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MARCH 2015

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15TH MARCH**

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Inside*

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Welcome to the March edition of Local Choice and I must remind you to look after mum on Sunday 15th, the day when you need to make her feel special and show how grateful you are for everything that she does for you.

We also give you some great ideas to keep the kids entertained during the Easter holidays, which start around the last week in March.

Kind regards
Mark Prada (Editor)
Tel: 01524 825600

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EDINBURGH CHRISTMAS MARKETS 27 - 29 November £185 pp S/S/ £44	Trafford Centre, Manchester.....	£12.75
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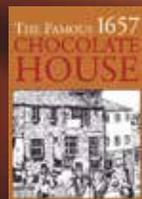
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Jewellery and Coin Roadshow

A very lucky couple called at one of our recent roadshow events with a couple of old gold chains and a silver charm bracelet and a bag of old silver British coins. We paid them over £1600.00 just for the coins alone. They turned out to be pre 1947 silver coins that were normal currency a few years ago and are now highly collected.

We asked them for their permission to pass on this story to help other people realise what they may be sitting on and they were only too pleased to allow us to let everyone know that they might be sitting on a goldmine and not even know it! Like most people, who can only dream of winning the pools or the lottery, a lot of normal households have a hidden treasure of old gold jewellery, silver jewellery, teapots, trophies, trays and old objets d'art.

Why not get a free valuation from our expert at our roadshow at: STONECROSS MANOR HOTEL, MILNTHORPE ROAD, KENDAL

There is no queuing and our expert will give you a one on one appraisal of the value of your treasured possessions in a private area, where there are no prying eyes, watching the process evolve. If you like the valuation our expert will make you the same offer in cash which you can accept or decline at no cost to yourself. The whole process of Valuation is free of charge and very private, so you have nothing to lose and a lot to gain.



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.

COIN COLLECTIONS URGENTLY WANTED

Old war medals and old Masonic medals can be very valuable. You will be surprised to hear that we have paid THOUSANDS of pounds for certain war medals and even the General Service Medal group is worth bringing especially if you have the original box and letters to accompany them.



There are rarely any queues at our events and we can normally attend to every caller within a few minutes. We will give you a free valuation which we back up with a cash offer, there and then. You can accept or decline our offer, so come along and see what we can offer for your old gold or silver jewellery, coins and collectables.

WANTED NOW

Krugerrand, Maples and Sovereigns are urgently wanted for top prices.



OF PARTICULAR INTEREST

Gold and Silver cigarette cases, Vesta Cases, thimbles, Candle sticks, trays and all things silver are needed. Pocket watches in gold and silver and all wristwatches by: Rolex, Cartier, Omega, Longine, IWC are particularly collected.



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.

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Lynsey Goodyear and her sons Corey and Finley at the Morecambe colour Dash in 2014.

Lynsey Goodyear and her 6 year old son Corey from Kendal have already signed up for Kendal Colour Dash after having completed the Morecambe event in 2014.

Lynsey's Mum was a patient with the Hospice at Home team at St. John's and she explained her motivation for taking part in the Colour Dash, "The nurses at the hospice were so kind. They came and helped my mum in her own home, which meant a lot to us all. Since she passed I have done my bit for charity to try and support wonderful local causes such as St. John's."

In fact Lynsey, Head of PE at Settlebeck School in Sedbergh says "I do a lot of running but this event was great because my 6 year old son Corey could join me, he was very excited to run with his Mum. The atmosphere was fantastic and Corey had a great time. We can't wait to do it again in Kendal in April!" Corey, who goes to Heron Hill Primary School, raised a fabulous £250 in sponsorship from family and friends.

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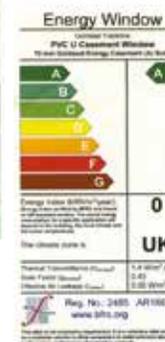


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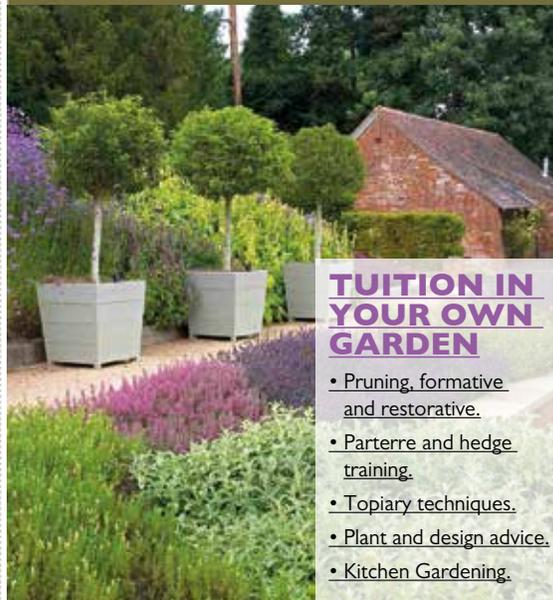


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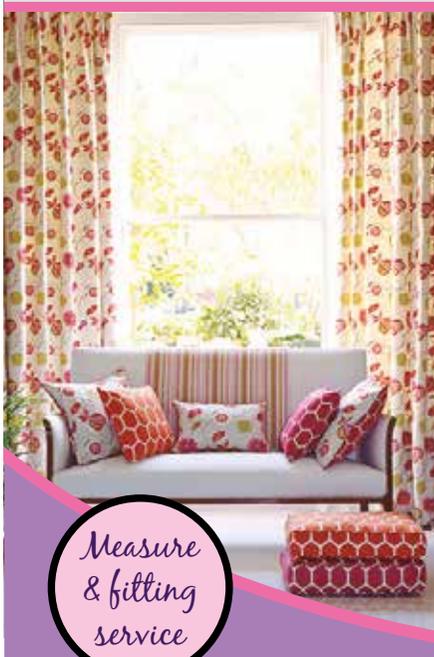
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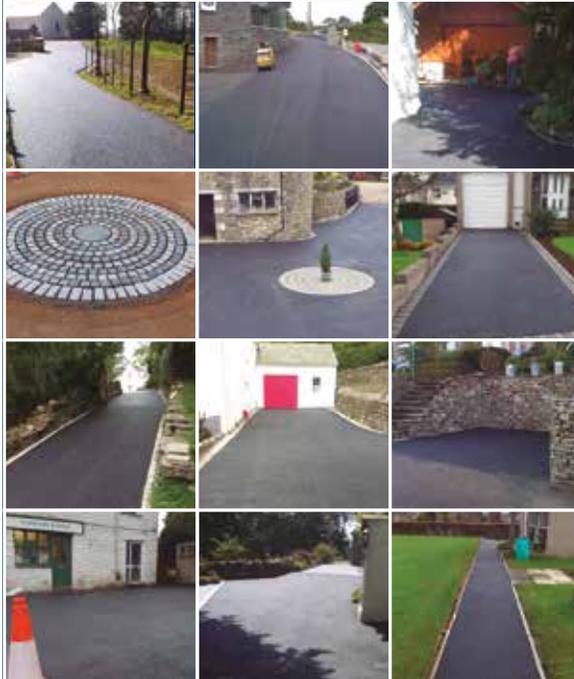
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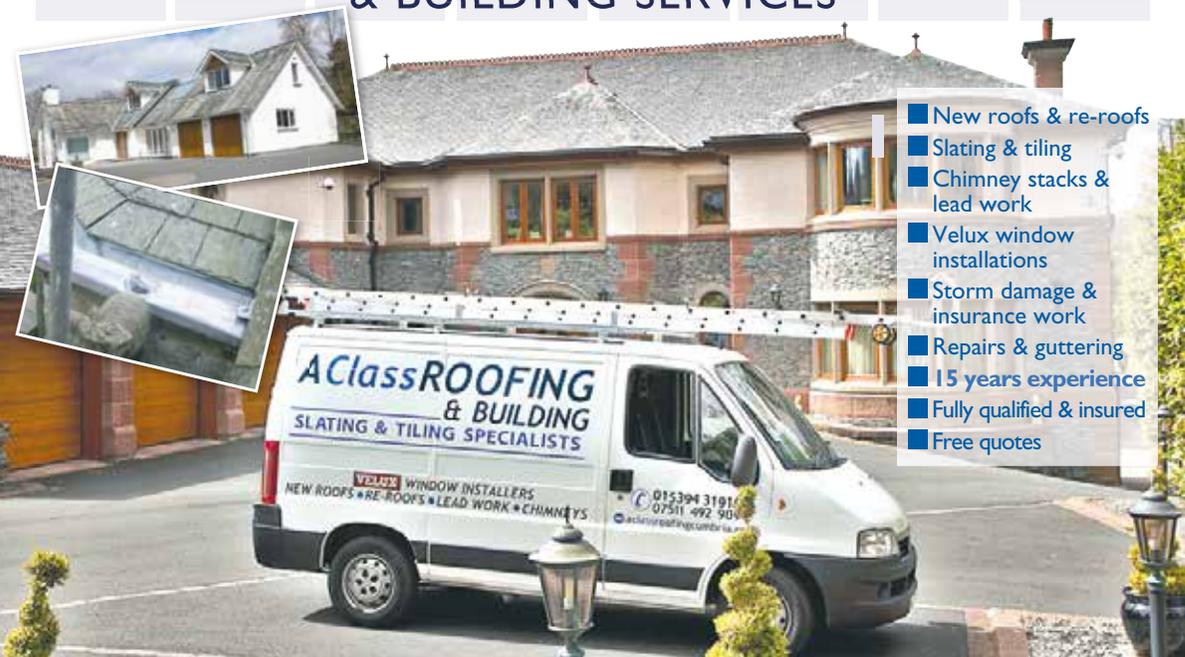
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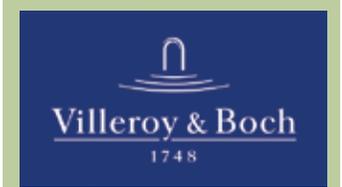
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How long have you been a painter and decorator?
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What is your specialist area?

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How long have you been a member of the Painting and Decorating Association?
10 years

How has membership of the Painting and Decorating Association benefited you?

Better visibility, credibility and very useful advice and information have helped grow our business.

Do you have any tips on maintaining a successful business?

Keep staff happy and motivated, standards high and stand out from the norm, as well as a thirst to improve the client experience.

What would you say to encourage young people to become a painter and decorator?

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Which aspect of the industry do you find most rewarding?

Enhancing people's surroundings at home, work or school, hitting difficult deadlines, putting a smile on customer's faces and building new client relationships as well as improving our business for all our staff and clients.

Where do you think the industry is going in the future?

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Are you currently training any apprentices?

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What are the most annoying problems you encounter in your work?

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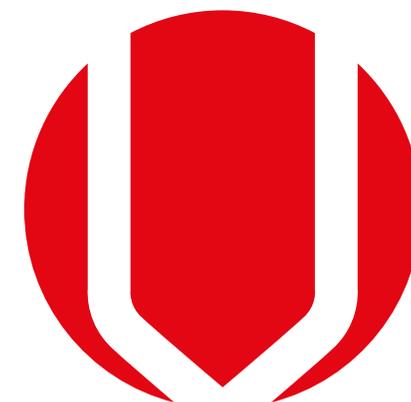
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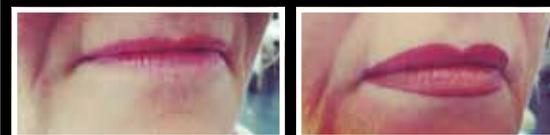
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Walk to Remember

Friday 26th June 2015

Come and join us in our annual sponsored ladies only moonlit walk to raise essential funds for St Mary's Hospice

Walk to Remember

The original moonlit walk starting from Hawcoat Park, Hawcoat Lane, Barrow-in-Furness, LA14 4HF, at 10pm for 7 miles.

Walk to Remember Extra "Go the extra mile for St Mary's"

The 11 mile moonlit walk starting from St Mary's Hospice in Ulverston at 9pm.

The two walks meet and join into one on Abbey Road, at the checkpoint at the bottom of Dalton Lane, Barrow.

Both walks finish at Hawcoat Park, Barrow.



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For more information call 01229 580305 or visit www.stmaryshospice.org.uk



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[#stmaryshospiceW2R](https://twitter.com/stmaryshospiceW2R)

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to register**

Complete all sections using BLOCK CAPITALS. If you have any queries please contact us on 01229 580305 or email molly.halbert@stmaryshospice.org.uk. You can also register online at www.stmaryshospice.org.uk. Please fill in one form per person. Additional forms can be downloaded online or call 01229 580305.

Rules, Terms and Conditions are available on our website www.stmaryshospice.org.uk

*Title *First Name *Surname

*Address

*Postcode

*Age No children aged under 12 allowed; 12-16 year olds must be accompanied by a parent or guardian

*Daytime Phone Mobile

Email Providing your email address helps us to reduce costs in future communications

Walk details

Which walk would you like to take part in?

Original Walk to Remember starting at 10pm, Hawcoat Park, Barrow, for 7 miles

Walk to Remember Extra starting at 9pm, St Mary's Hospice, Ulverston, for 11 miles

Are you walking as part of a group? Yes No How many in group?

Walking Group Name Group Leader Name

Are you walking in memory of someone? Yes No If Yes, Who?

How many times have you taken part in Walk to Remember? 1 2 3 4 5 6+

Please tick here if you would like us to send you information about forthcoming events & activities (if we do not already do so). We will not give your details to any other organisation.

Can't participate in the walk? Why not volunteer?

I am unable to take part this year but would like to register as a volunteer on the night and would like you to contact me. **Men can also volunteer on the night.**

Entry Fee

I enclose my entry fee of £10 which I understand is non refundable
Cheques should be made payable to St Mary's Hospice

Debit/credit card details

Name on Card

Card Number

3 Digit Security Code

Valid from Date Expiry Date Issue Number (switch only)

By registering for Walk to Remember 2015 you are accepting the event Terms and Conditions.

This is a fundraising event organised for the benefit of St Mary's Hospice. By signing you are agreeing that you will endeavour to raise as much sponsorship money as possible.

Please note that a minimum amount of £30 sponsorship must be raised by each participant.

Entry forms that are not signed will be returned to the applicant.

Signed Date

Aged 12-16 years: Entrants must be 12 years of age or over. Any walker between the age of 12 and 16 must include the name and signature of the parent/guardian who will be accompanying them on the walk.

Name of Parent/Guardian Signature

Where did you hear about the walk?

St Mary's Hospice Facebook Annual Magazine Radio please specify

St Mary's Charity Shop Twitter Poster Newspaper please specify

Website E-newsletter Word of mouth Other please specify

Please return this form to: St Mary's Hospice, Freepost RTL8-ULZX-SCRL, Ulverston, Cumbria. LA12 7JP

We will forward your walk number and sponsorship form on receipt of your registration form and entry fee. You will receive your t-shirt and goody bag as you sign-in on the night.

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Footgolf is already played in numerous countries around the world, with the first tournaments being played in 2009, and introduced to the UK in 2012. Due to the increase in participation in this new sport, the national governing body the UK Footgolf Association (UKFGA) have affiliated many courses across the UK including Casterton Golf Course.

Strength and precision are important in equal measures making it a fantastic game for every, man, women and child. It is a great sport suitable for the whole family. Why not come along and give it a try?

The Footgolf Course at Casterton is located on our Par 3 Golf Course which is separate from our main Golf Course. It has been designed to test every players ability whether young, old or professional. It is located in stunning scenery in the Lune Valley near Kirkby Lonsdale.

9 Holes of Footgolf	£6 adult	£5 Junior (Under 16)
18 Holes of Footgolf	£10 adult	£8 Junior (Under 16)
Family Ticket only £20 for 9 holes, £32 for 18 holes (must include one under 16)		
9 Holes Footgolf and 9 holes Par 3 Golf ONLY £10 per player		

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Pre-School sessions are on Monday & Tuesday from 9.30am till 3pm & Wednesday, Thursday & Friday from 9.30am till 12pm with an optional lunch club till 1pm.

Toddler Playgroup runs on a Wednesday & Thursday afternoon, it's open to children and their parents or carers from birth upwards.

If you would like your child to benefit from what we offer at this Pre-School then please contact us during session times on 01539 722833 x215 or email us on info@brewerykids.co.uk or pop in to visit us.

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MOTHER'S DAY CRUISES

SUNDAY 15TH MARCH 2015

There are FOUR fabulous cruises to choose from, which depart from and return to Barton Grange Garden Centre. All cruises have the option of adding a glass of fizz. Booking in advance essential.

Morning Cream Tea Cruise
The boat departs at 11.00 and returns for 12.15. As the boat cruises, delicious fruit scones with butter, jam and fresh cream are served to your tables with tea or coffee.

Afternoon Tea Cruise
The boat departs at 15.30 and returns for 17.00. A selection of tasty sandwiches, mini buns, cream cakes & biscuits are served to your tables with tea or coffee.

Lunch & Lounge Cruise
The boat departs at 13.00 and returns for 14.45. Delicious Hot Pot with all the trimmings are served to your tables on departure, as you sit back and enjoy the stunning relaxing swing vocals from our live on board vocalist Lee David.

Fish, Chips & Relaxing ABBA Cruise
The boat departs at 18.00 and returns for 20.45. Freshly cooked fish & chips are served to your tables as you sit back and enjoy the fantastic vocals from our live on board vocalist Emma Louise fresh back from BBC1's The Voice!

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There will be shows throughout the day from professional BMX and Skateboard riders as well as competitions and fantastic BMX and Skateboard prizes to be won!

You can be involved too with Skateboard and BMX workshops running every day.

This event is **FREE** to all so make sure you get yourself to Dalton Square this April from **Thursday 2nd - Saturday 4th April 2015.**

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Time to dine at...

Thyme Out

Grange-over-Sands, Cumbria
Telephone: 01539 534079

This was my first visit to the recently opened Thyme Out Coffee House and Restaurant in Grange-over-Sands and I've got to say how pleased I am to have found this place.



Thyme Out was so easy to find, it was just a short walk to the Main Street from the car park directly across from the cafe, which was less than 100 yards away, so don't worry about the weather conditions either. This spacious, well appointed coffee house, with its beautiful hardwood dining tables, contemporary styled interior and a real fire, gives it a very warm, friendly, cosy and relaxed feel. There was a real mix of diners whilst I was here, from walkers to shoppers (why not make a day of it

in Grange), romantic couples and ladies who lunch, as well as families with kids. It was very obvious that everyone was enjoying themselves.

The Thyme Out Coffee House and Restaurant is a real family run business, with Sara at the helm and Roger Shearer taking care of front of house. Sara grew up working in the family bakery, which was followed by a degree in food and hospitality and then a long and distinguished career at some of the finest venues in large cities, such as Manchester, as well as here at home in the Lake District.

Sara makes 100% of their food and everything is freshly prepared daily, using only the finest local ingredients, with the exception of their bread and cheese which is bought from their local suppliers and they cater for all dietary requirements.

The menu is fabulous and offers everything from a light bite, to a selection of cakes and desserts, Thyme Out burgers, speciality dishes and mouth watering artisan stone baked pizzas, amongst so much more. Thyme Out is fully licensed, so that you can enjoy a glass of wine with your main meal, as well as selection of fine teas, coffees and cold drinks.

Could you resist a healthy cooked breakfast, with hot buttered toast and tea or coffee, or the Huntsman sharing board, home cooked ham, Higginson's pork pie, a wedge of cheddar, homemade chutney with side salad and crusty bread and butter, or one of the handmade with 6oz of prime meat burgers in a range of delicious flavours from smoky barbeque to Moroccan spices, served on a fat flour bakery artisan roll with skinny fries and homemade coleslaw.

House specialities include Hunters chicken, with a sticky barbeque marinade, bacon & mature cheddar cheese and served with seasonal vegetables, or salad and skinny fries, or try the squash & pepper risotto - roasted butternut squash and red peppers cooked slowly with Arborio rice, white wine and vegetable stock.

How about one of the artisan stone baked pizzas, a traditional 12" thin crust pizza base topped with their secret sauce and a blend of cheeses. Choose from 8 different styles, from a margherita, or funghi, to a volcano or pepperoni passion - delicious!

The Thyme Out Coffee House and Restaurant also offers an extra special menu priced at only £9.95 for two courses, or three courses for £14.95, which is incredible value for money.

Kids are very well looked after, with their own special lunchbox, homemade soups, mini pizzas, hamburger and chicken fillets. Ask about the kids birthday parties too - and let the kids enjoy making their own pizzas.

For that early evening dining experience why not visit on Thursday, Friday or Saturday, when they are open til 8pm, with a special menu that changes monthly. Just walk in, no need to book, although you should if you want to ensure that special table.



Afternoon tea is very popular with the ladies and priced at only £11.50 (that's for two people!) it includes dainty sandwiches, scones and cakes with tea or coffee - why not add a glass of fizz to make the experience much more special.

On Mother's Day (Sunday 15th March), there will be a special menu, as well as a gift for mum too. Booking is advisable. Or if you can't make it on the day, why not get one of our gift vouchers for mum so that she can enjoy the Thyme Out experience again.

Thyme Out is also available for private parties and group bookings. Sara, is also available for outside catering, or why not hire her as a chef, to prepare a party in your own home, or holiday property.

Thyme Out is open 7 days a week from 10am every day, except Sunday when it is 11am. All the food is available to take away during the day and the service is quick.

Last, but not least, here is a recent quote on Tripadvisor: 'Great Home Cooking - visited here about 5 times in past week during daytime for coffee and a couple of times at night. Really good food and the owner willing to go the extra mile. Worth a visit.'

Review by Mark Prada

Thyme Out
Coffee House & Restaurant

celtic menu

- 2 courses £10.90
- 3 courses £16.50

See our website for more details
www.thymeoutgrange.com

Running during the month of March to celebrate St. Patrick's & St. David's Day (in addition to our normal menu)

Bookings now being taken for Mothering Sunday. Book early to avoid disappointment.

Tel: 01539 534 079

Please see our website for more details
www.thymeoutgrange.com

Thyme Out Grange Limited
Grange-over-Sands,
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The Borough, Lancaster

"Armer Associates has been instrumental in helping me expand and diversify my business. They helped prepare a business plan to develop nine boutique hotel rooms within, and adjacent to, my business. Armer Associates communicate in language we understand and they always deliver what they promise."

Martin Horner
Owner and director of The Borough



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Caterina Giannotti and Dylan Evans
Owners of Wild & Co.

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www.armerassociates.co.uk

Time to dine at...

Caffé Riva

St Martins Square, Bowness-on-Windermere
Telephone: 015394 23232



This was my third visit to Caffé Riva in Bowness, in as many weeks, as I just love the style and feel here, this place is so relaxed, easy to enjoy and the food is always good.



It is one of those places that you can visit regularly because there are so many dishes to choose from, you can have something different every time and be certain that the quality and taste are consistent. When I arrived, I walked into the usual buzzing atmosphere that I always look forward to at Caffé Riva and couldn't wait to enjoy my authentic Italian dining experience.

I was especially pleased that Caffé Riva has just launched their new menu, which meant that there would be even more exciting dishes to choose from now.

The new menu still had some of the old favourites, such as the calamari fritti and the fresh mussels to start, but with some exciting new combinations, such as the mouthwatering sharing platters. Could you resist affettato misto, a selection of Italian artisan meats and mixed olives, or antipasto all'italiana, an olive board of mini-meatballs, fresh mozzarella, marinated artichokes and much more, with both platters served with home baked focaccia bread and oils.

Main courses include a comprehensive selection of pizza and pasta dishes, such as the delicious linguine allo scoglio, cooked with prawns, squid, mussels, cherry tomatoes and a touch of chilli and garlic, or rigatoni 'o sole mio' with sun dried tomatoes, pesto Genovese and pine nuts, or try the pizza Ortolana, with artichokes, sun dried



tomatoes and sweet roast peppers. There are some mouthwatering new meat and fish main dishes such as veal Thermidor, cooked with cream, crab, lemon zest, mustard and served with mash, or the chicken saltimbocca, wrapped with Parma ham and sage and cooked with white wine and served on a bed of wilted spinach, or the succulent 'La Tagliata', strips of fillet of beef cooked with a choice of garlic butter, served on a bed of cherry tomatoes, or with cream, mushrooms and French mustard.



Caffé Riva is also the perfect place to visit for just a coffee and a chat, happy hour cocktails every day from 5pm til 6.30pm, or a glass of prosecco, or the famous Birra Moretti. Whatever your tittle, there is something for everyone.

And if you are planning a party, Caffé Riva is THE place to celebrate, with a three course Italian banquet menu from only £14.95 per person and a room of your own for parties of a certain size. Caffé Riva certainly brings the heart and soul of Italy to the shores of the Lakeland Riviera. Review by Mark Prada



St Martins Square, Bowness-on-Windermere
Tel: 015394 23232 / www.cafferiva.co.uk

Bringing the heart and soul of Italy to the shores of the Lakeland Riviera
The menu and wine list offer the diner a true taste of Italy

20% OFF FOOD.

Name

Email

Table must be pre booked by calling Riva on 015394 23232 quoting Local Choice. Also bring the coupon to the meal for the discount with Name and Email filled out. Voucher cannot be used in conjunction with any other offer and it cannot be used on Saturdays or Mother's Day. Offer ends 31st March 2015.

The ideal way for singles to have a pleasant evening out in the company of others without necessarily going on a date!

Ever met someone for the first time via an internet dating site & found it something of a trial? Do you recognise the symptoms?

- The overwhelming urge to sound confident, interesting and amusing
- Trying desperately to fill any awkward silences
- Maybe even trying to reconcile the photo on the site with what's in front of you!
- And all the time having no real idea what the other is thinking?



Of course online dating can be effective and there are lots of success stories, but many have likened their experience to a gruelling job interview – and it's supposed to be a night out! At LSN we hope those attending the 'Meet Up' events won't face this kind of pressure.

We offer all types of events for singles to meet up in a group – anything from a private happy hour in a Lake District pub to cocktail nights and dance classes; even Lake cruises. Sometimes there'll be entertainment from local artists.

At every event the emphasis will be on creating a relaxed and casual atmosphere. There'll be no obligation to talk to just one person – the choice is yours. Everyone there will be single and looking to meet someone like you.

We want people to meet others in the old fashioned way, what's wrong with that hey? Long ago, in time before the internet....People actually talked!

We're based in **Bowness on Windermere** beside the stunning lake and are introducing this singles

Meet Up concept not only to our local community but to those from elsewhere who wish to enjoy our events in the beautiful Lake District. Our philosophy is simple – we want singles to find companionship.

If it's meeting 'the one' or simply finding lasting friendship it's helpful to know that others are in the same boat - perhaps literally on one of our lake outings! What we offer is possibly a more old-fashioned way of meeting people that might actually be fun!

At Lakes Singles Nights you can register for free on www.lakes-singles-nights.com events are once-monthly and our **March event starts at 6.30pm on Thurs 12th March** at Caffé Riva, St Martin's Sq, Bowness on Windermere. Why not give it a try?

For further information and Meet Up events please see www.lakes-singles-nights.com
@LakesSingles or [facebook.com/LakesSinglesNight](https://www.facebook.com/LakesSinglesNight)



Celebrate Mother's Day at Crooklands this month!

Do not forget to treat your Mother to our delicious mouth-watering Sunday lunch, why not bring the whole family!

Our ever popular Bistro Menu is back from £11.95 served every weekday lunch time, not to be missed! Served Monday - Saturday 12pm - 2pm

Our famous Sunday Carvery

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UPLANDS



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TOM JONES TRIBUTE
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Menus available online at www.Uplandscartmel.co.uk
Booking is advisable call 015395 36848

Ask the experts

Wine at its best

Long gone are days of the small fishbowl style wine glasses of our youths. There are a vast array of glasses available in a host of shapes, sizes and colours to suit everyone's tastes. An Austrian wine glass company called Riedel have designed a glass for every style of wine and grape varietal imaginable. Many a sceptic has been converted to the Riedel way of thinking after a comparative tasting with a range of their glassware.



Here are a few simple rules to ensure that you get maximum enjoyment from your favourite tipples.

Choose the right glass for the job. Riedel have perfected the art of maximising aromas and flavours by the size and shape of the glass. They are really quite affordable too from only £3.99 at WineTime

Ensure a clean glass. Try taking a new glass out of the box and smelling the inside, the musty smell won't enhance your wine at all. Dust, stale air or just poor cleaning will detract hugely from your aromatic enjoyment. Get them super clean by holding them over some boiling water to let the steam gather, then wipe dry.

Over pouring is a sin. Many a waiter is guilty of filling your glass to the max, it may empty the bottle sooner, however it also allows all the aromas and flavours to disappear. Pouring a small amount into the bottom of the right glass allows the aromas to develop, once you raise the glass to your face these aromas are taken in through your sense of smell and kick starts the full on flavour experience.

Decanting. Decanting older vintages is usually about retaining any sediment in the bottle, however it also has a secondary purpose of waking up the wine by the introduction of oxygen allowing the product to fulfil its aromatic potential. Open a bottle prior to drinking exposes the top of the neck to o2, however decanting the whole bottle gives the wakeup call decent wines deserve. Don't own a decanter? Simply pour the bottle into a clean jug and back into the bottle.

When winemakers take so much time and effort to make their wine, it is nice to think that we treat it with the same care and attention when we drink it.




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Time to dine at...

The Punchbowl

Underbarrow, Cumbria
Telephone: 015395 68234

I have eaten at many traditional country pubs and restaurants all over the Lake District and I thought that I had found most of the hidden gems, however, on this occasion, I really did find a great place that I had not come across before.



The Punchbowl at Underbarrow is truly fabulous and I can't understand why I had not come across this very traditional country pub situated in the heart of the Lyth Valley. I think maybe it is because there are a lot of country pubs in this area with the same name, so be sure to find this one at Underbarrow.

The Punchbowl at Underbarrow was very easy

to find. I drove here from Lancaster and had arrived within 30 minutes, after enjoying a lovely journey through Kendal and over the top to Underbarrow. If you are coming from elsewhere, it takes around ten minutes from Bowness & Windermere, or from Junction 36 of the M6.

I arrived on a cold winter's evening and parked in the large car park. As soon as I entered the Punchbowl at Underbarrow, I was amazed at the authenticity of this traditional country inn with cosy log burners, a homely atmosphere and a relaxed enjoyable experience, for locals and visitors alike. The biggest surprise though was the fabulous new dining room that was very warm and comfortable, with a contemporary feel, yet blended perfectly with the traditional feel of the pub. It was very large too, so they can accommodate lots of guests with ease, yet the dining experience was intimate and private, making it perfect for families, friends and couples. The helpful staff make this pub a real treasure.

The Punchbowl at Underbarrow, is owned and managed by Chris and Louise, both of whom have great personalities and make perfect hosts, with a passion for providing a great dining experience. The restaurant is called Humphrey's after the resident dog, who is also full of character and a popular favourite with the locals. Humphrey is always great with the kids and is often considered to be the old man of the pub!

The Punchbowl at Underbarrow has a superb menu, with lots of choice for all tastes and pockets. The food is all freshly prepared using only the finest local produce, with many of the ingredients coming from local businesses within a five mile radius and all the produce is brought in daily. All dishes are freshly cooked to order.

To start with I went for the Haddock Goujons which were served with a delicious tartar sauce and a fresh, tasty salad garnish. The dish looked mouthwatering and the flakes of fish were very light and very fresh.

My partner chose the lightly buttered Morecambe Bay potted shrimps, which were beautifully presented and prepared. They were absolutely delicious and perfectly flavoured. The buttered toast was extra special too.

Other starters included a homemade chicken liver and brandy parfait, served with chutney and toast, or the succulent half rack of

pork ribs, with a bbq sauce and homemade smoked salmon pate, served with toast and a crisp salad.

For main course, there are simply too many to choose from! I asked Chris to recommend a popular dish and he suggested the Punchbowl Special Burger, served with bacon and cheese on a seeded bun. The grilled burger was simply mouthwatering and came from Dexter Farmed Beef, which has a beautiful texture and flavour. The combination of ingredients made this a very tasty meal and the homemade chips and delicious side salad made for the perfect dish.

As if my juices were not already flowing, Chris also suggested the homemade steak, ale, mushroom and stilton pie for my partner. Using the award winning Hawkshead ale and finest stilton cheese, this dish looked simply phenomenal and my eyes were bulging. The flavour of the beef was exceptional and this whole dish made for a very special dining experience.

We could also have chosen the locally sourced game casserole, or the Cartmel trio of sausages and the slowly braised venison with red currants, shallots and mushrooms, amongst a whole host of other wonderful main courses, grills, vegetarian dishes and unique selections from the specials board too.

Our dining experience was enhanced by the excellent selection of delicious wines, malts and spirits and local real ales.

Kids are very welcome too with a great selection of 'little people' dishes. Choices include cheese & tomato pizza, haddock & chips and chicken goujons, amongst several others.

The Punchbowl at Underbarrow is the perfect location for women's groups, walkers, cyclists, or shooting parties. Set at the start of a beautiful walk for 2 miles going up to 4 miles, many visitors stop for coffee and cake, or a spot of lunch after your walk.

Everyone is welcome here and the bar area is dog friendly, there is a beer garden and covered balcony, a good selection of wines and there is free WiFi.

And what about the free lift home service! Why not enjoy your experience here to the max and get a free lift home after your dining experience, if you live within a certain radius? Call Chris or Louise for details and distance.

The Punchbowl at Underbarrow will certainly not disappoint and offers good food, excellent portions, with lighter options also available and great value for money, whatever your appetite or pockets.

Review by Mark Prada



Massive refurbishment, with beautiful new contemporary styled dining room, accommodating up to 50 people, perfect for intimate meals for two, or dining with family and friends.

We have a bar area which has a pool table & dart board, so we have something to keep everybody happy.

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27 Main Street, Staveley
Telephone: 01539 821393



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They also stock new French style furniture, as well as jewellery and other unique gift items.

Their bedsteads vary in style and design - from distinctive all brass four poster and half tester masterpieces, to delicate cast cotton styles incorporating the soft curved features reminiscent of France and Spain. Their Victorian range offers choice of very simple ironwork or intricate combinations of Iron and Brass.

The combination of original antique beds, with specialist bases and mattresses supplied, provides the perfect marriage of modern comfort and luxury with yesteryear tradition.

They offer a full worldwide service and be sure to ask about their ever changing stock page for current availability of restored antique beds.

Cafe Eclec

Whilst you are there, don't pass up on the chance to experience Cafe Eclec. This newly refurbished, light and airy cafe is the perfect place to relax and enjoy home cooked food, fine teas and fresh coffees. Cafe Eclec serves a range of light snacks, tasty homemade soups and yummy cakes, to eat in or takeaway.

Breakfast here is very popular and is served all day, or try their delicious granary toast with marmalade, scrambled eggs, bacon sandwiches and freshly brewed speciality teas and coffees.

Every day they make a homemade soup, which is served with a split grain warmed roll.

The unique Eclec dahl is becoming a regular favourite. Made with lentils, sweet potato and cauliflower, served with yoghurt, mango chutney and a naan bread.

They Aga bake their individual Camemberts and drizzle honey over them, served with toast and a side salad - a really indulgent treat and one not to be missed.

They also offer a fab selection of cakes which are delicious, homemade flapjacks, homemade scones, as well as a good selection of gluten free treats such as their very popular almondies.

All the food here is very reasonably priced and a real taste sensation - you will be left drooling and wanting more, that's for sure.

Review by Mark Prada



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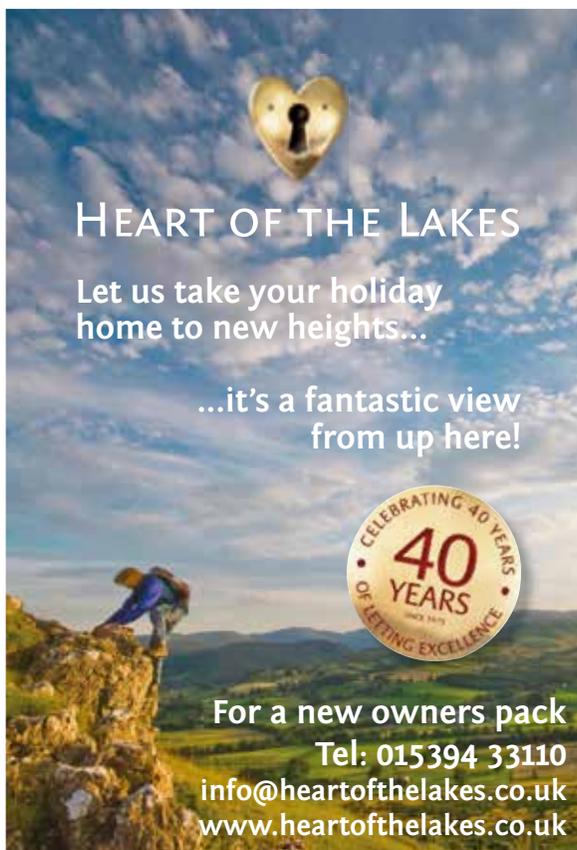
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Château du Donjon, Minervois, France, Jean et Caroline Panis

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We have been dealing with the robust Monsieur Panis since the early days of his wine making career in 1996. His wines have developed over the years with his desire to make wines with plenty of fruit flavour.

His top red wines are made from varying blends of Grenache, Syrah and Carignan. This year, for the first time, he has also made a white wine from two native grape varieties, Vermentino, which gives structure and body, and Roussanne that has delicious ripe pear flavours. The red wines are the lovely, graceful unoaked Grand Tradition blend, the powerful, barrel aged Prestige Cuvée, a superb wine full of dark fruits and complex tannin layers.

A super single vineyard wine, La Pujade, made solely from 100 year old Grenache Noir vines and the delightful velvety smooth and opulent L'Autre from Cabardes, the newest Languedoc appellation.

The 'La Galiniere' range of Vin de Pays, a lush and juicy Merlot, spicy and fragrant Carignan and a firm and fruity Cabernet Sauvignon come from his younger vines and are a great introduction to the inherent qualities of this fabulous estate.

All the wines are hand made with great care and attention and will be available for tasting.

We Buy these wines directly from the Jean at the Château, truly fair trade we think, and are pleased to offer at least 10% off the full range from this excellent property for the month of March 2015.

Cuvée Prestige £11.75 £10.50	L'Autre, Cabardes £9.50 £8.50
Grand Tradition £8.95 £7.95	Carignan, La Galiniere £7.50 £6.75
La Pujade £10.95 £9.95	Cabernet Sauvignon, La Galiniere £7.95 £6.95
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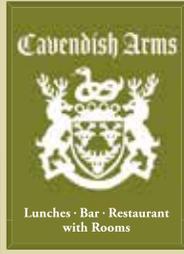
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Time to dine at...

Pig & Whistle

Devonshire Square, Grange Over Sands
Cartmel, LA11 6QD

Telephone: 015395 35917

After a long hard winter, I finally managed to persuade Miss Daisy to dust off her driving gloves and fire up the satnav for a trip to the beautiful village of Cartmel in Cumbria. Our dining destination for this evening was 'a fine little boozer' (their own description) with a great name - The Pig & Whistle.



Many of you will have heard of Michelin starred chef Simon Rogan. He has various interests in Cartmel and the Pig and Whistle is one. This is a proper local pub which welcomes everybody and their dogs (muddy boots and paws too). Adam manages the pub, and is really passionate about the place. Along with a good

selection of local and traditionally brewed ales, premium spirits and a decent wine list, there is a food menu which changes to reflect the Lake District's seasonal changes, with a tempting selection of bar nibbles and snacks, and a mouth-watering menu for the real diners amongst us.

Although we stupidly forgot the satnav, we managed to find the pub easily and parked close by - there is no car park, but plenty of roadside parking. We were welcomed into the toasty warm dining room by Leah, our waitress for the evening. Adam then brought us the menu and described the specials for the day. I proceeded to set fire to my menu as I inadvertently held it over a tea light candle (whoops!) whilst we were chatting. Apparently I'm not the first one...

Once the tiny fire was extinguished and the fire brigade was called off (shame...) we sampled a snack of crispy anchovies with tartar sauce. The light batter with the tang of the anchovy worked perfectly. After some warm chilli and cheese bread and room temperature butter (hurray!) we ploughed into the starters. I chose breaded local fluke with fennel and shrimp crème fraiche, while Miss D had crispy brawn and black pudding fritters. Adam also brought out a home made scotch egg with brown sauce.

We polished off the lot - all were completely scrummy.

For mains I selected baked hogget (lamb) and haggis Wellington, with root veg, hogget sauce and divine creamed potatoes. The portion looked huge, but with lovely light pastry it went down easily. Miss Daisy had pot roast suckling pig with shallots, glazed apple and sage and onion dumplings and those lovely creamed potatoes. I don't know the secret of their mash but in the words of Tina Turner they are 'simply the best' (Got that song in your head now?)

And so to dessert. Miss D had a chocolate and black cherry trifle which was so good she wouldn't share, and I had comfort food - caramelised vanilla rice pudding with sugar baked plums. We also sampled a selection of home-made ice creams including milk and nougat. Phew, it's a good job my diet coke had no calories! And funnily enough, despite what seems like a huge meal (now I've written it all down) neither of us felt ridiculously full, just very pleasantly sated.

The Pig and Whistle's new menu is about to be launched so there will be even more delicious fare on offer. The dining room is open Wednesday to Sunday with The Pig's roasts served all day on Sunday. As always it's worth booking in advance, but if you just popped in after a walk round the pretty village, I am sure they would try to accommodate you. And we would highly recommend it.

Review by Louise Hodgson



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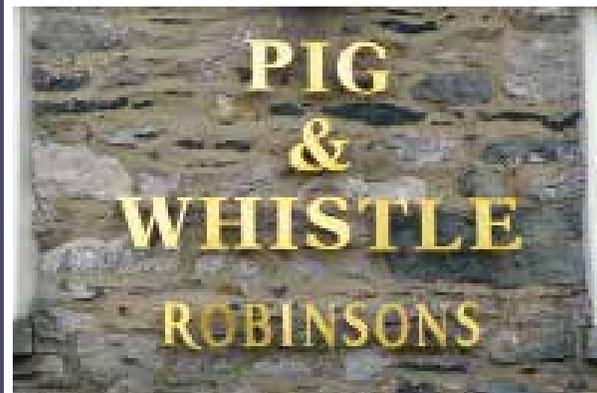
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LAURA ASHLEY THE BELSFIELD

LAKE DISTRICT

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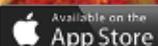
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- Kashmiri** Mild & creamy with pineapple & banana, with a hint of spice
- Bhuna** Rather strongly spiced and fairly dry in consistency - recommended with our choice of fresh naan breads
- Dupkata** Briskly fried with chunks of onions in a strong cinnamon & bay leaf sauce
- Rogan josh** Smoothly blended tomato & pepper based sauce created from an old secret family recipe
- Qorma** Slightly sweet spicy pulbe based sauce for those preferring minimum use of tomato & vegetables

- Tikka Masala** Creamy spicy coconut & almond sauce with a touch of tikka masala, giving a slight hint of spice
- Mechini** Creamy spicy coconut & almond sauce with a hint of masala
- Saagwala** Rich style dish characterised by it's use of spinach
- House Curry** Spicy yet mildly flavoured sauce. Ideal for those preferring a dish not containing any dairy or nuts
- Balti** Briskly fried with chunks of onions in a rich garlic, fenugreek & coriander sauce
- Kaazi** Briskly fried with chunks of peppers, tomato & onions in a mildly flavoured, yet fairly dry sauce
- Akhan** Rich and spicy flavoured dish. For those that want plenty of flavour as well as spice
- Jalfrezi** Rich and spicy flavoured dish. For those that want plenty of flavour as well as spice
- Vindaloo** Smooth garlic, ginger, tomato & pepper sauce. Very spicy dish
- Madrasi** Smooth garlic, ginger, tomato & pepper sauce with minimum use of oil & veg leaving an afterburn

Step Three.

Choose Rice OR Naan:

Plain Rice	FREE	\$1.60	Plain Naan	FREE	\$1.05
Boiled Rice	FREE	\$1.60	Garlic Naan	FREE	\$1.70
Fried Rice	\$1.05	\$2.60	Coriander Naan	FREE	\$1.70
Mushy Rice	\$1.65	\$3.25	Peshwari Naan	\$1.30	\$2.95
Vegetable Rice	\$1.65	\$3.25	Kheema Naan	\$1.30	\$2.95
Egg Fried Rice	\$1.65	\$3.25			
Special F. Rice	\$1.75	\$3.50			

PRICE WITH MEAL PRICE WITHOUT MEAL

Meat		Vegetable	
Meat Samosas	\$2.05	Vegetable Rolls	\$2.05
Savith Kebabs	\$2.05	Onion Bhajis	\$2.05
Chicken Pakora	\$2.05	Mushroom Pakoras	\$2.05
Tandoori Chicken Leg	\$3.50	Vegetable Samosas	\$2.05
Chicken Tikka	\$3.50	Chana Puri	\$3.00
Lamb Tikka	\$3.75	Mushroom Puri	\$3.00
Lamb Chops	\$4.50	Alao Chat Puri	\$3.00
Chicken Chat Puri	\$3.75		

Seafood		Dips	
Prawn Puri	\$3.35	Mint Raita	\$0.75
Fish Tikka	\$3.05	Onion Chutney	\$0.75
King Prawn Puri	\$4.25	Mango Chutney	\$0.75

Vegetarian Specials
Order these in a 'meat deal' to get rice or naan included for just \$5.95

Tikka Dahi	Mushroom Fry Masala	Bombay Aloo
Garlic & lentil herb sauce	Mushrooms, tomato & onion	Potatoes, onion & tomato
Saag Bhaji	Saag Aloo	Saag Paneer
Spinach, tomato & onion	Spinach & potato	Spinach & soft Indian cheese cooked in a rich, milky spiced sauce
Bhindi Bhaji	Chana Masala	Paneer Menth
Onion, tomato & onion	Whole chick peas	Soft Indian cheese cooked in a rich milky spiced sauce
Aubergine Bhaji	Aloo Gobi	
Aubergine, tomato & onion	Cauliflower & potato	

ALL VEG DISHES £4.25 OR **£5.95 INCLUDING RICE OR NAAN**

Tandoori Dishes

Tandoori Mixed Grill	\$9.95
Selection of marinated meats roasted in a clay oven served with mint raita, mango chutney, onion chutney & two poppadoms	
Tandoori King Prawn	\$9.50
1/2 Tandoori Chicken	\$7.50
Chicken Tikka	\$7.50
Mildly spiced chicken marinated and roasted	
Lamb Tikka	\$7.50
Mildly spiced lamb marinated and roasted	

MIDWEEK MEAL DEALS

MEAL DEAL 1 Any main dish (except seafood) with rice, one naan, two poppadoms, mint raita and onion chutney **only £8.50**

MEAL DEAL 2 Two main dishes (except seafood) with rice, two naan, 4 poppadoms, mint raita and onion chutney **only £15.50**

BREADS, DIPS, ENGLISH, KEBABS AND DRINKS

Breads	Rolls	Kebabs	Drinks
Plain Naan \$2.05	Mint Rolls \$0.75	Spicy Chicken \$4.75	Widals \$0.45
Chilli & Pesto Naan \$2.05	Cucumber Raita \$0.95	Spicy Lamb \$4.75	Cola/D Cola/Pasta (Hot) \$0.95
Vegetable Naan \$2.50	Mix Raita \$1.05	Spicy Vegetable \$4.25	Bottle Of Cola/D Cola \$1.80
Chicken & Chilli Naan \$2.50		Tandoori Chicken \$4.75	Mango Juice/Soft \$0.90
Chapati \$0.95		Chicken Tikka \$5.25	Mango Juice (Canned) \$2.45
Flat Bread \$0.70		Lamb Tikka \$5.25	Plain Lassi \$1.20
Poppadom \$0.55		Spicy Chicken Th \$5.75	Sweet Lassi \$1.20
Spicy Poppadom \$0.60		Spicy Lamb Tikka \$5.75	Flavoured Lassi \$1.35
		Special Tikka \$5.75	ICE CREAM: BANANA, PINEAPPLE OR MANGO

For delivery please call us on **01539 730630**

Quote 'KNS15' when you spend £10 or over to receive **15% off** or 'KNS20' when you spend over £15 to receive **20% off**
*Not applicable when using a midweek meal deal or any other offer.

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Festival of Smoke - Sunday 22nd March

It's back with **FREE** entry to a family day of fiery fun!



Starting at 10am the day features some fantastic attractions such as:

Smoky Jo and Georgina who run our Smoking courses, will be on hand to guide you through the stages of smoking food and you can sample the amazing produce from our onsite smokehouse including wild boar sausage, salmon, steaks, cheese and a few surprises!

Brewhouse will be open with the master brewer Tim, from Fell Brewery, on hand to talk you through the art of making real ale and taste our home brewed ales including Mad Pig, Smoked Porter and Hog's 54!

Local suppliers are available for you to speak to and sample their own products, including Lakes Distillery, Wilson's of Kendal, Fell Brewery and Smoky Jo's.

Smoked themed menus Lunch will be served with Brewhouse beer bats from 12pm - 2pm and in the evening our Smoked taster menu will be a very special feast.

PLUS in our private woods... Woodmatters bushcraft taster sessions, Clay pigeon shooting, a family fun cuddly Wild Boar hunt, Swedish candle and Charcoal making demonstrations!



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Fiona Duncan, The Telegraph
www.hippinghall.com
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2015

SPRING AT HIPPING HALL

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WE'VE ALSO DECIDED TO OFFER OUR THREE COURSE DINNER MENU TO LOCAL CHOICE READERS AT THE VERY SPECIAL PRICE OF £39.50 PER PERSON. THIS OFFER IS ONLY AVAILABLE FROM MONDAY TO THURSDAY.

BOTH LUNCH AND DINNER START WITH CANAPES AND INCLUDE COFFEE AND PETITS FOURS.

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EVERY SATURDAY AND SUNDAY

OR

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MONDAY TO THURSDAY

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2 COURSE LUNCH

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(EXCLUDING SUNDAY)

3 COURSE DINNER FOR 2

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AVAILABLE UNTIL 31/03/2015

VOUCHER

BUFFET STYLE AFTERNOON TEA FOR 2 £25
2 COURSE LUNCH £13.00 (EXCLUDING SUNDAY)
3 COURSE DINNER FOR 2 £45
Reservation Required, Valid until 31/03/2015

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7.30 pm till midnight
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9LIVES

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