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

Kind regards
Mark Prada (Editor)
Tel: 01524 825600

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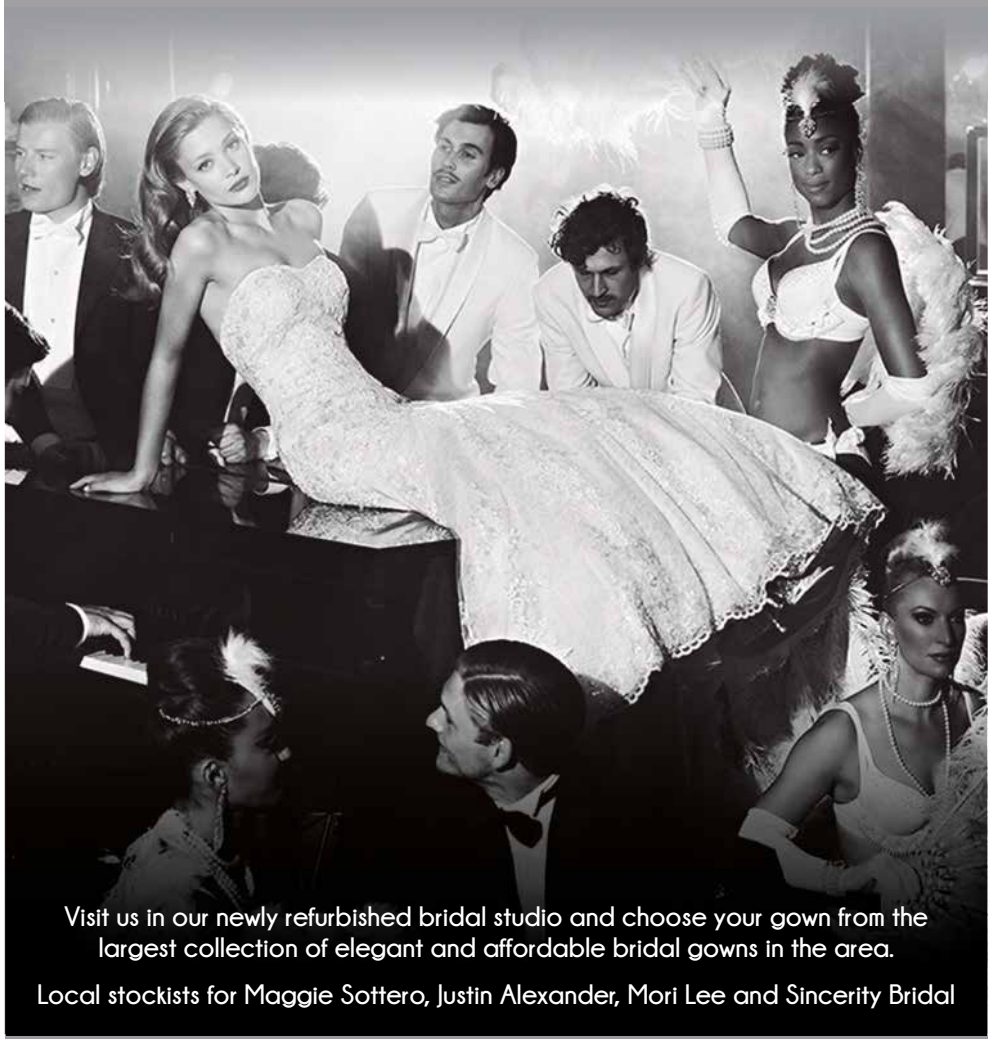

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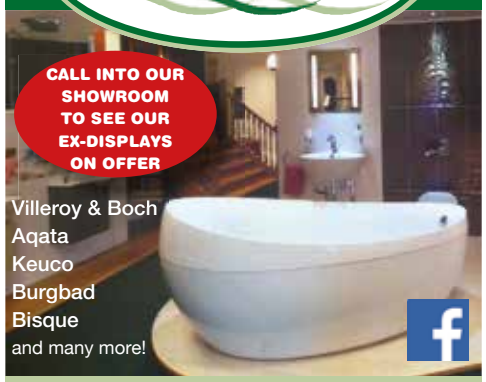

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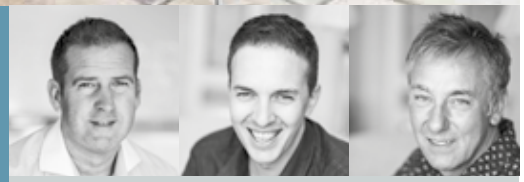

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Group Managing Director Marcus McGee believes that Which? have endorsed Cloudy2Clear's long standing company policy of delivering the highest standards possible at all times. 'Our service is simple. If your double glazing has misted up we can replace the glass at a fraction of the cost of a new window, in any type of frame, and with a new 25 year guarantee. But it's not just about saving people money, although that obviously helps. Whilst a number of tradespeople perhaps don't focus on customer care as much as they should do, we make sure we turn up when we say we will, do the job the customer requires and leave their house as clean as a whistle.

Locally Cloudy2Clear service the Barrow-in-Furness & the Furness Penninsular areas and manager Roger Bonnick agrees that this approach is a major factor in his success. 'The truth is that it's not just the personal satisfaction that I get from doing a good job but also it makes good business sense. I get a huge amount of business from friends and family of people I've done work for, which just goes to show how much a little bit of effort is appreciated as both my customers and, obviously a body as nationally important as Which? now recognise.'

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

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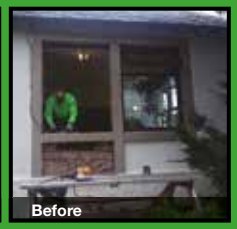
Before

After


Before

After

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For great features, competitions and money saving vouchers visit www.local-choice.co.uk
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Following on from our massive refurbishment, £1 million spend and our Big Reveal in early October, we continue to be hugely proud and excited at what we have achieved here at Charnley's. The hard work and effort from the whole team has created something very special.

Charnley's Home and Garden has been designed so you can take a journey. Discover different areas and quirky corners as you wander through the garden centre and home and interior showrooms. Enjoy the quality and feel of our solid oak furniture ranges, leather and contemporary suites, and be inspired with our stunning array of mirrors, pictures, lamps and unusual gifts.

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

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

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

01229 464225 | Crooklands Brow, Dalton-in-Furness | www.charnleys.co.uk

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- Income Support

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1ST PLACE PRIZE OF **£250**

10 2ND PLACE PRIZES OF **£75**

15 3RD PLACE PRIZES OF **£25**

BE IN IT TO WIN IT! SIGN UP TODAY

It is so easy. Just recycle your household plastics, paper, glass, cardboard and tins once a fortnight and you can win up to £250 in shopping vouchers from Love2shop.

You can register by calling **01229 876543** and enquiring about the recycling scheme or by visiting the **www.barrowbc.gov.uk** home page and click on the Love Recycling Incentive Scheme link and fill in our short and easy registration form. This year why not make a New Year's resolution to recycle your household waste? Not only could you win but you know the Environment will definitely win.

Love Barrow

Love Barrow... Love Recycling

Here at The Park Leisure Centre we all know that playing is lots of fun for kids, we also understand that play is a vital part of a child's development and is an essential part of growing up.

When children are engaged in play, they are presented with certain situations, interactions and challenges. Although play is fun, it does have a purpose as it helps to develop valuable skills. It is through play that children learn about the world around them, so it's important to appreciate how valuable play is in the development of children.

Research confirms that children who are regularly active in play develop well on many levels including physically, emotionally, mentally and socially. Unstructured play is also useful as it creates opportunities for children to learn to become more expressive and more curious. It also encourages them to learn to take risks and have new experiences in a forgiving atmosphere which is enormously beneficial.

Our Soft play area includes various wedges, waves, logs, stairs, ball pit and slide. It is an area that encourages kids to be creative, use their imagination and get involved in exploratory play. Kids can create their own adventures; they can run, jump, bounce and catch balls, all within in a safe and happy environment. Through this physical play they will develop agility, balance and improve their co-ordination.

PlayMAX Playtime

Our Soft Play area is open 7 days a week and our full timetable can be found at www.theparkleisurecentre.com or you can pick up a copy from our reception.

In addition to our Soft Play Sessions we also offer PlayMAX Playtime every Tuesday and Thursday, 9am-12pm. It is ideal for ages 0-8 and includes the use of our soft play area and the toys laid out in the sports hall.

What could be better than your child burning off energy, letting off some steam, developing important skills and most importantly doing something that they enjoy?

In our PlayMAX sessions, they could be kept amused for hours…

the Park
Pool Sports Fitness

Have you been a bit naughty over Xmas? Let us help you get back in shape!

You owe it to yourself to get the New Year off to a great start. Let us help you make 2017 your year...with a personalised plan of attack we will help you reach your own goals and targets.

The benefits of being a member at the Park Leisure Centre are endless, with the gym's superb facilities making it the number one place to start your fitness regime. We feature the highest technological equipment which includes a full range of cardiovascular and weight training, a free weights zone and a conditioning area, so if you want to build up your strength, lose weight or improve your general fitness, there really is something for everyone.

Our Pulse gym utilises a 'Smartcard system' where users are able to design their own workouts, see their progress and collaborate data so you can see what you have done over any period of time.

And the process for joining couldn't be easier, with Gavin, our membership advisor pulling out all the stops to ensure things go as smoothly as possible. This starts with the fact there is no joining fee or lengthy contract, meaning you are paying solely for the length of time you are going to be using the facilities. On joining, customers receive a free gym induction and personal trainers are also included in the membership, giving you the best advice and workout plans for your desired needs.

Once a member, it couldn't be easier to book onto your classes with our online booking system, accessible from our website from the comfort of your own home. Visit our website www.theparkleisurecentre.com for more information or call 01229 871146 to speak to one of our members of staff. For membership advice please contact Gavin on 01229 845925. Friend us on facebook and follow us on Twitter.

New Year, New You! Don't delay, join today!

GET THE WHOLE FAMILY ACTIVE

AT THE PARK LEISURE CENTRE

ANNUAL FAMILY MEMBERSHIP ONLY

£365*

2 adults & 3 children

The Park Leisure Centre offers fitness and fun for all the family!

Join today on our exclusive offer and the whole family can enjoy unlimited access to the state-of-the-art fitness suite, swimming pool, sports activities*, fitness classes, children's fitness suite and soft play area for only £365 per year.

Now available by direct Debit £40 per month for a 12 month contract.**

GYM

A 66 station gym boasting a range of equipment for a total body workout including virtual personal training, entertainment consoles and a dedicated functional training area.

SWIM

Keep fit, relax, or simply have fun with the family in our 25 metre swimming pool with exciting 20m splash flume, wave machine and water cannons.

CLASSES

Two studios providing a wide range of classes every week to suit all abilities including Spinning, Pump FX, Zumba and insanity.

KIDS

20 station children's fitness suite, active wall, soft play area and sensory room will keep the children entertained for hours.

SPORTS

A spacious 4 court sports hall equipped to accommodate sports including: badminton, basketball, short tennis, football, roller skating, netball & birthday parties.

the Park Pool Sports Fitness

t: 01229 871146

www.theparkleisurecentre.com

*Terms and Conditions Apply. Off-peak sports activities only. All activities subject to availability. An adult is aged 16 years and above. Additional adult memberships can be purchased at the price of £125 per adult. All family members must reside at the same address to qualify.
**For Direct Debit customers, if you wish to add another adult over 16 years old, this costs an additional £10 per month per person.

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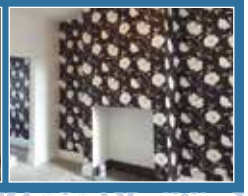
"Working with C.J.S to complete a makeover was simply great, as there team of guys are second to none. Very skilled and cost effective too! What more could you want in a decorating company? Thanks guys" Anne.



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Greaves Tree Services is a family run business and we have been providing quality tree care work for over twenty years. We are experts in tree surgery and ground maintenance including: specialist tree surgery, section felling & removal, hedge cutting, tree planting, forestry and hard landscaping.

We are dedicated to providing a service that not only meets expectations but exceeds them. With our wealth of experience within the industry and with our fully qualified staff, you can be assured that our services are carried out with the utmost care, precision and quality of work.

Greaves Tree Services provide a professional service, we are fully insured with friendly staff and we offer FREE no obligation quotes and helpful advice too.

All work is always completed on time and to the highest standard and here is what some of our customers had to say about our jobs:-

'Barrow Borough Council have used Greaves Tree Services for at least ten years for hedge laying, storm damaged trees and felling on allotment sites and in Barrow Park.' - Barrow Borough Council.

'They are very professional, fair priced, and always check first and quote for any exceptional works that need doing.' - Victoria Infant's School.

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Your time WILL make a difference

"Volunteers are our greatest resource.
They bring skills, ideas and experiences.
They are helpful, friendly and reliable.
We couldn't function without them – they make our team complete."

Meet new people - help your community - learn new skills

There is a volunteering opportunity waiting for you at St Mary's Hospice.
Full training and support is given.

You could support and help our patients directly by:

- Driving patients to Day Care
- Visiting people in their own homes as a neighbour
- Helping at our Positive Living sessions in your local community

You could help raise funds by:

- Working a shift in one of our shops near you
- Replenish collection tins in your local area
- Work in the Orangery Café

AND many more……..

YOUNG VOLUNTEERS from 14 years old welcome
Volunteers help us in all sorts of ways for more information please contact the Volunteer Team on **01229 580305** email **volunteers@stmaryshospice.org.uk**

A few hours a week can make a huge difference to the type of care we can offer to our local communities.

Registered charity number: 517738

Call us on 01229 580305.
Ford Park Crescent, Ulverston LA12 7JP
Tel 01229 580305 | Fax 01229 583072
info@stmaryshospice.org.uk | www.stmaryshospice.org.uk

JANUARY EVENTS

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

4 & 18	**Barrow Blood Donor Sessions** Ante Room, Forum 28, Duke Street, Barrow-in-Furness 12:45pm to 2:45pm & 3:45pm to 5:45pm
12	**Ulverston Blood Donor Sessions** Coronation Hall, County Square, Ulverston - 1:45pm to 3:45pm & 4:45pm to 7:15pm
19	**Ramin Karimloo and The Broadgrass Band** The Forum, Barrow-in-Furness 01229 820000
20	**A Vision of Elvis** The Forum, Barrow-in-Furness 01229 820000
28	**Magic of Motown** The Forum, Barrow-in-Furness 01229 820000

Time to Relax at the Lakeview Spa

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

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

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

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

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

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

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

Call the team now to book on 0844 502 7587.

REFRESH £49 PER PERSON
Our Refresh afternoon includes Afternoon Tea, Access to the Lakeview Spa and a choice of a 30 minute treatment from the list below:
Mini Manicure, Mini Pedicure,
30 minute Taster Facial

RELAX £69 PER PERSON
Our Relax afternoon includes Afternoon Tea, Access to the Lakeview Spa and a choice of a 30 minute treatment from the list below:
Manicure, Pedicure, Elemis Facial,
Back, Neck & Shoulder Massage

REJUVENATE £99 PER PERSON
Our Rejuvenate afternoon includes Afternoon Tea with glass of Sparkling Wine, Access to the Lakeview Spa and a choice of a 1 hour treatment from the list below:
Elemis Hot Stone Massage, Pedicure with Shellac, Manicure with Shellac, Elemis Facial, Back, Neck & Shoulder Massage

All packages include complimentary robes & slippers.
It is essential that all packages are booked in advance.

Beech Hill Hotel & Spa, Newby Bridge Road, Windermere, Cumbria LA23 3LR | **0844 502 7587**

lakeview spa | Beech Hill Hotel & Spa

RELAX, REFRESH OR REJUVENATE

AT THE LAKEVIEW SPA

REFRESH £49 PER PERSON
Our Refresh afternoon includes Afternoon Tea, Access to the Lakeview Spa and a choice of a 30 minute treatment from the list below:
Mini Manicure, Mini Pedicure,
30 minute Taster Facial

RELAX £69 PER PERSON
Our Relax afternoon includes Afternoon Tea, Access to the Lakeview Spa and a choice of a 30 minute treatment from the list below:
Manicure, Pedicure, Elemis Facial,
Back Neck & Shoulder Massage

REJUVENATE £99 PER PERSON
Our Rejuvenate afternoon includes Afternoon Tea with glass of Sparkling Wine, Access to the Lakeview Spa and a choice of a 1 hour treatment from the list below:
Elemis Hot Stone Massage, Pedicure with Shellac, Manicure with Shellac, Elemis Facial,
Back Neck & Shoulder Massage

Beech Hill Hotel & Spa, Newby Bridge Road, Windermere, Cumbria LA23 3LR | **0844 502 7587**
www.beechhillhotel.co.uk reservations@beechhillhotel.co.uk

COMPETITION

WIN: Annual family membership (worth £89 per month)
Q: On which road in Windermere are we located?

Simply complete the coupon below with your answer and contact details, **attach it to a postcard** and send it to '**Beech Hill Jan Comp**' c/o Zest Publications, The Old Station, Coastal Road, Hest Bank, LA2 6HN. Closing Date 31st January 2017.

Answer.....
Name.....
Address.....
.....
Postcode..... Tel.....
Email.....

By entering this competition I agree to the terms and conditions on page 3. If you do not wish to receive information from us please tick this box ☐

BIRTHDAY GIVEAWAY

If this is your birthday you could **WIN A BIRTHDAY CAKE** & **£50 CASH!**

SPONSORED BY
Shell's Party Cakes

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 31st January 2017. Winner must collect prize from the Local Choice office.

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the Ryebeck
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WIN £100 CASH in our readers survey

Enter our free prize draw by taking a few minutes to complete this short questionnaire. Entries received before 31st January 2017 will be placed in a draw to be made in March 2017. The lucky winner will receive **£100 cash**.

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

GENDER

☐ Male ☐ Female

AGE

☐ 18 – 25 ☐ 26 – 35 ☐ 36 – 45
☐ 46 – 55 ☐ 56 – 65 ☐ Over 65

CONTACT

Name .....
Tel .....
Email .....

OCCUPATION

☐ Employed ☐ Self Employed
☐ Retired ☐ Other

CHILDREN (Aged under 18 and living at home)

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 or more

What attracts you to the Local Choice Magazine?

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

What would you like to see in the magazine?

What are your favourite parts of the Local Choice Magazine?

Which of these features would be of interest to you?

☐ Gardening ☐ Home ☐ Competitions
☐ Hobbies ☐ Weddings ☐ Children
☐ Food & Drink ☐ Events ☐ Fashion
☐ Local history ☐ Education Sport ☐ Local town info

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

Additional comments

Omega

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