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Welcome to the June edition of Local Choice, the month when the warm weather and long lazy evenings are at their best and, guess what, it is Father's Day too! So mum's make sure that the kids get their pocket money in plenty of time to go out and buy those all important pairs of socks that we get each year!

We also have lots of good stuff to help you get ready for the Summer, both indoors and outdoors.

Kind regards

Mark Prada (Editor)

Tel: 01524 825600

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## THE TRADITION OF FATHER'S DAY

**T**he tradition of Father's day goes back to 1910. It was conceived in America by a West Virginian woman called Grace Golden Clayton who was deeply moved by a mining disaster which had left 1,000 children without a father and organised an event at her church to celebrate fathers. In 1966 the first presidential proclamation honouring the day was issued in by President Lyndon Johnson who announced it should be celebrated on the third Sunday in June. President Nixon later signed the public law that made it permanent in 1972.

When I was at school all those years ago, making your card and homemade present for Mother's Day (or Mothering Sunday as we knew it then) was one of the highlights of the school year. But Father's Day? I honestly don't recall doing anything for him when I was growing up. But that's probably because it only became popular in the UK in the late seventies.

Don't get me wrong, I'm not for a minute knocking dads - they're great (and especially good for sorting out bike punctures, playing football with, dipping their hands in their pockets, being a free taxi service) and of course

they deserve recognition just like mums do, but come on... We all know how difficult it is to buy anything for men!

Us mums are easily pleased and always grateful. Flowers, chocolates, beauty vouchers, a meal made by the children with help from dad...even if we do have to go in and finish tidying up the mess that dad's supposedly cleaned up. So the question is, what can you do to make Father's Day special? Well, how about letting him watch back to back football (or his favourite type of programme) all day. Or what about waiting on him hand and foot for the day, with a cool beer as and when required. Or you could wash the car for him? Mind you he may well have to do it again if my experiences as a child still stand - the thought was there but the skill was sadly lacking.

In reality though, a lot of the things that we do for our mums would also be appreciated by our dads. A meal out; a bar of his favourite chocolate, a favourite photo of you and him; maybe even a relaxing back massage or a hot towel wet shave - and if he's into gardening then a visit to a local Garden Centre, with a visit to the in-house coffee shop a must, might go down well.

Alternatively, you could just give him a massive bear hug and tell him how much you love him!



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If this is your birthday please provide proof of your date of birth and all entries will be put in the prize draw to win a birthday cake and £50 cash. Write to us at Local Choice with your name, address and telephone number, c/o Zest Publications, The Old Station, Coastal Road, Hest Bank, LA2 6HN. Closing Date 30th June 2016. Winner must collect prize from the Local Choice office.



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# Happy 70th Anniversary



Independent Blackpool retailer Lefton's celebrates 70 years of trading success

Lefton's Furniture Group has hit a major trading milestone as the company celebrates 70 years of showcasing a huge selection of affordable home furniture and collections from leading designer brands to customers across the Fylde Coast and beyond.

Over the last six decades Lefton's have built up a reputation for quality, value & service offering one of the finest collections of home furniture and has become a must for the design conscious. Attracting customers from across the region and throughout the country Lefton's has built up an enviable reputation and a huge level of support and respect, so it's no surprise that words of support and congratulations poured in for their 70 year milestone.

To mark this landmark anniversary, which few retailers manage to reach, Lefton's is planning a series of events and promotions throughout 2016. The first of these events took place on this earlier this month and saw a celebration event take place where customers, colleagues, friends and suppliers from Blackpool and beyond were invited to join the team to enjoy canapés and a glass of champagne. Guests were invited to choose a special balloon, which they then popped for a surprise gift. These included tickets to theatre shows, dining out and furniture

from Lefton's. Guests enjoyed themselves as they mingled around the store, wowed by some of the new designer collections on offer. Some got a sneak preview of the redesign of the lower level of the store which is being transformed into a new concept bedroom showroom.

On the event, Managing Director Richard Lefton commented, *"It's great that so many people have come along to the store to share in the celebrations and congratulate us on achieving this milestone. It's not every day a business in Blackpool reaches 70 years, it's something we're all very proud of here at Lefton's. It was especially great to welcome the new High Sheriff of Lancashire, John Barnett MBE DL to the store as well, he is an excellent representative for Blackpool and Lancashire and a keen supporter of independent business, a towering figure among Blackpool business leaders."*



After 70 successful years of trading, Lefton's are in as strong a position as they ever have been and are looking forward to a bright future. Throughout the history of the company, there have been many changes so who knows what the future holds for this successful family business.

leftongroup.com

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**HOURS OF WORK:** You must demonstrate a flexible approach to work as you will be required to work a variety of daytime, evening and night shifts. You will also be expected to work weekends and Bank Holiday's on a rotational basis and cover other team member's holiday and sickness periods at short notice. The post requires that you work and conduct yourself in a manner that is deemed acceptable by the employer at all times.

**RECOMMENDED QUALIFICATIONS:** Current team members include people with related qualifications, SRN and OT qualifications.

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**LOCATION:** Lancaster.



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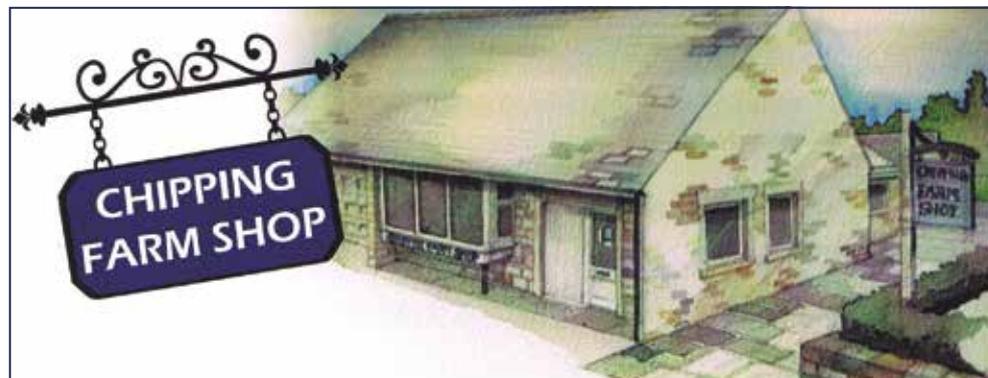
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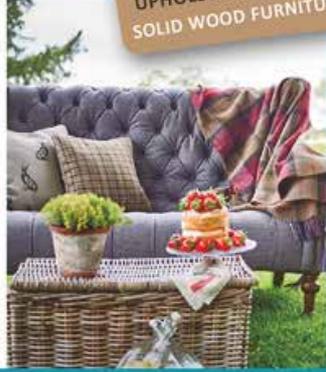
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If you want any advice or would like to take a look at our painted finishes, pop in to your local LPC Furniture shop - we currently have a Spring Sale but it ends soon so hurry!



HURRY SPRING SALE ENDS SOON!

# GOLD & SILVER ROADSHOW

## 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:  
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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.

### 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 **CROFTERS HOTEL, A6 CABUS, GARSTANG, PR3 1PH.**

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.

## 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



# GOLD & SILVER ROADSHOW

FOR 3 DAYS ONLY! FRIDAY & SATURDAY the 10th & 11th JUNE

We will buy your THURSDAY 23rd JUNE

# GOLD & SILVER for CASH

Simply bring us your unwanted gold jewellery even if it's broken or has no hallmark and we will buy it from you, at:

# CROFTERS HOTEL

A6 CABUS, GARSTANG, PR3 1PH  
 FRIDAY & SATURDAY 10th & 11th JUNE and THURSDAY 23rd JUNE

## WANTED FOR CASH

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So if you're a dog lover interested in providing a loving holiday home, or would like to know more about Barking Mad, call 01772 696589 or email [kevin.matthews@barkingmad.uk.com](mailto:kevin.matthews@barkingmad.uk.com)

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Kevin and his wife Sarah originally discovered Barking Mad three years ago when Derby, their Border Terrier first became part of the family. "For us, having a dog is one of the best decisions we ever made and he's very precious to us" says Kevin. "When it came to booking our annual ski trip, we decided that kennels were not an option and that Derby deserved a holiday too. We were delighted when a friend recommended Barking Mad to us. Derby was matched with



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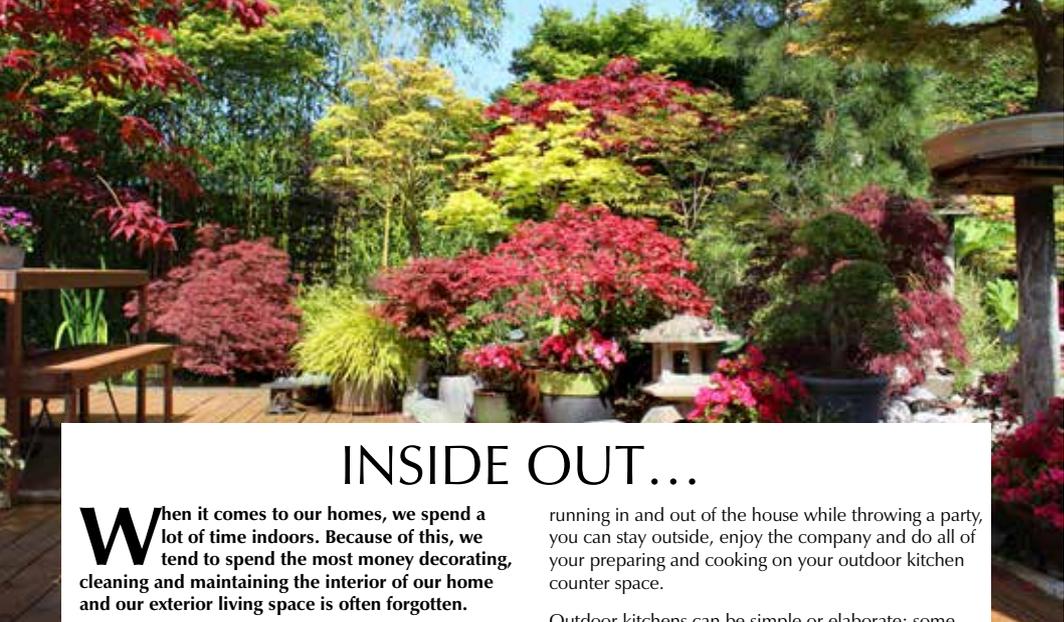


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## INSIDE OUT...

**W**hen it comes to our homes, we spend a lot of time indoors. Because of this, we tend to spend the most money decorating, cleaning and maintaining the interior of our home and our exterior living space is often forgotten.

Most homes have some type of outdoor space that can be used for relaxation or leisure. This space can vary in size from a balcony in an apartment, to fields around a country home. Whatever the size, exterior living spaces can be a great extension to our homes.

When designing an outdoor living space, you must first decide what you want to use the space for and what needs it must fill. If you are designing a deck or patio, the size of the space should depend on how you plan to use it. Will you add a range of outdoor furniture? Or will it purely be a dining area with table and chairs? Some people choose to have both sitting and eating areas, which obviously will require more room.

Once you have decided how to lay the area out, the next consideration is how often you'll use it. If it will only be for summer, an area out in the open is fine, but if you wish to use it throughout the year, you might want to find a location that is sheltered from the wind. You may also want to consider who will be using this space. If you have young children, grandchildren or pets, a swimming pool may not be a good idea, as they can be very dangerous.

Theme wise, try continuing your indoor colour scheme out to the patio or garden. This is important if an interior space opens directly onto the outdoor living space. French doors or sliding glass doors can not only increase the amount of light brought into your home, but can also make your outdoor space appear as more of a continuation of the home.

If you are planning to dine outdoors, there are a lot of options for dining furniture. You will need a table and chairs, but you can also create an outdoor kitchen. This is not only really handy for family dinners; it is a great way to entertain friends and family. Instead of

running in and out of the house while throwing a party, you can stay outside, enjoy the company and do all of your preparing and cooking on your outdoor kitchen counter space.

Outdoor kitchens can be simple or elaborate; some even include wine coolers, sinks, ovens, grills, wet bars and small appliances. Imagine the fun you would have entertaining your friends with a barbeque and outdoor bar!

Another thing to consider is whether your outdoor living area will have a roof. Some people choose to enclose this area, while others have only solid roofs or open pergola coverings.

Awnings can be another idea, as they are available in a wide variety of fabrics and sizes and can be attached straight to your home.

Finally, you will need to decide what walking surface to choose.

Some of the most popular are grass, gravel, stone, wood or concrete. As well as price, you should also consider durability, endurance and maintenance.

Whatever you decide to do with your outdoor space, it is wise to make sure that it meets both your family needs and your budget. A little bit of planning in advance will mean that you can enjoy this space for many years to come.

Top 10 ways to improve existing outdoor living space:

- Comfortable seating
- Outdoor rugs
- An awning or umbrella
- A chiminea or fire pit
- A water feature
- A hammock or swing
- A patio heater
- Lighting or candles
- A barbeque
- Small and interesting planters

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Cloudy2Clear service the Garstang and wider Wyre area and Kirk is finding that his 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."

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



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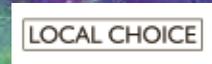
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## LOOK GOOD, FEEL GOOD FATHERS

**A**s this month is National Men's Health Awareness and Father's Day, the focus will be on male grooming and men's health.

There is no doubt about the fact that male grooming is as vital as it is to women; it is the fine art of looking and feeling good, which involves trendy clothing, fashionable accessories and top personal care.

Massages, surgery, styled hair, fake tan, shaped eyebrows and manicured nails are just some of the male grooming treatments available at salons for men, as well as a range of products to buy to use at home. As a result, the market in male grooming products is seriously booming with moisturisers, shaving creams and foams, shampoos, conditioners, aftershaves, deodorants, hair styling products and even anti-wrinkle creams designed and made especially for men.

On a vanity level, our need to look good and feel good is likely due to our modern obsession with looks and comparing ourselves with the models and celebrities that we see every day in the media. So, it begs the question, is male grooming only about increasing vanity levels among men? Not necessarily. In a fast paced and highly cut-throat world, your appearance is of great importance, regardless of gender.

Another factor is wellbeing – men want to take care of themselves so that they feel good.

Here are some top tips to get you started:

You've probably heard it before, but if you're still not protecting your skin with sunscreen you obviously haven't heard it enough. Sunscreen will help prevent the damaging effects of sunlight and keep your skin looking younger for much longer.

Drinking too much can wreak havoc on your skin's appearance (and the rest of you as well) so limit your alcohol intake.

Getting a good night's rest will help your body fight the effects of aging and will keep your skin looking its best.

Regular exercise helps improve circulation and brings more oxygen and nutrients into your skin cells.

Quit Smoking – Easier said than done, but one of the best things you can do for your skin as well as your overall health and longevity. Smoking deprives your skin of oxygen and causes premature ageing.

Eating healthily is another fabulous way to help prevent ageing and improve your appearance from the inside out.

Maintain a balanced diet that is low in saturated fats and rich in nutrients and antioxidants.

Follow these guidelines and you will look and feel fantastic in no time. Just remember, there are no rules; except to keep at it and don't give up!

Clean those gnashers. Everyone notices a killer smile so make sure you clean your teeth twice a day. Electric toothbrushes are designed to do most of the work for you, plus they are said to reduce 11% more plaque than manual toothbrushes and can also significantly reduce gum problems. Follow this with a good mouthwash first thing in the morning.

Top 10 things you can do NOW!

- 1: Get a skin care regime.
- 2: Use a specialist eye cream to reduce puffiness and any wrinkles.
- 3: Drink plenty of water (at least 1.5 litres a day)
- 4: Shave after a shower.
- 5: Use a good antiperspirant deodorant to help regulate sweat throughout the day.
- 6: Shower every morning and again when necessary
- 7: Get a good haircut, one that suits both your face and your hair type.
- 8: Eat a healthy balanced diet and get some regular exercise.
- 9: Use a pumice stone on your feet after a bath or shower to remove any dead skin, then slap on the moisturiser.
- 10: Get yourself a manicure or at least keep your nails trimmed and clean.

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## JUNE EVENTS

Our guide to things to do, places to visit and events to attend this month.

2	<b>Theatre on the Lawn – Canary Girls</b> Hoghton Tower, 7:30pm, 01254 852986
3-5	<b>A Splendid Day Out Steampunk Festival</b> The Platform, Morecambe, 01524 582803  <b>The North Premier Garden Event</b> Holker Hall, 01539 558328
4	<b>Catterall Gala</b> Catterall Village, 11:00am, 01995 602125
4-5	<b>Burton-in-Kendal Annual Art Exhibition</b> Burton Memorial Hall, 01524 781764  <b>Westmorland Country Fest</b> Westmorland County Showground, 10am, 01539 567804
5	<b>The Stile Cafe Open Farm Day</b> Forton. 10am - 4pm. 07791675820
5	<b>Cleveleys Classic Car Show 2016</b> Victoria Road West, 10:00am, 07854 865807

12	<b>Lancashire Classic Car and Motorcycle Show</b> Hoghton Tower, 10am, 01254 852986
12	<b>Myerscough College Open Day and Country Fair</b> Bilsborrow, 10:00am, 01995 642222
18-19	<b>Scorton Steam Fair</b> Woodacre Park Farm, Scorton, 07713 128783
19	<b>National Father's Day</b>  <b>Mega Mini Meet</b> Lytham Hall, 01253 736652
24-26	<b>Blackpool Championship Dog Show</b> Redwood Park, 9:00am, 01254 853526
25	<b>Crafty Vintage 2016</b> Hoghton Tower, Hoghton Tower, 10:00am, 01254 852986  <b>Lytham Club Day</b> Lytham Hall, 01253 736652  <b>Armed Forces Day in Lancaster</b> Lancaster City, 01524 590 650  <b>West End Festival</b> Regent Park, Morecambe, 01524 831997

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## Welcome to the Great Eccleston & District Agricultural Society

The next Great Eccleston Show is on  
Saturday 16th and Sunday 17th July 2016

The Great Eccleston Show is a two day event and is a showcase for every aspect of rural endeavour and the whole range of crafts and skills associated with the country. With cooking, handicraft, horticulture and local arts, this north west agricultural show is a big attraction to townspeople and country folk alike. We have classes for Shire horses, sheep, pigs and poultry, light horses, goats, tractor-pulling and a 'companion' dog show. Traditional rural crafts can be seen alongside the latest in agricultural technology.

At the Great Eccleston Show you'll find marquees displaying everything from fruit and flowers to cakes, cheese and chutneys, a big food hall featuring local produce along with a food theatre, demonstrations of traditional rural craftsmen at work, sheep herding, sheep shearing, bee keeping, a Victorian fun fare, stunt riders, Cumberland wrestling, Memory Marquee and lots more – there really is something for everyone.

The Fylde area is home to many of Britain's top breeders and the cattle, sheep, horses, goats and poultry appearing at Great Eccleston are some of the best in the country, and the produce on display is second to none.

# Community Noticeboard

Garstang Phoenix WI will be holding their June meeting at 2pm on Tuesday 8th June in Garstang United Reformed Church Hall, when they will be welcoming James Masterman, who will be giving a talk on the Ambulance Emergency Operations Centre. Come along and join us for the afternoon. New members and visitors welcome.

Lesley Wilson (01995 605274)

**Garstang Camera Club**  
Welcome to the website of the Garstang Camera Club. The Club was formed in 1959 and has 40-50 members. In winter, the Club meets at Garstang and District Arts Centre; please see the winter programme for details of what's on. We meet at 7.30 in the Arts Centre. In summer we have three outdoor meetings, one each month in June, July and August.

Garstang Arts Centre  
t. 01995 606648

**Longridge Air Cadets**  
To join the Air Cadets you must be at least 12 years old and in Year 8 or higher at school. If you are interested in joining, or if you just want to know more about us the easiest thing to do is come and visit us on a Tuesday or Thursday evening from 19:15 (finishing at 21:30) at Christ Church Hall on Chapel Street (just off Berry Lane).

**North Flyde Model Railway Club**  
The North Flyde Model Railway Club meet on Mondays and Thursdays 7pm – 10pm at the club rooms in Carlton.

For more information contact Alan.  
chairman@blackpoolandnorthflydemrc.co.uk

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lisa@zestpublications.co.uk

**Garstang Historical Society**  
Garstang Historical Society meetings are held on 2nd Wednesday of the month at 7.30pm in the United Reformed Church Hall, Croston Road, Garstang PR3 1FL.

For more information, contact Chairman Mr Peter Burrell:  
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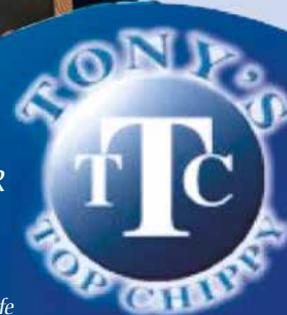


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**My daily commute takes me past the iconic Stork Inn at Conder Green so I was delighted recently to see this much loved local had reopened**

**under new management. Myself and my guest arrived mid-week on a sunny May afternoon to explore the recently launched menu for ourselves, having seen positive feedback online over the past month.**

The friendly team at The Stork welcomed us at the bar area where we ordered a drink and chose a table. It was lovely to see the bar area busy with couples and groups alike, all enjoying either a drink or food. It's the traditional feel of The Stork that gives this eighteenth century pub its individuality. I've eaten here many times before but had never noticed that, similar to a golf club's list of captains, a board on the wall in the bar actually lists the landlords and dates back to 1860!

The new menu at The Stork is really well varied with plenty of choice for all, the separate specials board equally as inviting. My guest chose the deep fried Brie with cranberry sauce which was beautifully presented with a taste to match. I chose the soup of the day from the specials board, rich homemade tomato with an accompanying freshly baked bread roll, beautiful taste and texture and a perfect prequel to the main courses.

My guest chose the bangers and mash with gravy, a wise choice by the looks of it as it looked truly

scrumptious! The three locally sourced pork sausages were cooked perfectly and the creamy home made mash was equally as impressive. I opted for the 14oz gammon served with chips and vegetables which was superb. The Stork source their produce locally where possible and the quality of both the sausages and gammon was evident both in appearance and taste.

I do try and avoid the sweet menu if at all possible for dietary reasons alone, but having seen three lots of hot chocolate fudge cake with ice cream pass our table, I decided it would be probably best if I sampled it for myself. My sweet treat, along with my guests chocolate junkyard (which also looked incredible!) left us both mightily impressed with The Stork and its new change in direction. The friendly staff made us feel very welcome from the moment we arrived and I am sure that the long tradition of The Stork will continue if last night's meal was anything to go by. As locals we should embrace our local pubs, they are as much of a tradition as the areas themselves and the perfect place to enjoy a drink, especially with (dare I say!) the weather improving considerably. The lovely beer garden is in full bloom now, a favourite place of mine to enjoy a nice pint or glass of wine on a hazy summers day.

It's great to see this well know pub open again and with food as good as last night, I am sure The Stork will enjoy a hugely successful summer!

**Reviewed by Jonathan Eighteen**



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[www.kitriddingfarmshop.co.uk](http://www.kitriddingfarmshop.co.uk)



**My first experience of Kitridding Farm Shop was a number of years ago when owners Stuart and Christine had only recently opened the cafe and gift shop that adjoins**

**the farm shop. I was blown away with the mighty full English breakfasts on offer and the huge selection of produce and gifts available. Using their very own beef and lamb from the farm, I had genuinely not had a breakfast like it and I was pleased to see that nothing had changed when I visited recently while in Kirkby Lonsdale.**

Set amidst stunning rolling countryside, Kitridding Farm Shop offers a truly individual experience for shopping and dining alike and an extensive menu of homemade cakes and biscuits, fresh local produce and speciality teas and coffees make this farm shop a great destination for a morning or afternoon out.

The butchery is well stocked with beef and lamb reared on the farm, along with burgers and sausages that are also made in-house. You will also find homemade pies of all varieties including a very tempting homemade steak and ale. For those with a sweet tooth, there is a fabulous range of homemade cakes, biscuits and treats (my personal favourite is the tray of millionaire shortbread!), milk, local cheeses, jams and spreads plus much, much more.

Complementing the butchery is the bright and colourful gift shop. There are gifts for all occasions, including greetings cards, chinaware mugs and breakfast sets and even a large selection of gifts for children including soft

toys, playing cards and money boxes. Christine's daughter Claire hand selects the gifts on offer and has created one of the most unique and individual gift shops in Cumbria where you will be sure to find that 'different' gift for someone special.

The tearoom, located towards the back of the farm shop is the real jewel in the crown at Kitridding Farm. The decor and ambience here is relaxed and informal and offers plenty of room for diners and can accommodate group bookings in advance.

I chose the full English breakfast that includes Kitridding dry cured Fitch bacon and Kitridding Pork sausages. As I mentioned earlier, I don't think I have had a breakfast like it, the quality of the produce is of an incredibly high standard and is always cooked to perfection.

The menu within the tearoom is varied and there are plenty of options for all, including those with special dietary requirements. Sunday Roasts at Kitridding offer exceptional value for money, using farm reared meats and local produce. A quick look online proves exactly how popular Sundays are in the tearoom with people travelling from far and wide to sample the culinary delights on offer. Afternoon tea is another popular choice for visitors and is a great chance to sample the homemade cakes and sandwiches that are made to order. A very reasonable £15 sees two people enjoy sandwiches, buttered tea bread, fresh cream meringue, a small selection of cakes and a pot of tea or a Farrer's filter coffee.

The farm shop was awarded the prestigious Cumbria Life Farm Shop of the Year in 2013 and it's not hard to see why. Christine and Stuart's passion for local produce is infectious and they care considerably about the ethics of farming. Stuart is well known in the area and it's a real privilege to listen to him talk about what is happening on the farm and within the wider local farming community.

For more information on all that is on offer at Kitridding Farm, simply visit [www.kitriddingfarmshop.co.uk](http://www.kitriddingfarmshop.co.uk) or call 015395 67484.

**Reviewed by Jonathan Eighteen**



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