... exhilarating. Combined with a descent via Wetherlam Edge, this is as good a shortish round trip to a fell of this height (2,502ft) that you will find anywhere in the Lake District.

But Wetherlam is more than a two-trick pony; from Conistown there is a choice of two excellent ridges – best way is up via Black Sails, down via Lad Stones – as well as the infrequented upland valley of Red Gill. And to complete the picture, from Little Langdale there is a route up visiting a series of quarries, one the home of the cave made famous by the 19th century smuggler Lanty Slee (he kept a still there for making illicit whisky) and a choice of descents via Greenburn.

Not to mention (although I will) the picturesque packhorse bridge Slater Bridge, the much-photographed Cathedral Cave, the only working quarry left in Tilberthwaite (a beautiful valley adorned with a rich carpet of trees that are an autumn joy), plus an estimated one hundred old caves and levels (extreme care needed) dotted all over the fell.

Wetherlam is one of the finest – it's certainly in my top twenty.

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 has completed work on Book Four: The Southern Fells which will be published before Easter.

UP COMING EVENTS

An Evening of Flowers.
Friday 31 March. Cafe Ambio. Lakeland Motor Museum. £7.50

Motor museum visit 6.30pm followed by flower demonstration - 7.30pm - by Roz Harrison of Dodds Flowers, Ulverston. Tickets from Dot 015395 30132 or Marion 015395 31779

A Talk entitled "The Passion of Collectors 1400-1800" will be given by Mark Littler MA at the General Meeting of the Ambleside & District U3A. The meeting will take place in the Marchesi Centre, Windermere at 2.15pm on Monday 10 April. Mr Littler, a senior valuer and auctioneer, will describe the work of mediaeval goldsmiths, 16C clocks and watches, 17C Chinese porcelain and 18C works of Thomas Chippendale. All are welcome (non-members £2.00).

Ancient Woodlands of Cumbria Thursday, April 6: 7.30pm.
Percival Lecture Theatre, Ambleside University Campus, Rydal Road, Ambleside.

Edward Mills, Chartered Forester and Environmentalist will talk about the wide variety of ancient woodlands in Cumbria, the incredible diversity within them and some of the current issues affecting them.

Presented by the Ambleside Natural History Society. Everyone welcome.

ON-GOING EVENTS

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

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

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

AMBLESIDE PARISH CENTRE

Cedar Counselling Cumbria: Mon-Fri: Free and confidential counselling available 075021-06582 or email help@cedar-counsellingcumbria.co.uk
Gentle chair-based exercise: Friday, : 11-12 pm. Age UK. 01539 728118
All Together Now: Tuesdays: 3.15 - 5pm. Call the parish centre on 015394-34172.

Computer 'Games for Men' group: Thursdays 10am - 12.30pm, offers the opportunity to develop computer skills as there are PCs available. new members are welcome. Games include dominoes, cards, pool, table football table tennis and backgammon.

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@btopenworld.com
Foodbank: Thursdays: Food boxes distributed 11am-1pm. Collect vouchers during office opening hours.

BRATHAY CHURCH HALL

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

SKELWITH BRIDGE COMMUNITY CENTRE

U3A Bridge group; Fridays: 2pm. Small friendly group call 015394 35200 or just come along.

MARCHESI CENTRE

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

MONDAY:

Social Club 55: 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
Rummikub Club - 7.30pm (3rd Monday of the month)

TUESDAY:

Enjoy Your Leisure 10am
Alzheimer's Society Dementia Café 1.30pm (2nd Tues)
Exercise Class for the Over 50's - 1.30pm
Trefoil Guild 2pm (2nd Tues)
Chess 7.30pm

WEDNESDAY:

Windermere Scottish Dance Group. 10am.
U3A Reading Group 2pm (1st Wed)
Windermere Bridge Club 6.50pm

THURSDAY

Art Class 10am
Bowness W.I. 12 - 4pm (2nd Thursday)
Windermere W.I. 7pm (1st Thursday)
In the Moment Windermere-Lakeland Arts (every Thursday, except the Last)
Filling Station 7.30pm (3rd Thursday)

FRIDAY

Social Club 55: 10am
U3A Bridge 2pm
Windermere Bridge Club 6.50pm

SATURDAY

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

**SEND US YOUR
WHAT'S ON FOR 2017**

Call the team to discuss your requirements
info@windermere-now.co.uk
015395 35454

Events at Ambleside Library

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

ESOL Classes, Tuesdays 1 - 3pm & Wednesdays 6.30 - 8.30pm For anyone who would like to improve their English skills.

Games Group 1st & 3rd Tuesdays each month 4.30 - 6pm Informal games playing Cards, Scrabble, Chess etc. Everyone welcome.

Wednesday drop-ins with SLDC advisor, 10am – 1pm.

Gadget Man every Wednesday, 11am - 1pm, 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.

Lakes Parish Council Meeting, Wednesday 5th & 19th April, 7pm. Latest planning applications to view from 6.30pm

Ambleside Child & Baby Clinic, 1st & 3rd Thursday of the month, 10am till 11am.

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

Reading Group, 12 April from 7.15pm.

Contact the library on 015394 32507 or email ambleside.library.staff@cumbria.gov.uk for further information.

Windermere Library

Author Event: Tuesday 4th April 2pm Ian MacFadyen the author of the Carmichael series of Murder Mystery novels, set in rural Lancashire. Ian will be visiting Windermere Library on Tuesday 11 April to discuss his latest crime thriller 'Death in Winter' four days to Christmas in rural Lancashire a respectable woman goes missing.

Dementia Drop in: Tuesday 4 April 1:30 – 3:30pm

Easter Craft Saturday 8 April 10:30 -12pm 0-10 years. Join us for some Easter fun in the children's area of Windermere library making Easter crafts to take home.

Baby Clinic: Monday 24 April 10am – 12pm

Manjushri Meditation: 6 - 7pm Tea and coffee provided £5 per session: South Lakeland District Council drop in session every Tuesday and Thursday in Windermere library from 9.15 am – 12.15 noon

Story Time Tuesday 2pm - 2.30pm 0- school age

Windermere Library Reading Group – No Meeting in April

Windermere Library Reading group meet on the 3rd Monday of each month at 3:00pm in the library tea and coffee provided

Citizens Advice 015394 46464

From Auschwitz to Ambleside Exhibition Opening Times: Daily 9.30am - 5pm (closed Monday afternoon, Wednesday and Sunday)

Windermere Library will be closed on Good Friday 14th April & Easter Monday 17th April re opening on Tuesday 18th April

A conversation about health

Better Care Together invite you to join together for a Conversation about health in the Grange and Lakes community. Tuesday 9 May. 6pm – 8pm The Marchesi Centre, Windermere

Better Care Together is a programme which aims to improve health and care services across Morecambe Bay both now and in the future, both in and out of hospitals. The idea is to bring the public, the NHS, Local Government, charities and voluntary groups together to promote and improve the health and wellbeing of Morecambe Bay.



Come and share your ideas and discuss how together, a real difference can be made to the health and wellbeing of people in the Grange and Lakes area. Light refreshments will be provided.

Angela Robinson: 01539 777328
email: angela.robinson@cumbriaccg.nhs.uk




Join us for a Conversation



Better Care Together is an initiative that brings together local people with health and care staff from the NHS and Local Government to promote and maintain health & wellbeing.

Please come along to share ideas and discuss how we can make a difference working together in the Grange and Lakes area on the following dates:

Tuesday 14 March 2017 6pm - 8pm
The Victoria Hall, Main Street
Grange-over-Sands LA11 6DP

Tuesday 9 May 2017 6pm - 8pm
The Marchesi Centre,
Windermere LA23 2AF

Light refreshments will be provided

For more information please contact
Angela.Robinson@cumbriaCCG.nhs.uk
Tel: 01539 777327

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