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February, the month of romance and that time when we all get gooey-eyed to make sure that the love of our life gets all the attention and affection that they deserve. And to give you some ideas (chaps), we have lots of gift and beauty ideas as well as some great restaurants to wine and dine your loved one. Don't forget that in this edition one lucky couple will win a fabulous wedding for up to 50 guests. And finally, for those of us with kids, there are some fab half term offers in the magazine to keep the little ones occupied!

Kind regards
Mark Prada (Editor)
Tel: 01524 825600

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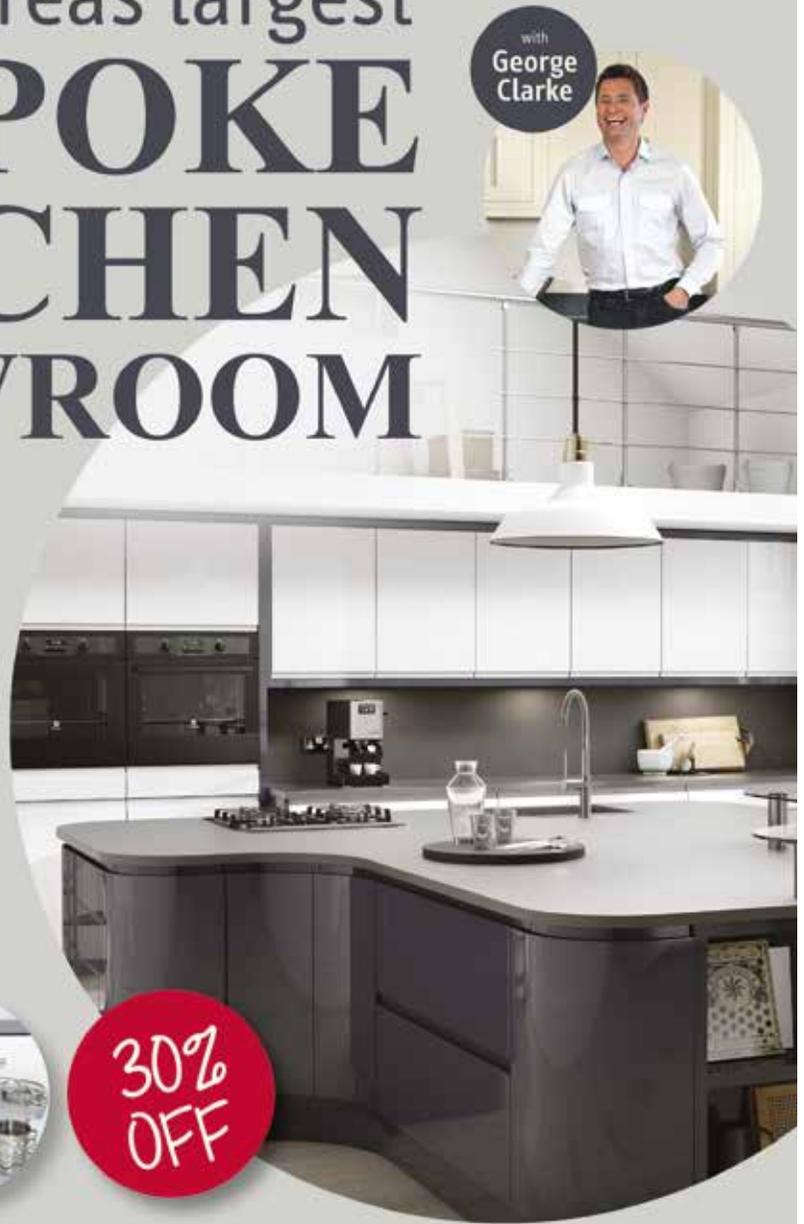
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ATLANTIS KITCHENS IS 25 YEARS OLD

Atlantis Kitchens is a unique family company specialising in bespoke individual kitchen design and comprehensive project management. We can take care of everything for you.

Please enjoy the story below with examples of how our talented and enthusiastic team evolved. We are also very proud of our long standing relationships with our craftsmen who work so hard with great precision and expertise to make your kitchen dream come true. We extend this ethos of loyalty and longevity to our brands... we have designed with Sheraton Kitchens and Bosch appliances for over 20 years and added other exciting brands over the years to ensure we exceed client expectations. Now with design and specification tips from George Clarke, Architect and TV presenter, we are better placed than ever to transform your place into an amazing space!

To celebrate our 25th year we have just extended and fitted out new showrooms in Kendal with the very latest furniture, surfaces, appliances and technology.

Atlantis was recently selected for a poster campaign at the Government Department for Innovation, Business and Skills in London to highlight the potential for independent business to create and develop quality employment.

THE ATLANTIS STORY

by Sean Cafferty, Founder and Managing Director

IN THE BEGINNING

I founded Atlantis in 1990 aged 25. Mandy and I had married in June and I launched the business in September. Ahead of this I was National Sales Manager for a company that supplied kitchens and bathrooms to builders merchants and specialists.

The UK was in recession at the time. Homeowners and businesses were crippled with record high interest rates. It was a terrible time to start a business, and the early years were a rocky road. However, even in that climate, Atlantis sold kitchens every week from a standing start. Clients responded really well to the Atlantis ethos:

- listen to the customer
- find out how they use their kitchen
- offer advice and use your knowledge but only once you've listened
- offer a complete service
- negotiate mercilessly with manufacturers so you can give value for money
- make a promise to leave the customer happy at the end of the project, mean it and keep it.

We did it then and we do it now, every day, every time!

Business grew quickly and by the end of the first year I needed help. What happened next was the start of something really special.



THE EVOLUTION OF A TEAM

Close friend and next door neighbour, Ian Radford, joined as designer. Ian was gifted in design and business acumen, and as the business grew he took on the role of Sales Director. On a side note, I had also worked alongside Ian's dad, David, at Kendal builder's merchant - AP Kendal - my very first job in kitchens.

My wife (Mandy), sister (Lynda), mum (Pearl), brother (Ted) and Ian's brother (Noel) all stepped in to help when needed and the business went from strength to strength.

Customers from the early days still say that "Mum sold kitchens with charm and a tea pot".

My wife's close friend, Sharon, joined early on and was quickly promoted to General Manager and Buyer (she still is; in fact, everyone still is!).

Gary Birkett started out as an installer and is now our Technical Manager - providing full project management and technical solutions.

Rebecca Luisi joined as showroom assistant and is now our Financial Manager. Des Donovan has been our ever cheerful delivery driver for 15 years and was recently promoted to Warehouse Manager. One of my son's, Nicholas, started an apprenticeship with us 3 years ago and now assists in computer aided design and website updates.

A DIFFERENT KIND OF SERVICE

In short, Atlantis Kitchens is all about people. Fantastic people-people who approach your project with 100% commitment and enthusiasm. Honest folk who can always be trusted to look after you. Your kitchen will be designed by Ian (24 years designing for Atlantis), or by Stefan or Andrey (15 years each designing for Atlantis) so they are experts in individual bespoke kitchen design.

Visit our team page on our website to learn about all of us or meet us in person at our showroom in Kendal. There's no commitment to buy and we're certain you will be delighted with what you see and the enthusiasm you experience here.





I love you.



Valentine's Day

Valentine's Day is the perfect day for indulgence and gift giving with the person you care about. Whether you celebrate it with lovingly selected gifts, enjoying a romantic meal out together or hitting the town for a few drinks in search of love, Valentine's Day is an occasion to enjoy and a time to look and feel great about yourself.

With the day falling on a Saturday this year, you can truly extend your celebration into a full weekend of activities. Living in the beautiful area we do, we're never far away from gorgeous scenery and landscapes, so why not make it extra special and book a night away in a stunning local hotel? That way, you won't be travelling far and you will have the amazing feeling of solitude for yourselves.

If you would prefer something a little more low-key, Valentine's Day is always a great occasion for a meal out. We are very blessed with great places to eat out in our local area and they make for wonderfully romantic settings. Turn to the Food & Drink section of the magazine to see a selection of the best local restaurants, and don't forget to book your table nice and early!

Gifts

Don't forget that even the best trip out will always be enhanced by a gift or two. If you've decided to celebrate the day with a lavish trip or a sumptuous meal out, just a small something extra will be perfect. However, if you're planning a romantic evening in, perhaps a more luxurious present may be in order? The important thing is to really think about the person you are buying for, don't leave it to the last minute and make sure you get them something they'll cherish.

For Her

It's always great to go for something unique on Valentine's Day to show her that you've really thought about the gift. Anything personalised such as a vintage teddy bear with a message on its nametag will always go down well. If your girl loves to be pampered, spa days are well worth looking in to or some luxurious beauty products that she'd not buy for herself. A framed picture of the two is thoughtful and having her favourite flowers delivered never gets old.

For Him

Men can be hard to shop for on Valentine's Day but if you go for something thoughtful that you know he won't buy himself you'll be on to a winner. A new item of clothing or grooming products are always a safe bet, but if you know the kind of films he likes, a DVD and cooking his favourite meal for a cosy night in will show that you really care.

Look Great

Whether you're single or in a relationship, Valentine's Day is a great occasion to treat yourself in order to look your best. You could pick up yourself a great new outfit for that meal out together or night on the town. There are tonnes of beauty therapies, skin treatments and makeup selections you can indulge in of which you can read more about in our Health and Beauty section. Whichever way you're celebrating Valentine's Day this year, make sure you are looking and feeling your best to enjoy the occasion.

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It's been a crazy few months for Cloudy2Clear Windows. The company which specialises in repairing windows which are steamed up, broken or damaged by replacing the panes – not the frames has grown rapidly as homeowners take advantage of their services.

Branch Manager Kirk Williams feels that it's all about service. 'Our product is simple. If your double glazing is

misted up we can replace the glass at a fraction of the cost of a new window, in any type of frame, and with a new 5 year guarantee. But it's not just about saving people money, although that obviously helps. Many tradespeople have struggled since last year and I honestly feel that during the good times a minority perhaps didn't focus on customer care as much as they should have done. We make sure we turn up when we say we

will, do the job the customer requires and leave their house as clean as a whistle. I often get comments back from customers on how they really didn't expect that sort of service which, in a way, is very sad for the service industry as a whole.'

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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Lancaster BID

Treasure Trail

AHOY, ME HEARTIES!

14 - 22 February

This February half term make sure you visit Lancaster to complete the Lancaster BID Treasure Trail.

about the trail

This trail will take you through the heart of the City Centre with lots to see and do. **Complete all 15 clues and return your completed trail to one of our drop off points (Wagon and Horses, Tourist Information Centre, The Library, The Borough, Juicafe) or online for a chance to win some amazing prizes!**

It's free to get involved simply download your treasure trail and map and let the hunt for the booty begin.

Find out more here...

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when and how!

The Treasure Trail runs throughout February half term from **Saturday 14 - Sunday 22 February 2015**. With the whole half-term to complete the trail you can take a break to spend time at Lancaster's historical and cultural attractions. Plus many other food, drink and retail outlets -

make a whole day,
or week out of it!



Brought to you by Love Local, Love Lancaster and Lancaster BID

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: CROFTERS HOTEL, A6 CABUS, GARSTANG, PR3 1PH. 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 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.

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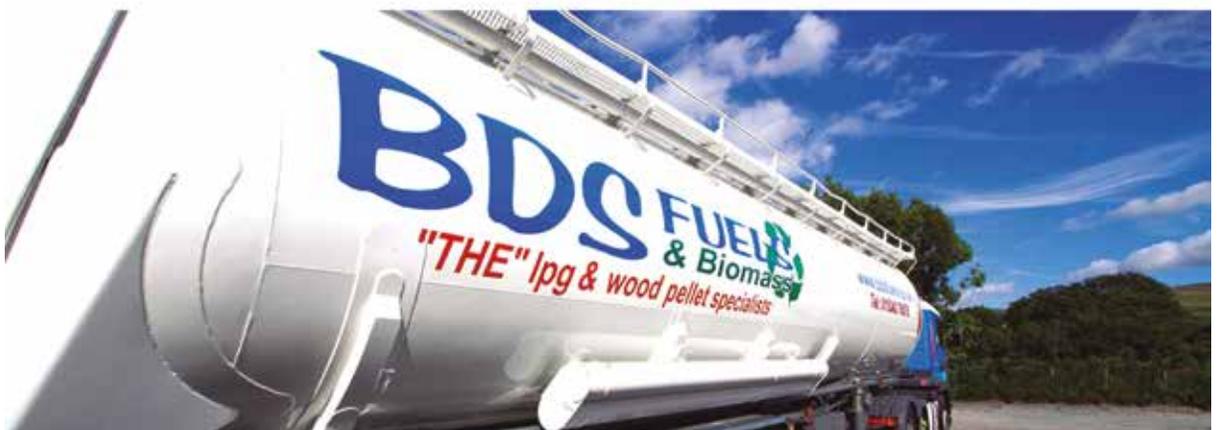
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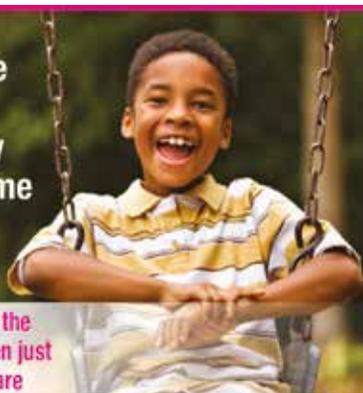
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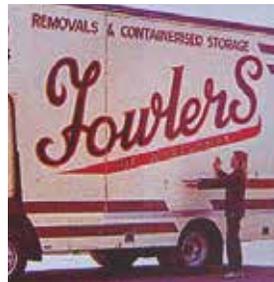
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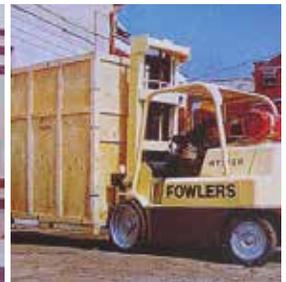
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2015 Home Trends

If you're thinking of renovating your home in 2015, it's always worth reading up about emerging trends in interior decorating to ensure that you're installing the most up-to-date and fashionable design ideas.

In the Living Room

Pantone have announced that their colour of the year for 2015 is Marsala, a reddish clay colour, much like the fortified wine that it is named after. This hearty and appealing hue adds elegance and richness to any room, and lends itself to textured surfaces beautifully, making it an ideal choice for rugs, upholstery or wallpaper. As with the wine, it is full-bodied and its presence enriches our mind, body and soul!

Blue accent colours will also be incredibly popular in 2015, and complements the richness of the Marsala perfectly; whether it's splashes of navy or midnight blue, the natural feel of the colour works perfectly with the earthy tone of Marsala. Cushions or other accessories such as glassware will work really well, and as our home interior trends follow the world of fashion, you can expect to see some denim sneak its way into living room showrooms with its inky blue hues.

Other trends to look out for in the living room include oversized paintings on canvases, animal prints and textures on cushions, pillows and chairs and brass metal accessories mixed with copper, silver and gold tones.

In the Bedroom

We all love cuddling up under our duvets, but quilts and comforters are going to be hugely popular in 2015, and although minimalism will never go out of style and crisp white walls are timeless, this year will be about injecting some serious colour into the bedroom. Deep blues, regal greens and bright oranges are all expected to be dominating the linens sections at home decor retailers.

Television shows such as *Mad Men* have fueled a mid-century modern revival within the world of interior design and it's expected to continue strongly in 2015. An iconic mid-century piece such as the Eames Lounge chair can add real flair and coupled with clean lines and bold colours throughout, you'll never want to leave the room.

In the Kitchen

Open shelving is becoming far more user friendly and is seen by many as a practical solution for your storage, rather than simply for display. Open shelving allows for functional use whilst personalising the space, giving prominence to a sense of homely warmth.

If you want to add a real sense of interest and character to your kitchen, adding wallpaper with real zest is expected to be a big trend this year. Wallpaper adds an impacting visual that can be matched with and complement the kitchen style that you go for. Even on one small wall, wallpaper can add a beautiful contrast to an area of the home that can often fall into the trap of being rather bland.

In the Bathroom

Statement floor tiles proved popular in 2014 and they don't appear to be flagging as we head on through 2015. The main benefit of making use of the floor is that you can add style without overwhelming the small space of a bathroom, which tend to lack any open space for a feature wall.

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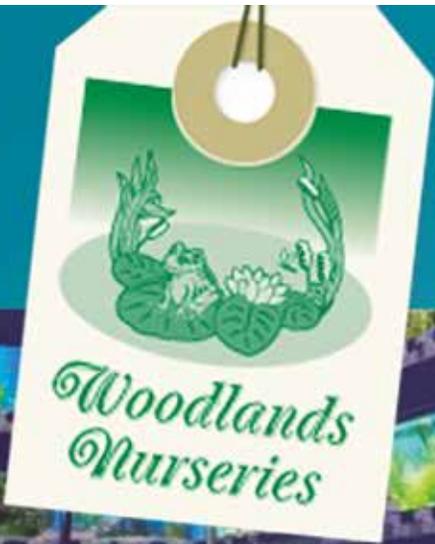
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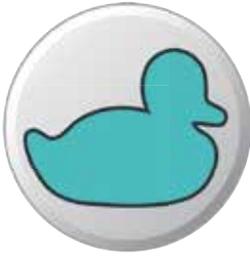
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Look your best

Valentine's Day is the perfect excuse to treat yourself to a makeover to have you looking your absolute best. We've got some great beauty tips to help you really make the most of this Valentine's Day.

Make Up

Winter's dull and overcast weather might have left you feeling in very much the same lifeless spirit but now's the time to start putting some colour back in your cheeks and life back on your lips. You can recreate that first-date flush by using a blusher one shade darker than your everyday hue or brighten up your complexion with a pearl finish applied to the cheeks to illuminate your skin and bring some colour to your pallid winter skin.

Eyelash extensions are a great way to really enhance your eyes and teamed with some smoky eye makeup they'll give you that smouldering look. Complete this look by framing your eyes with shaped eyebrows.

Silky smooth skin is a must for Valentine's Day so make sure you moisturise to beat winter's drying effects. You could even unwind with a relaxing professional body treatment that will leave your skin feeling clean, conditioned and prepped. If you are planning on getting a spray tan for Valentine's Day, make sure you go to a reputable salon and prepare in advance. The last thing you want is for your look to be ruined by an orange tan.

Don't forget the finishing touches and wear your heart on your fingertips with a Valentine's Day inspired manicure. Match your nail colour with your outfit to complete your look.



Hair

Your hair can make all the difference to how you look so make sure you have in mind what style you're going to go for. Rollers work for all types of hair and will really help volumise in order for you to look your best. Curly hairstyles are also perfect for Valentine's Day to give you a glamorous romantic look.

You can also get booked in early at the salon to impress with a brand new shade of colour put in especially for the occasion and nothing will show that you've made an effort more than that.

Men

It can't just be the girls making all the effort to look good, if she's looking her best and you haven't even bothered to get a haircut she won't be impressed. Head to a salon to get a professional stylist's cut in order to look your best.

Your skin is susceptible to the winter weather too so exfoliate and moisturise to make sure you eliminate dry skin. Even if it's just once a year, make the effort to be well groomed: it's not uncommon for men to go for an eyebrow shape or facial treatment at a professional salon and it really is noticeable.

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Local Choice have teamed up with the Hillthwaite Windermere, Guest List Events and The Bridal House of Torrisholme to bring you one of the most desirable wedding fayres of 2015! And what's more, at the Fayre one lucky couple will **win the day of their dreams**.



Hillthwaite Windermere has a licence to provide civil services and is the perfect place to celebrate your Lake District wedding, or to have your vows renewed. The hotel has been family run for over 40 years and are experts in providing care and meticulous attention to detail and, with your own designated wedding co-ordinator and a wide choice of wedding options, they can ensure that your special day is exactly how you would want it to be!

Following a £750,000 refurbishment, Hillthwaite Windermere will host its premier Wedding Fayre on Sunday 22nd February, featuring over 20 specially selected exhibitors, who will be profiling their range of wedding services with everything from wedding cars to cakes and from photographers to wedding dresses.

The Fayre will include:

-  FREE Canapés, wine or soft drinks, (for those who have registered to attend the Wedding Fayre)
 -  Designer wedding dresses modelled by request. Choose from the likes of Diane Harbridge, Amanda Wyatt, Alexia and True Bride, all available from The Bridal House
 -  Jewellery advice by Rachel Galley, whose designs have been worn by the likes of Tess Daly and Kim Kardashian, Rachel has been shortlisted for 'Jewellery Designer of the Year' at UK retail Jewellery awards, and also 'Catwalk Jewellery Designer of The Year 2012' at the annual UK Jewellery awards event in London.
 -  Live make up and hair demonstrations
 -  Display of wedding cakes
 -  Flower arrangements and displays
 -  A selection of vintage and modern cars on display from Lune Valley Vintage Cars & Lakeland Chauffeurs
 -  Show rounds of the hotel and bridal suite available on request, either on the day or prior to the event.
 -  Cartoonist 'Evsie' renowned local artist
- And, last but not least...
-  The prize draw to WIN a wedding for up to 50 people.



You can register your attendance for the Wedding Fayre by simply calling the Hillthwaite, Windermere direct on 015394 43636, or visit our website: www.hillthwaite.com

*guest list events**Jaime Cakes Kendal**Sue Shield's Spa***DESIGNERFLOWERS**
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The main prize worth several thousand pounds includes a daytime wedding for up to 50 people at the Hillthwaite that has just completed a staggering £750,000 refurbishment to make your wedding day something that you and your guests will be wowed by - and we haven't even mentioned the stunning views of Lake Windermere and the Lakeland fells in the distance, perfect for those all important wedding photos.

The prize includes a welcome drink and canapés upon arrival, a three course meal from a choice of menus, followed by tea or coffee and petit fours to complete your wedding breakfast.*

This prize also includes 25 bottles of wine to have with the wedding breakfast and 10 bottles of champagne to toast the happy couple.*

Your wedding night with the Hillthwaite is also included in the prize, so the winners can spend their first night as a married couple in the beautiful Langdale Room, with its stunning Lake District views and luxurious newly built bathroom suite.*

If the wedding alone was not enough, we are also giving away a designer wedding dress worth £1500.00*! Choose from the likes of Diane Harbridge, Amanda Wyatt, Alexia and True Bride, all available from The Bridal House at Torrisholme.

Plus a morning coat from Rupert the Tailor worth £300, supplied by The Bridal House and a premium outfit package for 5 groomsmen from Greenwoods.

The prize also includes a Photobooth available during your day.

Additional Wedding Fayre prizes for those budding brides who come to the Wedding Fayre on the 22nd February include a case of champagne (6 bottles) and an overnight stay at Hillthwaite, Windermere.

To enter the 'Win Your Wedding' Competition, simply complete the form in this edition of Local Choice and send it back to us, or visit either the Local Choice or Hillthwaite Facebook pages or visit www.hillthwaite.com/winawedding.

*Terms and conditions apply, visit www.local-choice.co.uk/win-your-wedding for details.



WIN YOUR WEDDING COMPETITION

Simply complete the coupon below with your contact details, **attach it to a postcard** and send it to 'Win Your Wedding Competition' c/o Zest Publications, The Old Station, Coastal Road, Hest Bank, LA2 6HN. Closing Date 20th February 2015.

The competition can only be entered by the couple who are getting married or having their vows renewed. The prize is non-transferable and there is no cash alternative. Only one entry per couple permitted. Terms and conditions apply, visit Local Choice website for details.

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1 Feb - Snowdrop Sunday Lytham Hall **01253 736652**

2 Feb - Theatre: The Muddy Choir
The Dukes, Lancaster **01524 598500**

4 Feb - Art in the Park The Ashton Memorial
Lancaster **07786868783**

7 Feb - The Halle Soloists - Live at LICA Event
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15 Feb - Wedding Fayre
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15 Feb - Snowdrop Sunday Lytham Hall **01253 736652**

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18 Feb - Dark History Tour Lancaster Castle **01524 64998**

18 Feb - Seasonal Crafts Lytham Hall **01253 736652**

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20 Feb - RSPB Make a Bird Feeder
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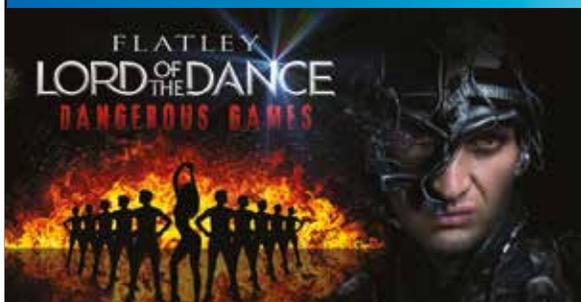
24 Feb - Great Ecclestone Health Walk
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26 Feb - Comedy: Alun Cochrane
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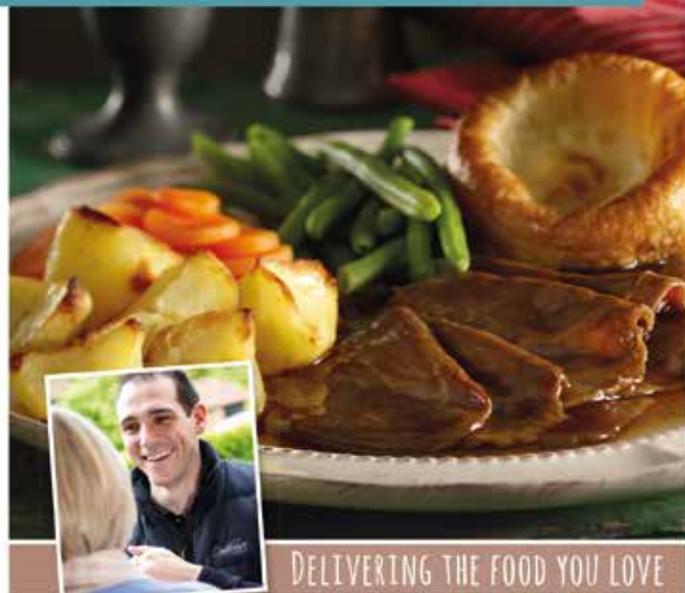
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A New Year: A fresh approach to Accountancy

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It's great to start the year on a positive note: there is increasing evidence of economic recovery in the UK and pressure on businesses seems to be easing. However unpredictability in stock requirements, income, and cash flow is still the norm.

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"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."

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