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Hello and welcome to the July edition of Local Choice and, dare I say it, the start of the school holidays for those of you with kids!!

But don't worry, in this issue, we give you lots of ideas on how to keep the little ones occupied and quiet, during those long six weeks.

And, if you do find time to relax and need some holiday reading then pack your copy of Local Choice and take it away with you.

Mark Prada (Editor)

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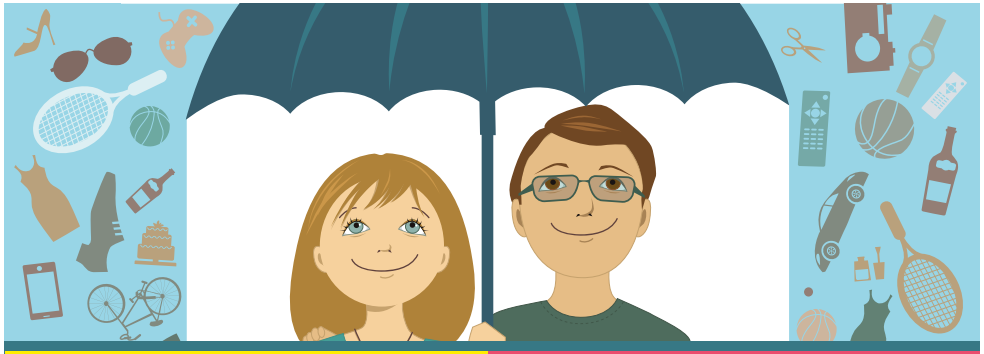

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	Manchester City Centre	£13.50
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Sat 8	Albert Dock & Liverpool City Centre	£14.20
	Liverpool City Centre	£14.20
	'Liverpool One' - Shopping Experience	£14.20
	Spaceport - Wallasey*	£14.20
Sun 9	Scenic Yorkshire Dales Tour	£14.95
Wed 12	Gretna Gateway Outlet Village, Carlisle & Houghton Hall Garden Centre	£12.50
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Thu 13	Great Yorkshire Show*	£14.20
	Harrogate	£14.20
Sat 15	Blue Planet Aquarium & Chester City*	£14.75
	Chester City	£14.75
	Chester Zoo*	£14.75
	Designer Outlet Village, Cheshire Oaks	£14.75
	Designer Outlet Village, Cheshire Oaks & Chester City	£14.75
Sun 16	Blackpool	£12.20
	Blackpool Pleasure Beach*	£12.20
	Blackpool Zoo*	£12.20
	Fleetwood Freeport & Blackpool	£12.20
	Fleetwood Tram Festival	£12.20
Tue 18	Albert Dock & Liverpool City Centre	£14.20
	Liverpool City Centre	£14.20
	'Liverpool One' - Shopping Experience	£14.20
Fri 21	Harrogate	£14.20
	York City Centre	£15.20
Sat 22	Designer Outlet Village @ The Lowry	£13.50
	Manchester City Centre	£13.50
	Trafford Centre, Manchester	£13.50
	RHS Flower Show, Tatton Park*	£15.75
Sun 23	RHS Flower Show, Tatton Park*	£15.75
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Mon 24	Gullivers World, Warrington*	£13.45
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Tue 25	Southport	£13.50
	Southport Pleasureland*	£13.50
Wed 26	Blackpool	£12.20
	Blackpool Pleasure Beach*	£12.20
	Blackpool Zoo*	£12.20
	Fleetwood Freeport & Blackpool	£12.20
Thur 27	Lightwater Valley Theme Park*	£15.20
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Fri 28	To Kendal Calling (one way journey)*	£11.95
	Designer Outlet Village @ The Lowry	£13.50
	Manchester City Centre	£13.50
	Trafford Centre, Manchester	£13.50
Sat 29	Blue Planet Aquarium & Chester City*	£14.75
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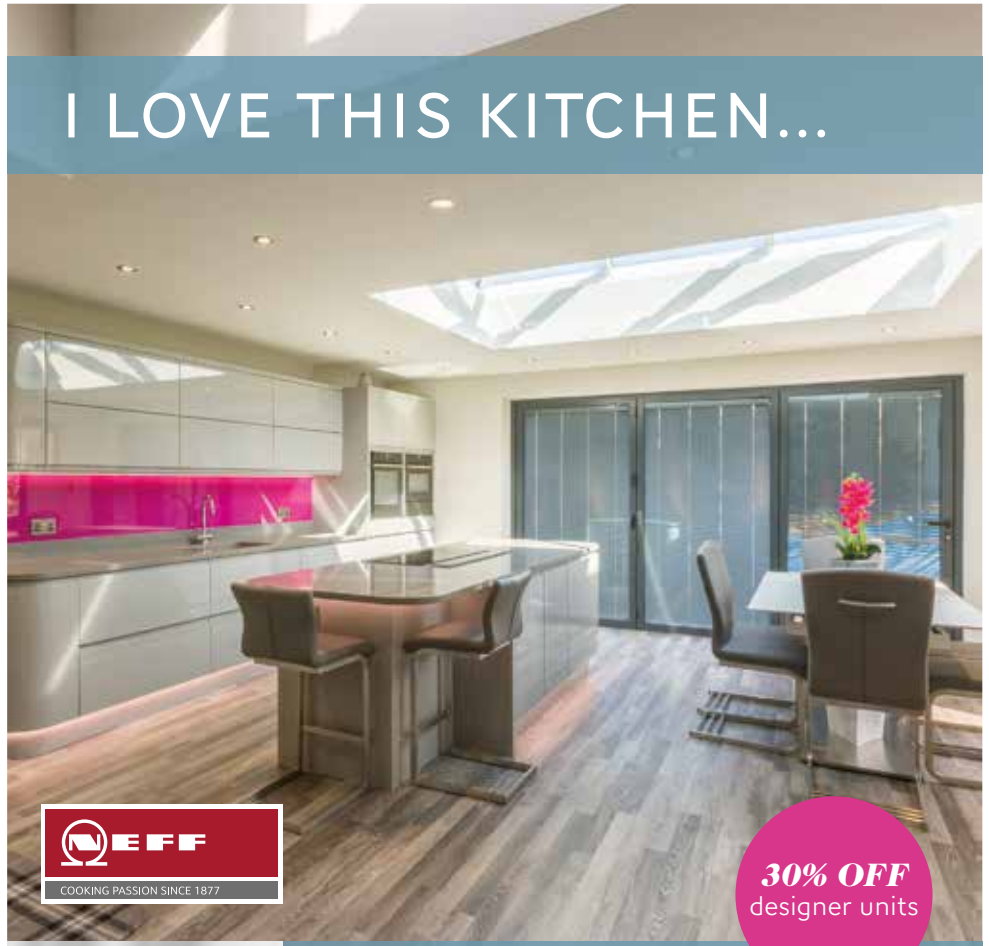

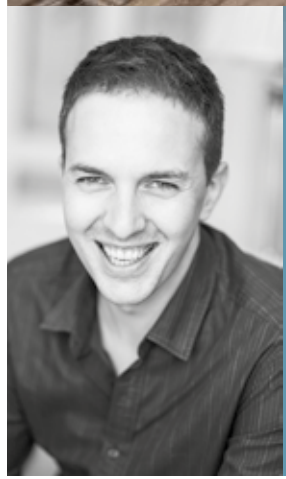

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STONECROSS MANOR HOTEL, MILNTHORPE ROAD, KENDAL
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WHAT DO YOU HAVE WAITING TO BE DISCOVERED

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 absolutley 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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- Kendal Goldsmiths
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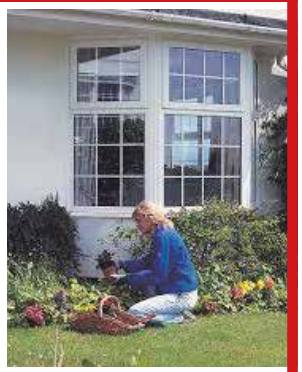

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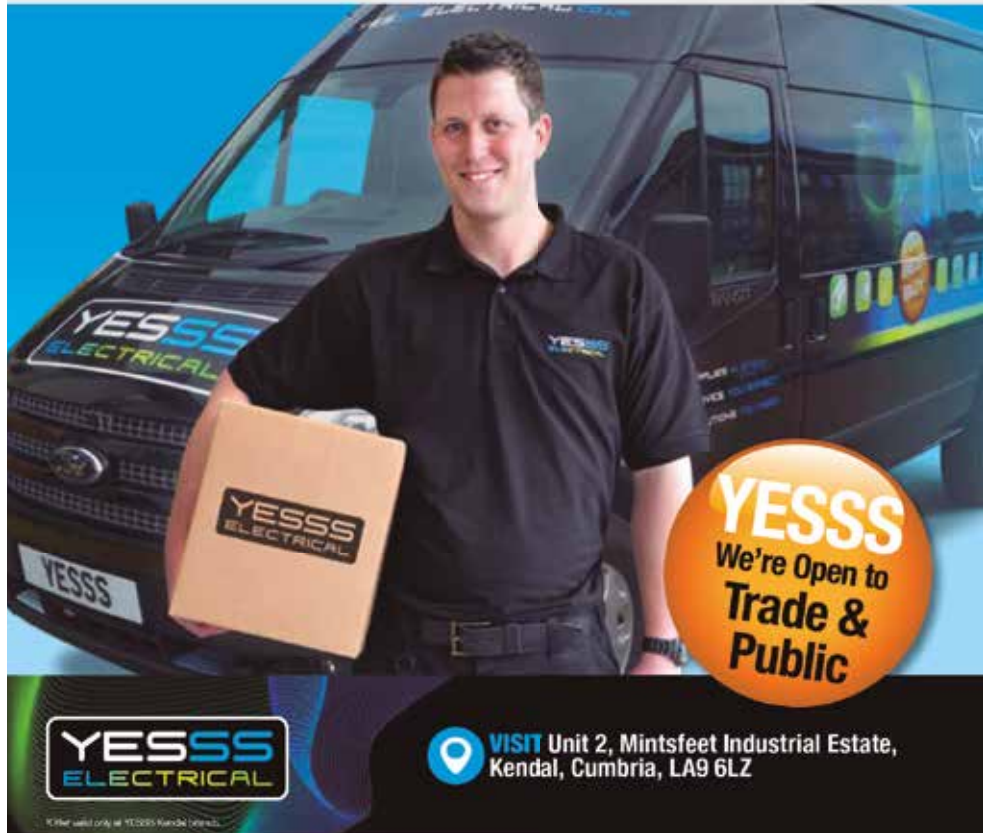

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"Conservatories cost on average about the same price as a family car," says Michael. "Proud car owners wash and wax their vehicles and spend hundreds of pounds a year maintaining them. But you only keep a car two or three years, and you lose money on it."

"A conservatory costs thousands too, but it will last a lot longer than a car, and it's an excellent investment if it is properly maintained. It's only common sense to keep it properly cleaned."

"Wet weather and bird muck can contribute to the decay of a conservatory. If conservatories are not maintained, they become dirty and green algae forms possibly feeding on the rubber seals," says Michael. "Algae can grow within key joints which if left untreated may leak and the value of the conservatory may fall unless expensive repairs are performed. This need not happen if the conservatory is regularly cleaned."

Powerwashers and normal cleaning brushes can damage seals and scratch polycarbonate roofs, making good homes for dirt. For a fraction of the cost of maintaining a car, ConserVClean will increase the looks, reduce problems, prolong the life and value of your conservatory.

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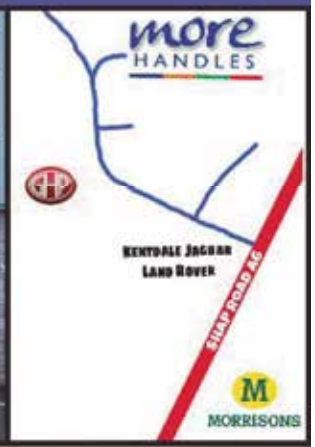

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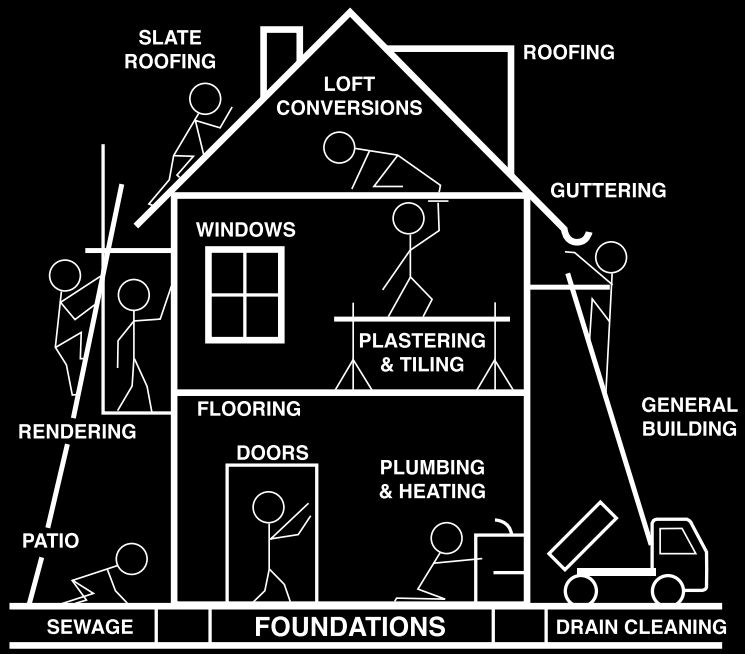

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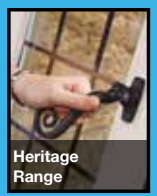
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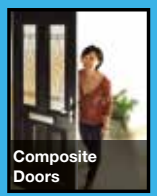
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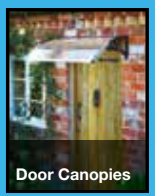
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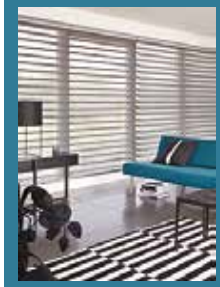

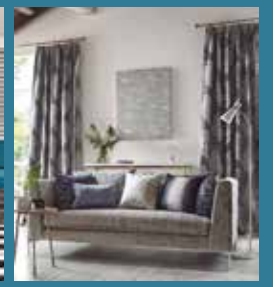

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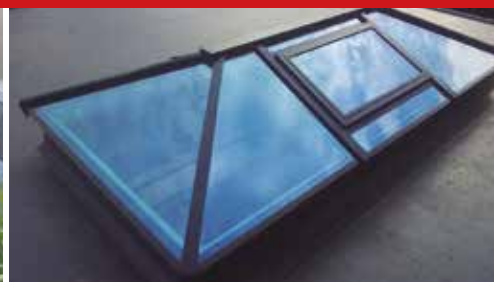

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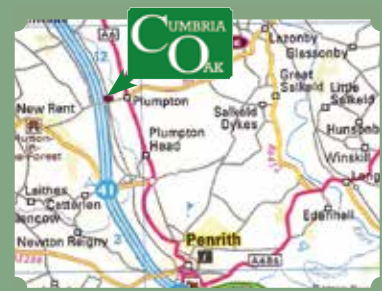

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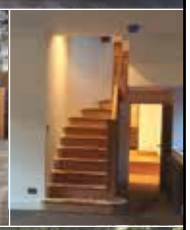

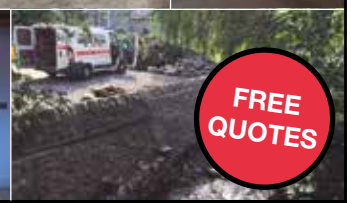

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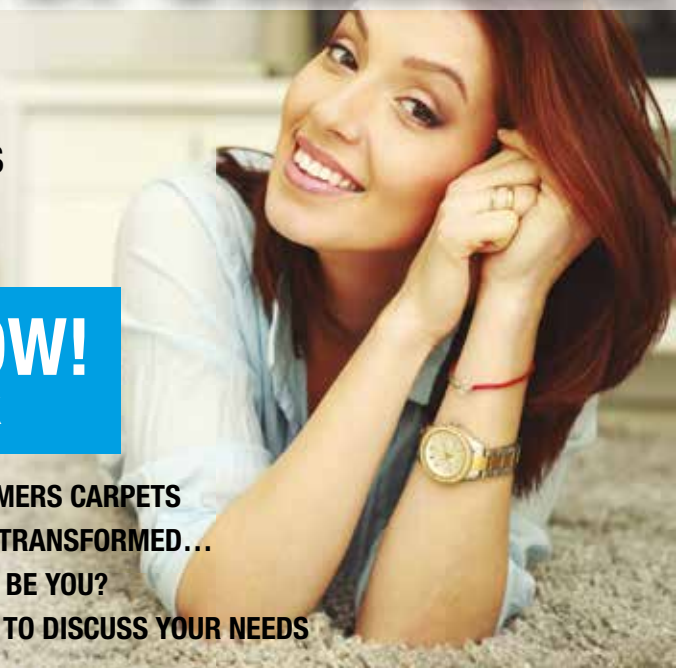

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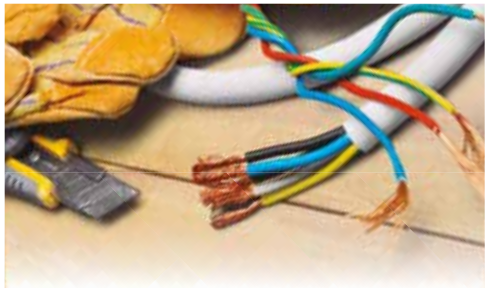

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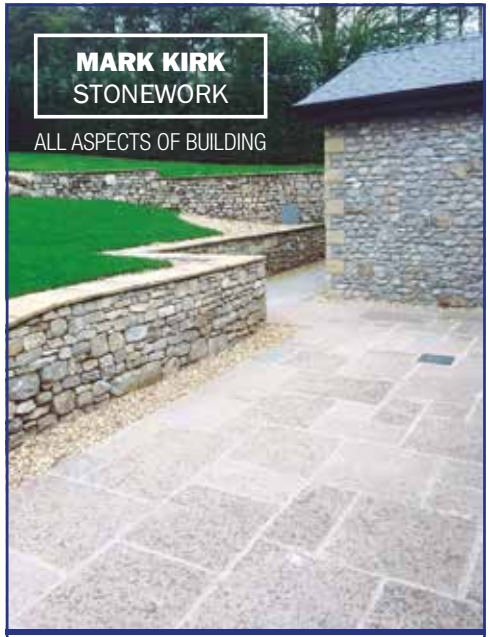

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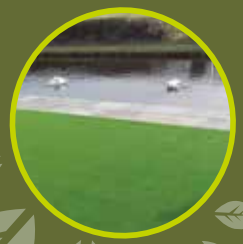

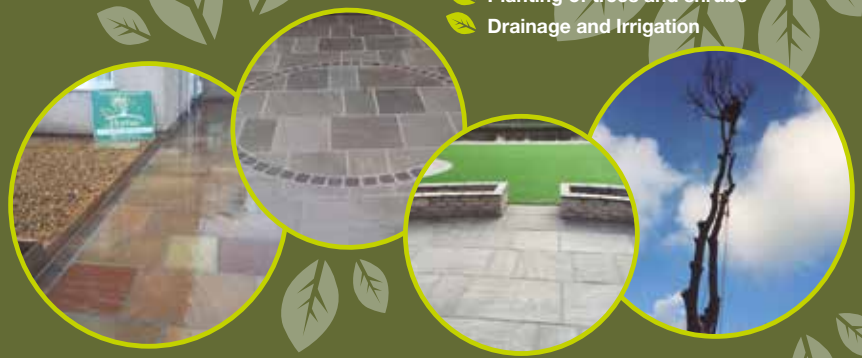

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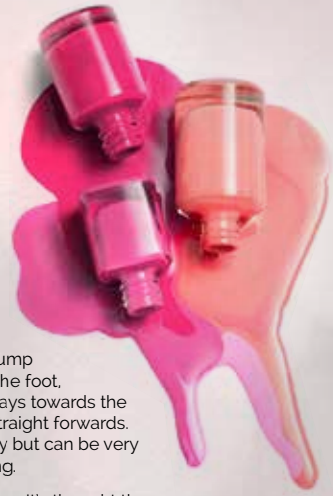
SHOW THOSE TOOTSIES SOME TLC

After a winter in hibernation, summer is when feet have, well, their moment in the sun, so now is the time to start thinking (or panicking) about making them look a little more presentable.

Buffing, filing and polishing them to flip-flop perfection is all good and well, but foot care is something we should really be thinking about all year round, and not just for aesthetic reasons.

They're a part of the body that really get put through their paces - literally - so treat your trotters to some regular TLC...



FOOTCARE BASICS

Don't like your feet? Getting into the habit of keeping them in good condition - through regular cleaning, exfoliating and moisturising - could make a big difference to both how your feet look and how you feel about them, but the benefits don't stop there.

Regular foot care can help keep this vital part of the body healthy in the long-term, potentially preventing complications like painful calluses and even ulcers, a particular concern for people with diabetes, especially where nerves are affected and there's loss of sensation in the area, and skin is very slow-healing.

If you don't keep it in check, hard skin can build up on the parts of your feet where there's a lot of pressure, such as where shoes or socks rub. If an area of hard skin builds up, the skin underneath is put under more pressure, causing damage to the tissues. Eventually this pressure can cause a wound to form under the hard skin, which is why it's important to prevent hard skin forming in the first place.

If you are one of the 3.2 million-plus people in the UK living with diabetes, foot care is extra important. Examine your feet for cuts, blisters, swelling or redness on a regular basis. Cut toenails straight across every six to eight weeks, and use a pumice stone to remove areas of hard skin. Also, test your toes regularly for loss of sensation by lightly touching them. Avoid going barefoot too, in order to prevent injuries (even small cuts could become problematic if you have nerve damage).

BUNIONS

Far more than just a callous or hard, swollen skin, bunions are a bony deformity of the big toe joint. As well as a bony lump on the outside edge of the foot, the big toe points sideways towards the other toes, rather than straight forwards. They're not just unsightly but can be very painful and affect walking.

Bunions are very common. It's thought they could affect up to half of UK adults. While bunions can be genetic, they are very often also caused by wearing ill-fitting shoes that put a strain on the bones and muscles in your feet.

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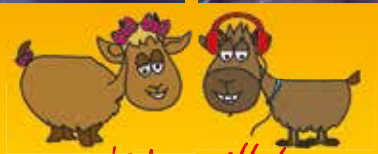

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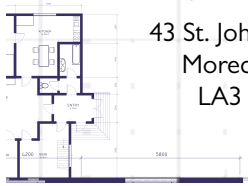

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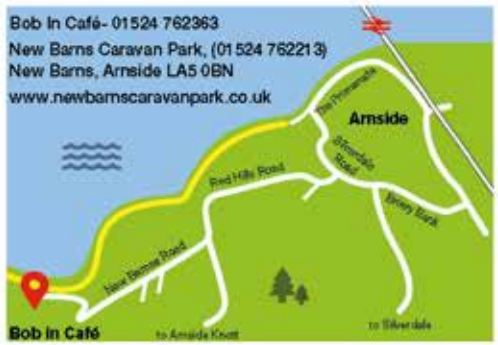

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Only valid for use from 10th-16th July 2017
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Hipping Hall Re-imagined...

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Nestling at the foot of Gragareth, Lancashire's highest peak, a stone's throw from the meandering River Lune, framed by the gently rolling Yorkshire Dales you get a true sense of place from this enigmatic building, lovingly re-imagined to reflect the surroundings in which it sits... a recognition of it's past, present and future...

Chef Oli Martin in charge of the stoves uses the vast array of produce available to him from Lancashire, Yorkshire and Cumbria to create a unique terroir... a true homage to all that is good about the region... Hipping Hall's restaurant is designed to reflect Head Chef Oli Martin's personality and his simple food ethos... Oli himself is colourful, playful and occasionally irreverent... that said his food is very firmly rooted in its surroundings...

His food is very much 'of this place'... and as a result Oli is uncompromising in his desire to make the most of the bountiful provender available to him from across the North of England, including Lancashire, Yorkshire and Cumbria.

To a help achieve this, we select only the freshest locally sourced seasonal produce, which is then paired with an exclusive wine list featuring small organic and biodynamic wine producers from across the globe. Our food ethos is firmly rooted in the landscape of England's north country, Oli's dishes reflect the provenance of the ingredients he uses and we invite you to celebrate this with us and share in the regions rich food provenance...

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16 HH 68

Hipping Hall

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TIME TO DINE AT CASTLE DAIRY

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T: 01539 814756
W: www.castledairy.co.uk

After being closed for more than 15 months, the unique and historic Castle Dairy Restaurant in Kendal has finally reopened. Like many people, we've missed the Castle Dairy whilst it's been closed (Storm Desmond did its worst in December 2015) and couldn't wait to see and sample the new look restaurant.

With similarities to Jamie Oliver's Fifteen model, the Castle Dairy is unique in Cumbria in that the kitchen and front of house are run – give or take a few exceptions – by apprentices. These youngsters, under the guidance of new Head Chef, Chris O'Callghan (previously of Linthwaite Hotel) get all-round experience of preparing, cooking and serving in a busy restaurant, providing them with a superb standard of learning and on-the-job training.

Head chef Chris has strong ambitions for the Castle Dairy and sitting with a birds eye view of the kitchen at the new Chef's Table, you wouldn't bet against him. The Chef's Table is an exciting addition to the new-look Castle Dairy and it comes with its own 10-course tasting menu and some really quite funky and stylish crockery. For £75 per person, you get the best seat in the house and see all of the kitchen action up close while chatting to the chefs. Some might say that this adds extra pressure to the staff; particularly the apprentices but Chris reckons its actually a confidence-booster as the kitchen staff get to see guests tucking into and openly enjoying the food and experience first hand.

And enjoy it we certainly did. Every course from the smoked salmon tapioca canapes (or 'snacks' as Chris prefers to call them) through to the rum cola gummy bear petit fours (genius!) was served up knowledgeably by the kitchen team and devoured enthusiastically by myself and my dining companion. Surprisingly for me as someone who almost never orders a fish dish when eating out, the highlight of the Chef's Table menu was the halibut. Served en papillote with celeriac, mussels, sea herbs, champagne, dill and caviar, the flavours brought intense delight with every bite. Chris told us that the sea herbs were foraged from Roa Island near Barrow-in-Furness and that his apprentices will get the opportunity to learn more about both foraging and growing their own produce in the Dairy's small kitchen garden.

Desserts were another taste sensation with the lemon posset, Grasmere Gingerbread, thyme meringue and elderflower syrup offering a dish that, on paper, we didn't expect to work. In reality the flavours combined with the delightful fusion of textures was quite exquisite, and then followed by the exotic aroma of an after dinner speciality espresso blend Carvetii coffee.

If you've never been to the Castle Dairy before, it really is well worth a visit. The food is first-class and the setting, in one of Kendal's oldest buildings, is unlike anywhere else. As well as the Chef's Table, there are another four quirky, atmospheric rooms in which to dine; including the original 14th century Roman room – so called as the pieces of flagstone floor were once believed to have been part of the old Roman road that ran through the town. There's also a more contemporary bar area, but loyal Castle Dairy regulars should rest assured that the refurbishment has been subtle so the Castle Dairy still has the same original authentic charm.

The Castle Dairy opens for lunches and dinner every week from Wednesday through to Saturday. For more information, visit www.castledairy.co.uk or call 01539 814756.

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TIME TO DINE AT ROGAN & CO

Devonshire Square, Cartmel, Cumbria LA11 6QD
T: 01539 535917
W: www.roganandco.co.uk

If you go down to Cartmel today, you're in for a big surprise…

The village, already noted as a beautiful village in Cumbria has certainly been put on the culinary map by Michelin-starred chef Simon Rogan.

Rogan & Co. is a relaxed neighbourhood restaurant set in the centre of the village. My husband and I were made to feel welcome as soon as we stepped inside.

Whilst Rogan & Co. offers a more casual dining experience, the precision and creativity of the food presented in exceptional. Wherever possible, the team use Cumbrian as well as home grown ingredients, harvested at their prime.

When presented with the menu, the knowledgeable waiting staff fully understands the essence of all the dishes and take time to explain exactly how each meal has been constructed to assist you with your choice. Brilliant.

I started with smoked ocean trout served with asparagus and my husband chose veal sweetbread with turnip and white anchovy. The presentation of the starters was beautiful and the taste divine.

For the main course my husband chose bavette steak, with kohlrabi mustard leaf and walnut and I opted for a second fish dish of gurnard served with cauliflower, leek and preserved lemon. The fish was cooked to perfection and I savoured every mouthful. Together we also ordered a side of potato purée with beef dripping. We had set out to share each dish chosen so we could both have the chance to explore all the food served. Hmm, not a chance! My husband protected his steak like a caveman and I did not get a look in! He loved it.

Then came the desserts, wow! I opted for the absolutely diving dark chocolate torte with honeycomb and walnut – talk about chocolate heaven and a taste sensation- I can honestly say the best dessert I have ever tasted… or so I thought; I then managed to steal a spoonful of my husbands crème fresh cake with whisky and cottage cheese.

Each course chosen at Rogan & Co. can be accompanied by a wine suited to your chosen dish and the fact that a 'by the glass' option is in place, means you do not have to try and choose a wine to fit all your courses.

Our whole experience at the restaurant was exceptional, the food, new flavours, exceptional presentation and service. I would highly recommended a Rogan & Co. and one this is for sure, my husband and I will be booking back in very soon.

Reviewed by Deborah Gourlay

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TIME TO DINE AT JOSHUA TREE

Yard 11, Stramongate, Kendal LA9 4BH
T: 01539 737223
W: www.joshuatreebistro.co.uk

This was my first visit to the Joshua Tree Bistro in Kendal and I couldn't believe that I haven't been to this hidden gem before! Perfectly located down a secret passageway off Stramongate, I came across this little haven of peace and tranquillity, where I found some of the best freshly prepared and home cooked food for a long time.

The Joshua Tree Bistro is a small family run delightful fully licensed Café & Bistro, housed in an authentic 17th century building with rustic exposed beams.

I was greeted with lots of smiles by Nick & Shelley, along with their team, whilst I settled into the informal relaxed atmosphere that I knew I would struggle to drag myself away from.

Today the sun was shining, so I took advantage of their lovely warm courtyard, so that I could soak up some sun whilst I enjoyed my meal. The courtyard was full of colour, with a wonderful perfume and has been entered into Kendal in bloom 'love where you live' community project, so you are welcome to pop in anytime and have a look.

The menu choices were excellent with a selection of hearty breakfasts, snacks and Bistro style lunches, with delicious daily specials making the most of local seasonal produce. Many of the dishes are gluten free and allergy intolerant, with special diets catered for on request.

Today I opted for the Goats Cheese Salad, which was surprisingly light and served on a bed of refreshing beetroot and apple, with a crispy salad, combined with a topping of ground toasted walnut blended in oil, that gave a delicious strong flavour that complemented the goats cheese perfectly.

And if you thought I had already eaten enough, the temptation to visit the naughty corner and enjoy one of their delicious desserts! Even on a warm day the homemade sticky toffee pudding, was irresistable and Nick's own recipe is absolutely delicious, it was easy to see why this is one of their bestsellers. And if that doesn't tease your taste buds, you could also have pannacotta, homemade crumbles, or chocolate brownies amongst so much more. Mmmm.

The Joshua Tree is open all day, whether you just want the coffee and cake special for £3.00, served between 9am-11am and 2pm - 4pm, a quick snack for lunch, a hearty meal, or the sumptuous afternoon tea for only £10!! They have regular lunchtime deals and today's was burger and a beer for just £10.

Fish and chip Friday is a particularly special day! Could you resist battered fish, chunky chips, mushy peas and bread & butter and a pot of tea for only £9.95? But let me tell you it sells out quickly, so make sure you don't miss out.

There is a 'Pudding Club' on the third Wednesday of every month, which I can guarantee will certainly give you a touch of dining theatre and, believe me it gets full, so bookings only on this night.

And if that wasn't enough The Joshua Tree is now open Saturday nights (5.30pm - 8.30pm), with 3 courses from just £17.95. Dishes include an 8oz Ribeye Steak, roast tomato, garlic butter & chunky chips, steamed Scottish salmon, herb potatoes, with asparagus spears and Dill hollandaise sauce and last, but certainly not least their most popular dish, a mouthwatering, crispy slow cooked duck leg with saute new potatoes on haricot beans & smoked bacon with garlic butter.

Finally, make sure you put the Joshua Tree at the top of your dining out list, it is excellent value for money and you certainly won't be disappointed. Visit their Facebook page or website - joshuatreebistro.co.uk. Gift vouches are also available if you want to give your loved ones something unique.

Reviewed by Mark Prada

Joshua Tree BISTRO

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From the moment everyone arrives beneath the towering spruces they are made to feel like part of the family, and exclusive use of the hotel means the guests can completely relax in each other's company. Set among five acres of gorgeous grounds with the natural backdrop of the Lake District, photograph opportunities are endless and there are sure to be plenty of magical shots to capture the essence of the memorable day.

Whether you choose to have a grand ceremony or an intimate celebration you can rest assured that our award-winning Chefs will be on hand to create the perfect seasonal menu just for you, using only the finest of ingredients from across the North of England's bountiful larder – perfect for wowing your guests taste buds. Not only that our restaurant team will be only too pleased to recommend appropriate wines to match your bespoke menu – so everything will be just right.

Our experienced and friendly team will guide you every step of the way to provide you with a personal and unique wedding.

The hotel caters for up to 74 guests for the wedding breakfast and for up to 130 guests for the evening celebrations.

We offer a range of exclusive use packages affording the perfect opportunity for those attending the wedding to gather, unwind and enjoy each other's company as they delight in their elegant surroundings and celebrate with the happy couple.

Our experienced wedding co-ordinator will be on hand to guide you at every turn and assist in bringing your dreams to reality – all you have to do is ask. To discuss your requirements and to view The Ryebeck please get in touch today.

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