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Information inside



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

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

Kind regards
Mark Prada (Editor)
Tel: 01524 825600

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- 6 Retail
- 6 Mother's Day
- 13 BDS Fuels & Biomass Preview
- 32 2015 Elections
- 36 Home & Garden
- 36 Spring Makeover
- 38 Greaves Tree Services Preview
- 44 Motors
- 46 Health & Beauty
- 46 Your Oral Hygiene
- 48 Events
- 50 St. Mary's Hospice Moonlit Walk
- 52 Food & Drink
- 54 Hot Mango Cafe Restaurant Review
- 56 Pig & Whistle Restaurant Review
- 60 Clarence House Hotel Wedding Special

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Using PC now easy for Author's Dad: here's why...



Unusual book makes using your computer easy
 By Tim Wakeling

THERE are lots of books about how to use a PC. Page after page telling you all sorts of details...

But they don't explain in a simple way how to do it. Well, here are two books that are different - and for a good reason.

Books to help Dad

Computers One Step at a Time and *The Internet One Step at a Time* started off as notes I wrote to help my Dad learn to use the PC. Believe me, he insisted they were clear and simple, in plain English. Techno-babble doesn't impress Dad!

Where it was simpler to show him what to do, I used a picture of the screen, with arrows to show where to click. It takes you step by step through exactly what to do.

Vital facts & tricks you'll discover

You'll discover everything you need to know in order to finally get the PC doing what you want. Email, the internet, the keyboard & mouse, typing up letters, saving your work (and finding it again afterwards)... it's all covered, plus all the other essential bits

and pieces - some of which you might not even realise you're missing! And everything you need to know to master your PC, without the jargon.

Fully explains the changes in Windows 8 & 8.1 as well as Win 7, Vista and XP

Windows 8 is very different - confusing if you've used a previous version. But the latest edition of the books clearly explain Windows 8 & 8.1 from scratch. Or have the version specifically for Windows 7, Vista or XP. Just send off for more info.

Dad's not the only one...

Here's what a few of the people who've used the books say: *"The books are very helpful and simple to follow. They held my concentration unlike other books on computers"* Dennis Boot *"I've purchased other computer helps without success and given up. So glad I noticed your coupon in Saga."* Mrs E Miles *"One hour and I had learnt more than 3 months hard struggle had taught me."* Jean Hayden (Read more quotes in the free info.)

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Mother's Day

With Mother's Day, International Women's Day and spring fashion season well under way, March is a very female centric month! For over 100 years, International Women's Day has been celebrated, the very first of which being in 1911. The day marks celebrations of the social, political and economic achievements of women while focusing world attention on areas requiring further action.

The Greatest Woman of All

The greatest woman of all, of course, is our own mum! So, how best can we show our love and appreciation on Mother's Day? It's important to make sure you don't end up getting the same old thing every year, so go out of your way to get her something she'll really like and make use of.

Raising children for twenty years or more can be quite an unwind just what we need for a health & fitness for a of local salons go to. If together I be extra for her - nothing a wants n to spend ldren on



On that note, a special Mother's Day meal at her favourite local restaurant will certainly put a smile on her face - so long as you pick up the bill!

Classic gift ideas such as flowers and chocolate will always go down nicely but for these to work you need to put the effort in: a trip to the florist to pick out a perfect bouquet will be noticeably better than a pre-packaged supermarket assortment! Equally, there's plenty local florists out there who will deliver for you, so why not go for the added surprise this year?

For a longer-lasting effect, and especially if she's into her gardening, why not get her something that she can plant and grow over the years? That way the gift will keep on giving and she'll cherish it all the more.

Let's go Clothes Shopping!

Mother's Day is perfectly timed to pick her up something in the new spring trends for 2015. Whether she's really into fashion or she seldom treats herself to a shopping trip (because she's spending it all on you!) an item of clothing or an accessory will be something she can show off to her colleagues and friends - putting you firmly in the good books!

Of course, just because it's Mother's Day doesn't mean you can't treat yourself to a bit of shopping either. Treat your mum to a shopping trip together: it's a great chance to have a catch up over a coffee as you sit back and relax with all your shopping bags!



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Jewellery and Coin Roadshow

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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: CLARENCE HOUSE HOTEL, SKELGATE, MT. PLEASANT, DALTON-INFURNESS, LA15 8BQ

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.

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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.

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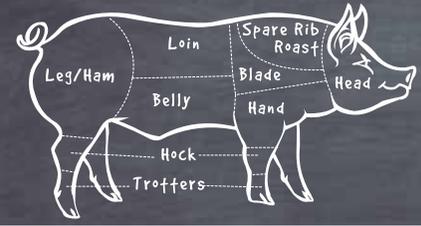
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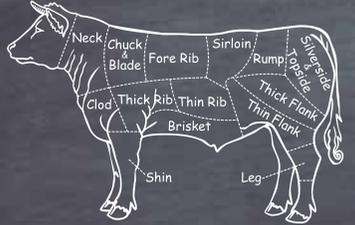
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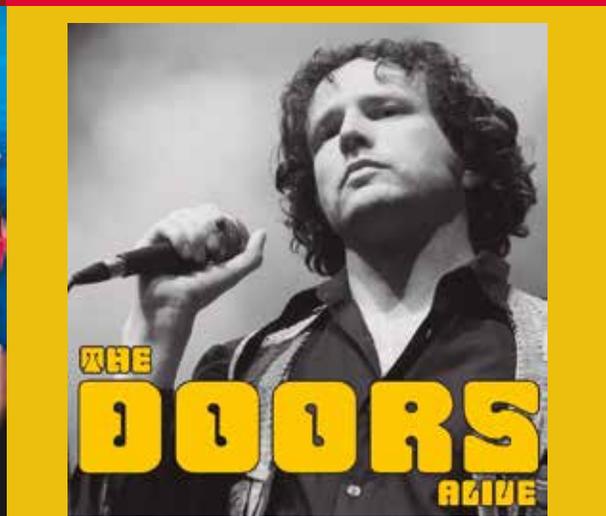
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ELECTIONS 2015

YOUR CHANCE TO HAVE YOUR SAY

WANT TO KNOW WHAT ELECTIONS ARE TAKING PLACE ON 7TH MAY?

.....

UK Parliamentary Elections are due to be held in the **Parliamentary County Constituency of Barrow and Furness** on **Thursday 7th May 2015**

.....



Poll Cards for the Barrow Borough Council area will be sent out at the beginning of April advising you of your Polling Station.

Voting will take place from 7.00 a.m. to 10.00 p.m. in the usual Polling Stations for the Barrow Borough Council area in Barrow, Dalton, Lindal and Askam as well as those in the Broughton, Kirkby, Seathwaite, Lowick, Gleaston, Urswick, Greenodd, Pennington, Swarthmoor and Ulverston areas of South Lakeland District Council.

Counting for the Parliamentary Election will take place overnight at Barrow Town Hall and it is expected that the result will be declared around 4.00 a.m.

All out Borough Council elections will also be held on 7th May. This is where all the 36 members of Barrow Borough Council are up for election at the same time and will be elected for a further 4 years.

District Council Elections for the South Lakeland District Council area will only be held in the Wards of Broughton, Low Furness and Mid Furness.

The Parish Councils for Lindal & Marton, Askam & Ireleth and Dalton with Newton Town Council will also hold elections on the same day, where they are contested.

South Lakeland Parish Council Elections will also be held in the following Parishes Duddon, Kirkby Ireleth, Aldingham, Urswick, Egton with Newland, Mansriggs & Osmotherley, Pennington and Urswick. Counting for the Barrow Borough Council

elections will commence at 12 Noon on Friday 8th May at Barrow Town Hall and the full results are expected to be declared by 2.30 p.m. along with any contested Parish Council elections. Following declaration all the results will be posted in the Central Reception Foyer at Barrow Town Hall and on the Borough Council website at: www.barrowbc.gov.uk



WANT TO KNOW HOW TO REGISTER TO VOTE?

To be able to vote in any of the elections on 7th May you need to have registered to vote for the address where you are currently living and appear on the Register of Electors.

Barrow Borough Council has recently sent out letters to all household addresses in their area informing residents who is registered to vote at their address. Anyone living at that address who is not registered will not be entitled to vote on 7th May unless they make a registration before the closing date for registration applications on 20th April 2015. Anyone registering after this date will not be able to vote in any of the elections.

Registering to vote is very easy as it can now be done on-line on the following Government website: www.gov.uk/register-to-vote. Individuals should make their own registrations but they now also need their date of birth and National Insurance Number to complete this registration, which only takes about 3 minutes to do.

Anyone without internet access can contact Barrow Town Hall on 01229-876318 and help will be given

by the Elections staff to make your registration on-line for you – but don't forget to have your date of birth and National Insurance Number to hand.

Alternatively call into Barrow Town Hall, during the normal office hours of 9.00 a.m. and 4.00 p.m. and ask to speak to a member of staff in Electoral Services about registering to vote (Internal extension 6318).



WANT TO VOTE BY POST OR PROXY INSTEAD OF GOING TO A POLLING STATION?

Unfortunately voting by using a computer on-line is still not part of British elections.

However, if you are unable to get to a Polling Station to cast your vote because of issues such as disability, working away, going on holiday, not able to get to the Polling Station between 7.00 a.m. and 10.00 p.m. etc you can make an application to vote by post or proxy.

You can obtain an application form for either voting by post or proxy by ringing Barrow Town Hall Electoral Services on 01229 876318, visiting the Barrow Borough Council website www.barrowbc.gov.uk and downloading an application form, calling into Barrow Town Hall for assistance, or by going on-line at <http://www.aboutmyvote.co.uk/how-do-i-vote> to download and complete a form. South Lakeland District Council residents will need to contact that Council on 01539 733333 for assistance.

Applications for Postal Votes close on Tuesday 21st April at 5.00 p.m. and all Postal Votes will be despatched by first-class post on Thursday 23rd April for the Barrow Borough Council area.

So any Barrow Borough Council electors who are going away on holiday before Saturday 25th 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. Applications for voting by proxy close on Tuesday 28th April at 5.00 p.m. Anyone appointed as a Proxy for an Elector must also be registered under the new IER system of registration, so this will also have to be checked before the application will be valid.

EMERGENCY PROXY

WANT TO VOTE BUT BECOME ILL, GET A LATE HOSPITAL APPOINTMENT OR CALLED TO BE AWAY FOR WORK REASONS AFTER 5.00 PM ON 28TH APRIL?

Anyone who finds themselves in this situation can apply to vote by completing an Emergency Proxy Application Form, although these are the only reasons that this type of application can be used for.

Forms can be obtained by phoning Electoral Services at Barrow Town Hall – 01229 876318 or by going on-line at www.aboutmyvote.co.uk/how-do-i-vote

Please be aware that you need to make this application as soon as practicably possible after 5.00 p.m. on Tuesday 28th April as the application has to be signed by the applicant, counter-signed by a relevant person – in the case of illness it would be one of the following - a registered medical practitioner, including a dentist, optician, pharmacist, osteopath, chiropractor and psychologist, a registered nurse, a registered health professional, a registered social worker or a registered mental health manager or their representative. If you live in a residential care home, the person registered as running that home or if you live on premises provided for people of pensionable age or disabled persons, the warden of those premises.

And in the case of work reasons it would be your employer or another authorised person at your workplace who would also need to countersign the form as well.

In both types of Emergency Proxy registrations the person appointed as the proxy must also be registered under the new IER system of registration, so this will also have to be checked before the application will be valid.

DON'T LOSE YOUR VOTE ON 7TH MAY



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Please see Barrow Borough Council Web Page for an up to date events list

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Spring Makeover

The sun should be making its long awaited comeback and those first few flowers should be starting to bud, so it's time for you to bring that sunnier feel back into your life by giving your home a little makeover. Warmer decor, fresh wallpaper and adding little touches such as a summery floral vase or bright artwork to a plain wall will really put a spring back into your step around the house.

Throw Those Curtains Wide

Open up your home to the natural light that will spill in through spring and into summer. By removing curtains and leaving your windows bare the light shining through will add great warmth and colour to a room during the day. An easy DIY project to intensify this would be to add a fresh coat of high-gloss paint on your windowsills, as this will brighten any space by reflecting the light that shines through.

Provide depth to any room by adding an accent wall with fresh colours to match the season, for instance, a soft orange or plum will create a great warming feeling. Mirrors or glass also go a long way to bringing light into the home as they and reflect light brilliantly. Throw in bursts of complementary colours with vases of flowers or a potted plant that will provide a great fragrance to the room. Even a colourful piece of artwork can add much needed brightness and suddenly you've got a completely fresh and summery space.

For rooms such as the bedroom where you might not have the space to bring in fresh flowers or plants, floral bedspreads and curtains can take their place quite adequately. Equally a good throwover in the living room can add a fresh dynamism to your interior look.

Outside the Home

On the outside, why not try a new colour for the front door? A bold green or blue will look great on a sunny day and will put you in a brighter mood from the moment you get home from work!

If you have neglected the windows during the dull and dark winter it'll soon be evident when you fling open the curtains on a sunny day. Get the window cleaner around to sort that out for you or if they've suffered over the colder months and gone cloudy there are many local experts out there who can solve your problem!

If you're a cookery enthusiast take this opportunity to plant a herb bed on your windowsill. Sage, thyme, parsley, chives, lavender and mint are the classic options here and not only will this provide you with the tastiest meals on the street, they'll also add a brilliant touch of colour as you admire your garden, relaxing with a cup of tea



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*The model pictured is a Defender 90 Hard Top TDCi (2.2) with optional extra of metallic paint (£535) at an On the Road Price of £23,635.

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Official Fuel Consumption Figures for the Defender range in mpg (l/100km): Urban 20.8 (13.6) – 24.6 (11.5), Extra Urban 29.1 (9.7) – 31.4 (9.0), Combined 25.5 (11.1) – 28.3 (10.0). CO₂ emissions 295 – 266 g/km.

The figures provided are as a result of official manufacturer's tests in accordance with EU legislation. A vehicle's actual fuel consumption may differ from that achieved in such tests and these figures are for comparative purposes only. Representative 6.7% APR available on New Land Rover Defender 90 Hard Top SW TDCi 2.2 models registered between 1st January and 31st March 2015 at participating dealers only. We may receive commission or other benefits for introducing you to Land Rover Financial Services. With Land Rover Freedom Personal Contract Purchase you have the option at the end of the agreement to: (1) return the vehicle and not pay the Final Payment. If the vehicle is in good condition and has not exceeded the allowed mileage you will have nothing further to pay. If the vehicle has exceeded the allowed mileage a charge for excess mileage will apply - in this example 14p per mile +VAT for any excess mileage up to 4,999 miles and 28p per mile +VAT for any excess mileage exceeding 4,999 miles (2) pay the Final Payment to own the vehicle or (3) part exchange the vehicle subject to settlement of your existing finance agreement; new finance agreements are subject to status. Representative example is based upon an annual mileage of 10,000 miles. Finance is subject to status and only available to applicants aged 18 and over resident in Mainland UK and N. Ireland. This finance offer is available from Black Horse Limited trading as Land Rover Financial Services, St William House, Fresillian Terrace, Cardiff CF10 5BH. Lakeland Land Rover is acting as a credit broker and not a lender. J F & E Hadwin Ltd trading as Lakeland Land Rover. E&OE.



Your Oral Hygiene

Keeping our teeth and gums healthy is one of the most regular and important aspects of our hygiene routine that we undertake. Not only is the appearance of our teeth important in day-to-day life, but their health as well as that of our gums is imperative to prevent tooth decay and gum disease. Good oral hygiene may also help to prevent or delay dental erosion.

Regular brushing and cleaning between teeth helps to keep your teeth and gums healthy, as well as mouthwashes, tongue cleaning, and eating a healthy diet, whilst limiting sugary drinks and foods.

Why is Oral Hygiene so Important?

Beyond the obvious gum disease and tooth decay, the repercussions go much further than your mouth when it comes to oral hygiene. You may be surprised to learn that there is a link between poor oral health and other illnesses or diseases such as pneumonia, dementia, strokes, heart attacks and can even cause complications during pregnancy.

For these reasons, you can see why it's so important to keep on top of your oral health.

You should be brushing your teeth at least two minutes with fluoride toothpaste and for several minutes with mouthwash. It will always be important and in particular, if you are eating sugary drinks and snacks, it will always help. Visit your dentist regularly too in order to catch any problems early and prevent them escalating.

Dentures

A denture is worn to replace lost or missing teeth to enable a person to enjoy a healthy diet and smile with confidence.

Full dentures, which replace all of your own teeth, fit snugly over your gums, and will help you to eat comfortably and speak clearly, improving your confidence and self-esteem. Partial dentures replace teeth that are missing and can sometimes be supported by the teeth you have left.



How soon can I have a denture after my teeth are taken out?

Usually dentures can be fitted straight after your teeth have been removed, however sometimes your dentist may advise you to wait until your gums are healed before having your dentures, as this can sometimes provide a better fit. With immediate dentures, you don't have to be without teeth while your gums are healing. However, your gums can shrink over time, especially during the first six months after your teeth have been taken out and if this happens you may need to replace or adjust your dentures.

Who will make and fit my denture?

Your dentist may take measurements and impressions of your mouth, then order your dentures from a dental technician. However, if you would prefer, you can ask to visit a clinical dental technician yourself.

Clinical dental technicians are dental technicians who have taken a qualification to allow them to provide dentures directly to you. If you have full dentures, it is still recommended that you should still visit your dentist regularly, so they can check the rest of your mouth, pick up any problems and make sure the fit of your dentures is correct.

Do dentures make me look different?

Having dentures or missing teeth is very good for your health. A complete or full denture replaces your teeth and gives support to your overall face, and without your natural facial muscles may sag, causing an older looking appearance. You may find it harder to eat and speak properly.

Dentures are made to closely match your natural appearance hardly changes. They may even improve the appearance of your face and help fill out the lines on your face, providing a boost to your self-esteem.

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24 - 28 Feb - Barrow Savoyards: The Pirates of Penzance The Forum, Barrow-in-Furness **01229 820000**

26 Feb - A Girl with a Book Beggar's Theatre, Millom **01229 775677**

26 Feb - 1 March - 16th Keswick Film Festival **017684 80464**

27 Feb - Comedy: Dylan Moran Beggar's Theatre, Millom **01229 775677**

28 Feb - 1 Mar - Dalemmain Marmalade Festival **017684 86450**

1 March - Beach Clean South Walney Nature Reserve **01539 816300**

1 March - Comedy: Dylan Moran The Forum, Barrow-in-Furness - **01229 820000**

5 March - First Time Live Furness The Forum, Barrow-in-Furness **01229 820000**

5 March - Dawn Photography Cruise Ullswater Steamers - **017684 82229**

5 March - Manchester Camerata in Concert The Forum, Barrow-in-Furness **01229 820000**

5 - 6 March - Gold & Silver Roadshow Clarence House Hotel **07966 415856**

6 March - Patrick Monahan Adventures in Monahan Land - The Beggar's Theatre, Millom **01229 775677**

6 March - Silverscreen - Billy Elliot the Musical The Forum, Barrow-in-Furness **01229 820000**

7 March - Northern Ballet Workshop The Forum, Barrow-in-Furness **01229 820000**

7 - 8 March - Kendal Festival of Food Various Venues around Kendal **01539 725133**

8 March - Early Spring Ramble Brown Robin Nature Reserve, Grange-over-Sands **01539 816300**

8 March - Stars From The Commitments The Forum, Barrow-in-Furness **01229 820000**

9 March - Fly a Flag for the Commonwealth Ravenglass and Eskdale Railway **01229 717171**

10 March - North West Film Archive presents Furness on Film The Forum, Barrow-in-Furness **01229 820000**

13 March - That'll Be the Day 2015 The Forum, Barrow-in-Furness **01229 820000**

13 March - Wine Tasting with Paul Quinn The Forum, Barrow-in-Furness **01229 820000**

15 March - Mother's Day Cruise Lancaster Canal Boats **01524 389410**

15 March - Mother's Day: Afternoon G & Tea The Woolpack Inn - Hardknott Pass, Eskdale **01946 723 230**

16 - 21 March - Abbey Musical Society: Hairspray The Forum, Barrow-in-Furness **01229 820000**

17 March - Talk: Red Squirrels Ulverston Parish Centre **01539 816300**

17 - 21 March - Fawtly Towers Coronation Hall, Ulverston **01229 587140**

19 March - Gold & Silver Roadshow Clarence House Hotel **07966 415856**

20 March - Theatre: Amsterdam - Chanje Kunda The Beggar's Theatre, Millom **01229 775677**

22 March - Spring Wedding Show Abbey House Hotel & Gardens, Barrow-in-Furness **01229 838282**

22 March - Easter Coffee & Crafts Rampside Village Hall

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SUNDAY 15TH MARCH 2015

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

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

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

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

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Walk to Remember

Friday 26th June 2015

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

Walk to Remember

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

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

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

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

Both walks finish at Hawcoat Park, Barrow.

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



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

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*Postcode

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

*Daytime Phone Mobile

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

Walk details

Which walk would you like to take part in?

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

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

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

Walking Group Name Group Leader Name

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

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

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

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

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

Entry Fee

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

Debit/credit card details

Name on Card

Card Number

3 Digit Security Code

Valid from Date Expiry Date Issue Number (switch only)

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

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

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

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

Signed Date

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

Name of Parent/Guardian Signature

Where did you hear about the walk?

St Mary's Hospice Facebook Annual Magazine Radio please specify

St Mary's Charity Shop Twitter Poster Newspaper please specify

Website E-newsletter Word of mouth Other please specify

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

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

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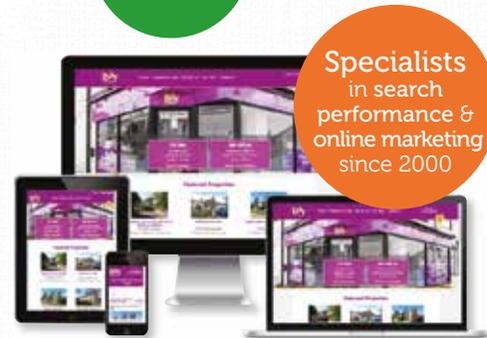
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- SMEs in particular need to ensure strict budgeting to ride out quieter periods.
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Time to dine at... Hot Mango Café

27 King Street, Ulverston
Telephone: 01229 584866

It was an absolute delight to meet Stef from the Hot Mango Cafe & Bistro in Ulverston recently, where I was really inspired by her passion for cooking and her life's ambition to run this cafe, a delightful place, where she used to go as a little girl.



The Hot Mango is the perfect place to visit, whilst enjoying a day out in the beautiful market town of Ulverston, it is right in the centre and very easy to find.

Stef has strived hard and trained at some the finest hotels and restaurants in the Lake District and then when her chance came to buy the Hot Mango Cafe & Bistro, she

knew she could create somewhere very special for her customers.

The first thing that hits you at the Hot Mango is the buzzing atmosphere that has been created by Stef and the fun team of people that she works with. You will find this warm, cosy place a real experience to savour and enjoy, as Stef makes your mouth-water with her great cooking techniques and fabulous menu.

And the food? All locally sourced from the local shops in Ulverston and all delivered daily, freshly prepared and cooked.

During the day you can enjoy a great selection breakfasts (with the BIG English being my particular favourite), light & fluffy omelettes, soup with a choice of one of their 'Old Faithful' sandwiches, some great paninis, including mushroom, blue cheese and watercress, or pesto chicken and mozzarella cheese, amongst others.

Try one of the Bigger-Bite sandwiches such as hot cajun chicken fillet ciabatta, or the hot mango deli, the mouthwatering filled rolls, or better still make a meal of it and try the ham, egg & chips, or the classic steak burger, all for under a tenner.

There is a fab selection of vegetarian options and gluten free items too, including some of their sumptuous cakes, as well as a great range of healthy children's hot meals, including the very popular sandwich and a piece of fruit, with a little chocolate treat too, all for under £5!



Why not just call in for one of their specially selected coffees, or Twinings traditional, fruit and infused teas to enjoy with one of their delicious homemade cakes or scones (the coffee and walnut cake did it for me).

Stef also has a good takeaway trade, with a quick service for hot and cold drinks, lunches, soups, sandwiches, all nicely boxed with a freshly made salad and some delicious crisps.

And let's not forget the Hot Mango Bistro style, when Stef really gets the chance to show-off her culinary skills every Friday evening, between 5:30 and 8pm with a special menu that will really tease your tastebuds. Could you resist beetroot and goats cheese crostini, or Thai red curry mussels served with a hunk of fresh bread, chicken braised in cider and chorizo with with baked potato skins, mushroom spinach and blue cheese filo pie served with braised greens and roasted new potatoes, or the mouth watering rib-eye steak served with tomatoes, mushrooms, onion rings and hand-cut chips!

And what about dessert? Try the lemon and blackberry tart, or the sticky ginger and date pudding, amongst many others, that will simply make your eyes bulge with delight.

The bistro menu changes weekly, so you are always guaranteed something new. Booking is advisable as the Bistro night is very popular, so get the babysitter organised, bring a bottle (or two) and enjoy the best Friday night ever.

If you've not yet enjoyed the Hot Mango during the day or the evening, then you need to pop down there and enjoy great food and a great atmosphere.

Review by Mark Prada



27 King Street, Ulverston, LA12 7DZ 01229 584866
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OPENING TIMES:
MON-FRI 8.30-18.30
SAT 8.45-15.30
SUN 10.00-16.00

Time to dine at...

Pig & Whistle

Devonshire Square, Grange Over Sands
Cartmel, LA11 6QD

Telephone: 015395 35917

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



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

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

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

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

We polished off the lot - all were completely scrummy.



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

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

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

Review by Louise Hodgson



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Step One: Choose Your Meat:

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Step Two: Choose Your Sauce:

- VERY MILD** (Yellow)
- MILD** (Orange)
- MEDIUM** (Red)
- HOT** (Dark Red)

- Korma**: Sweet creamy thick coconut & almond sauce. Suitable for non spice lovers
- Panara**: Sweet creamy thick almond, sulfana & fenugreek sauce
- Kashmiri**: Mild & creamy with pineapple & banana, with a hint of spice
- Bhuna**: Rather strongly spiced and fairly dry in consistency - recommended with our choice of fresh naan breads
- Dopkha**: Briskly fried with chunks of onions in a strong cinnamon & bay leaf sauce
- Rogan josh**: Smoothly blended tomato & pepper based sauce created from an old secret family recipe
- Qorma**: Slightly sweet spicy pulbe based sauce for those preferring minimum use of tomato & vegetables
- Tikka Masala**: Creamy spicy coconut & almond sauce with a touch of tikka masala, giving a slight hint of spice
- Mechuri**: Creamy spicy coconut & almond sauce with a hint of masala
- Saagwala**: Rich style dish characterised by it's use of spinach
- House Curry**: Spicy yet mildly flavoured sauce. Ideal for those preferring a dish not containing any dairy or nuts
- Bull**: Briskly fried with chunks of onions in a rich garlic, fenugreek & coriander sauce
- Kaazi**: Briskly fried with chunks of peppers, tomato & onions in a richly flavoured, yet fairly dry sauce
- Akhan**: Rich and spicy Bussanome dish. For those that want plenty of flavour as well as spice
- Jalheer**: Rich and spicy Bussanome dish. For those that want plenty of flavour as well as spice
- Vindaloo**: Smooth garlic, ginger, tomato & pepper sauce. Very spicy dish!
- Madras**: Smooth garlic, ginger, tomato & pepper sauce with minimum use of oil & veg leaving an afterburn

Step Three: Choose Rice OR Naan:

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

PRICE WITH MEAL (Green) | PRICE WITHOUT MEAL (Red)

MEAT TABLES:

Meat	Price	Vegetable	Price
Meat Samosas	\$2.05	Vegetable Rolls	\$2.05
Savith Kebabs	\$2.05	Onion Bujia	\$2.05
Chicken Pakora	\$2.05	Mushroom Pakora	\$2.05
Tandoori Chicken Leg	\$3.90	Vegetable Samosas	\$2.05
Chicken Tikka	\$3.90	Chana Puri	\$3.00
Lamb Tikka	\$3.75	Mushroom Puri	\$3.00
Lamb Chops	\$4.50	Also Chat Puri	\$3.00
Chicken Chat Puri	\$3.75		

Seafood

Prawn Puri	\$3.35
Fish Tikka	\$3.05
King Prawn Puri	\$4.25

Dips

Mint Raita	\$0.75
Onion Chutney	\$0.75
Mango Chutney	\$0.75

Vegetarian Specials

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

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

Tandoori Dishes

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

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Vegetarian Naan	\$2.95	Mint Raita	\$1.05
Chicken & Chilli Naan	\$3.50		
Chapati	\$0.95	English Meals	
Flat Bread	\$0.70	Chips	\$1.25
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exciting experiences of your life and we can help make your day whatever you want it to be.

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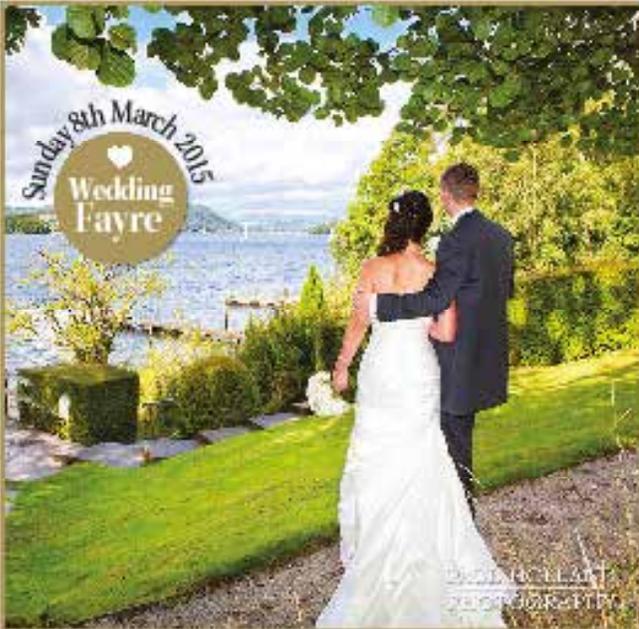
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