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ISSUE WN30 - OCTOBER 17  
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P27



P7

STICKING TO WHAT HE KNOWS

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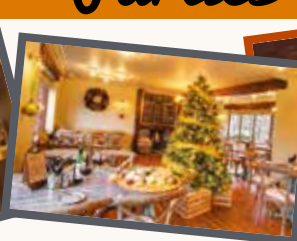
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# Letter from the Editor

So after all the furore around Windermere Ferry this summer, have the issues around payment had an impact on visitor attractions on the other side of the lake?

According to National Trust, Hill Top visitor numbers are actually higher this year, but clearly frustrations continue. Changes have been made (see page 11) so hopefully things will improve. Feel free to have your say on this and any other local topic - the best that come in will be published in the next issue.

Thirlmere is just outside our delivery area, I know. We have nonetheless devoted over a page (4) to the proposals for a zipwire and adventure centre. Fundamentally it asks the question of conservation (albeit of a man made environment) versus tourism. There are two camps who are no more likely to meet in the middle over this, than they were over previous similar suggestions such as those at Glenridding and Honister. Not only is it controversial in its own right but it poses a wider question for the whole Lake District in the years to come. Are we busy enough or do we want more, and if so, then more of what?

The next edition is the big bumper Christmas edition. The deadline of 3rd November means the paper will be out by 27th November so please don't miss the chance to place adverts, notices and so on.

Thanks to the team who work so hard to put this together for the local community.



DEADLINE 3RD NOVEMBER

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## Christmas edition deadline

| Issue | Deadline     | Release begins |
|-------|--------------|----------------|
| WN31  | 3RD NOVEMBER | 27 NOVEMBER    |



# Thirlmere zipwire

## Both sides of the lake (and the equation)

**A company that in 2014 abandoned plans for a zipwire in the Lake District after strong local opposition is proposing setting up a similar facility elsewhere in the national park – and it has provoked strong feelings on each side of the debate.**

Treetop Trek faced strong local opposition in 2014 to its scheme near Glenridding, but now wants to build a 1,200m-long line across Thirlmere. The zipwire would be part of an activity hub at the lake, which would also see the setting up of an 18km (11-mile) cycle track around Thirlmere.

No plans have yet been formally submitted to the Lake District National Park Authority, but Treetop Trek, which operates an adventure facility at Brockholes between Ambleside and Windermere has already held a public consultation in St John's in the Vale and a public meeting at Swirls car park just off the A591 near where the zipwire would swing across the reservoir.

The proposed hub and zipwire would be built on United Utilities land. A Treetop Trek spokesman said: *"This stunning part of the Lake District is not explored by many and often bypassed by those travelling from Windermere to Keswick along the busy A591. We will attract people in all seasons to this fantastic outdoor adventure and, in doing so, help local businesses thrive."*

*"The project will generate 28 full time equivalent jobs for the local community and our proposed community fund will help us invest back into the local community."*

Under the scheme, riders on the zipwire would travel twice over the water from heights up to 130m above

the ground, crossing the main A591 alongside the lake.

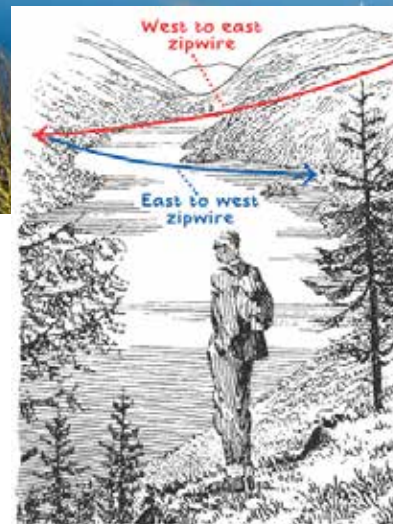
Conservation charity Friends of the Lake District said it would object to the zipwire, which it described as 'wholly inappropriate' for the location.

*"Although the structure itself may have a minimal impact we consider that while in use the proposal would cause significant detrimental impacts to the landscape character and diminish the tranquillity the Thirlmere valley possesses away from the A591. We are also concerned regarding the management of visitor numbers, increasing traffic and the provision of adequate parking for commercial development in this area of the national park."*

In 2013, the Lake District authority turned down plans for a zipwire at Honister, submitted by the Honister Slate Mine. The plan split opinion, with the Friends of the Lake District and two local parish councils opposing the zipwire, but Everest summiteer and Cumbria resident Sir Chris Bonington in favour.

Windermere Now asked its columnist Clive Hutchby, the man currently revising Alfred Wainwright's seven-volume Pictorial Guide to the Lakeland Fells, to gauge opinion on the plan.

He said: *"I posted on the major Lake District Facebook sites the famous self-portrait of Alfred Wainwright enjoying the view over Thirlmere that was included in the Raven Crag chapter in Book Three: The Central Fells, with the line of the zipwires drawn in. The response was phenomenal, with roughly a 50:50 split between people in favour of the*



zipwire (usually under 30 and from Cumbria) and those against (probably older, many of them visitors).

*"Thirlmere as a zipwire site certainly divided opinion, but there was a lot more support for a zipwire at Honister, with many respondents who were against Thirlmere in favour."*

Probably one of the most considered responses was from Rob Whythe, who wrote:

*'I've just re-watched the programme from 2011 about Mark Weir's struggle to get the zip wire approved at Honister. That site was ideal for it, given the industrial heritage of the site and the fact that there used to be an aerial cableway bringing the slate down from the mountain to the work sheds. To see the planning committee struggling with it and eventually rejecting it was painful enough. If the same committee approves these new zip wires in a situation that doesn't have that heritage, in a valley as peaceful and quiet as Thirlmere, which currently has none of the "adrenaline junkie" attractions, it would be such a kick in the teeth to Mark's ambitions and vision. And it would blight a quiet area beyond recovery. This cannot be a serious suggestion.'* Clive added: *"This issue could run and run."*

## The Sandford Principle regarding the proposals for Thirlmere

To help national park authorities make decisions between conservation and recreation, the National Parks Policy Review Committee made a recommendation in 1974, which is now known as the Sandford Principle, named after Lord Sandford who was chair of the committee.

### Sandford Principle

'Where irreconcilable conflicts exist between conservation and public enjoyment, then conservation interest should take priority'

This principle was updated in the 1995 Environment Act, to read: 'If it appears that there is a conflict between those purposes, (the National Park Authority) shall attach greater weight to the purpose of conserving and enhancing the natural beauty, wildlife and cultural heritage of the area'

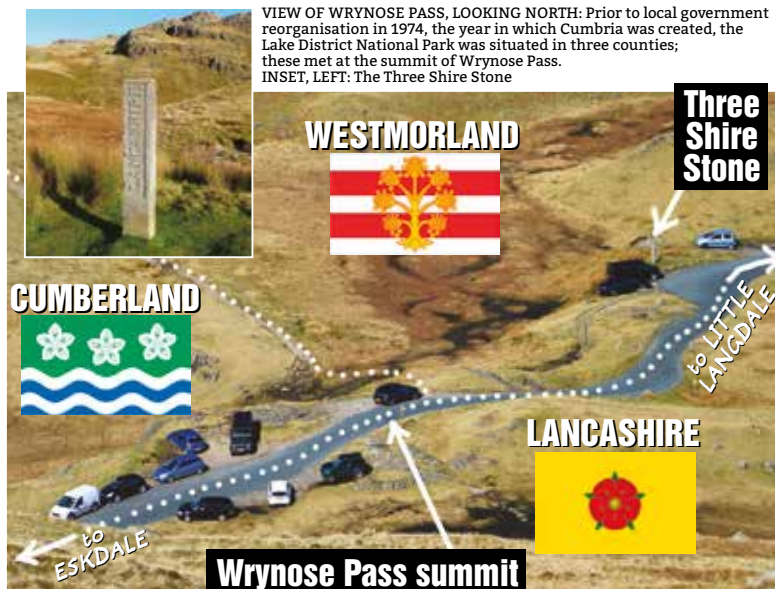
In other words: If there is a conflict between protecting the environment and people enjoying the environment, then protecting the environment is more important.

The board members of the Lake District National Park will take this into account when considering any such plans as the Thirlmere zipwire. There are 20 members, 5 appointed by Cumbria County Council, 5 by the district councils with areas in the national park (Allerdale, Copeland, Eden and South Lakeland) and 10 appointed by the Secretary of State to represent the national interest and parish councils in the national park.

A list of members can be found on the national park website:

[www.lakedistrict.gov.uk/aboutus/members](http://www.lakedistrict.gov.uk/aboutus/members)

## Three Shire Stone bites the dust



**A historic Lake District stone landmark has been damaged and will require complicated stonemasonry to repair it.**

The Three Shire Stone, at the 1256ft summit of Wrynose Pass between Little Langdale and Eskdale, was toppled and now needs some serious TLC to be restored to its former glory. It is not known whether vandalism or bad driving caused the damage.

The stone, carved in 1816 and put up in its current location in 1860, marks the spot where the historic English counties of Lancashire, Cumberland and Westmorland met.

In 1974 Cumbria was created following local government reorganisation and Cumberland and Westmorland ceased to be – but the stone has remained as a landmark near the summit of the pass since then.

In 1997, it was shattered into four pieces after being struck by a car, and was restored by Troutbeck Bridge stonemason Gordon Greaves prior to being re-erected the following year.

However, the Grade II listed structure has not fared that well from the latest incident and experts believe it will be many weeks before it is repaired and back in place.

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## Beware of doorstep callers



**Cumbria Trading Standards are warning residents in Cumbria to be on their guard from cold callers looking for driveway resurfacing or tarmacing work.**

Consumers should be extremely cautious when approached by any cold callers offering to conduct work on their property. These types of callers often use persuasive or aggressive tactics to get people to agree to have work carried out and then charge far more than was quoted for poor quality work or poor quality goods.

In most cases traders who call at your home should give a cooling off period which gives 14 days in which to cancel (there are some exceptions). Trading Standards advice is to always say 'NO' to any cold callers, shop around for quotes and consider using a local trader who has been recommended by others.

For advice on such issues or to report an incident call the Citizens Advice Consumer Helpline on 03454 04 05 06 or visit [www.adviceguide.org.uk](http://www.adviceguide.org.uk) or you can contact the Police on 101.

## Ransome reading marathon

A literary marathon was completed on the shores of Coniston when a team of enthusiasts read all 31 chapters of the children's classic story, *Swallows and Amazons*.

The novel event brought to an end a summer of celebrations marking the 50th anniversary of the death of the writer Arthur Ransome.

Actors, writers, academics and fans old and young gathered under gazebos on the lake shore to read the book in nine hours – in spite of rain through the afternoon. Visitors were treated to free rides in a small boat across the lake to the Swallows and Amazons tearoom at Bank Ground Farm, which features as "Holly Howe" in the story.

The reading was started by eminent author Christina Hardyment, and the last chapter was read by Sophie Neville who starred in the 1974 film version of the book.

The youngest reader was eight year old Megan



**MAIN:** Young readers Megan and Hannah Rushton  
**RIGHT:** Christina Hardyment

Rushton whose ten year old sister Hannah also read a chapter. The event was organised by Dr Chris Routledge of Liverpool University. Dr Routledge said *"It was such an appropriate way to celebrate the life and work of Ransome,"* he said, adding thanks to the Arthur Ransome Trust who provided the shelters,



and ran a stall selling books and memorabilia. *"The age range of our readers proves that Ransome's talent as a storyteller has an enduring appeal."*

## Soggy Bottoms

**That's what you'll get if you sit down to marvel at the Autumn tints this year.**

*"A soggy summer suggests later and longer autumn colour, say experts."*

A dry spring followed by a wet summer could mean an extended autumn display, say experts at Forestry Commission England. Experts are hopeful that a crescendo of warm autumn tints will

come around the last two weeks in October, where, if you're exploring the great outdoors, you'll struggle not to feast your eyes on some fantastic colour. The length of the amazing autumn display relies on heavy rains and winds being kept at bay during October.

Andrew Smith, Director at Westonbirt Arboretum said *"Judging by the weather so far this year we could expect a slightly later autumn, though you will enjoy it if you're out and about mid to late October."* Forestry Commission England is



focusing on a 'Feel Good Autumn' through a new initiative encouraging people to spend time in the forest. Grizedale Forest is at number 2 in their top-10 forests.

# Peter sticks to what he knows

For over 30 years Peter and Sue Cooper have run Ambleside's smallest shop – so small, in fact, that it occupies just a few square feet of their front patio right in the centre of the town.

This is where they sit in the summer sunshine as the world walks (and drives!) by. Just across the road from the Bridge House, you will find a fabulous collection of walking sticks and poles all hand-crafted by Peter, 75, a retired postman.

"It's my hobby," he said, "I love making them," modestly forgetting to add that they are clearly a labour of love.

Coniston-born Peter and Ambleside-born Sue have been married 42 years, the

last 32 of which have been spent in their stone cottage in the centre of the town. And Peter is always keen on utilising local expertise for his sticks – he pointed to one: "A deer's foot," he said, "I get them from Freddie Garside butchers, cure them, dry them, keep them a few weeks and then get to work."

Ram's horns, cow horns, buffalo horns (probably not sourced in Cumbria!) and much more adorn his sticks, which range in price from a simple walking pole for a child at £5 right up to £60 for his 'top-of-the-range' models.

Check out [www.youtube.com](http://www.youtube.com) for a video about him – just search for 'Ambleside stick maker'.



**MAIN:** Sue and Peter Cooper enjoy the August sunshine outside their Ambleside home

**RIGHT:** Stick made from a deer's hoof





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# Let's Face it, we love our home!



Steven Thompson, left, with poet John Phoenix Hutchinson at last year's Festival of the Fells in Ambleside

**Social media is becoming one of the most important ways of promoting the Lake District – if you are a business and you do not possess an active Facebook site you could be missing out.**

The evidence is there to see: hotels, guesthouses, shops, cafés and restaurants are all building up their numbers of Facebook followers – but on sheer numbers alone there is one site that is head and shoulders above the rest.

I Love The Lake District was set up by the daughter of Carlisle man Steven Thompson ten years ago and now has 84,000 members from all corners of the globe. It is the 'go to' site for people seeking photographs and general info and chat about the Lakes, and has been so fast-growing in the past couple of years that Steven, who now runs the site,

has launched a badge for members to wear.

*"Wear your badge with pride and look for other members of the group whilst out in the Lake District," he said on the site.*

The badge is available on eBay and proceeds from sales will go to Cumbria Mountain Rescue.

As with 'I Love The Lake District', the Facebook site 'We Love Cumbria and the Lake District' has also been growing swiftly. Formed by West Cumbria man Billy Stoddard barely a handful of years ago, its rapidly expanding membership and is now racing towards the 20,000 mark. It too offers a mixture of photographs and opinions about the area, and also supports charities – in the wake of the 2015 floods it was particularly active in encouraging fund-raising efforts.



Lake District lovers can find dozens and dozens of Facebook pages about their favourite area. Here are just a few:

**I Love The Lake District:**  
84,000 members

**We Love Cumbria And The Lake District:** 17,000 members

**To climb the 214 Wainwright Fells:** 10,000 members

**Lake District Chat and Photography:** 4,200 members

**Bowness, Windermere and Lake in Bygone Days:** 1,500 members

**Lakeland Right Now:**  
1,000 members

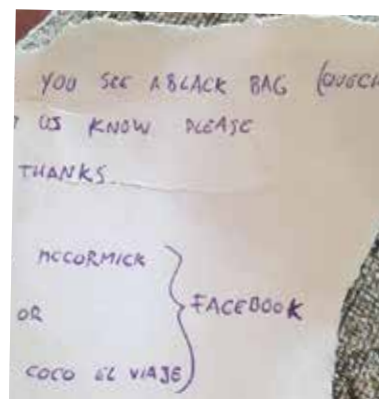
**Love Ambleside:** 850 members

**Visit Grasmere:** 280 members

## Facebook finds missing bag

**The power of Facebook extends all the way to Kirkstone Road, Ambleside, as a happy-ending story from the summer holidays proved.**

Luli McCormick, a visitor from the United States last month, lost a black bag there... but left a note asking for anyone who found it to contact her via Facebook. A day later she and her bag were reunited, as Kirkstone Road resident Jill Attenborough confirmed online!



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# Drunken Ducks, Mortal Men...what's that all about?



The Mortal Man gets its name from the verse on the sign

PHOTO: Bryan Pready

## Pub names... how do they get them? The Lakes has its fair share of quirkily named pubs.

For one, The Drunken Duck near Ambleside has a name that dates back to the Victorian era when a landlady of the Inn found her ducks lying stretched out in the road and presuming they were dead began to pluck and prepare them for dinner. She later realized that a barrel had slipped over in the cellar and its beer had drained from the floor into the ducks' feeding ditch. The result? they found themselves plucked and on their way to the oven! According to local legend, the landlady was so full of remorse when she realized, she made the de-feathered birds knitted waistcoats of Hawkshead yarn until their feathers grew back.

What about The Mortal Man at Troutbeck? Frequented by the likes of Wordsworth and Coleridge this public house was originally called The White House. It appears that the locals became fond of the 'Sally Birkett' rhyme depicted on the inn sign and in time, the nickname became so popular that 'The White

House' was dropped in favour of 'Mortal Man' "O mortal man that lives by bread/What is it makes thy nose so red?/Thou silly fool, that look'st so pale/'Tis drinking Sally Birkett's ale." An older legend has it that a great giant, named Hird, is buried beneath The Mortal Man. Feared by locals, Hird would roam the hillsides, uprooting trees and throwing boulders during his drunken rampages. One evening, the giant perished up on Wansfell and his huge corpse rolled right down the fell and there he was buried. The Golden Rule?... There are only two known pubs in Britain called the Golden Rule. One is in Ambleside, the other in Edinburgh.

The question is - what is the Golden Rule? Over the years it has been interpreted in many different ways:-

Religious people see it as "Do unto others as you would do unto yourself", the underdog views it as "He who has the gold.... rules!", the sceptic - "The golden rule is that there is no golden rule". Whichever it is you would have to agree that quirky British pub names add humour, history, intrigue and something to chat about over a pint!



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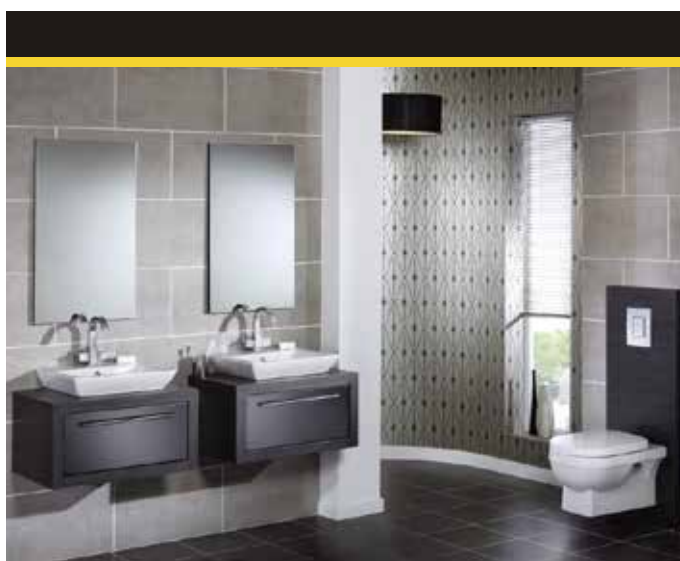
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## Friends of the 597

In a bid to increase bus usage and in support of local and national campaigns to combat social isolation and loneliness amongst our aging population the Friends of the 597 are running "Coffee Cruises" throughout the year.

The first cruise ran to the home of the Friend's secretary and was very successful. The Hydro Hotel has generously sponsored the project on Thursdays throughout August and Beresfords Restaurant has already agreed to host a future "cruise". It's hoped other venues on the bus route will consider similarly supporting this local bus service and the people who use and need it.

All that is asked is that, for one chosen morning the venue would provide a free coffee for any passenger presenting a valid bus



ticket. This may be as few as five or as many as thirty depending on weather and other factors. Being a "Hail and Ride" service, passengers can get on at their door, book to the venue which is on the bus's route, enjoy their coffee and the company of others, then later, re-embark, re-book for the station and then return home.

This generates three tickets per passenger every one of which helps to sustain payment for the provision of the bus service, even with a "Now" travel card!

The establishment benefits from new faces coming through the door, seeing what is on offer, additional or repeat orders or return visits on other days and recommendations to other potential clients. The service runs half-hourly between 9.30 and 12 noon on Tuesdays, Thursdays and Fridays. Thursday is the preferred day. Should a venue choose to help every effort will be made to publicise the event and their generous support.

Interested possible venues can contact the Secretary at [agsykes@talktalk.net](mailto:agsykes@talktalk.net).

## Big bright balloons on bank holiday

Local residents and visitors were somewhat distracted when a dozen hot air balloons were spotted flying over Lake Windermere during the August Bank Holiday.

The North West Ballooning and Airship Club organised a series of flying competitions when they held their annual event at Black Beck Farm in Bouth. Funky hot air balloons in all colours and designs were seen floating over the lake including stripey ones, checked ones and bright yellow ones to name but a few. The two day event for balloon enthusiasts also included a fancy dress barbeque and a tug of war competition.



## Can you help? We need your tools

**At Windermere Tools for Self Reliance we are still renovating tools for re-use in Africa.** At our Windermere workshop (in one of the cellars at Carver Uniting Church in Lake Road) we repair donated tools so that they can be put to good use again by budding craftsmen in Ghana, Malawi, Zambia and war-torn Sierra Leone.

When you next turn out your shed or garage, please could you think about recycling tools this way. With your help, start-up kits for carpenters, mechanics, metalworkers and blacksmiths can be sent out of Africa and used to help men and women secure employment, support their families, educate their children and help build communities.

Please contact us for more information or if there is anything you would like to donate. We will come and collect from you. Thank you

**John Mullen** (Windermere)  
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**Richard Beskeen** (Grasmere)  
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# Blooming Lovely



**Last year, the Town Council decided that it needed to do something to improve the civic planting in our centres, which, over the years had become the victim of budget cuts by various local authorities.**

This summer, despite the weather, we have had some lovely flower displays. Altogether 108 lamp-post baskets and railing tubs were put up and watered throughout the season by the Town Council. We have taken over the sad and neglected containers on Main Road, Crescent Road and the roundabout bed near the Railway Station (which has WINDERMERE growing in box hedging – take a look!). Our Town Steward (Gary) has planted and looked after these. We have also funded the improvements to Ellerthwaite Square Island. Next year, we plan to do even more and sort out the Millennium Gardens at

Baddeley Clock. We could not have done this without the generous sponsorship and support from the following local people and businesses. Thank-you!

- Bodega Bar & Tapas
- Cllr Ben Berry
- Bonny Brae Guest House
- Cedar Manor Hotel
- The Corner Shop, Windermere
- Daniella Draper Ltd
- Fairfield House Hotel
- Hapimag
- Helen's Chocolates
- The Hen House
- The Hydro Hotel
- Hyltons Restaurant
- Morsepont Designer Clothing
- Musgraves Ironmongers
- Sally Cooper.com (on-line solicitor)
- Total Adventure Ltd
- Vinegar Jones
- Windermere & Bowness Chamber of Trade
- Windermere Hotel

## Windermere ferry: Still no change

**Cumbria County Council has made changes to the payment system at Windermere Ferry:**

- With immediate effect hand-held contactless devices can take card payments without customers having to leave their cars;
- For those paying by cash, staff will be on hand

to help and there will shortly be two machines at each ferry head to ease queuing. They also sourced new machines that are easier to use, which will be installed from September.

Leader of the council Stewart Young said: *"The review is ongoing and I will share further updates as and when we have them."*

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## Red Squirrel Rescue



**When you think of the Lake District you may well think fells, lakes, sheep farming, Roe and Red deer, Buzzards and Red Squirrels. But have you seen a red squirrel recently, or even at all?**

When the grey squirrel was introduced from America in the late 1870's it effectively replaced our native red squirrel in most parts of Britain except in the north, except isolated colonies where they are actively protected. Now the red squirrel is an endangered species here.

The delightful russet red mammal with its fluffy white, tipped tail and tufty ears has certainly diminished in Coniston and Torver.

The Westmorland Red Squirrel organisation are a charity that exist to save red squirrels in South East Cumbria, and they need our help.

Reporting sightings of both red and grey squirrels is very important to the conservation work of one of our iconic species.

Reporting a sighting is easy, just go to [www.westmorlandredsquirrels.org.uk](http://www.westmorlandredsquirrels.org.uk), click on the sightings button and fill in the quick form. The website offers more information on red squirrels, their work and events. It will also tell you how to identify them when they moult their tufted ear tips in summer or when their colouring is not obvious.

It is estimated that without help the red squirrel will be extinct within a decade. If you want to know more or would like to be involved in creating a haven for our red squirrels you are invited to join a meeting on the 4th October at 7.00pm in the Reading Room at the Coniston Institute on Yewdale Road in Coniston. Your attendance will be most welcome and free refreshments are provided.

## Holehird Gardens in October

**The weather this year has affected plants at Holehird Gardens making it more difficult to predict what will be displayed at any one time.**

Rain in the summer months produced increased growth in herbaceous plants so the volunteer gardeners spent many hours reducing them to normal so the garden looked as immaculate as ever.

This year the acers have begun changing colour quite early. October is normally the month in which the garden glows with the red, bronze and golden colours of autumn. Depending on the air temperature these colours will persist for a long time for visitors to enjoy. There are acers in the woodland walk, the area to the left of the main drive leading to the garden, around the



gunnera pool, close to the car park at the top of the drive and above the rock garden at the top of the garden. The leaves of many shrubs, especially deciduous azaleas also change colour adding to the autumn display.

If there are morning dews the flower heads in the grass bed will shine with dew drops. The dead flower heads of the astilbes will also collect dew. Throughout the garden fallen leaves will

be collected to make leaf mould. Large bags can be seen dotted about which make transporting the leaves easier.

There will be no volunteers in reception from the end of October until the following spring, but the gardens are always open. Often there are plants on the sales benches. The money for them can be posted through one of the donation boxes. Holehird is a garden for all seasons.

## Autumn glory in the Lakes?

**The lakes are now becoming awash with Autumn colour, the trees are bearing fruit and we are in the month of the conker.**

Although many mourn the end of the summer could it be that Autumn is the best season to enjoy walks and appreciate nature?

Coniston, Grasmere, Ambleside and Windermere boast some of the best Autumn walks in the lakes. The gardens at Allan Bank and Brockhole are great places for families to explore whilst admiring the transition of the seasons. Families can

follow woodland trails and the more techy types can identify the different species of trees by using apps provided by The Woodland Trust. If you want to help track the effects of weather and climate change on wildlife you can even add your observations to a Nature's Calendar project accessible through The Woodland Trust website.

High Close boasts some gorgeous autumnal views that open up across Loughrigg Tarn and Elterwater. Perched between Elterwater and Grasmere, High

Close is home to many rare trees and shrubs from around the world. Looking for a gentle stroll? There are 48 easy wheelchair and pushchair-friendly routes cleverly named "Miles without Stiles" all suitable for young families, the visually impaired and those with mobility problems. Hire a boat from Coniston Boating Centre and admire the autumnal reflections or bob along to one of the many Apple Days to celebrate our orchards. There's much to enjoy in this season of mists and mellow fruitfulness.



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# Bath House

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In 2001 we opened the first Bath House shop in the market town of Kirkby Lonsdale. We were probably considered a rather unusual shop selling our own brand of perfumes, bathing and natural skincare. However we need not have worried, such was the instant and positive response from locals and visitors alike who have continued to support and champion what we make.

The home of the Bath House is located just a few miles away in Sedbergh. Here at our own 'making rooms', we design, hand finish and make all our products in small individual batches, sealing inside each bottle, the goodness and natural benefits of carefully selected plant extracts, oils and ingredients. It is this attention to detail that makes us true 'artisans of natural beauty'.

We are a family business, led by the same five individuals who founded the company in 1997. This year is our twentieth anniversary. We now have five beautiful shops and a great team of staff who all share our passion for fragrance and natural skincare. Later in the year we are excited to be opening two new shops in Ilkley and York and hope you will visit and share in our celebrations.

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# Nick's 25 years in charge of hostel

**An experienced mountain rescuer is marking 25 years in charge of one of the Lake District's most idyllic hostels.**

Nick Owen is the manager at the independent Elterwater Hostel, and was previously manager when the place belonged to the Youth Hostels Association. He stayed in post four years ago when the hostel was sold to new owners.

Elterwater lies at the heart of the Langdale Valley alongside the small lake of the same name. First opened as a hostel in 1939, the building was originally a barn, thought to date from 1692. An adjoining cottage was once used by John Ruskin as a small lace-making factory.

During the Second World War the hostel was used as accommodation for workers of Shorts of Sunderland, who were involved in building flying boats on Windermere.

Now it offers year round hospitality with 38 beds in small dormitories, beautiful gardens with views of the fells – and a reputation for good home cooking.

Nick Owen, who has been leader of the Langdale and Ambleside Mountain Rescue Team for the past 10 years, is a former engineer who has spent his life walking, climbing and cycling. It was while working in a factory in his home town of Skelmersdale that he rubbed clean a dirty window, and looked out at the bleak view.



*"I knew then that there had to be a better way to make a living," he recalls. "I'd used hostels when I was on holiday, and saw a job advertised at one in Oxford. I didn't know where Oxford was, except that it was somewhere down south."*



While working there he met his future wife, Deborah, an Australian who was travelling around the world. He followed her back to Australia and they did a working tour together, eventually marrying in 1990.

By then Nick was working at the Kendal YHA hostel, eventually as manager, and the couple moved to Elterwater in 1992. Their daughter Sophie was born the following year.

It was a lifestyle choice first and foremost. *"It's a beautiful place to live, and a good place to bring up a child, and the shifts mean that I have the afternoons free to be involved in mountain rescue."*

After years of helping those in difficulty in the hills, Nick found himself being rescued by air ambulance after a cycling accident a few years ago. It was a low-speed fall on a quiet road not far from the hostel. *"I did my own first aid assessment and realised it was serious,"* he recalls.

Nick was out of action for more than five months with a serious hip fracture; the subsequent hip replacement, and a shoulder tendon injury, brought an end to open water swimming: *"No more triathlons"*, but he's content to walk and climb in some of Britain's loveliest landscapes. (His attempt on all the Wainwrights stalled at number 103: *"Why would I drive all that way to climb some remoter hills when I have all this on the doorstep?"*)

As manager of the hostel, he's an



expert jack of all trades, enjoys cooking, and spends the winters painting, decorating and repairing. Since the hostel became independent, he says, the new owners are investing money in the business and in the premises, without compromising the essential character of the building. *"It's a very co-operative arrangement. They value the knowledge I bring to the business."*

There's year round variety, meeting travellers from all over the world, hosting school groups or those on Duke of Edinburgh challenges; fell runners meet there each autumn for navigation courses. Further conversation is curtailed; the pager has gone off. There's a walker in difficulties on the fells above Langdale, and the mountain rescuer and his team are off into action.

You can book to stay at Elterwater via the hostel's website:

**[www.elterwaterhostel.co.uk](http://www.elterwaterhostel.co.uk)**



# Hot Desk Hub and office space opens in Windermere

**A vibrant new city-style hot desk and office space has been launched in the heart of Windermere. Windermere Works offers dynamic loft-type flexible co-working and long-let office spaces.**

Just minutes from the centre of town, Windermere Works is ultra-contemporary and provides freelancers and home-workers with a professional, flexible Hot Desk Hub on a pay as you go basis. There's a Meeting Space for hire

too, open to all, seating up to 15 people, as well as a manned Reception area and a Chill Out Lounge where resident professionals can grab a hot drink.

There are also two spacious industrial-style office spaces, The Bake House and The Sugar Store, each accommodating up to 15 people and available on a long term basis.

Gavin Preston, Director for Windermere Works said:

*"We wanted to offer a really*

*active, inspiring space for those currently distracted and trying to work at their dining room tables, on their sofas and monopolizing the free WiFi in coffee shops.*

*We are delighted with the finished product. It's full of stylish industrial character, completely high tech and most importantly, will provide a really dynamic place for people to work – whether they are a one man band just starting out, or an up and coming business with a team of 20."*

## Ullswater Steaming along

**Latest figures released by VisitEngland's Annual Attractions Survey place Ullswater 'Steamers' as the fourth most visited paid for attraction in the North West - ranking it amongst the region's**

**iconic attractions such as Manchester United's Museum & Tour Centre and the music lover's haven, The Beatles Story in Liverpool.**

The survey, which is conducted by the national tourism organisation VisitEngland reveals the historic and much-loved Lake District attraction welcomed 380,634 visitors onboard their fleet during 2016.

Rachel Bell Head of Marketing & Development at Lake District Estates says:

*"We are so proud to be ranked fourth in the North West for most visited paid for attractions. The whole team at Ullswater 'Steamers' consistently works hard to make sure the customer experience is always as enjoyable and memorable as possible, and this is evident in the survey's results."*

**Gordon Greaves Slate Ltd began trading in the old Troutbeck Mills near Troutbeck Bridge in 1987.**

Primarily architectural and memorials masons they started with restoration work to the Windermere/Bowness War memorial and Fisherbeck Tarn slipway adding some additional arches.

In the late '90s their growing business led to them extending the works into the second part of the ancient mills, which date back to at least 1649.

The extra space enabled them to begin supplying worktops for kitchens, vanities, bar-tops. To improve the business of nameplates and engraving they purchased an Incimar CNC engraving machine which broadened the scope for design work. One of

## Gordon Greaves Slate



the first major engraving projects was for the Arboretum RAF memorial.

A huge task was to engrave the Broomfield War memorial with over 30,000 letters onto black granite.

Gordon Greaves Slate Ltd

is a family run business. Specialising in Lakeland Slate, Granite, Marble, Quartz, Sandstone and Limestone they create kitchen worktops, memorials, signage, fireplaces and architectural pieces.

## Tim's Column

**It's going to be a bit of a struggle to fit my report in this month.**

Particularly as it was early July when I last penned anything for Windermere Now.

But here goes... Thanks everyone who came along to see me on my Summer Tour. We had a great time travelling around the constituency meeting lots of new people over the summer. Even the weather kept fine for much of the time. Thanks also to everyone who came along to my MP's Question and Answer session at the United Reformed Church in Windermere at the end of July. Don't worry if you missed it I plan to run lots of these types of sessions over the coming months. Of course I want feedback on how I am doing but much more importantly I want to hear what issues you need me to do to sort out in your part of the Lakes. If you email me I will make sure you get told about when the next session is coming up in your area. We are working through the lists of issues raised and I hope to be back to you with positive news on many fronts.

I've also go to thank everyone who cheered me along in my fell race attempts in both the Grasmere Guides Race and at Ambleside Sports. All that I would like to say about both of those events is that I didn't come last!

One of the major things that has happened since my last column is the decision by the Government to pull the plug on the plans to electrify the Lakes Line. This after the money had been committed to by the previous Government and work had even started clearing the way. I am convinced that if this had been a plan to electrify a line down South where billions of pounds are being spent building lines to criss-cross London there would never have been an issue. But South Lakes is seen as a sleepy rural backwater a long way from London so they just can't be bothered. I very much see my job over the next Parliament to make sure that this impression is lost very quickly. I have been calling for the Minister to use some of the money they are saving to put in a passing loop on the line so that at least the number of trains using it can increase considerably.

We have also had the wonderful news that the Lakes are now a World Heritage Site. I know some people have concerns over what this will mean but overall this has to be brilliant news particularly for our tourism industry. The only sad thing is that so many of the extra visitors who I am sure will now visit will journey up to Windermere on some of the more rubbish old fashioned diesel trains.

If you have anything you want me to sort out then please do email me at [tim@timfarron.co.uk](mailto:tim@timfarron.co.uk) or call us on 015397 23 403.

*Thanks for your support, Tim*

## Pensioner's Perks

Local pensioners can get some amazing discounts as Lakeland Motor Museum and other local attractions repeat their Friday discounts offer.

For every Friday in October, local pensioners (and a local friend of any age) can get a great deal for entry into the museum. (£4 instead of £8.50) This offer is open to retired residents who live locally in Cumbria and north Lancashire



in postcodes starting LA or CA. Simply present proof of your residency when you visit to qualify for this very special offer. Local pensioners can also get great heavily discounted cruises on Windermere on the same Fridays.

### Dear Editor

**The Lake District branch of the RNLI is initiating a new method of fund raising.** Known as 'Betty's 5p collection' a collection of small jars is to be placed in local outlets for people to take away, fill with their unwanted 5p coins and then return to the outlet. They can then take away a new jar for further filling. This new way of raising revenue for such

a valuable and voluntary lifesaving service, it is hoped, will assist in the continuing work of the RNLI. This new fund raising idea is just commencing and over the next few weeks collection points will be established in outlets such as café's, hairdressers, barbers and other businesses locally supported. The local liaison supporter of the branch is Roger Haviland who can be contacted at Winder@globalnet.co.uk



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We are a small business within the South Lakes. We deliver the highest levels of care in your home or residential setting. CV and references available on request.

For more information on a personalised service, please contact either Peter or Hilly in confidence.

We can offer a personalised service with the flexibility needed to meet changing circumstances services include

- Personal Care
- Physical Disability
- Dementia
- Social Companionship
- Welfare Checks
- Community Access
- Transportation Service
- Domestic Support
- Overnight Support
- Carer Respite Relief

### Dear Editor

Lost Grey soft toy elephant  
On Monday 21st August at  
Bowness-On-Windermere  
front or town centre area.

Great sentimental value to a  
small child

Reward given Please contact  
07510 734 978

## New home care service comes to Windermere



After 7 years full time experience at Holehird in Windermere (Leonard Cheshire Home) and 4 years as team leader, Hilly and husband Peter have now launched their own in home care service in the Windermere area. Based in Windermere, they offer a reliable and flexible service.

Having been a moving and handling instructor for the northwest area and having dementia awareness training, both Peter and Hilly are fully insured and can be relied upon to deliver the highest levels of care.



## Chain of events



**The Rotary Club of Ambleside Kirkstone recently enjoyed a relaxed social evening at Brathay Church Hall for the handover of office for the next Rotary year.**

Alec Burford handed over the chain of office to this year's president Sandra Hamer and Ali Peak accepted the President Elect's chain all with lots of smiles and good fellowship.

Alec thanked the members for all their hard work and effort this Rotary Year raising over £35,000 for Local National and International Rotary Charities along with the many hours of community service they had also given.

The club meets every Tuesday evening at The Salutation Hotel Ambleside at 7.30pm where we enjoy a monthly meal, evenings full of varied talks, outings, fun and fellowship. Anyone interested in joining or learning more about our club please contact Secretary Judy Fry at [judyfry@gmail.com](mailto:judyfry@gmail.com).

## Building bridges

**A new course this autumn is being run to introduce people new to the game of bridge by the Westmorland County Contract Bridge Association**

The course is aimed at absolute beginners with no previous experience of playing bridge, although if people are familiar with the games of Whist or Hearts this is an advantage as they will be familiar with some of the terminology and techniques of card play.

An introductory weekend is being held at Abbot Hall Social Centre, Kendal on Saturday 30th September and Sunday 1st October between 10 and 5 each day and this will be followed up with sessions on Tuesday evenings. The cost is £25 for the introductory weekend.

For further information please contact David Harris email: [david.harris.59@btinternet.com](mailto:david.harris.59@btinternet.com) tel: 07955 315051.

## We've been to a tea party

**"On Saturday 12th August the Windermere WI hosted an afternoon tea party for 64 residents of the local community at the Marchesi Centre.**

The event which was generously supported by The Roselands Trust and The Bowness and Windermere Community Care Trust (BWCCT) began at 3 pm. Tea, comprising of salmon and cucumber, egg, cress and ham sandwiches were served to the waiting guests accompanied by a selection of home-made cakes and scones with jam and cream and of course plenty of cups of tea and coffee. Afterwards Father Kevin Dorgan played his accordion.

Eileen Fallon, President of the Windermere WI said "Our ladies wanted



*to do something different in our local community which would bring people together and give them an opportunity to socialise and have some lovely food and listen to some live music. This is the first time we have done a community event of this kind. Thanks to Father Dorgan for the music. I must also thank the ladies of our*

*committee who worked hard planning and making the food.*

*If there are any ladies in Windermere who would like to join our WI we would love to see you. We have all had a super day today with over 64 people coming together." Details on the Facebook page or call Windermere 42305*

## The U3A – the University of the Third Age

**Just by chance, the area covered by "Ambleside, Coniston & Windermere Now" and the Ambleside & District U3A are just about identical.**

The U3A is supported by a national charitable organisation called the Third Age Trust and aims to encourage and enable older people, no longer in full-time paid employment, to help each other to share their knowledge, skills, interests and experience.

Ambleside & District U3A was founded

in 1995 and in 2015 celebrated its 20th anniversary. In a nutshell, the U3A is here to help people enjoy themselves and, possibly, learn something new.

The U3A activities include: geology, learning languages, walking, table tennis, local history, natural history & many more. Readers will find more information on the website: [u3asites.org.uk/ambleside](http://u3asites.org.uk/ambleside) – this contains a contact point. If any readers would like to learn a little more

they are cordially invited to a Coffee Morning at the Marchesi Centre in Windermere, 10am to midday, on Saturday 7 October. Whether they wish to join the U3A or not – they will be very welcome and members will be available to provide more information.

Alternatively, the first General Meeting of this season is at 2.15 pm on Monday 9 October, again at the Marchesi Centre, Windermere. The talk, by Philip Caine, is entitled "From Barrow to Baghdad and back again"

# Priestley claim to fame for Coniston

**Coniston has attracted several great figures including John Ruskin, Donald Campbell and Arthur Ransome. But have you heard of Sir Raymond Edward Priestley?**

Most know the tragic story of Captain Scott's expedition. When in December 1910 aboard the Terra Nova, a 747-ton whaler, he sailed for the Antarctic to be the first man to reach the South Pole. Not only was Scott pipped to the polar post by some Norwegians, but his return home was fraught with frostbite, starvation and unforgiving weather ending the life of Scott and his men. Prior to Scott's voyage a second group of men, known as the Northern Party, were sent out for a geological exploration of

Terra Nova. The party, handpicked by Scott included five naval men and a civilian geologist, Sir Raymond Priestley. The same terrible weather conditions meant the Terra Nova ship couldn't collect the stranded party. They were forced to spend one of the worst winters in Antarctica with barely any provisions or shelter. The Northern Party must have endured unrivalled life-threatening conditions no other explorer had been exposed to before. They dug a cave in the snow and miraculously managed to survive the inhospitable environment, until, months later the ship was able to return for them.

Sir Raymond Priestley later became Vice Chancellor at the University of



Birmingham (1938-1952) and was involved in what was at the time, ground breaking development of an outdoor programme as part of the physical education course. He granted funding and provided equipment, including an old ridge tent, kayak and a pair of skis from the Terra Nova expedition

with Scott. Students first visited Hoathwaite campsite in Coniston in 1947. The Priestley Centre was later set up and sits below Hoathwaite campsite alongside Coniston Water. The Raymond Priestley Centre has just celebrated its 70th anniversary.

## Seconds in command

**The Lord-Lieutenant of Cumbria, Mrs Claire Theresa Hensman, has appointed the following to be Deputy Lieutenants:**

- Air Commodore Peter Anthony Smith RAF (retd.), from Carnforth, currently chairman of Age UK South Lakeland and chair of the Cumbria Community Transport Forum.
- Sarah Beatrice Dunning, OBE, from Kirkby Stephen, chair of the Westmorland Family, best known for its motorway services, Tebay Services on the M6 in Cumbria and Gloucester Services on the M5

## The Miller Riches Trust

**This Trust provides financial grants (usually up to the sum of £75) to needy spinsters and widows who have resided in the former County of Westmorland for no less than 5 years.** Application forms are obtainable from Holly English, Legal and Democratic Services, Resources and Transformation Directorate, Cumbria County Council, Cumbria House, 117 Botchergate, Carlisle, CA1 1RD Tel: (01228) 227354 and should be returned by no later than Friday 27 October 2017.

## Central Lakes health care for visitors

**Central Lakes Medical Group (Ambleside, Hawkshead and Grasmere Surgeries) has just launched a new information service for visitors to the area to sign-post the best ways of accessing medical help if they need this during their visit.**

They are offering tourists clearer information on additional services that they can use, rather than contacting GP practices as the first port of call on each occasion that they have a medical problem.

- 111 – the NHS free telephone advice service is available 24 hours a day with dedicated medical advice for all
- Local Pharmacies can provide help with minor ailments and injuries, as well as replacing lost or forgotten medications, by contact with/from visitors' own practices directly

- Local Opticians are able to provide urgent eye care as an NHS service
- A Minor Injuries Unit is based at Westmorland General Hospital, as well as full Accident and Emergency departments at Royal Lancaster Infirmary and Furness General Hospital

A comprehensive web-site has just been launched:

**[www.lakedistricthealth.com](http://www.lakedistricthealth.com)** providing lots of self-help advice and guidance on common illnesses, and even local hazards such as tick bites, as well as contact details and opening times for local health services in the Central Lakes area.

The above initiatives should provide a more efficient health-care service for visitors to our area, and the web-site can be used by local residents also, for up-to-date online medical advice.



## Christian Aid Week 14-20 May 2017

During Christian Aid Week members of St.Martin's and Carver churches did a house-to-house collection in Windermere and Bowness. The amount raised was £2746.50 (last year £2757.00). Many thanks to the collectors and to all who gave donations. Thank you also to the residents of Calgarth Park who donated £140 to Christian Aid.

The money this year will go to make life a little easier for refugees who have been stranded in Greece and have been living in camps with very limited facilities for many months.

## Carver Uniting Church. URC and Methodist

A sad event held in the church on July 15 was a Thanksgiving Service for the life of the Windermere Centre- a much-loved residential training, retreat and hospitality centre for the United Reformed Church. The Centre was closed in May, after having served the URC for 31 years.

We welcome everyone to any of our regular services and events .

- Sunday 10.45am Morning Worship
- Communion Service 10.45 2nd Sunday of the month.
- Evening Service 6.30pm on the 3rd Sunday of the month.
- Church with Croissants 9.00am 4th Sunday of the month.
- Every Wednesday Coffee@ Carver, 10-11.30am.
- Carver Tots (in Term-time) Thursday 9.00-11am.

## Windermere Methodist Church

Located on Main Street in Windermere, is 150 years old this year. All are welcome every Sunday followed by refreshment to share fellowship.

29th September sees a special event beginning at 7.30 p.m.

Windermere and Bowness Community Choir will be performing and all our welcome. Admission £6 and there is a raffle.

CHRISTMAS CHURCH SERVICES. Make sure you don't miss our Christmas Edition deadline 3 November

# Schooling by television for the Middle East

**This month, Filling Station welcomes KAREN NEEDHAM - Regional Development Manager for SAT-7, a unique television station, broadcasting in Arabic, Turkish and Farsi to 500 million people in the Middle East and North Africa.**

Former church leader and solicitor - previously involved at St Thomas' in Kendal - Karen trains and equips UK speakers and ambassadors, and herself speaks across the country.

SAT-7 is a Christian service, based in the Middle East, created by the Middle Eastern Council of Churches, bringing together all the denominations in the region, who must agree on the programming. More than one hundred ME Christians manage operations in Egypt, the



Lebanon and Turkey. Eighty percent of programmes are made locally. The service is free - and watched by 21 million viewers. An estimated 13 million children are without schools in this vast region, and poverty, child marriage and radicalisation are the norm. So SAT-7 has set up an Academy channel - launched last month ! This will be their school on the air ! *"It's truly our church for the time being"*

says a secret believer. Come to hear this heart warming and remarkable story at The Marchesi Centre, Holly Road, Windermere LA23 2AF at 7:30 Thursday 19 October and join in our special fellowship, around tea and coffee as we celebrate the Lord's purposes being worked out in the world.

## New Methodist Deacon

**The South Lakes Methodist Circuit welcomed a new Deacon in September, who will be embarking on a new and exciting venture from its central Lakes churches.**

Deacon Maggie Patchett will be moving to the area from West Yorkshire, having spent 3 years working in rural churches in the areas around Skipton, Grassington, Settle and Airedale. She has previously spent time overseas on Methodist mission work as far away as Belize and Costa Rica. Her appointment in the South Lakes circuit will see her taking on a new initiative for the local churches, in developing a

ministry to tourism, serving the employees, employers and customers of an industry that is so central to life here in the Lakes.

In addition, she will also provide pastoral care for the Methodist congregations at Windermere, Ambleside and Hawkshead, whose minister, Les Hann, retired in July.

Superintendent minister for the circuit, Graham Ransom, said, *"we have been planning this project since before I came into the area 2 years ago, and it's exciting to see it come to fruition. We look forward to welcoming Maggie to the circuit, and have high hopes as to what the churches can achieve with her help."*



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## Folk folk



Visitors from as far afield as New Hampshire (that's in the US of A) joined the sell-out crowds for the concerts and ceilidh at the Folk Festival, in Staveley on the weekend of the 11th-13th of August.

This festival goes from strength to strength with entertainment from, amongst others, locals Taffy Thomas MBE, Jacqui McDonald, The Farren Family, alongside other high profile folk musicians Kathryn Roberts & Sean Lakeman, Greg Russell & Ciaran Algar.

The weekend weather improved for the Morris teams who danced in the mill yard outside Hawkshead Brewery and Wilf's Café to the delight of the assembled audience. Local businesses supported the not for profit event, which brought an estimated 400 extra visitors per day into the village.

## Staveley Choral Society

**Our first concert will be held on Sunday 15th October 2017 in St. Michael's Church, Shap commencing at 2.30 p.m.**

This will consist of recent Staveley Choral Society favourites including: "Things that never die"; An arrangement of Billy Joel's "And So It Goes"; and "At the Round Earth's Imagined Corners".

St. Michael's Church is holding a series of concerts and Staveley have been invited to perform. There will be refreshments after the concert.

Our Christmas Concert will be held on Monday 11th December 2017 in Staveley Village Hall at 7.30 pm. entitled "Now Bring Us Some Figgy Pudding!"

**One of Cumbria's best loved and most quirky artists is opening a new gallery and studio in the heart of the Lake District at Windermere.**

Thuline De Cock, known for her huge faces of Friesian cattle, Herdwick sheep and other animals, is retaining her original studio in Kendal alongside the new gallery, not far from Windermere station, on Main Road.

Belgian-born Thuline, whose work is featured in many iconic Lakes venues including the Jumble Room in Grasmere, Sizergh Barn and the Sun Inn at Crook, has recently ventured into a new range of landscape art, featuring the hills and stone walls of her adopted home landscape.

She was also one of the artists chosen to paint a fantasy sheep for the Go Herdwick charity project and her sheepy offering – Beatrix – spent a summer in Windermere before being sold for £5000 at a charity auction.

"I'm very excited about the new studio," said Thuline

## New art studio opens



*"It will be on the tourist trail in one of the busiest towns in the Lakes. The great thing about the new space, apart from the big walls, is that I will be able to run small workshops, with up to six people at a time, in the gallery's second room."*

Thuline is regularly commissioned to create paintings by clients and visitors. Thuline is married to another artist, D C Hill, whose work will also be on show in the new studio.

For more details and commissions see [www.thuline.com](http://www.thuline.com)



## Art in the Extreme

**Expedition Paintings By Lincoln Rowe**

Until 12 November 2017

**In the course of a long and varied career spanning thirty five years as a professional artist, Lincoln Rowe has gained acclaim as a sea-going marine artist.**

As a renowned expedition artist, Lincoln has accompanied climbers to the ultimate mountaineering challenges of the Himalaya, including Everest, the Karakoram, the Andes and the high peaks of Alaska.

His breathtaking interpretations of these regions are collected by climbers and expedition sponsors, both private and corporate, and are enjoyed by enthusiasts such as HRH the Duke of Edinburgh, patron of many joint services expeditions which Lincoln has accompanied. In 1985 Lincoln was invited to accompany and record a three month joint British services and Royal Nepalese Army expedition to climb Mt Kirat Chuli, 7363M, a Himalayan mountain situated to the north of Kangchenjunga, the world's third highest mountain on the Sikkim border with Nepal and Tibet. It proved to be a life

changing experience for the artist, certainly in terms of subject matter. On his return he left his job as a sea-going artist with the Marine society in order to devote his time to painting mountain landscapes. He was subsequently invited to accompany eleven major mountaineering expeditions to more of the world's highest peaks including Mt McKinley in Alaska, Saser Kangri in Ladakh, India, Mt Kenya, several other Himalayan peaks and three expeditions on Mt Everest, two of which were on the West Ridge route. Lincoln has climbed and painted up to altitudes of 7200M.



## Ambleside art annual exhibition

The Ambleside and District Art Society will be holding their annual exhibition from Wednesday 18th October until Sunday 29th October, in Ambleside Parish Centre.

The exhibition will be open to the public from 10am to 5pm daily (on Sundays opening is at 10.30am. Last entry on the final Sunday at 2.30pm).

The work of Ron Ward, Jean Grazier, and Mike Labrum will be featured as well as emerging Lakeland artists. The show demonstrates the diversity of talented Cumbrian artists who belong to the society.

Ron Ward is known for his distinctive watercolour style, and his use of bold colour combinations in his oil painting. Jean Grazier for her pen and



wash Lakeland scenes, and Mike Labrum for his oil portraits. Several exhibitors and members of the society also belong to the prestigious Lakes Artists, including Marion Bradley, Christine Baines and Martin Tomlinson.

The exhibition will be opened by Sue Goodman, Fund-Raising Manager for Macmillan

Cumbria and donations for local Macmillan services will be taken throughout the exhibition.

The Ambleside and District Art Society began in 1974 and currently has over 100 members of all abilities. New members are invited to join provided they live within a 10 mile radius of Ambleside.

## Village encounters on canvas

The Ruskin Museum in Coniston is hosting an exhibition of paintings by the Ravenstonedale artist David William Morris.

The show's title 'Along the lane, across the dale' gives a clue to the nature of David's paintings which gather inspiration from landscape subjects within a 5 mile radius of the Cumbrian village of Ravenstonedale.

David describes his work as *"not quite abstract, more poetic... the result of little encounters with things I see near Ravenstonedale, whether it's a lane, a big sweep of a hill, a group of cows or the wonderful growths of wild flowers such as meadowsweet or rosebay willow herb."*

David has lived and painted in the area for nearly 30 years along with his wife, the artist Caroline A Metcalfe-Gibson and they together run The Scar Gallery there, showing both their work. The exhibition runs until 10 December.



## Brantwood Events

### Blue Gallery Exhibitions

(Entry is included in House admission)

Until 7 January 2018

#### Coming of Age: Ruskin's Drawings from the 1840-41 Tour

Ruskin, aged 21, travelled with his parents through France and Italy on a tour lasting from September 1840 to June 1841. Working their way along the coast of Italy through Genoa, Florence and Pisa they spent December in Rome before moving on to Naples early in January 1841. The return journey took them via Rome in March to Florence and Venice, and back through France. Using the young Ruskin's spectacular drawings, this exhibition provides a vivid visual account of the Ruskin family's travels.

### Severn Studio Exhibitions

(Entry is included in House or Garden admission)

Until 12th November

#### Expedition paintings by Lincoln Rowe

In the course of a long and varied career spanning thirty five years as a professional artist, Lincoln Rowe has gained acclaim as a sea going marine artist, working aboard ships of the British Merchant and Royal Navy fleets; as a military artist working in conflict zones with the army and units of the Royal Marines; and as an expedition artist climbing and painting some of the worlds highest peaks.

### Coach House Loft Exhibition

Until 31st October 2017

#### The Animal Life of Glenfender Meadows by John Ford

Biologist and photographer John Ford has spent more than forty years creating a remarkable documentary celebration of the diversity of an unimproved northern hay meadow on the southern edges of the Cairngorms. This exhibition showcases some of the animals of Glenfender and is a sequel to the plants exhibited in 2015.

### Recital by Martin Roscoe

Held in Brantwood's Drawing Room. Programme to include Bach, Beethoven, Schubert, Ravel and Debussy. Tickets £19 (includes glass of wine in the interval). Booking essential. Pre-concert supper can be booked at The Terrace.



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**Coniston C E Primary School had a very busy summer term! The pupils took part in the Living Streets' City to Seaside Five Day Walking Challenge.**

Each day the children were asked if they walked to school and stickers were awarded for their efforts. The school had tried to encourage children (and parents) to walk to school for a week – even if only for part of the week if they usually used a car. Year 5 & 6 pupils climbed up the mighty mountain of Coniston Old Man as part of their outdoor education.

They all enjoyed it but there were quite a few tired legs when they had finished! Meanwhile the Home School Association (HSA) also did it's own sponsored walk around the Coniston 14 route. They raised £1600+ which was split between St Mary's Hospice in memory of a parent and the HSA resources fund. As if that wasn't enough walking all the pupils took part in a Sponsored Walk around Tarn Hows to

## Coniston Primary five day walking challenge



raise more funds for the HSA.

The children (and helpers) had a lovely day and they raised £1000! The children have been working on the Copper Mines Project funded by the Heritage Lottery Fund. They have taken part in a research day and a practical technology day where they made models of machinery that would have been used.

They have researched local people who worked in the mines and have produced plays which have been filmed and shown to parents.

Hopefully these will also be shown in the Ruskin Museum in Coniston. The children performed the music and singing that they had been working on in music lessons for parents recently. After the concert there was a Tea & Cake afternoon to raise funds for Avondale Park Primary School in London to support children affected by the recent Grenfell Tower fire.

After school on the last day of term the children, staff, parents & friends got together for the annual Games, Pie & Peas night which was a lovely way to end the school year!

## St Cuthbert's at Blencathra

**A perfect balance between adventure and environmental learning was the outcome at the Blencathra Field Studies Centre (FSC) for a group of our key Stage 2 children.**

Without doubt, residential experiences are the source of life long memories and achievements and this trip was no exception to that rule. Headteacher Peter Harrison worked closely to put this programme together with an amazing team at The Blencathra centre and he wishes to thank the Field Studies Council for their support towards this opportunity



through a Kids Fund Grant. The location was stunning, the grounds and buildings were first class and for the children, the programme of activities was diverse. For some children it was spending time in the beautiful rivers and gorges of the Borrowdale Valley and for others it was

setting live traps to catch small mammals to study the diversity of life in the area. The last count was a winning ratio of 4 wood mice: 3 voles. (Some maths in the real world)! Many thanks also to Windermere School who provided transport to the venue.

## Windermere School celebrates great results

Following its record-breaking International Baccalaureate results earlier this summer, Windermere School is celebrating the beginning of the academic year with the news that it has been placed near the top of the Sixth Form League Tables, which were published in the national press recently.

In the Saturday Times, the school was ranked 21st in a list of the top 250 independent schools in the country, while the Saturday Telegraph placed the school 37th in its list of the top 300 independent schools.

Over 90% of students at the school secured A\* to C grades in their exams, significantly higher than the national average of 66.3%, and for the second year running there was a 100% pass rate in English and Mathematics. Across the country the English Literature pass rate fell to 72%, while the Mathematics pass rate rose to 68.9%.

Almost half of the students at the school achieved results which were graded A\* to A, and just under 75% achieved A\* to B. Mr Lavender, Headmaster at Windermere School said *"This is an outstanding set of results and the 100% pass rate in Mathematics and English is superb."*

## John Ruskin School

**Is delighted by the continued strong performance of their students in this summer's GCSE examinations.**

Head teacher Mr Peter Blackburn said *"I am overjoyed that John Ruskin School has been able to use its unique strengths as a small school to again deliver exceptional exam results. Knowing each individual student so well clearly has a great impact on their academic success."*

Mr Blackburn added: *"We are particularly pleased with the outstanding progress made by students such as Danielle Adams, Rhiannon Hatton and Ella-Rose Konijn, who only joined John Ruskin from Holland two years ago and achieved excellent grades. Ben Raines and Jack Barton achieved Grade 9's in English, despite in Jack's case suffering from a cycle race induced concussion! Well done also to Simone Clarke who achieved grade 9 in both maths, English Language, English Literature and 5 A\* grades."* John Ruskin wishes their students, all of whom are able to progress to the destination of their choice, all the very best for the future.

## Get Real at Brathay

Brathay Trust has been awarded £45,000 by the Government's Life Chances Fund to develop its 'Get Real' programme which provides maximum help for young people who currently lack support in transitioning from care to independent living.

The programme supports young care leavers to move towards employment, education or training. Weekly sessions focus on raising aspirations, confidence and self-belief as well as increasing motivation and attainment. Care leavers are also helped to recognise their strengths and skills and they are supported into education, employment and/or training.

It has helped people like Alex who started living in care when he was seven. By the age of 17 he faced an uncertain future; he had moved foster carers twice, had very low self-esteem



and confidence and found it difficult to interact with people. Like many other young people in care, he left school with low GCSE grades. He said "I didn't do too well at school and then when I left didn't want to do college. I ended up not doing much in the day. I didn't see a future".

Alex joined Brathay's "Get Real" programme for care leavers. Over a ten week course Alex became a vital member of the team and his confidence grew. At

the end of the programme there was a six week work placement; Alex's was at a warehousing company. His employer was impressed with his hard work and Alex successfully progressed onto an apprenticeship which stabilised his living arrangements allowing him to plan for the future. Now a "Get Real Graduate" Alex volunteers to speak to others about his experience, something he would never have had the confidence to do before.

## Lakes in a Day

A 50 mile ultra run, from Caldbeck in northern Cumbria to Cartmel in the south, is taking place on Saturday 7th October. The route will involve a 4000m of ascent via the summits of Blencathra, Helvellyn Ridge and Fairfield with a descent to Ambleside and then a run along the western shoreline of Lake Windermere via Wray, Claife Heights and Finsthwaite.

Course planner James Thurlow from Open Adventure Ltd at Low Wood, Haverthwaite said "Living in the Lakes, this is a journey that inspires me to get out and run, I'm thrilled to be sharing some of the most spectacular landscapes and some of my favourite trails."

Open Adventure organise events all over the UK from elite adventurer race days to corporate fun days working with the likes of Adidas, The North Face and Merrell. Feeding stations will be set up at Threlkeld, Ambleside and Finsthwaite with prize money for the first man and first woman to set a new course record.



National Trust

## Add some colour to your weekend this autumn at the Beatrix Potter Gallery

### Last chance to see this year's exhibition

Get up close to original Beatrix Potter artwork and photos as we compare and contrast the local views we see today and how little they've changed since she first arrived here on holiday in 1882.

Call 015394 36355 for details  
[nationaltrust.org.uk/beatrix-potter-gallery](http://nationaltrust.org.uk/beatrix-potter-gallery)

When you visit, donate, volunteer or join the National Trust, your support helps us to look after special places in the Lakes, such as the Beatrix Potter Gallery, Tarn Hows and Hill Top for ever, for everyone.

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#nationaltrust





# ENTRIES are open for the 2018 ASICS Windermere Marathon

**Starting and finishing at Brathay Hall near Ambleside on Sunday 20 May 2018.**

Now one of a handful of marathons run entirely within a UNESCO World Heritage Site, it is often described as the friendliest and most beautiful UK marathon.

Its hilly, breath-taking course, can attract as many as 1,000 runners. Next year their fundraising efforts will directly support the charity's impactful work with young people struggling with mental health difficulties.

Race patron since 2007 is legendary fell runner and shepherd 81 year-old Joss Naylor MBE. Ahead of official race duties, and continuing his support for Brathay, Joss plans to run his own fundraising marathon over the fells from his home in Wasdale taking in Scafell, Scafell Pike, Langdale Pikes and Loughrigg.

Those crossing the 2018 marathon finish line will receive a new medal depicting an iconic scene from their route. Kentmere artist George Grange has produced four designs for a series of medals that will be presented to race finishers over the next four years. The silver coloured medals fit together to create a scene representing the route. They show Brathay Hall, the picture-perfect start and finish line, and the villages of Hawkshead, Bowness and Newby Bridge.

Aly Knowles, Brathay's operations manager, says such is the magic and appeal of the marathon that



Legendary fell runner Joss Naylor MBE, pictured with Brathay's Aly Knowles

those who run it often go on to tackle Brathay's 10 marathons in 10 days challenge. The ASICS Windermere Marathon is the final marathon for those running the '10in10'.

The 26.2 mile anti-clockwise circuit of Windermere, takes in Hawkshead, Newby Bridge, Bowness-on-Windermere and Ambleside.

Over half the course is run on partially traffic-free roads or roads with a dedicated running lane. It takes each runner 33,000 steps to complete the route, volunteers will hand out 10,000 bananas from eight refreshment points and amongst the spectators are 500 sheep.

To find out more and to enter the 2018 ASICS Windermere Marathon visit [www.brathaychallenges.com](http://www.brathaychallenges.com)

Brathay Trust has been successfully improving the life chances of young people for 70 years.

## No activity yet at Fell Foot

**Fell Foot's ambitious new project due to be completed this Autumn is now scheduled to be completed during the Spring of 2018.**

The new 'Fell Foot Active Base' at Fell Foot Park near Newby Bridge is jointly funded by Sport England and will provide new facilities including changing rooms and showers for swimmers, sailors, rowers and canoers, also runners, cyclists and

walkers - ie virtually any kind of outdoor sport activity. It will also be used as a club and community social space and as meeting rooms for indoor training courses such as yoga. According to Steph Byast, Fell Foot Operations Manager, "Visitors can use it as a base for self-led activity, experiencing 'taster' sessions for various activities; or they can take the plunge, and join as a seasonal/ annual passholder, if they wish to participate regularly. Pass prices are comparable to other similar facilities in the Lake District and will give access to state of the art amenities."



**There has been a lot of publicity in recent weeks about a route up the north-western fell Barf and the concerns of mountain rescuers about the dangers following a spate of call-outs.**

In fact, Keswick Mountain Rescue team have been so concerned that they have issued an appeal for walkers to avoid Alfred Wainwright's direct route, which visits the whitewashed rock known as the Bishop of Barf on the way.

I have every sympathy for mountain rescuers (and let's not forget, they are volunteers). However, the fact is that AW was a man in his late 50s when he climbed this route so it clearly didn't deter him.

Perhaps a notice board at the foot of the climb might be the best way of dealing with this situation – something along the lines of: 'The direct route shown on this diagram requires a head for heights, agility and route-finding skills. Please consider whether you really want to tackle this difficult and potentially dangerous ascent.'

Now THAT might put off people ill-equipped to make the climb; it might deter me, too, but I have no choice in the matter – some time in the next 12 months I'll be heading up this way. Gulp!



How Wainwright described the ascent in his guide-book (second-edition revision).

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

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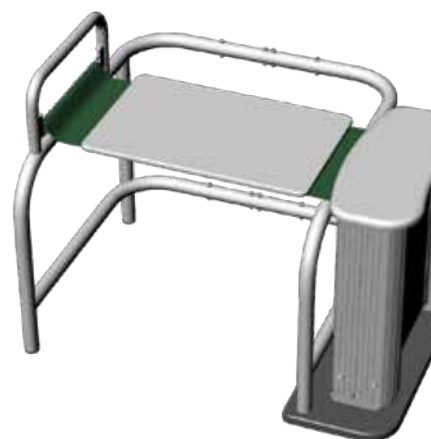
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## Oo, that's a colourful way up Jack's Rake

Great Langdale on a Bank Holiday Monday has seen some sights – but rarely of the brown-green-orange hue, and probably has never seen fell walkers dressed as characters from a classic children's Hollywood movie make the climb of the Lake District's toughest route.

But at the end of August that's exactly what happened, as walkers dressed up as the oompa loompas from *Willy Wonka & The Chocolate Factory*, the 1971 film starring the late Gene Wilder in the title role. From Stickle Barn to Stickle Tarn they trooped, and then seven brave oompa loompas from the 25 starters tackled the fearsome climb of Pavey Ark via Jack's Rake, a rocky groove that climbs a sheer 500ft cliff on the way to the summit. The less brave souls got to the top via an easier route.



The group at Stickle Tarn

Organiser Richard Jennings said: *"The thought of a line of oompa loompas climbing the fabulous Jack's Rake left me with many sleepless nights so I wanted to face this ongoing nightmare head on. It was epic, and the photos could haunt families forever."*

Richard is part of a Facebook group called Lakeland Meet Ups, an informal friendly walking

group, and they wanted to give something back to the Lake District Search and Mountain Rescue Association by making it a charity event.

*"It's about safety on the hills and making people aware of the mountain rescuers,"* said Richard, who was delighted that more than £1,000 was raised. And then it turned to despair when he looked at the pictures!

## Windermere 'skinny' dipping

In August a group of swimmers travelled the 10.5 mile length of Windermere just for the fun of it.

They were partaking in the Swim your Swim organised open water, non-competitive, event. It's a way that keen swimmers can safely tackle arduous swims all over the country in company with like-minded people.

Starting from Fell Foot Park at the south end of the lake they made their way to Waterhead.

Caroline Farland, an experienced "skins" (no wet suit) swimmer, who is a member of the Peninsula



Caroline Farland

Triathlon Club and Peninsula Paddlers in Northern Ireland, was one of them.

Supported from the shore by her husband, sister, brother-in-law, sons, nephew, nieces and niece in law, plus dogs she made her way, wearing just a swimming costume, in

the 17 degree waters of Windermere.

Core to the safety of the event are the 'swim-pods' that each swimmer is allocated to - small groups of swimmers (of similar ability and speeds) that can support each other to successfully complete the swim. Caroline was the first woman "skins" swimmer home and the rest of her pod congratulated her on this achievement. Previously she has swum the English and North channels as part of a relay team in the last couple of years and individually from Henley to Marlow in the River Thames.

## Blencathra charity cash to go to five charities

Five charities will benefit from the many thousands of pounds left over following the community attempt to buy Blencathra, one of guidebook writer Alfred Wainwright's favourite mountains..

Friends of Blencathra was set up by fell-lovers in 2014 after the landowner, the Earl of Lonsdale, put the mountain up for sale for £1.75 million to help meet a £9m inheritance tax bill. The move generated enormous publicity.



Winter view of Blencathra, with Sharp Edge the curving ridge to the right. This profile of the fell gives it its alternative name, Saddleback.

In September 2016 the group admitted defeat in its efforts to secure the fell for the community. The Earl has since taken it off the market.

Friends of Blencathra said the left-over cash will be split equally among Keswick Mountain Rescue Team; Fix the Fells in partnership with the National Trust; Friends of the Lake District; Cumbria Wildlife Trust; and the Mountain Heritage Trust.

Donors who have requested their gifts be returned, should receive their cash by the end of the year, minus an administration fee.



# MOUNTAIN

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### Fashion Show, Friday 29th September: Doors open 7pm for 7.30pm start Tickets £9

Leven Valley Support Group for St Mary's Hospice. Includes refreshments and free entry to the Lakeland Motor Museum, Backbarrow. Tickets from 2x2 Ulverston or Dot Crabtree 015395 30132 / Marion Wilson 015395 31779

### "The Objects Talk": Tuesday 10 October 2017, 1.30pm: South Lakeland Decorative & Fine Arts Society (SLDFAS) Brewery Arts Centre, Kendal. Entry Fee £10.00

Revelations about Art & Antiques discovered from Chosen Artefacts Marc Allum BA, Antiques Roadshow "Miscellaneous" Expert. The Lecture is crafted around a number of objects, some quirky or unusual, of significance to and chosen by the Lecturer. Contact: Miss Dorothy Mitchell, Tel: 01524 761836

**Rydal WI** usually meets on the 2nd Tuesday each month at 7.00pm in the Mackereth Suite in The Kelsick Centre, St Mary's Lane, Ambleside. On October 10th the talk to be given by Steve Swithin is called 'Daft I call it'. New members are always welcome. Email Rydalwi@hotmail.co.uk

**Be a Victorian tourist Friday 13 Oct 10.15am – 5pm** Retrace the steps of Victorian and Edwardian tourists on an adaptation of one of the original Furness Railway grand tours of the Lake District exploring Windermere and Conistown. This epic journey takes in a ride on the Lakeside and Haverthwaite Railway, a cruise with Windermere Lake Cruises and the National Trust's Steam Yacht Gondola accompanied by Mountain Goat Tours and a National Trust guide. The price includes a ferryman's lunch at Claife Viewing Station.

Booking essential Adult: £65, call 015394 32733, or book online at [www.nationaltrust.org.uk/steam-yacht-gondola](http://www.nationaltrust.org.uk/steam-yacht-gondola)

**The Windermere and Bowness Community Care Trust** will hold it's Annual General Meeting at the Phoenix Centre Windermere on Wednesday 18th October at 7-00pm. All welcome to attend.

## 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 Linton 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. Great night out in relaxed & informal

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

**Ambleside and District Choral Society** Monday evenings 7.30pm-9.30pm at the Kelsick Centre, Ambleside. We are a friendly choir who rehearse weekly, September to May, and perform two major concerts in the year. New members are always very welcome. No auditions! Rehearsals start 4th September. Contact Michael Corin 015394 33944 [www.amblesidechoralsociety.org.uk](http://www.amblesidechoralsociety.org.uk)

**Vintage Fair Summer Shop at the Conistown Institute**, 15 Yewdale Road in Conistown. 10am to 6pm every day until the 10th October. Its popularity has ensured its return for the last few years. This years fourteen stalls offer a treasure trove of vintage antiques and collectables, with items of fashion, linens, jewellery, homewares, small furniture and knick-knacks from the 1920's to the 1980's. The admission is free and dogs are welcome.

## SKELWITH BRIDGE COMMUNITY CENTRE

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

## BRATHAY CHURCH

**Coffee mornings:** Thursdays: 10am to 12 pm noon Follow the smell of fresh scones!

## AMBLESIDE CENTRE

**Cedar Counselling Cumbria:** Mon-Fri: Free and confidential counselling available. Call 075021-06582 or email [help@cedarcounsellingcumbria.co.uk](mailto:help@cedarcounsellingcumbria.co.uk)

**Gentle chair-based exercise:** Friday 11-12 pm Age UK 728118

**All Together Now:** Tuesdays: 3.15 - 5pm. Call the parish centre on 015394-34172.

**Computer 'Games for Men' group:** Thursdays 10am - 12.30pm, 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 Thurs of each month: 2.30-4pm. Call Judith 015394-34640.

**The Evergreen Club:** Weds 2pm to 4pm A weekly opportunity for the older members of our community to meet for activities/talks/trips. Call Betty on 015394 31851

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

## MARCHESI CENTRE

### 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:

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

Exercise Class for the Over 50's - 1.30pm

Trefoil Guild 2pm (2nd Tues)

### Wednesday:

Windermere Scottish Dance

Group. 10am. (1st Wed)

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)

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

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

**Carver Church, Lake Rd, LA23 2DB**

**CarverUniting.org.uk**





## Langdale's Grand Day Out

Returns on 21st & 22nd October. After the success of the events in 2016 fundraising continues for the Cumbria Community Foundation, supporting communities and projects across Cumbria.

Originally organised as a response to the Storm Desmond Floods of December 2015, Grand Day out has raised an amazing £23,500 for the Cumbria Community Foundation and Mountain Rescue teams. Last year there were fell walks, outdoor sports, a raffle, live music, laughter, eating, drinking and all manner of fun. Once again the headline events will be held in the Sticklebarn Tavern in the majestic Langdale valley. The weekend will be the usual brand of Grand Day Out entertainment; with the



programme filling up daytime activities include: guided walks and photography walks, orienteering and trail running, mountain bike rides and fell running.

The Langdale Marathon will also be taking place at the same time. Come the evening, adventure films and guest speakers are sure to delight, followed by live music and a Saturday night quiz and raffle in the Sticklebarn Tavern.

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

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

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

Contact the library on 015394 32507 or email [ambleside.library.staff@cumbria.gov.uk](mailto:ambleside.library.staff@cumbria.gov.uk) for further information

South Lakeland District Council Drop in. Tuesday and Thursday 9.15 am – 12.15 pm

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

Esol Tuesdays 19th September – 19th December 5:30 – 7:30 (beginners) & 7:30 – 9:30pm (Improvers)

Mindfulness Wednesday 4th October – 1st November 2 – 3:30pm

Meditation Thursdays 7th – 5th October & 19th October – 14th December 6 – 7:30pm £5 per class includes refreshments

Tim Farron Drop in Friday 3 -5pm

## 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.

Games Group 1st & 3rd Tuesdays each month 4:30pm - 6pm. Informal games playing Cards, Scrabble, Chess etc.

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

## WINDERMERE LIBRARY

Author Visit : Dee Swift Monday 16th October 2:30pm Dee will be discussing her latest book 'Pleasing Mr Pepys' and her experiences as a writer Entry £1.00 includes refreshment

Living Matters Suicide Alertness Training Monday 2nd October 1:30 – 4:30pm

Baby Clinic Monday 10am -12 noon 9th & 23rd October Barnardo's crèche will be held in the Children's library.

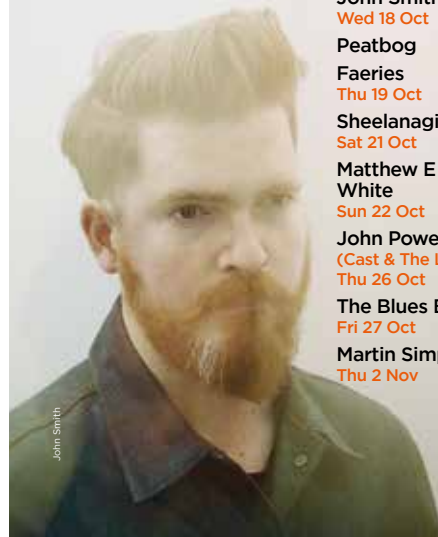
Japanese for beginners Monday 11 Sept – 11Dec 6 - 8pm

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Highgate Kendal The Lakes LA9 4HE



BREWERY

# AUTUMN WIBES



Leveret  
Wed 11 Oct

John Smith  
Wed 18 Oct

Peatbog

Faeries  
Thu 19 Oct

Sheelanagig  
Sat 21 Oct

Matthew E White  
Sun 22 Oct

John Power  
(Cast & The La's)  
Thu 26 Oct

The Blues Band  
Fri 27 Oct

Martin Simpson  
Thu 2 Nov

The Furrow Collective  
Sat 4 Nov

Eddi Reader  
Wed 8 Nov

Emily Barker  
Thu 9 Nov

Dodgy  
(acoustic set)  
Sat 11 Nov

Chris Wood  
Wed 22 Nov

Lau  
Thu 23 Nov

Sound of the Sirens  
Thu 7 Dec

Duke Special  
Fri 8 Dec

Electric Swing Circus  
Fri 15 Dec

Moulettes  
Sun 17 Dec



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

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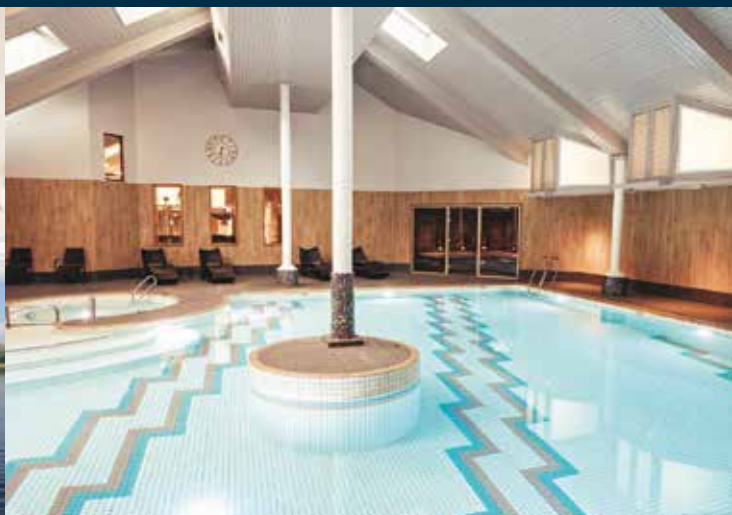
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