



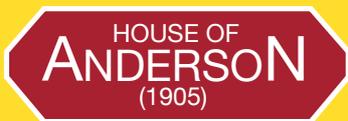
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Happy New Year and welcome to our January edition of Local Choice. This month we give you some tips and advice on saving money, as well as some great restaurant offers, so that you can take advantage of the best deals on eating out. Not forgetting the best January sales ideas too.

And to help you start the year off with a cash bonus, why not complete our Reader Survey for the chance to win £100.

Kind regards
Mark Prada (Editor)
Tel: 01524 825600

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TIME TO GET YOUR FINANCES UNDER CONTROL

It's easy throughout the year to lose track of your spending, and because of this its super easy to spend way too much on things that you could be saving on! here are some of the best tips and tricks to really get your finances in check this year, and lower your stress levels in the process!

RECEIPTS!

One of the most important things that needs to be done when tracking your income and expenditure, is to actually see where that money is going! it's super easy to lose track of those early morning coffees (did you know the average person spends from £250 - £660 per year on coffee!) so keep those receipts in your bag until you get home and can organise them efficiently. Receipts can be organised in separate folders, such as food, home bills, miscellaneous buys, and travel.

EVALUATION

At the end of every month, calculate the money you receive, (salary, wages, financial assistance, or any extra money you may have received) you can then see how much money you have to spend within the month. Then its important to calculate your totals for each area of spending, such as food etc. After having both totals, you can begin to see where your money is going, and evaluate if that extra night of eating out every week could be scrapped, and you could begin to save up to an extra £100 every month!

EMERGENCY SAVINGS

Living from pay check to pay check can get extremely exhausting, and can also be dangerous too. If you need to spend extra money on something unexpected this can be a nightmare. Putting small amounts of money aside from your pay check, even if its just £5, can be a massive help in times of need.

BUDGETS

How many times have you popped out to the shop with intentions of picking up a pint of milk and a loaf of bread, and came back with a full bag of biscuits, crisps and fizzy drinks? spending these small amounts of money all the time can really deplete your bank balance. Setting tangible budgets is key. Be realistic - if you currently spend £300 a month on food, a budget of £100 isn't going to be achievable. Try reducing it slowly, maybe cutting £30 off at first, and lowering it more and more every month until you feel comfortable with your budget.

TAXI'S ARE EXPENSIVE!

Getting up 30 minutes earlier and paying £2 for the bus, or sleeping in and paying £7 for a taxi? to us, that seems like a no brainer. If a bus isn't an option in your case, is cycling a possibility? you'll get exercise, and pay nothing for your travel, a win-win situation. Cab sharing is also an option, if you live close to colleagues, sharing a taxi to work saves everyone money.

BANK ACCOUNTS

Shopping around to receive the best deal on services and interest can be highly effective to your life. A good service includes getting great financial advice, and the best interest rates available to you. Also be sure to close down bank accounts that aren't being used in order to avoid fraud!

FINALLY, LETS SET SOME FINANCIAL NEW YEARS RESOLUTIONS!

This year, what could you achieve? do you want to get a handle on your credit card debts? buy a car? Travel in a different country? reduce your mortgage? January is the best time to begin to set these goals in order to make the most out of your money this year!

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Like many things in life Kendal Wills came about by accident. Paul Rodman, the owner, was working as an Independent Financial Adviser and found that many of his clients didn't have Wills. Back in 2003, he joined the Institute of Professional Will writers as an Associate member, and found a local Will writer to assist him with the writing of the Wills. However, after about eighteen months the Will writer suggested he would be better to write the Wills himself, as he knew the clients and their requirements. Paul took the required institute examinations and began Will writing himself.

Initially, Paul just wrote the Wills and Enduring Powers of Attorneys for his clients only. However, around 2008 the financial services sector took a downturn and a year later Paul sold the business to another adviser. He kept writing Wills and quickly found other financial advisers were asking him to write Wills for their clients.

Today, in addition to writing Wills the company specialises in Lasting Powers of Attorneys for older clients. Paul does not appoint himself as Executor in the Wills and is always pleased to discuss the more complicated family situations. Kendal Wills are also agents for Golden Leaves prepaid funeral plans. The company offers home visits at flexible appointment times, up to 50 miles from Kendal, or office based appointments and has a menu of fixed prices so there are no surprises. The service normally involves two meetings, one to take your instructions and one to get the Will signed and witnessed.

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14th - 18th August
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21st - 25th August
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LONDON WEEKEND London

27th - 1st December
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23rd - 27th December
CHRISTMAS HOLIDAY Llanberris

30th Dec - 2nd January
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	Designer Outlet Village @ The Lowry	£12.75
	Trafford Centre, Manchester	£12.75
Wed 18	Skipton Market & Boundary Mill, Colne	£13.00
Sat 21	Manchester City Centre	£12.75
	Trafford Centre, Manchester	£12.75
	Designer Outlet Village @ The Lowry	£12.75
Wed 25	Carlisle	£11.75
Fri 27	York City Centre	£14.45
	Harrogate	£13.45
Sat 28	Albert Dock & Liverpool City Centre	£13.45
	Liverpool City Centre	£13.45
	'Liverpool ONE' - Shopping Experience	£13.45
Mon 30	New Year Winter Wonderland Mystery Tour	£10.95

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Wed 1	Bolton	£11.95
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Sat 4	Chester City	£14.00
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	Designer Outlet Village, Cheshire Oaks & Chester City	£14.00
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Tue 7	Albert Dock & Liverpool City Centre	£13.45
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Sun 12	Pre Valentines Mystery Tour	£12.75
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Wed 15	Skipton Market & Boundary Mill, Colne	£13.00

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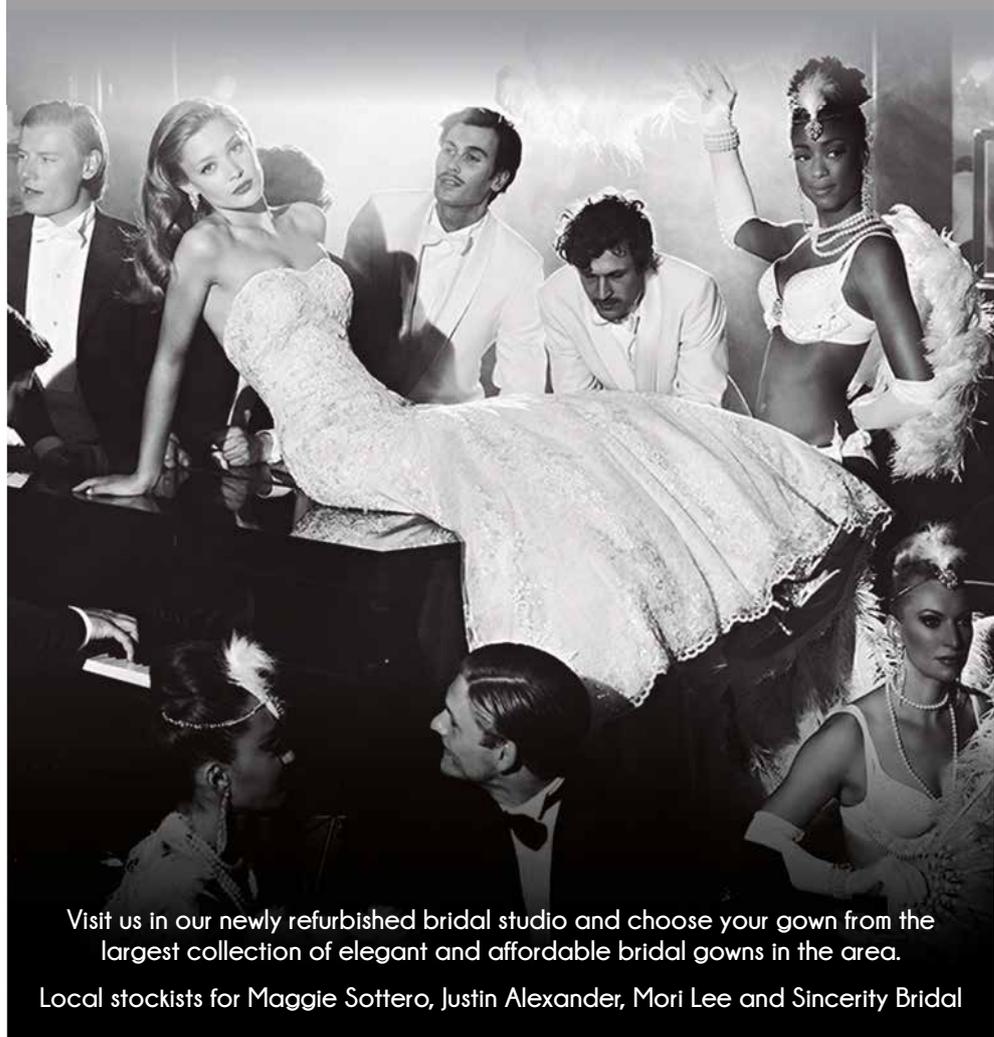
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WHAT DO YOU HAVE WAITING TO BE DISCOVERED

Many people are totally unaware of the value of unusual and old items that they own and are just hidden away in drawers around the house. Dealers are now paying record high prices for old jewellery and gold and silver objects and collectables. Most unusual gold and silver items are no longer fashionable but there are still collectors who we deal with that will pay record high prices for your old gold and silver jewellery, and items. Wristwatches and old fashioned pocket watches can surprise you with their values and you will be amazed by the amount that is currently being offered for such items. Get looking NOW in your old drawers, cupboards, and jewellery boxes. Look in the attic and the cellar, even old broken or squashed item of jewellery and silver are valuable and worth having appraised at these free roadshows. Bullion Investments & Acquisitions are having such a roadshow at STONECROSS MANOR HOTEL, MILNTHORPE ROAD, KENDAL.

They will be offering a free valuation service and they will make you an instant CASH offer to buy your old jewellery, gold and silver or any old silver or coins that you may have.



Things that you should look for and bring to our roadshows are absolutely anything that looks like jewellery, whether it is yellow gold, silver or platinum. Any old British or foreign coins. Any old wrist watches or pocket watches. All chains, bracelets, rings and bangles broken or not and in any condition. If you think it is a diamond ring, bring it along and we will confirm it to be genuine. If you have an old trophy or tankard or any silver coloured items, let us value them for you.

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Group Managing Director Marcus McGee believes that Which? have endorsed Cloudy2Clear's long standing company policy of delivering the highest

standards possible at all times. 'Our service is simple. If your double glazing has misted up we can replace the glass at a fraction of the cost of a new window, in any type of frame, and with a new 25 year guarantee. But it's not just about saving people money, although that obviously helps. Whilst a number of tradespeople perhaps don't focus on customer care as much as they should do, we make sure we turn up when we say we will, do the job the customer requires and leave their house as clean as a whistle.

Locally Cloudy2Clear service the Lancaster, Morecambe & South Lakes areas and manager

Roger Bonnick agrees that this approach is a major factor in his success. 'The truth is that it's not just the personal satisfaction that I get from doing a good job but also it makes good business sense. I get a huge amount of business from friends and family of people I've done work for, which just goes to show how much a little bit of effort is appreciated as both my customers and, obviously a body as nationally important as Which? now recognise.'

So, if your windows are steamed up, broken or damaged give Roger a call for a free quotation on 0800 61 21 118 and he'll be happy to help!

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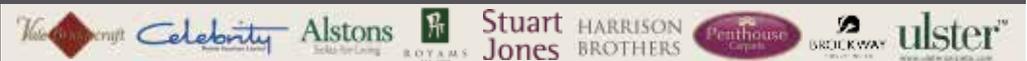
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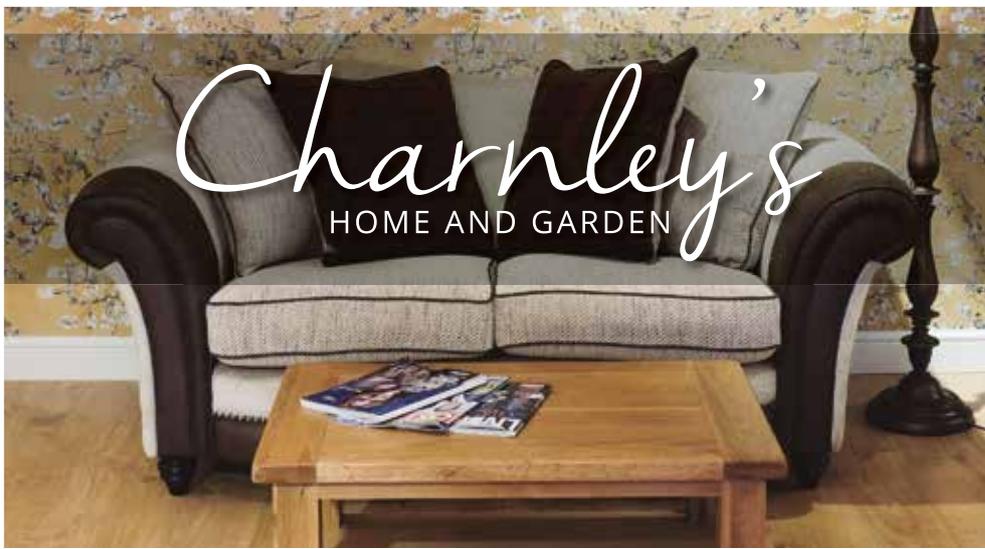
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Our newly redeveloped café – The Bakehouse is proving to be extremely popular. We have created an open plan kitchen, so you can now see the theatre of your fresh food being prepared in front of you. Our team of chefs are adding new and exciting dishes to the menu daily and deliciously tempting

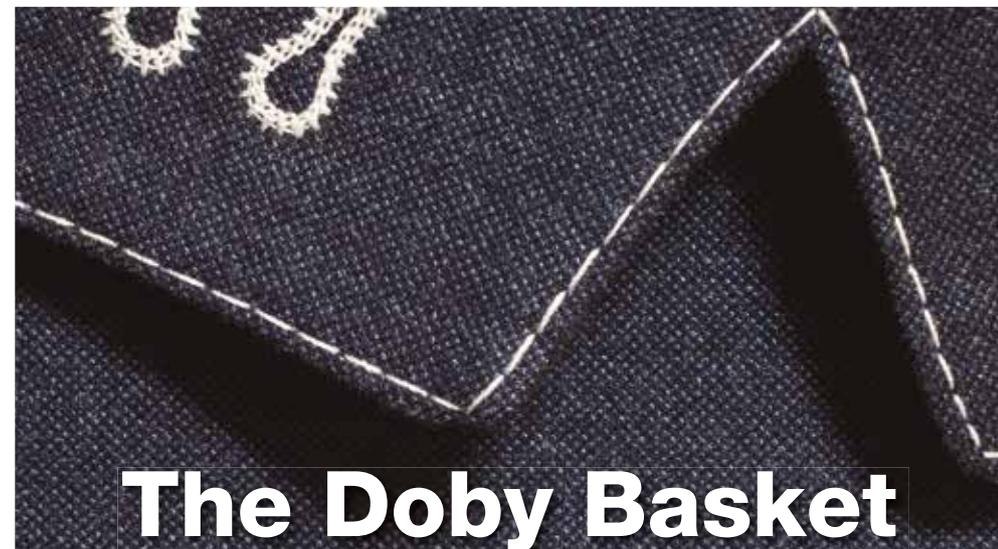
cakes are baked continually, making The Bakehouse the place to sit back, relax and indulge!

The relaunch has surpassed all of our expectations. We are absolutely blown away with all the positive comments from customers old and new alike. The support has been overwhelming and from feedback, customers are telling us that we have fulfilled our objective of creating something different for customers; a destination for people to experience in a relaxed and friendly environment.

To help us continue to celebrate our relaunch we are going to have the biggest ever winter sale! Doors open at 10am on 27th December and the sale runs throughout the entire store. We will be clearing some ranges of furniture to make room for new designs, suites and upholstery products will also have huge reductions. Plan ahead and buy next year's decorations in our Christmas shop sale and with discounts off interiors and soft furnishings too there really are bargains to be had across the store!!



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Carole Underwood, Kendal

I was a nervous wreck about finding my boys a holiday home... Really wasn't necessary!! Jen & her team instantly put my mind at rest. The boys loved their stay, enjoying off the lead runs with other dogs. They sulked all the way home & been tired ever since! A huge 'thank you' from us all & see you again next year.



Sal, 'Alfie & Baxter'



Please accept our heartfelt thanks for your care for our dog George. We have known for a long time that you provide a dog-friendly, caring service, this is apparent from the fact that whenever George comes to stay he is happy to go inside (in fact he can't get in fast enough) and reluctant to leave upon our return. Sincere thanks.

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Netherfield Cricket Club
Parkside Road, Kendal
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Tel: Helen 07947838348

THURSDAY

Christ the King Church
Haverflatts Lane,
Milnthorpe 5pm and 7pm
Tel: Cyndi 07824993712

SATURDAY

Beck Community Centre
Heron Hill, Kendal
9am and 11am
Tel: Dawn 07557797329

TUESDAY

Shakespeare Centre
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Tel: Kay 015396 20137

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Ambleside Rugby Club
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NEW GROUP WEDNESDAY 4TH JAN

The Leisure Centre
Burton Road, Kendal 7.30pm
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Slimming World

has a new consultant!

I was always an active, healthy person who never struggled with my weight until I got into a new happy relationship with my now husband. We started eating out and having a lot more takeaways, which eventually got the better of me and that's when I started to gain a lot of weight in a short space of time.

At the time, I was a fitness instructor and teaching a lot of classes, which led to snacking on the wrong foods at the wrong times and I should have known better.

My weight gain made me feel really self-conscious and upset about my appearance. I avoided social situations as much as possible and when I did go out I covered up in black unflattering clothes

so as not to draw attention to myself.

After having my 1st child I had gained even more weight. I was on maternity leave and stayed at home with my little boy, where we baked and went on coffee dates with friends.

Before going back to my job, I wanted to lose weight. I tried lots of quick fix diets and nothing was sustainable. Then I joined slimming world, where I was made to feel at home and the group was very supportive. I lost my 5 plus stone in no time.

I followed the extra easy plan throughout my 2nd pregnancy at this really helped and I didn't gain as much weight, and I had lost it within 8 months.

After seeing how easy it was to lose the weight and keep it off, I decided I wanted to help people in the same position as myself and many others.

My new group will start in the New Year of the 4th of January at Kendal Leisure Centre, Burton Road, Kendal LA9 7HX at 7.30pm.

Before *After*



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Dig out all your thick comfy jumpers and cardigans to wear throughout this super cold month, as well as plenty of fluffy and fleecy blankets to cuddle up with. By layering up you can feel much warmer without turning up your heating and spending large amounts on heating bills.

SUPER HOT WASHES... ARE THEY NECESSARY?

As well as the risk of shrinking your clothes, really hot washes use a lot of energy. Make sure you have a hefty amount of washing to do at once, and try to stick to the lowest heat or even a cold wash, to save on energy while washing your clothes. Another thing to keep in mind is that even in the winter, if the day is clear and crisp, your washing can be hung to dry outside, saving money on the energy tumble dryers use.

INSULATING YOUR HOME

A great way to reduce the amount of heat escaping is to insulate your home. Insulating your hot water pipes stops them from cooling down quickly after being used, which means your boiler won't have to work as hard to heat water (saving you money) and will prevent your pipes from freezing over. Insulating your exterior walls can be expensive, but is well worth the cost in the long run. Other places that can be insulated to save money include the attic, floors and basement.

CLOSE THOSE CURTAINS!

Up to 40% of the heat escaping in the house this winter is due to uncovered windows. Heavy curtains which extend to below the window frame will keep the warmth in that would otherwise have escaped through your windows.

HEATER MAINTENANCE

Heaters not working efficiently can use just as much energy but not heat the house effectively. You could have trapped air in your radiators making them cold at the top, but this can be easily solved by bleeding the radiator to remove it. The problem could also be that dirt is built up, making them cold at the bottom. This problem can be resolved by getting them flushed with a chemical treatment.

DRAUGHTS

Look out for areas of the house that will let in draughts of cold air, such as letterboxes, keyholes, pet flaps, gaps underneath the door, etc. These can be covered up using a brush in your letterbox, a keyhole cover for over your keyhole (the tiniest spaces can let out a noticeable amount of heat). By covering up these small gaps in the house the energy bill is more likely to go down!

SHUT THE DOOR!

Close doors to rooms you aren't using to keep the heat in the space you are in, if they aren't being used, they don't need to be heated, only turn on the radiators for the rooms you're in. By closing doors, heat will be circulated around one area making you super warm and saving money.

HOT WATER BOTTLES

By popping a fleecy hot water bottle into bed 30 minutes to an hour before you get snuggled in to ensure you're warm under your duvet and blankets and the heating can be turned off while you're sleeping.



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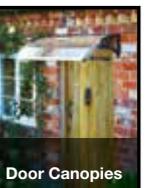
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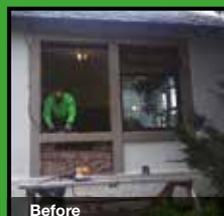
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Whilst I was speaking to Carl, we were discussing the benefits of dealing direct with the owner of a completely independent local business and, with over 15 years experience in the industry, he has so much knowledge about the right level of build quality and best materials to use, to create that perfect kitchen.

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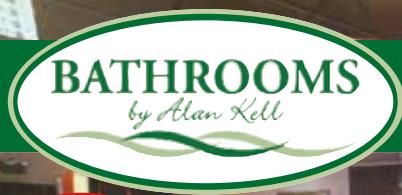
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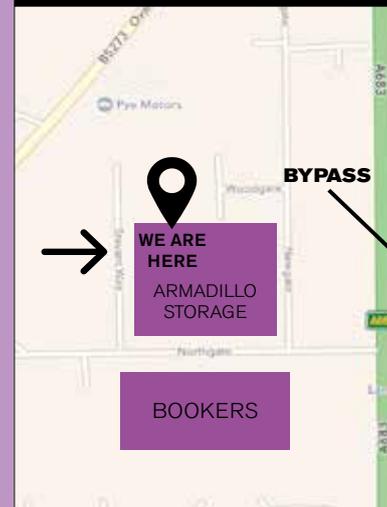
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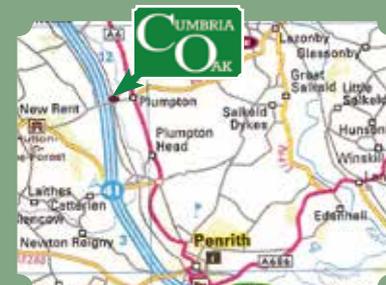
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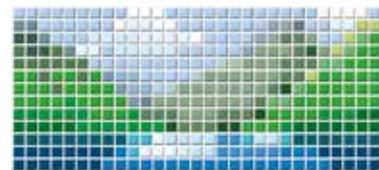


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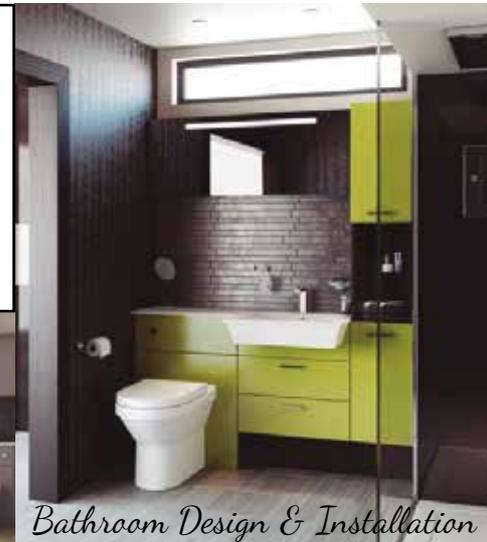
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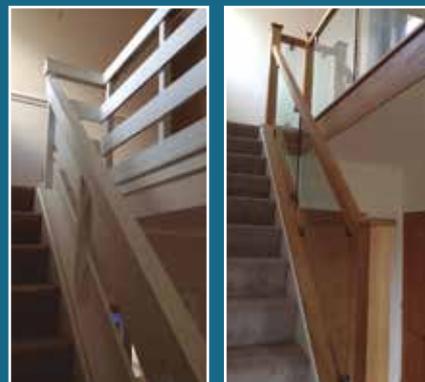
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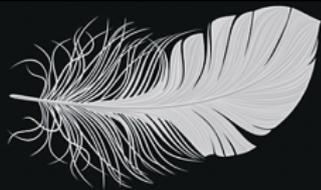
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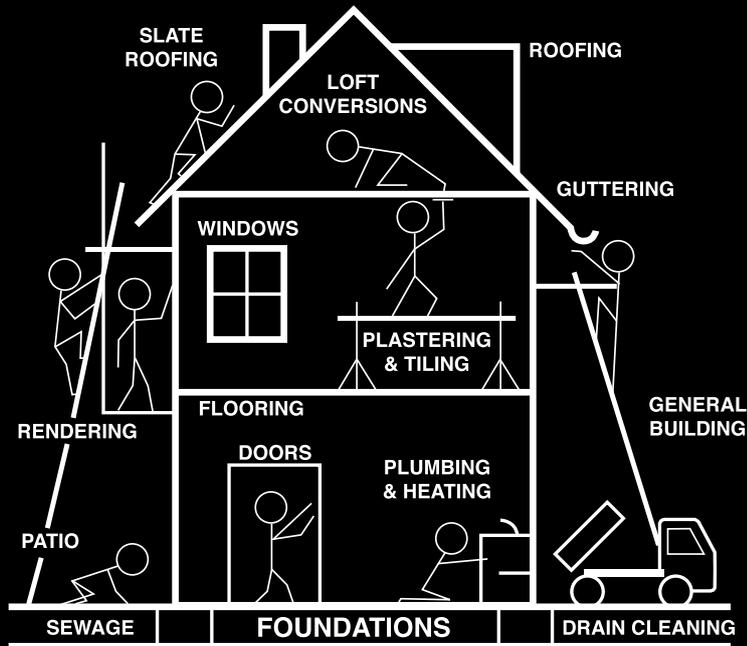
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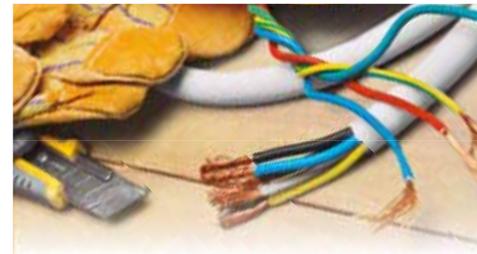


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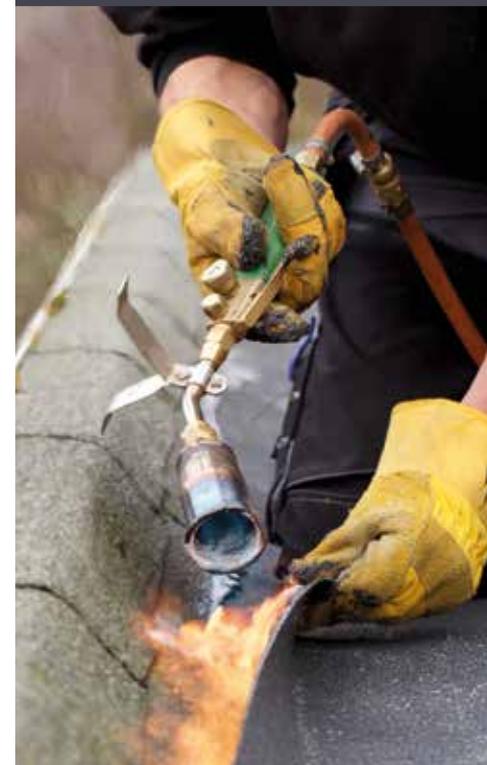
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SUDOKU

Can you complete these Sudoku's?

7	4	9	2	5	3			
6	2	8						4
8		4	1	7	9	6	2	
	7		2					6
4	5			9	2			
2			6		5	1		
3			5			4	9	
	5	2	3	8		7		
9			4					5

	5	4	3					
1		4	8	6				2
	3						4	8
4	2		5	8				
5			3	9		4	8	6
6		3			4	2		5
	6		7	2	1			
7	2	9		4	3			
4		9	8			5		7

2			5			9		7
7	6	9				1		
3	1	5	7	2	9	8	4	
1				5	4	3		
	5			3	8			
6	8							1
8	3	1	4	6	5		9	2
		4	9	8				
2	6		7					

9	1			4		7		3
5	7				3			
2			6		7	1	5	8
			9	3				
3	6		4	5	8	2		
4	5	2				3	8	
		5						4
	4	1		2	6		3	
			8	1	4	6	2	5

FUN FACT

THE NAME "SUDOKU" STEMS FROM TWO JAPANESE WORDS: "SU", WHICH MEANS "NUMBER," AND DOKU, WHICH MEANS "SINGLE." TRANSLATED, IT MOSTLY MEANS "SINGLE NUMBERS ONLY."

WORD SEARCH

Can you find these 15 flower related words?

T	Q	S	I	H	O	S	T	A	H	P	Y	W	Z	T	N	E	P
H	G	B	C	N	B	E	L	L	F	L	O	W	E	R	E	A	Y
R	T	D	F	S	K	N	R	B	D	R	D	A	I	S	Y	O	D
J	U	P	W	O	L	R	U	M	B	V	V	Q	S	L	T	D	E
E	Q	T	A	R	J	I	O	P	K	I	S	B	U	T	D	V	G
X	S	F	X	N	A	D	D	R	I	M	O	F	N	Y	L	I	L
T	Y	O	W	Z	S	D	A	O	C	L	T	E	F	X	W	F	O
A	E	A	R	V	M	I	T	F	F	H	U	P	L	O	G	U	J
S	N	O	N	A	I	D	E	D	K	F	I	T	O	N	Q	O	F
T	Z	Q	A	C	N	I	B	S	H	P	A	D	W	O	R	G	O
D	G	L	W	C	E	H	V	T	K	H	D	D	E	I	E	A	X
T	N	H	J	A	P	R	N	I	E	S	L	G	R	T	D	R	G
R	Z	O	S	L	Z	Y	W	A	N	T	V	Q	G	A	N	D	L
I	A	N	I	I	N	Q	T	P	O	R	T	V	V	N	E	E	O
G	R	X	G	L	W	H	L	P	P	S	E	C	E	R	V	N	V
F	P	I	H	I	E	V	N	A	C	A	U	C	P	A	A	I	E
Y	B	O	S	R	H	M	U	P	S	L	A	U	F	C	L	A	T
L	Y	M	R	E	W	O	L	F	N	R	O	C	U	H	X	M	V

JASMINE
CARNATION
IRIS
ORCHID
HOSTA
TULIP

DAISY
LILAC
CORNFLOWER
LILY
PANSIES
ROSE
SUNFLOWER

GARDENIA
LAVENDER
HEATHER
DAFFODILS
FOXGLOVE
BELLFLOWER

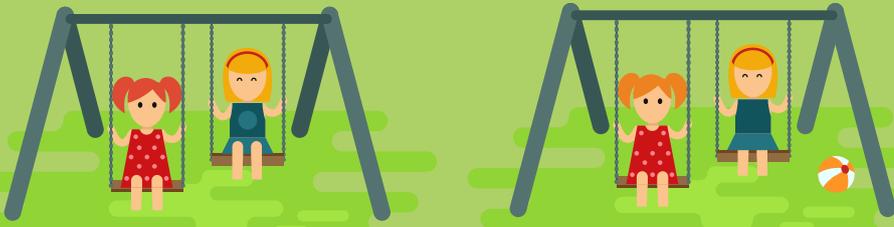
I spy...
How many beach balls are in the park?

I spy...
How many people are enjoying the park?

Can you help the girls find the climbing frame?



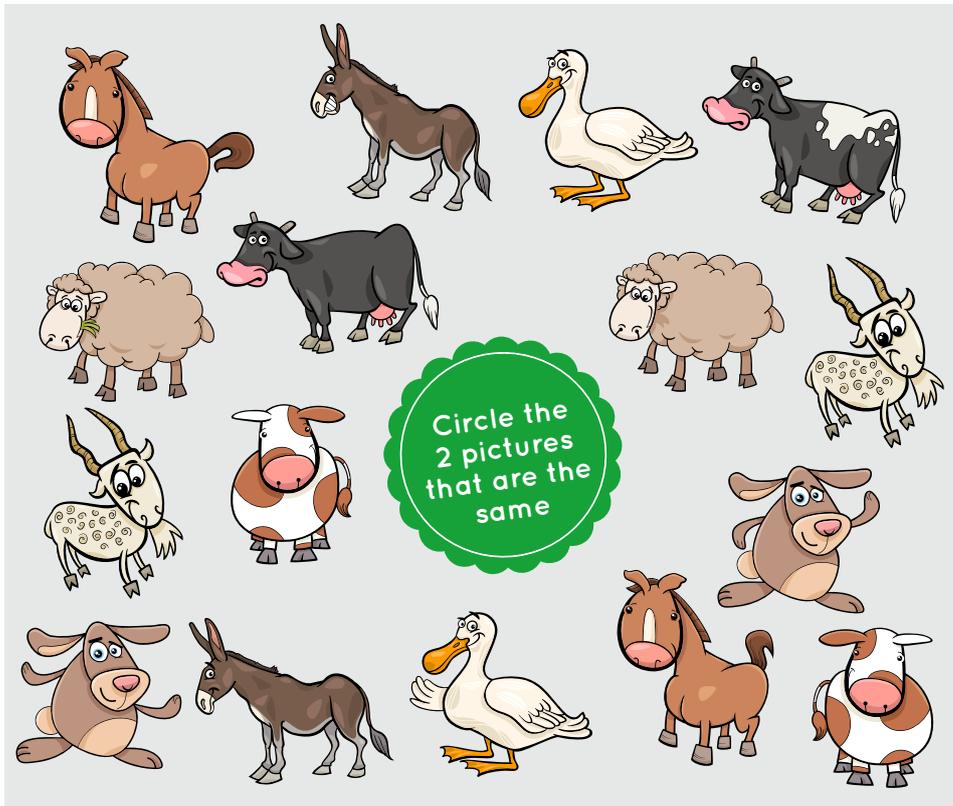
Can you spot 6 differences between the swings?



Can you find all 15 of these insect-related words...

L	A	D	Y	F	L	Y	B	U	M
G	G	U	B	E	E	B	E	L	B
R	R	O	W	Y	L	F	R	E	A
A	E	T	A	B	E	R	P	T	N
S	P	I	S	E	L	E	I	T	T
S	P	U	P	E	T	T	L	U	B
H	O	Q	S	P	I	A	L	B	Y
M	O	S	R	E	D	C	A	E	L
O	R	M	S	B	U	G	R	E	F
W	K	L	I	D	R	A	G	O	N

- Ant
- Bee
- Beetle
- Bug
- Bumblebee
- Butterfly
- Caterpillar
- Dragonfly
- Fly
- Grasshopper
- Ladybug
- Mosquito
- Silkworm
- Spider
- Wasp



ROSHE
 CUDK
 BBITRA
 OTAG
 OWC
 KEYNOD
 PESHE

Can you unscramble the words and fill in the blanks?

See if you can find 7 differences in these 2 pictures



See if you can find these 15 words...

Q	K	G	K	B	R	T	W	G	Z	Z	E	S	P	
A	N	I	M	A	L	S	D	R	A	O	P	G	S	Z
U	Y	M	R	N	T	R	M	H	A	R	D	G	A	K
J	S	N	E	O	A	D	W	P	B	C	T	S	R	J
J	T	E	X	Y	F	E	E	D	F	X	T	S	G	D
X	R	W	M	G	O	N	N	A	F	C	R	O	C	J
G	L	R	K	C	U	L	C	M	J	Q	N	R	R	N
L	A	N	E	H	G	Q	S	V	O	K	M	O	M	Z
F	O	J	F	W	F	N	N	V	E	O	U	O	A	S
Y	Y	X	D	A	M	A	S	A	K	B	M	S	C	D
D	L	X	R	W	M	D	T	U	Z	J	K	T	A	U
U	M	M	X	O	K	H	S	R	V	E	V	E	E	Z
Z	E	I	T	K	L	I	V	E	J	Y	V	R	Z	V
R	E	S	L	Q	Z	Q	X	X	B	Y	I	P	F	C
H	U	R	R	K	A	M	G	N	A	B	A	S	D	S

1. Farmyard
2. Animals
3. Feed
4. Hen
5. Cluck
6. Milk
7. Eggs
8. Farmer
9. Tractor
10. Straw
11. Barn
12. Grass
13. Rooster
14. Green
15. Dog

ANSWER: HORSE, DUCK, RABBIT, GOAT, COW, DONKEY, SHEEP

IT'S TIME TO MAKE SOME CHANGES

January has rolled around again, and yet again we have another 365 blank pages to write on. For how many years have you made the same healthy and beauty resolutions and felt like you got nowhere because of them? This year, its time to spice things up, and practice self care like never before.

THROW IT ALL AWAY

It's time for a major clean out, I'm talking wardrobe, makeup box, food cupboards, beauty products bookshelf, the whole lot. One of the most stressful factors of every day life is an untidy environment, and can be incredibly demotivating. Its time to throw away old clogged up mascaras, hairbrushes that have seen their day long ago, bobbly cardigans, and those tins of soup that have been sitting in the cupboard for well over a year. Anything that isn't in terrible condition can be donated, but the rest of it, throw it all away. tidy space, tidy mind. This really gives the feeling of a fresh start and is the first step in making positive changes in your life.

A HEALTHY SLEEP ROUTINE

We all love sleep, and its super easy to get into a negative sleeping routine by staying up late to watch one more episode of your favourite TV show, but this can cause a lot of problems and imbalances in your body. Paying attention to what you're eating and drinking can help a lot when training your body to stick to a healthy sleep schedule, such as not going to bed too hungry or too full, and not consuming caffeine or alcohol right before bed either, as this can affect your sleep badly. Having a routine before bed is also helpful, such as taking a warm bath, dimming the lights, and listening to soothing music. this relaxes your body and eases you into sleep.



HEALTHY, GLOWING SKIN

After a cold December and the stress of Christmas, there may be quite a toll taken on your skin, such as it being dry and flaky. However, not all skincare routines work the same for everyone so its definitely worth popping in to see a dermatologist in order to develop the right routine for you. Between moisturisers, cleansers, exfoliators, micellar waters and face masks, its easy to get confused. One of the most important things to remember with skincare is to always remove makeup before sleeping to avoid clogging pores and to help avoiding wrinkles.

NEW MAKEUP LOOKS?

What on earth is contouring? I've never heard of 'baking'! highlighting? it's okay if you find yourself saying these on numerous occasions - new trends can be hard to get a grasp of. Dramatic changes in makeup definitely isn't necessary to feel good, in fact, a new colour of eyeshadow or going for a matte lip rather than gloss, can be all the change you need to feel glamorous and renewed. When you aren't in a rush, try experimenting with a new colour of blush, this way, if you don't like the way it looks you have time to start again instead of having to rush out feeling unconfident.

NEW YEAR, NEW HAIR

Hair trends change all the time, and a single trip to your hairdressers might be just what you need to get out of your comfort zone, and start making heads turn. There are dozens of ways to change up your style, from highlights, to semi-permanent dyes. A fresh shade of brown may be just the thing, if a colour feels too drastic of a change, layers are a fantastic way of accentuating your features and have your hair looking healthy in no time at all.



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Please return your completed questionnaire to **Readers Survey, Local Choice, 2 Coastal Road, Hest Bank, Lancaster LA2 6HN**

GENDER

Male Female

AGE

18 – 25 26 – 35 36 – 45

46 – 55 56 – 65 Over 65

CONTACT

Name

Tel

Email

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0 1 2 3 4 or more

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.....

In what way do you think Local Choice can be improved?
.....

What would you like to see in the magazine?
.....

What are your favourite parts of the Local Choice Magazine?
.....

Which of these features would be of interest to you?

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Which advert in this edition catches your eye most and why?
.....

Additional comments
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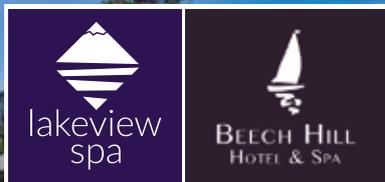
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Time to Relax at the Lakeview Spa

Recently, I was lucky enough to go for a peek around the new spa at The Beech Hill Hotel & Spa in Windermere. The launch of the Lakeview Spa really has exceeded all expectations. The Spa is so unique compared with other similar offerings around the Lake District, in that they boast the most incredible views of Windermere and beyond, from their indoor pool or the stunning outdoor vitality spa pool in the beautiful scented gardens.

Offering two treatment rooms, a Himalayan Sauna, aromatic Steam Room, 40ft indoor pool and the Vitality Spa Pool, makes the Lakeview Spa a perfect choice for a couples weekend escape, some mother daughter time, a treat for you and a friend. Whatever the reason, you'll not be disappointed!

There is an outstanding selection of Elemis Spa treatments available to help soothe away the stresses of modern day life. From the basics of waxing, lashes and brows to the ultimate relaxation found in full pamper days. There are some great offers available at the moment.

In addition, The Lakeview Spa offers a fantastic membership scheme. With packages for single adults for midweek use, anytime use and family deals too, it really is open to everyone all year round.

You can opt to pay monthly or annually with the added benefit of discounts off the vast array of spa treatments available.

Why not really spoil yourselves and extend your retreat and book in to one of the 57 bedrooms that have private balconies or access to the garden, simply open the glass doors, breathe in the fresh Cumbrian air and enjoy the unrivalled views of Windermere.

With Valentine's Day, Mothers Day and Easter just around the corner, what better way to show your loved ones you care than a little slice of the Lake District that is Lakeview Spa!

Call the team now to book on 0844 502 7587.



REFRESH £49 PER PERSON

Our Refresh afternoon includes Afternoon Tea, Access to the Lakeview Spa and a choice of a 30 minute treatment from the list below:

Mini Manicure, Mini Pedicure,
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575g Bramley apple (3 medium apples),
peeled, cored and sliced to 1 cm thick
2 tbsp golden caster sugar

For the crumble:
175g plain flour
110g golden caster sugar
110g cold butter

For the topping (optional):
1 tbsp rolled oats
1 tbsp demerara sugar double cream,
clotted cream or custard to serve

INSTRUCTIONS

1. Preheat the oven to 190C/170 fan/gas
5. Toss the apples with the 2 tbsp sugar and
put in a 23cm round baking dish at least
5cm deep, or a 20cm square dish. Flatten
down with your hand to prevent too much
crumble falling through.

2. Put the flour and 110g sugar in a bowl
with a good pinch of salt, slice in the butter
and rub it in with your fingertips until the
mixture looks like moist breadcrumbs. Shake
the bowl and any big bits will come to the
surface – rub them in. Alternatively, pulse in
a processor until sandy.

3. Pour the crumb mix over the apples to
form a pile in the centre, then use a fork
to even out. Gently press the surface with
the back of the fork so the crumble holds
together and goes crisp, then lightly drag
the fork over the top for a decorative finish.
Sprinkle the oats and demerara over evenly,
if you wish.

4. Set on a baking tray and put in the
preheated oven for 35-40 minutes, until the
top is golden and the apples feel very soft
when you insert a small, sharp knife. Leave
to cool for 10 minutes before serving.



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*Not to be used in conjunction with any other offer

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Time to dine at...

CANAL TURN

Lancaster Rd, Carnforth, LA5 9EA
Tel: 01524 720546

www.thecanalturn.co.uk



What better way to enjoy those fresh frosty January days than with a stroll along Lancaster Canal with the whole family, followed by some delicious home cooked food in a traditional country pub, with roaring log fires!

Following a quarter of a million pound refurbishment, The Canal Turn, near Carnforth is simply THE perfect place to enjoy this experience. This grade 2 listed establishment is the only pub North of Lancaster with a full aspect and picket-fenced terrace alongside and directly by the canal. In summer they bring the outside in as their brand new sun lounge boasts floor to ceiling sliding doors that open fully, whilst in winter they go all cosy by way of two log fires that run continuously. So, whatever time of year, be assured a warm welcome awaits you at The Canal Turn.

On this occasion we had been out for the day, with two small kids in tow and The Canal Turn proved to be the perfect venue to complete a memorable family experience.

As we settled into a warm corner of the restaurant, we instantly relaxed and were ready to enjoy some hearty home cooked food. All the ingredients are locally sourced from the surrounding area (right down to butter, milk and coffee) and the only frozen produce to be found in the kitchen is the very excellent Mrs. Dowson's ice-cream.

As we perused the à la carte menu, we were spoilt for choice, as each dish sounded as mouth-watering as the next, you certainly won't be disappointed and it gives you a good excuse to keep coming back here to try something new.

After a lengthy deliberation I started with a delicious homemade mushroom soup of the day, served with a wee Hovis loaf (white or granary), the soup was very fresh, full of flavour and surprisingly filling. It would be ideal if you were just popping in for a warming snack during the day, especially if you added a sandwich, or a portion of chips to it! My partner chose the very fresh and very local Morecambe Bay potted shrimps (which can be served hot or cold), on toasted granary.

For main course, we were tempted by one of the local planks (as starter or main) Port of Lancaster cured meats: bresaola, venison salami, chorizo and truffled prosciutto; home-pickled veg; salad and a wee Hovis loaf, the Fish: home-thyme-cured salmon; hot smoked salmon pate; smoked haddock fishcake; prawn cocktail; salad and a wee Hovis loaf, fennel butter, or Cheese: Grandma Singleton's Famously Strong Lancashire, Garstang White and Blacksticks Blue?

In the end, I decided to have the thick cut Lancaster ham, two fried eggs, chips, with homemade red onion chutney, with my partner opting for the eye-popping big 8oz Lancashire burger, with a large, secret recipe local beef patty, oven bottom muffin, Lancashire cheese, lettuce, tomato, onion rings and chips! The portions were very large and could certainly tame any appetite, particularly the big burger and with each dish very reasonably priced, The Canal Turn is excellent value for money too.

The kids certainly weren't disappointed either with a choice of sausage, mash or chips, with gravy, Fish and chips, Chicken nuggets, chips with baked beans and last, but certainly not least beans on toast.

As if we hadn't had enough, we couldn't resist sharing one of their delicious desserts! Would you miss out on a choice of Chocolate bread & butter pudding, Mrs. Dowson's Vanilla ice cream, Homemade chocolate brownie with chocolate sauce, Mrs. Dowson's salted caramel ice cream, Lime and ginger posset, pistachio, shortbread and you can even create your own sundae: 4 scoops of your choice, sauce, 2 toppings and whipped cream served in a canal art mug.

During midweek lunches and evenings The Canal Turn offers even better value for money with many exciting food promotions, such as The Morecambe Bay Tray, Steak For Two (£22), Create Your Own Sandwiches or Meat vs. Fish! The full à la carte is available throughout, whilst Sunday also features the obligatory roast.

As well as family friendly, the Canal Turn is very pet friendly too, which is just as well since the undoubted bosses of The Turn are their mischievous pug-crosses, Jago and Purdey, who keep a watchful eye on proceedings from their dog-station; or, more accurately, a watchful eye for anyone prepared to offer them a free treat from our constantly stocked jar on the bar!

If you are looking for a real hidden gem The Canal Turn is just that venue.

Reviewed by Mark Prada



THE CANAL TURN

The Canal Turn is a beautiful pub offering locally sourced food and drink right by the side of the famous Lancaster Canal. Families, dogs, walkers, indeed all, are welcome

Booking advisable.



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FIRST MICHELIN STAR AWARDED TO FOREST SIDE

Chef Kevin Tickle and his team have had a roller coaster 9 months so far at The Forest Side, Grasmere, as the plaudits keep coming. On Monday (3rd October) Head Chef Kevin Tickle and the team found out that they had joined the honoured ranks of UK Michelin starred restaurants, with a listing in the Michelin Guide 2017 and one star.

The announcement was made at a live event by Michael Ellis, International Director of Michelin Guides, at London's The Institution of Engineering and Technology (IET), Savoy Place, London.

Not since the closure of Michael's Nook in 2002 has Grasmere boasted a Michelin starred restaurant, now some 14 years later that situation has been rectified.

This brilliant accolade from the World's leading foodie bible is a glowing testament to the magic that Chef Kevin Tickle, Restaurant Manager Gareth Newton, and Head Sommelier Charles Carron Brown, create on a daily basis.

The elegant restaurant is a place where British food triumphs, all underpinned by Tickle's deep understanding of provenance and produce. Stand-out seasonal dishes include a Campfire Mushroom broth, woodland mushrooms, smoked lardo and pickled and unforgettable new season grouse, carrot, woodland fungi, elderberry and smokey oats.

Hotel owner Andrew Wildsmith, said: "The team at Forest Side have been on an

amazing journey since we opened. We hope that people agree that what we have created is fast becoming another shining beacon of culinary excellence in the North of England."

Forest Side's Head Chef Kevin Tickle, added: "Being awarded a Michelin star is totally unexpected, I really didn't think I would be in the running this year. I can't describe how over the moon I am... it's been an amazing journey so far... I couldn't be prouder; this is a real team effort. We built a strong foundation from the very beginning and over the last nine months we've notched it up and up, going through the gears, taking what we do to new levels. It's always been about the food we create at Forest Side. Everything is about our surroundings and our sense of belonging to this place. The food we create is a reflection our collective passion for the amazing larder we are lucky to call home."

Forest Side is set in a former 19th-century Victorian hunting lodge minutes from Grasmere. Head Chef Kevin's menu changes regularly according to what produce is available within the 43 acres of forageable grounds and the restored Victorian-walled kitchen garden.

To celebrate our Michelin Star guests can enjoy our 'Bait' Lunch menu for £25 per person when quoting 'Local Choice' valid from 2nd until 31st January 2017, or our 'Lal 'Un' six course tasting menu priced at £70.

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