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MARCH 2016

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INSIDE: WIN A GRAND NATIONAL AND BRUNCH DAY EXCURSION BY COACH FOR TWO



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Information inside

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Hello and welcome to the March edition of Local Choice - and what a packed month it is!

We've got Mother's Day on the 6th, so make sure you make mum feel extra special on that day.

The Easter weekend begins with Good Friday on the 25th and on the 27th we've got Easter Sunday, as well as the clocks going forward, so we can all enjoy the extra hour of daylight.

Would it be too much to ask for some warm weather too?

Kind regards

Mark Prada (Editor)

Tel: 01524 825600

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4 RETAIL
Mum's the word
8 Grand National Competition

24 HOME & GARDEN
The quest for the perfect garden

44 TRADES

47 MOTORS

48 HEALTH AND BEAUTY
Say no to smoking

50 EVENTS

54 FOOD AND DRINK
58 Masons Arms review
62 Cedar Manor review



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MUM'S THE WORD

Mother's Day is nearly upon us for another year, which may not seem like a big deal to many of you; get her a card and some chocolates and she will be happy – make this Mother's Day just as important as any other occasion.

You will be reassured to know that for most Mums, the size, cost or practicality of the present doesn't matter at all. Just knowing that they are loved and appreciated is the best gift. But we all love to show our mum how much she means to us but it doesn't have to break the bank... So have a look at some suggestions below...

Flowers – Celebrate a special Mum with a beautiful bunch of flowers. It's a token of gratitude and appreciation for all her contributions in your life that can either be a small, pretty bouquet or a large blooming bouquet.

Perfumes – Perfume is one of life's little luxuries and another fabulous Mother's Day gift idea. If you are planning to get this present for your Mum, make sure you know what fragrances she likes and dislikes. Perhaps buy her favourite perfume if it is running low or ask other relatives and friends for advice before buying if you are unsure.

Makeup – All ladies love to look glamorous! A little of your Mum's favourite makeup will make her smile. Don't worry if it's a little out of your budget, there are many shops that sell gift packs at affordable prices as an alternative.

Jewellery – If you really want to show your Mum how much you value her, then diamonds certainly are a girl's best friend, but if this is out of your price range, you can still treat her with some stunning yet affordable jewellery. You could choose a watch or ring, pendant, necklace or bracelet, for example.

Champagne or Wine – There is no better way to celebrate Mother's Day than with a bottle of her favourite vintage Champagne or fine wine – you can toast to what a great Mum she is!

Music – It is more than likely that you will know what your Mum's favourite music is, but if you aren't sure, then there are plenty of compilation albums made specifically for Mums on Mother's Day. If you really want to give her something special, why not make her a mix CD or add a special playlist to her MP3 player that are special to the both of you.

Spa vouchers or a Pamper Hamper – A great choice to help Mum relax and rejuvenate. You can treat her either to a voucher from her favourite spa or salon, or buy her a gift set that might include bath and body lotions, gels, bath salts, aromatherapy or relaxation products. Hampers are very popular at the moment and easy to put together yourself. Alternatively, if you lack the time or are struggling thinking about what to put in the hamper, there are many shops that will put one together for you.

Personalised Gifts – Personalised gifts always tend to be special as it is clear you have gone to a lot of effort. There are so many items you can personalise, from mugs and key rings to a canvas or, if you have the budget, a car registration plate!

Appeal to her Hobbies – If your Mum is a keen gardener, you may want to get her a gardening gift; perhaps new tools, gloves, a knee pad, or even a selection of seed packets for planting. Whereas, if your Mum's hobby is golf, you could maybe get her a new outfit to wear on the Green, a putter, some trendy golf balls, or a subscription to a golfing magazine. Either way, getting a present related to her hobby is a lovely present to let her know that you care about her and listen to what she has to say.

For a truly unique gift, why not put together a memory book using old photos of the two of you from the day you were born. You can sit and look at it together, reminiscing over time gone by.

Keepsake gifts are always a hit – a photo frame with a favourite snap of you and your mum. You could go one step further and have the frame engraved. Your mum is sure to appreciate the time and thought given to this gift (Therefore the frame doesn't have to cost a fortune!)

So there you have it. There are so many ways to show your appreciation to your Mum. You can give her any of these gifts or an idea of your own. After all, it's not often you get to prove to her how special she really is, so why not treat her as much as she deserves?

TOP 10 CELEBRITY MUMS – Nicole Ritchie, Jennifer Garner, Pamela Anderson, Katie Holmes, Marcia Cross, Brooke Shields, Sarah Jessica Parker, Jenny McCarthy, Angelina Jolie and Julia Roberts

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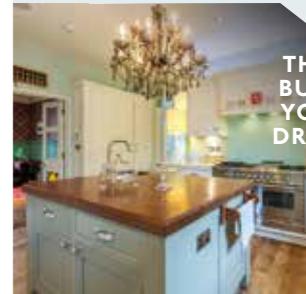
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25th-29th July Longleat & The Cotswolds Bristol £299 (S/S £75) *	22nd - 26th August Wine Tasting & Kent Ashford £377 (S/S £60)
4th-7th August Battles of Britain Peterborough £270 (S/S £40)	26th - 28th August London Weekend London £165 (S/S £50)
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Sat 12	Designer Outlet Village @ The Lowry	£12.75
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	Trafford Centre, Manchester	£12.75
Sun 13	Scenic 8 Lakes Tour	£11.95
Wed 16	Blackburn	£11.75
	Bury	£12.25
Thu 17	Carlisle	£11.75
Fri 18	Albert Dock & Liverpool City Centre	£13.45
	Liverpool City Centre	£13.45
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Sat 19	Chester City	£14.00
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Sun 20	Blackpool	£11.45
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Fri 25	Alton Towers*	£17.00
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	Designer Outlet Village, Cheshire Oaks	£14.00
	Designer Outlet Village, Cheshire Oaks & Chester City	£14.00
	Harrogate	£13.45
	York City Centre	£14.45
	Blackpool	£11.45
	Blackpool Zoo*	£11.45
	Fleetwood Freeport & Blackpool	£11.45
Tue 29	Newcastle City Centre	£14.45
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Wed 30	Chester City	£14.00
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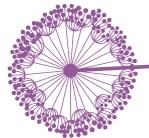
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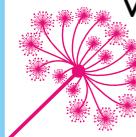


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Cloudy2Clear Windows – Service With A Smile!

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 Roger Bonnicks 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 Lancaster, Morecambe and South Lakes areas and Roger 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 Roger a call for a free quotation on **0800 61 21 118** and he'll be happy to help!



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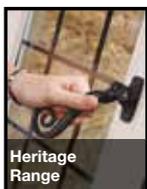


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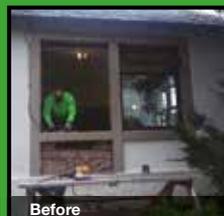
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THE QUEST FOR THE PERFECT GARDEN

With the days getting longer and temperatures getting warmer, summer is well on its way and March is the best time to think about your garden for the summer. There is, of course, usually more to your garden than grass and plants - many of us use our garden as an outdoor room when it starts to get a little warmer, so why not make this space a haven - an outdoor extension of your home.

TOP TIP: A well maintained garden will not only make your home more attractive but it can increase its value as well.

Entertaining friends and family or simply dining al fresco yourself is something that most English people relish - especially considering we only get 1,457 hours out of 8,760 hours of sunshine a year!

For most Brits, being able to sit outside and relax can make the stresses of work float away. You could design an area to sit in the sun, to entertain or a space for the children to play, or even add a patio heater, fire basket or chimenea to help you enjoy outdoor living right through autumn as well as summer!

TOP TIP: Many homeowners choose plants based on how they look instead of sun and soil conditions needed to thrive. As a rule, full sun plants put in the shade, or a shade loving plant put in full sun will look great for about a week, but after that it will begin to die. If you're a bit more adventurous, have a talent for art, a good eye for proportion and a bit of knowledge; have a look at the space you have and plan a project that makes the most of it - or get an expert to do it for you! Look at the positive parts of your garden as it is at the moment, as well as the negative points you would like to change.

In the pursuit for your perfect garden, odd shaped or uneven areas can cause problems, but it is often wise to work with them and transform the area into something wonderful. Clever use of shapes and space can make a small, narrowing garden look

much larger and it's far easier to adapt a sloping garden to have multi levels as opposed to trying to even it out completely.

TOP TIP: Even if you don't have a garden, you can still add plants to your home with flower tubs, herbs, window boxes or houseplants - just make sure you check their growing conditions before buying. Your local garden centre will be able to advise you on which are best for you.

You also need to think about an in-between area between house and garden, but it needs to be both attractive and functional.

Paved patios are the most popular choice as they are both hard wearing and sensible and are available in a wide choice of colours. It is wise to think about your path and patio material as both wooden decking and lawned areas look great in the sunshine but neither are particularly practical when wet. Coloured gravel or slate looks fabulous but can be noisy and not suitable for young children or the elderly.

Even though creating your dream garden can be a challenge, once it has had a 'makeover', you will realise that all the time and effort was well worth it! Whatever design you choose, with a good plan and some help from an experienced landscaper you could be spending the summer sitting out in a beautiful and practical garden (not just in summer) - all designed by you!

To get you started, here are some ideas to 'spruce up' your garden:

- 1 Add a pool or hot tub
- 2 Add a patio or decking
- 3 Build a play area and sandpit for your children
- 4 Build an outdoor kitchen and barbecue
- 5 Build a greenhouse, shed or summer house
- 6 Add a rock garden
- 7 Add stepping stones, a pond or water feature
- 8 Add a new path
- 9 Add a conservatory or orangery
- 10 Add an arbour or pagoda



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I recently attended The Quick Step Training Academy for reassessment to retain my Master Fitter Installer accreditation for a further three years. My son James gained his Foundation Level 1 there in 2013, he is currently on an apprenticeship scheme with Floorskills Training Centre in Solihull to gain an NVO 2 in wood flooring.

Laminate flooring is still a popular choice for consumers. The new Quick Step Impressive range has proved a real success, an attractive colour range, textured surface, fully bevelled and totally waterproof why choose anything else. Installations on staircases are now made possible with Quick Step products as there are colour matching nosings

to edge the steps for a professional finish. As a Master Installer all installations come with a free two year manufacturer backed warranty for total peace of mind.

Engineered and solid hardwood floors are becoming more popular also, Haro and Elka are just two of our suppliers. Natural oil, oil/wax and lacquered finishes compliment a huge range of grades and colours all sourced from certified sustainably managed forests with full maintenance kits available it's an investment that will stand the test of time giving you years of satisfaction.

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and engineered floors, with low running costs, fully controllable digital thermostats and a lifetime guarantee they are a full heating system for your room and not just a warm floor. Whilst underfloor heating can be used in almost any room, we felt that conservatories deserved a special mention due to large number of people installing underfloor heating in them and the higher heat losses they experience. Electric underfloor heating is arguably the perfect solution to heat a new conservatory and with the correct underfloor heating system and insulation we can provide you with a fast acting and economical primary room heating system. Call Mike at "The flooring store that comes to your door" for expert advice and a free no obligation quote.

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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 Recycling



ELECTIONS 2016

Police and Crime Commissioner Elections in Cumbria are due to be held on Thursday 5 May 2016. Polling Stations will be open in the area of Barrow Borough Council from 7.00 a.m. on the above day until close of poll at 10.00 p.m.

Poll Cards will be sent out at the beginning of April advising of your Polling Station as long as your name is included on the Register of Electors.

There is a change to one Polling Station in the Borough Council Area in Ormsgill Ward as Richard Cave MS Centre in Schneider Road will no longer be used. This Polling Station has now been permanently moved to St Francis C of E Church further along Schneider Road on the same side of the road.

Due to a change to Academy status, the following two Schools will show a change of name on the Poll Card, but the Polling Station is still in the same place in the building -

- **Parkside GGI Academy, Greengate Street – was previously Greengate Infants School**
- **Yarlside Academy, Redoak Avenue – was previously Yarlside School**

Verification of the Ballot Papers will take place overnight in the Town Hall from close of poll at 10.00 p.m. and will be followed by the Counting of the Votes on Friday 6 May, with the result being announced later in the day.

MAKE SURE YOU HAVE YOUR SAY REGISTERING TO VOTE IN TIME FOR THE ELECTION



Anyone whose name does not appear on the Register of Electors in force for the above Election will not be able to vote.

So if you are not on the Register and do not receive a Poll Card – or you have moved recently – **DON'T LEAVE IT UNTIL IT IS TOO LATE – REGISTER NOW!**

You can register by:

- Logging on to the Government website www.gov.uk/register-to-vote or
- Contacting the Electoral Services Office – details below

You will need your date of birth and National Insurance Number, but it will take less than 5 minutes to make the registration.

- **Applications can only be received up to Monday 18 April, 2016 to be included in the Elections Register of Electors.**

Please remember that registering for Council Tax or a Council House does not include your name on the Register of Electors – you must take the action shown above to register.

VOTING BY POST OR PROXY INSTEAD OF GOING TO A POLLING STATION

If you are unable to get to a Polling Station to cast your vote because of issues such as a disability, working away, going on holiday or not able to get to the Polling Station between 7.00 a.m. and 10.00 p.m. you can make an application to vote by post or proxy. Electors who currently have a postal or proxy arrangement permanently in place do not need to re-apply.

Receipt of new applications for Postal and Proxy voting in the Electoral Services Office, Barrow Town Hall must be no later than the following times –

- **Postal Votes – 5.00 p.m. on Tuesday 19 April, 2016**

All Postal Votes will be despatched by First Class Post on Thursday 21 April, so any elector who is going away on holiday before Saturday 24 April will not get their Postal Vote delivered to their home address before they go away – although postal votes can be despatched to any alternative address given on the application form.

If a Postal Vote is not going to be suitable for you it doesn't mean you cannot vote in the election and in this case you can arrange to vote by proxy, which is where someone you appoint goes to your Polling Station on Election Day to cast a vote on your behalf.

- **Proxy Votes – 5.00 p.m. on Tuesday 26 April, 2016**

The person appointed as a proxy does not need to live in the same area as the Elector, but they must be registered under the IER system of registration and this will have to be checked before any application will be valid.

- **Emergency Proxy Vote – 5.00 p.m. on Election Day – Thursday 5 May, 2016**

Anyone who has become ill, gets a hospital appointment/admission or is called away for work reasons AFTER 5.00 PM. ON TUESDAY 26 APRIL 2016 may apply for an Emergency Proxy Vote – although this is only for the Elector and not for anyone accompanying the Elector. Please be aware that you need to make this type of application as soon as practicably possible after 5.00 p.m. on 26 April as the application has to be signed by the applicant and counter-signed by a person relevant to the type of application e.g. Illness/Hospital Appointment e.g. Doctor/Nurse and Work related e.g. Employer
All Postal and Proxy Application Forms are available from the Electoral Services Office at Barrow Town Hall or on the Barrow Borough Council website under Democracy and Elections.

DON'T LOSE YOUR VOTE ON 5TH MAY



CONTACT DETAILS
 Electoral Services Office, Barrow Borough Council
 Town Hall, Barrow-in-Furness, LA14 2LD
 Phone: 01 229 8763 18, Email: elecereg@barrowbc.gov.uk
 Or call in during normal office hours – 9.00 a.m. to 4.00 p.m.



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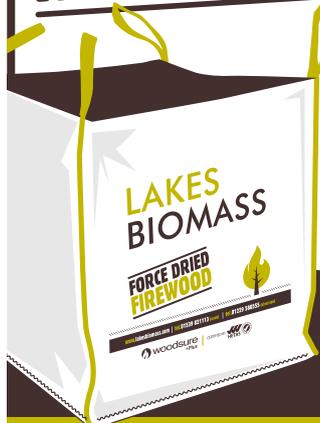
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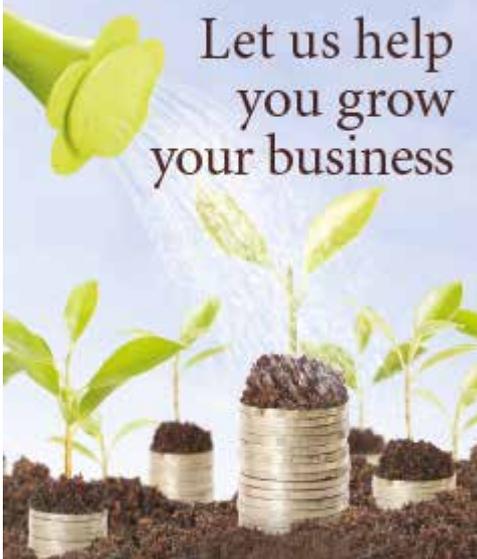
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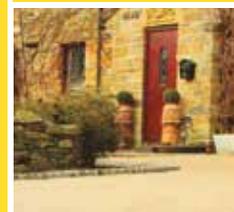


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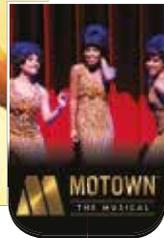


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SAY NO TO SMOKING

The 9th of this month is Britain's National No Smoking Day. Recent research conducted found that 1 in 10 smokers quit on No Smoking Day so let's try to get those numbers up this year!

Why Quit?

There are hundreds of reasons for wanting to give up and every smoker has their own. It could be about a lifestyle change in order to be healthier and get fit, or a concern about how smoking affects those around you, it could even be about the depths of your pockets as people continue to find ways to save their money.

Whatever the reason to quit, the benefits are great and wide. Beyond the reduced chance of contracting fatal conditions such as lung cancer or heart disease, stopping smoking will keep more money in your pocket, give you much younger looking skin, give you whiter teeth and sweeter breath, improve your sex life, improve fertility and get rid of the nasty smell that seeps into your clothes and hair.

The Best Tips for Giving Up - For Good!

Do it together: If it's always you and the same friend nipping out of the pub to have a smoke, make a pact to give up together.

The support you can give each other will increase the chance of giving up for good. It is best not to see or smell anything that reminds you of smoking, so wash any clothes that smell of smoke and use air fresheners to help get rid of that familiar odour so that nothing triggers the need for a cigarette.

Change your routine: Get out of the routine of going for a cigarette - whether it be lunchtime, first thing in the morning or last thing at night. Plan something else to do in the time you would usually be smoking - go for a quick 5 minute walk, read a magazine or if it's first thing in the morning, have an extra 5 minutes in bed! Just make sure you keep yourself occupied while your daily routine changes.

Go cold turkey: It's best not to try to cut down before stopping - as a bad day can just send you spiralling back to 20 a day! Just prepare yourself then grab that tail as tightly as you can! Brace yourself for feeling angry, restless, hungry, unable to concentrate, and depressed. They are all completely normal and are common nicotine withdrawal symptoms - it's signs that you're doing well and this will all pass!

Never give up: It might only be No Smoking Day, but it is very common to have a relapse. Many smokers try several times before giving up cigarettes for good, so don't wait until next year to give up again!

Get moving.

Physical activity can reduce nicotine cravings and ease withdrawal symptoms. Quitting smoking can also improve your circulation within 2 weeks, meaning physical activities, such as running and walking, will become so much easier.

Choose a reward.

With all the extra money you will save, you can reward yourself by spending part of (or all of) it on an indulgence, such as a new hairstyle or piece of clothing, or better still save your usual smoking funds and treat yourself to a holiday! This will help make your giving up ambition tangible and goal orientated.

Did you know..

- No Smoking Day's most recent President was TV personality, entrepreneur and anti-tobacco campaigner Duncan Bannatyne OBE.
- If you smoke 20 cigarettes a day, giving up could save you more than £220 every month - or £2,640 a year!
- The first No Smoking Day was on Ash Wednesday in 1984, linking it with Lent and the theme of giving up.
- A recent study found that a smokers hair was more likely to go grey faster than a non-smokers.
- Hitler led the first public anti-smoking campaign in modern history.
- Cigarette lighters were invented before matches.
- Smoking near Apple computers voids the warranty.
- In 2010, a 2-year-old boy from Indonesia, made headlines for having a 40-a-day smoking habit.

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Email: twilighthomecare@btconnect.com | Website: www.twilighthomecare.co.uk

MARCH EVENTS

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

2	The Gruffalo's Child The Forum Barrow, 1:30pm 01229 820000 Omid Djalili: Live 2016 The Beggar's Theatre, 8:00pm 01229 775677
4	Silverscreen: Titanic The Forum Barrow, 01229 820000 Retro Weekend Woolpack Inn, 019467 23230
5	Whitney - Queen of the Night The Forum Barrow, 7:30pm 01229 820000
6	Mothers Day - Mothering Sunday Menu & Afternoon "G & Tea" Woolpack inn, 019467 23230
9	Viva Neil Diamond The Forum Barrow, 7:30pm 01229 820000 Lecture: New Tidal Waste Water Pumping Station & Outfall Pipework The forum Barrow, 01229 820000



I  spring



Registered charity 203816 photos © NIPL

Step into the Sizergh garden as it gently stirs and reawakens from a winter of hibernation. Swathes of snowdrops, aconites and cyclamen grace The Knoll and daffodils start to peep through with the promise spring is on its way.

Gardens, café and shop open daily 10am-4pm

Sizergh, Nr Kendal, LA8 8DZ
www.nationaltrust.org.uk/sizergh

National Trust

Sizergh Gardens

Step into the Sizergh garden as it gently stirs and reawakens from a winter of hibernation. Swathes of snowdrops, aconites and cyclamen grace The Knoll and daffodils start to peep through with the promise spring is on its way.

During spring the original Lakeland daffodil carpets the wildflower bank and Snakeshead Fritillaria nod to the cherry blossom above in the Small Orchard.

Dwarf daffodils and blue Muscari nestle among the limestone in the rock garden and provide soft drifts of colour against the weather worn rock.

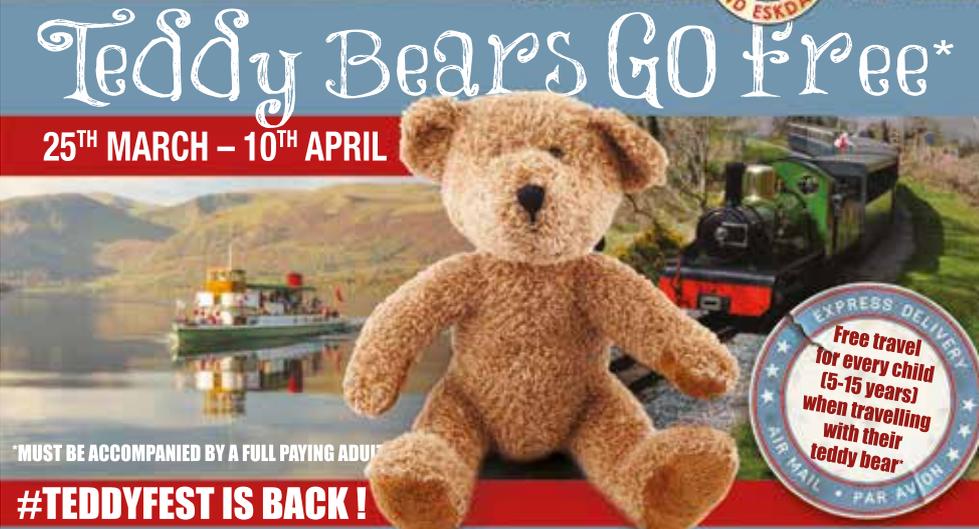
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MY MORECAMBE

What's On

2016 PULL-OUT EVENTS GUIDE

PROMENADE CONCERT ORCHESTRA 'MUSIC FROM THE PALM COURT'

Sunday 13 March
The Platform
lancaster.gov.uk/platform



EASTER EGGSTRAVAGANZA

Friday 25 to Sunday 27 March
Festival Market
lancaster.gov.uk/community-and-living/markets/festival-market/

FREE

THE BARD BY THE BEACH: MORECAMBE SHAKESPEARE FESTIVAL

Friday 22 – Sunday 24 April
The Platform, Morecambe Winter Gardens
bardbythebeach.co.uk



MORECAMBE CARNIVAL

Saturday 30 April - Sun 1 May
Morecambe Seafront
morecambecarnival.org

FREE

MORECAMBE VARIETY & IMAGINARY WORLDS FESTIVAL

Sat 30 April - Sun 1 May
The Winter Gardens
Facebook: Morecambe Variety Festival

FREE

HAPPY MOUNT PARK BRASS BAND CONCERTS

Every Sunday 8 May - 18 September
(Except 4 September) - 2.30pm

FREE

NORTH LANCS SOUL FESTIVAL 10TH ANNIVERSARY

Friday 20 - Sunday 22 May
The Platform
lancaster.gov.uk/platform



PROMENADE CONCERT ORCHESTRA 'MUSIC FROM THE SHOWS'

Sunday 22 May
The Platform
lancaster.gov.uk/platform



NICE N SLEAZY

Thursday 26 - Sunday 29 May
Trippell Venue
nicensleazy.info



VINTAGE BUS EXHIBITION

Sunday 29 May
Festival Market
lancaster.gov.uk/community-and-living/markets/festival-market/

FREE

A SPLENDID DAY OUT

Friday 3 - Sunday 5 June
The Platform
aspendedayout.com



BAREFEST

Saturday 11 June
Princes Crescent, Bare Village
morecambe.gov.uk

FREE

WEST END FESTIVAL

Saturday 25 June
moremusic.org.uk

FREE

ARMED FORCES DAY

Sunday 26 June
Promenade from the Midland
Hotel to Northumberland Street
morecambe.gov.uk

FREE

MIDLAND SEAFOOD FESTIVAL

Saturday 2 - Sunday 3 July
Midland Hotel and Promenade
englishlakes.co.uk

FREE

CATCH THE WIND KITE FESTIVAL

Saturday 16 - Sunday 17 July
Morecambe Promenade
moremusic.org.uk/CTW2016

FREE

SEASIDE SCULPTURE DAY

Sunday 14 August
West End Gardens, Morecambe
morecambe.gov.uk

FREE

MORECAMBE LIVE WEEKENDER

Friday 26 - Sunday 28 August
The Platform
morecambelive.com

FREE



VINTAGE BY THE SEA

Saturday 3 - Sunday 4 September
The Midland Hotel, Platform and
Morecambe Promenade
vintagefestival.co.uk



FREE

A SPLENDID DAY OUT

Saturday 22 - Sunday 23 October
The Platform
aspendedayout.com



FREE

HALLOWEEN SPOOKTACULAR

Sunday 30 October
Festival Market
lancaster.gov.uk/community-and-living/markets/festival-market

FREE

CHRISTMAS ON THE CRESCENT

Saturday 26 November
Princes Crescent, Bare Village
morecambe.gov.uk



CHRISTMAS FESTIVAL

Sunday 27 November
Festival Market
lancaster.gov.uk/community-and-living/markets/festival-market

FREE

PROMENADE CONCERT ORCHESTRA 'MUSIC FOR YOU' & 'YOUR 100 BEST TUNES'

Sunday 27 November
The Platform
lancaster.gov.uk/platform



FREE

WINTER LANTERN FESTIVAL

Wednesday 7 December
West End Morecambe
moremusic.org.uk



FREE

CHRISTMAS TREE FESTIVAL

Thursday 8 - Saturday 10 December.
Morecambe Parish Church
morecambe.gov.uk



THERE'S EVEN MORE TO DO...

The Platform, Morecambe Winter Gardens and Morecambe Brass Band host numerous events throughout the year. For an up-to-date list of events and things to do, visit:

LANCASTER.GOV.UK/PLATFORM
THEWINTERGARDENSMORECAMBE.CO.UK
MOREINMORECAMBE.CO.UK
MORECAMBE.GOV.UK
MORECAMBEBAND.CO.UK
MOREMUSIC.ORG.UK



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Information correct at time of print however details may change.
"FREE" indicates the majority or all of the event is free to enter. Images courtesy of event organisers.

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We have been to The Mason's Arms before – but probably would not have found it again without the trusty satnav! A lovely drive through the Winster Valley and we heard those magic words “You have now reached your destination”.

Always a popular place to eat, this Sunday afternoon was no exception. The bar and downstairs eating area were bursting at the seams, so we were taken upstairs to one of the many other dining areas and sat at a table which had spectacular views over the valley. Our waitress told us the specials, including that old favourite - the Sunday roast, and observing the plates as they were delivered to other diners, we could see why! We decided on the standard menu so we could give you an idea of what else is on offer (although Graham was very tempted by the roast beef...)

I chose black pudding with soft poached egg & crispy bacon on creamy mash finished with wholegrain mustard sauce, Graham had a pot of prawns with freshly baked granary bread. Both pretty generous portions it must be said! Next time I'm going to try Three Little Piggies - homemade black pudding & sausage rolls, pork & leek Scotch egg, honey roasted chipolatas, blue cheese pate & apricot jam, with artisan bread. Mmm.

Although we had ours as a starter, they could also be a perfect 'light bite' if you want something other than a sandwich. Mind you, there is a great selection of sandwiches too – as well as a lovely choice of fillings (to



which you can add a mug of soup for £1) they also do 'hot handfuls' which include tortilla wraps with various fillings; a fish finger sandwich; pulled pork and crispy chicken burger; lamb pattie with feta cheese... the list goes on! All are served with chunky or skinny fries.

Graham deliberated over two of the specials: lamb stew pot with freshly baked bread and winter vegetables, or pie of the day – chicken and ham with a puff pastry top. The pie won and he said it was perfect. I decided to go for the vegetarian option and ordered slow cooked Portabello mushroom & blue cheese burger in a seeded bun with sweet chilli mayo, corn on the cob and thin fries. The flavours were gorgeous and again the portion was very generous. Clearly size matters here – you should have seen the slow cooked Ham Hock that a fellow diner had selected. A huge piece glazed in maple syrup served with mash, roasted onion & butter beans. And as for the Yorkshire puddings...

As I could not finish my main course despite it being delicious there was no way I could do justice to a dessert (old habits die hard – as children we were always told we weren't allowed a pudding if we didn't finish our main course...) A difficult decision when the choice included slow cooked rice pudding with fruit compote; toffee & banana Sundae with salted caramel ice cream, and a good old Cartmel Sticky Toffee Pudding!

All the menu choices (apart from daily specials) are on their website and as I've said before, it makes selection time quicker if you've had a sneaky peek beforehand as there is so much choice! The Masons Arms really is lovely, serving great food, with a warm ambience and those views are to die for. Get yourself here!

Reviewed by Louise Hodgson

M

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Ah, Cedar Manor, one of my favourite places. Would we like to go and do another review of their award winning 2 AA Rosette restaurant?

Of course we would. This restaurant (and fabulous boutique hotel) is on the main road just past Windermere in its own grounds, just after St Mary's Church.

We picked a truly horrid night to drive up from Morecambe, a bit of a white knuckle ride with Miss Daisy aquaplaning through huge puddles in her not so speedy jazz mobile. But we arrived safely and she managed to park without churning up the car park this time...

We were met by Patricia, who along with Jonathan looked after us for the evening. Fires were lit in both the sumptuous lounges, we went to the one with the bar in it... After our usual drinks order (my dry January is slowly getting damper) and some gorgeous nibbles, we stopped talking for just long enough to select from the fabulously put together menu. Their new Spring Menu will be available by the time you read this, so do bear in mind the choices will be different when you go!

Just to get your tastebuds going though (it is a restaurant review after all) I will share our choices with you. Patricia took us to the lovely, candlelit restaurant where we were brought a delicious parsnip soup with sage and roast cumin oil served in an espresso cup, along with tempting warm bread and perfectly soft butter in dinky little domed dishes – so cute.

Ever attentive, Jonathan noticed my wine appeared to have evaporated, so was quick to replace it. Miss D

somehow managed to make her soft drink last most of the evening, interspersed with glasses of water (which are discretely topped up all evening).

For starters Miss D had beetroot gnocchi which she was loathe to share, and I had mussels in a cider cream sauce, which I think I managed to eat in a reasonably lady-like manner – until it came to dipping my bread into the delicious sauce that is...

For my main course I opted for a gloriously tender rib eye steak done to perfection (almost mooing – just how I like it) which came with an unusual shallot marmalade, celeriac puree and garlic confit and spiced potato wedges. Miss D went for perfectly cooked and tender duck breast with a spiced plum chutney, sweet potato mash and a port sauce. All great flavours. Each course is just a perfect size for you to appreciate the amazing combinations of flavours so you don't get over-faced. And there is no rush whatsoever; you can rest between courses, with plenty of chatter between us, Jonathan and Patricia.

So to dessert. I had a Greek Bougatsa – layers of filo pastry filled with a semolina custard, and a natural yoghurt and honey sorbet, it was lovely. Miss Daisy chose a selection of ice creams which included such unusual combinations as lacto-free milk and fenugreek, and ginger nut! All disappeared without a trace...

We opted to have our cafetiere of coffee back in the lounge, and it was accompanied by vanilla shortbread and lime marshmallows. Not surprisingly we managed to squeeze them in, and they really hit the spot with the coffee.

We really cannot recommend Cedar Manor highly enough. The food we had really is some of the best we have ever tasted (and I've been around...) Fine dining in a relaxed atmosphere. The warmth and friendliness of Jonathan, his wife Caroline and their team makes you feel right at home here. We could quite happily have stayed on chatting into the night, but fortunately for them we had to get back, so with a Daisy-like manoeuvre out of the car park we were off.

Review by Louise Hodgson

Cedar Manor Hotel and Restaurant 01539 443 192

Cedar Manor is a **2 AA Rosette Restaurant** serving fine, locally sourced produce which is skilfully crafted into a Modern British Menu.

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