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SEPTEMBER - OCTOBER 2024



GUIDE

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- * Saturday 7th December
- * Friday 13th December
- * Saturday 14th December
- * Friday 20th December
- * Saturday 21st December



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❄️ Christmas Party Nights Menu ❄️

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Chicken

Smoked chicken and
parma ham, pickled cucumber
and pesto dressing

Roulade

Smoked salmon and
cream cheese roulade
with a lemon and dill dressing
and salad trim

Melon

Sliced galia melon, soft winter fruit
and mulled pear sorbet

Main Course

Beef

Roast topside of local beef
with rich pan gravy
and Yorkshire pudding

Turkey

Traditional butter basted turkey
with sage and onion stuffing,
roast gravy and chipolata sausage

Stone Bass

Pan fried stone bass fillet with
roasted chestnut hollandaise sauce

Vegetable Wellington

All the trimmings
and meat free gravy

Dessert

Traditional Christmas Pudding

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The Cumbria Guide

SEPTEMBER - OCTOBER 2024



Managing Director
Stephen Murphy
T: 01946 448 001

stephen@theguidemediagroup.com



Feature Writer
Danielle Murphy
T: 01946 448 001

danielle@theguidemediagroup.com



Creative Designer
Leah Tickner
T: 01946 448 001

leah@theguidemediagroup.com



Office Admin Manager
Steffany Clarke
T: 01946 448 001

steffany@theguidemediagroup.com



@thecumbriaguide



@thecumbriaguide



@thecumbriaguide



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A Word from the Editor



Autumn has arrived, and with it, the Sept/Oct edition of the Cumbria Guide Magazine! This edition is particularly special as we celebrate our 17th Birthday—hip hip hooray!

In this issue, we shine the spotlight on Cleator Moor and delve deep into Cleator Moor's rich industrial past and explore the exciting developments shaping its future. Discover the transformation plans that promise a bright new chapter for this great little town.

Uncover the magic of Greystoke Castle and learn about the exciting events planned in its historic grounds. From medieval re-enactments to seasonal festivals, there's something for everyone at this stunning venue.

As Halloween approaches, we've rounded up the best spooky events to keep your little ghouls and goblins entertained. From haunted houses to pumpkin trails, there's no shortage of frightful fun!

Autumn in Cumbria means the return of beloved annual fairs. Don't miss the Egremont Crab Fair and Penrith's Winter Droving, two iconic events that mark the shift towards the winter season; a perfect way to soak up local culture and traditions.

Taste Cumbria returns to Cockermouth towards the end of September in what is one of the best foodie events this side of Shap. Expect food, lots of food, great music, and laugh-out-loud comedy.

Our food section is packed with recommendations for fantastic local restaurants, cafes, and bars. Whether you're looking for a cozy dinner or a lively night out, we've got you covered. It's the perfect excuse to take a break from the kitchen and support local eateries.

The county is buzzing with events this season! From live music to community gatherings, there's plenty to keep you entertained. Remember, supporting local venues—whether by attending a gig or simply sharing an event—makes a big difference in keeping our community strong.

We're proud to showcase and promote the wonderful businesses that advertise with us. These local enterprises, owned by hard-working Cumbrians, are the backbone of our community. Shopping local not only supports these businesses but also sustains the vibrant culture that makes Cumbria unique.

The next edition of the Cumbria Guide will be our Nov/Dec issue, packed with festive events and Christmas cheer!

Until then, enjoy the autumn, have fun and be good!

Danni x

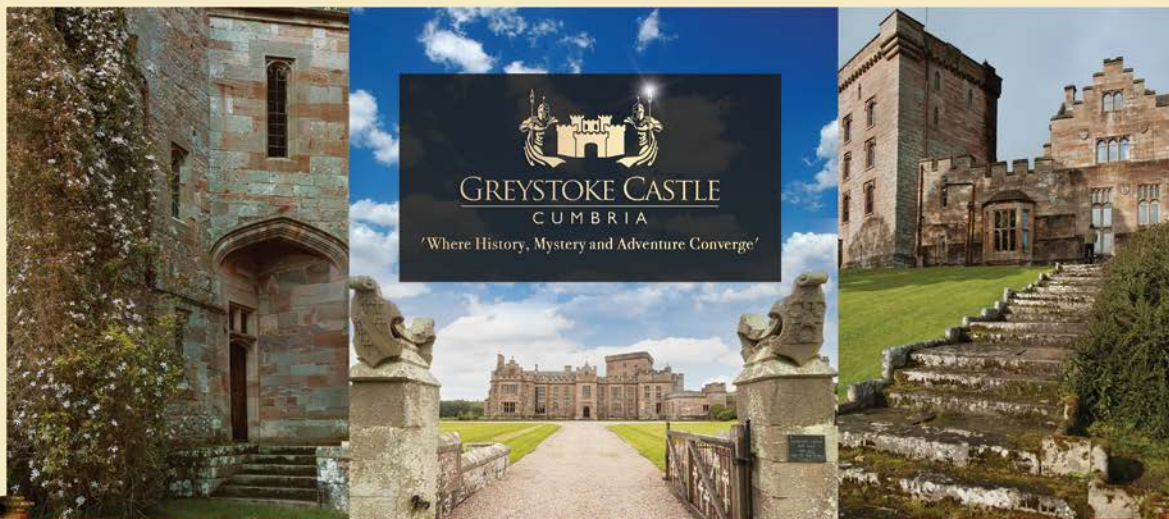
GUIDE

CUMBRIA

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VISIT OUR WEBSITE FOR INFO & BOOKINGS
www.greystokecastle.co.uk



THINGS TO DO AND EVENTS

Castle Tours

You can now get a guided tour around the castle to see the renovations being undertaken and an insight into the devastation the castle had fallen into. **Tour concludes in the Drawing Room with tea and scones, just as the nobility would have had it.**



Moody Mare

Visiting the **Moody Mare** for that alfresco coffee and sandwich overlooking the stunning Lakeland countryside.



The Butlers Pantry

Experience the Butlers Pantry. Step back in time and experience how the servants of the house were catered for. **Visit the Butlers Pantry for an authentic journey back in time.**



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GREYSTOKE CASTLE

There's so much to discover and do!

by Stephen Murphy

Greystoke Castle, a place steeped in history, mystery and adventure, has a new incumbent that has been refurbishing the 12th century Castle and is inviting people, via appointment only, to step inside the Castle doors and discover 800 years of history.

This breathtaking and iconic historic Cumbrian landmark invites you to step into its rich past, where every stone has a story, and every corner echoes with the whispers of bygone eras.

“Greystoke Castle, a place steeped in history, mystery and adventure.”



The Castle's history is so vast that even 50 pages would barely scratch the surface. Instead, we invite you to experience it for yourself, via appointment. Exploring its magnificent halls, strolling through its enchanting gardens, or taking on its newly developed woodland Tarzan Trails, Greystoke Castle offers an unforgettable journey into the past.

Guided tours are available, and those who have already visited can't stop raving about the experience. For just £15, you can enjoy a Castle Visit and Tour with a delightful Cream Tea, Coffee, and Cake. It's a small price for such an inspirational adventure, making it accessible to everyone.

Would you prefer to wander the beautiful gardens and soak in the serene surroundings on one of the Tarzan Trails? The charming lake and manicured grounds are open for you to explore. Admission is only £6 for adults, and children enter for free. This rare treat makes a day out at Greystoke Castle a fabulous family day out. Head to the website and book your Greystoke adventure.

But Greystoke Castle is more than just a historical site. It's a vibrant venue for various events, from music to comedy and theatre. Imagine watching top acts like Comedian Clinton Baptiste, Comedian Mick Miller, or ELO singer-songwriter Phil Bates in a majestic setting.



And with tickets starting at just £15, these events are as affordable as they are memorable.

- September the 22nd sees the launch of its **Artisan Craft Sunday markets**.
- As the festive season approaches, **Christmas Party Nights** are filling up. Santa may call in at some stage.
- For those couples dreaming of a **fairytale wedding**, Greystoke Castle offers you the perfect Cinderella's exclusive Castle.

Suppose you want to 'inject a bit of pace into corporate performance'. In that case, the Castle provides an inspirational escape from everyday challenges, with Corporate team-building Days and a high-tech room available for business/club meetings. Here, your team can focus and innovate in the inspiring surroundings of a 12th-century high-tech meeting room, a true blend of history and today's technology.

To book a Castle Visit & Tour, the Garden Tour, or for more details on upcoming events, a wedding show around, or corporate bookings, connect with Greystoke Castle on their social media at www.facebook.com/GreystokeCastleCumbria or visit www.greystokecastle.co.uk.



GREYSTOKE CASTLE
CUMBRIA

UPCOMING EVENTS

FRI 6 SEPT
MURDER MYSTERY NIGHT

SAT 21 SEPTEMBER
MICK MILLER

SUN 22 SEPT
ARTISAN CRAFT SUNDAY MARKET

SAT 12 OCTOBER
LEGENDS NIGHT

SAT 7 DEC
CHRISTMAS PARTY NIGHT

FRI 20 DEC
PHIL BATES (ELO SINGER/SONGWRITER)

www.greystokecastle.co.uk/whats-on



THE KING STREET COMEBACK

Will King Street once again be the crowning glory of Whitehaven?

by Stephen Murphy

King Street in Whitehaven is making a comeback, reviving its role as the "Crowning Glory" of the town. Once bustling and full of life, King Street declined due to the rise of national chains, economic downturns, and changing shopping habits.

However, the tide is turning as local people and small independent businesses breathe new life into the area.

The street now boasts an impressive 87% occupancy rate at its lower end, with only 4 of 31 units currently vacant.



Across King Street, new businesses such as Colours Cafe and Hub, Layo Cash & Carry, Sculpt Aesthetics, Ethereal Stormz, Artiste Hair, and Enjoy Cafe have opened, bringing fresh energy to the street.

"The street now boasts an impressive 87% occupancy rate at its lower end, with only 4 of 31 units currently vacant."

Local business owners like Charley Maudling from Charles Menswear are optimistic about this resurgence, noting that the upgraded shopfronts and upcoming refurbishments, like that of Whittles-Now Levels, will and are transforming the street's appearance.

With several properties still available for sale or rent, the street is ripe for investment. Charley said, "It's great to see so many new businesses taking to Whitehaven and King St in particular.

Thankfully we're busy up this end as are many; it's nice to see the grant funding for upgrading the shopfronts being taken advantage of; overall, the look of King Street is improving month on month.



Also, we can't wait until Whittles-Now Levels to begin the refurbishment; that will certainly look amazing and brighten up the whole area.

There are a few opportunities for those looking to move to the high street here in Whitehaven; for instance, that shop over there is £6K per year rent, and the shop next door to us is up for auction for £40,000 guide price.

So if you have the money, jump in while you can —there has never been a better time to invest."

If you haven't been up or down King Street lately, come on down and take a look; we think you'll be surprised!



WHITEHAVEN TOWN COUNCIL UPCOMING EVENTS

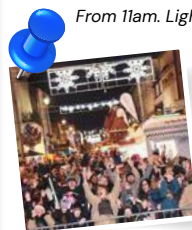


Whitehaven Christmas Lights Switch On

Saturday 16th November 2024
Market Hall, Market Place, Whitehaven

Greatest Hits Radio entertaining the crowds with music, competitions and prizes!

From 11am. Light switch on at 4:30pm



Featuring Robbie Dee!

Performances from Logan Paul Murphy and Lee Adams.

Plus local dance and theatrical troupes.

Lights will be switched on by Mayor of Whitehaven Town Council, Graham Roberts

Rediscover
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Whitehaven Town Council

www.whitehaventowncouncil.co.uk



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- Market Place Street Party
- Peter Sidwell book launch on Saturday at the demo kitchen
- Comedy night and Supper Club (both ticketed)



www.visitallerdale.co.uk/taste-cumbria-home

Chef Peter Sidwell
on the demo stage



TASTE COCKERMOUTH

Taste Cockermouth returns this year bringing with it all kinds of delights to tickle your taste-buds

by Suzanne Elsworth

The flagship Taste Cumbria festival is coming back to Cockermouth – and a Michelin-starred pop-up restaurant promises to be one of its highlights.

The Cottage in the Wood Supper Club at Low Hall the Lakes takes place on Thursday 26 September, ahead of the main event in the heart of the town on September 28 and 29.

Chef Jack Bond from The Cottage in the Wood will be creating a five course menu for the event which in the beautiful surroundings of Low Hall the Lakes, a venue more usually used for weddings where the stunning Loveable Old Barn creates the perfect backdrop for an exclusive food and drink experience. The Cottage in the Wood received its first Michelin Star five years ago and the Taste Cumbria team is excited to bring fine dining back to the festival again this year.

“From producers’ stalls to exclusive dining experiences and family fun, the Taste Cumbria festivals offer something for everyone.”

From producers’ stalls to exclusive dining experiences and family fun, the Taste Cumbria festivals offer something for everyone. August saw an amazing event in Maryport and the Cockermouth weekend promises to be another cracker. With more than 50 traders setting up stall on Main Street, a street party in Market Place, two live music stages, the Demo Stage, drinks tent, fair-ground, and a comedy night, there will be loads going on all around the town.

Even more activities are yet to be announced – for Supper Club tickets and details of other attractions, check the Taste Cumbria website at www.visitallerdale.co.uk/things-to-do/taste-cumbria-cockermouth

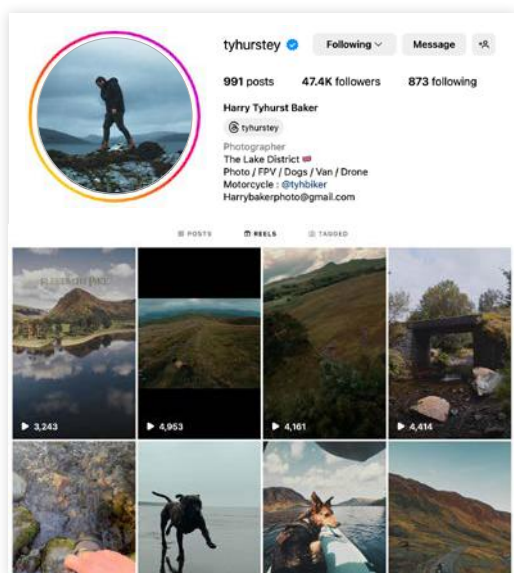




HARRY BAKER IS FLYING HIGH

Harry Baker takes photography to another level. Whether he's shooting from the sky or on the ground, the images and footage he captures are awe-inspiring.

by Stephen Murphy



Normally, you will see us showcasing amazing shots of the landscape and townscape here in our Photographer in Focus feature; however, here is something a little different and something you can engage with via the QR codes inset.

Harry Baker has been on our radar for many years, a great photographer in his own right; however, over the last year he has been working on two new projects, including developing his skills as an FPV drone pilot. FPV First Person View is a method used to control a radio-controlled drone from the pilot's viewpoint, and the other project is his bike journeys through the lakes, which we'll get into.

FPV: See Cumbria Like Never Before

Typical drone footage includes laidback, serene footage of the Cumbrian landscape with ambient music in the background. It is always great to watch; however, what Harry is doing is cinematic, dramatic, and action-packed. Strap yourself in and see and hear for yourself as he takes you on a roller coaster of a journey through our landscape and along our lanes.



Scan the QR Code:
Use your phone camera to scan the QR Codes and see Cumbria as you've never seen it before!

“Strap yourself in and see and hear for yourself as he takes you on a roller coaster of a journey through our landscape and along our lanes.”



Harry said, "I really enjoy using the FPV. It is difficult, and you have to put the hours in. It's more challenging than flying a normal drone that you can pick up and it just stays there. If I let go, the drone falls."

"Currently, I'm using a DJI AVATAR 2; so far, I've put in over 70 hours into the simulator and get out as often as I can..."



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[f](#) [i](#) [p](#)



I've been following his socials for years, and his latest projects almost weekly. You will see not only something special and spectacular, but the progress Harry makes week after week is visible as he hones his skills.

Bike the Lakes with Baker...

As for Harry's motorcycle journeys, these are opposite to the drama of his FPV work; here you fall into the serenity of the journey as Harry chugs along Cumbria's country lanes with a mounted camera as he rides an old Honda NTV 650. The bike sounds amazing, and the journeys are hypnotic and soothing, so much so that his videos are attracting big numbers.



"I hit record, and it's just me riding my bike, doing what I love in a place I love, and I get to share that with millions of people, which is really nice."

His social pages in the last thirty days have seen Harry attract over 34 million views on his bike journeys. The lad is a viral sensation with over a hundred thousand followers and rising daily.

Harry says, 'It's passive; I hit record, and it's just me riding my bike, doing what I love in a place I love, and I get to share that with millions of people, which is really nice. Since launching and sharing my motorcycle journeys, the feedback and support from the biking community have been nothing short of amazing.'





*We love a great
herdie pic!*

So there you have it—flick, click, and take to the skies or enjoy a ride out into the country with Harry Baker and let us know what you think.

Follow Harry's Bike Journeys and FPV on TikTok and Instagram at @tyhbiker, Insta FPV @tyhurstey

Make sure to follow his Lifestyle Outdoor and Commercial Photography Facebook page too;
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DON'T WORRY, BE HAPPY

Life can be stressful but there are so many ways to unwind.

by Danni Murphy



With the darker nights setting in, this time of the year can fill some with the dread of SAD (Seasonal affective disorder) and just the additional stresses that come with the pending festive season can leave many folk feeling overwhelmed.

Stress is not only a mental load we carry, it can cause physical symptoms. Here we have listed some free ways you can try to reset and find some peace and most importantly protect your mental health...

FOREST BATHING (Shinrin-Yoku)

Immerse yourself in the tranquillity of one of Cumbria's many forests, where you can practise mindfulness

by focusing on the sights, sounds, and smells of the woodland environment. Take a slow, deliberate walk and engage fully with nature. Listen to the birds and keep a look out for those elusive Red Squirrels darting between the tree tops.

GIT UP T'FELL

Autumn does something magical to our local fells. The orange and yellow hue that emanates from the seasonal change in our trees provides a thing of beauty and the best way to fully appreciate it is from a top a fell and there's plenty to choose from. As long as you check the weather and prepare well an autumn fell walk can blow off all kinds of cobwebs.

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SAME DAY APPOINTMENTS



LAKE ABOUT

They don't call us the Lake District for nothing. You're never too far from a lake here in Cumbria and even if you don't feel up to going for a trek, just sitting down, lake side with a butty and a flask of your favoured brew is sometimes just what you need to get your head straight. Give it a go.

WILDLIFE WATCHING

From rare bird species like Osprey to illusive mammals like Red Squirrels and otters there are all kinds of wildlife to be found around Cumbria. On the west coast we have the RSPB reserve where you can see a myriad of sea birds. Head to Keswick and look out for the Ospreys catching fish or head on over to Penrith and look out for the Red Squirrels. In Between these places there are all kinds of critters to catch a glimpse of. Autumn is rutting season for deer and you can often hear the haunting bark of stags when wandering through the cumbrian countryside!



FOREST AND WOODLAND PICNICS

Pack a picnic and enjoy a mindful meal somewhere gorgeous like Whinlatter forest, Longlands Lake or the Eskdale Valley. Take time to savour each bite, appreciate the flavours, and enjoy the peaceful setting.

MINDFUL BREATHING EXERCISES

Find a quiet, scenic spot such as a hilltop or by a river there's plenty of them to choose from. Practise mindful breathing exercises while absorbing the natural surroundings, which can help calm your mind and reduce stress.



Rob Nichol

STARGAZING

We are extremely lucky here in Cumbria because one thing we have in abundance is wilderness, and that means no light pollution making a clear night awe inspiring. Not

only are the stars something to take your breath away but if you're lucky you might just catch a glimpse of the Aurora which is often visible in this part of the country! spend an evening looking up, it really is breathtaking.

Observing the night sky can be a profoundly mindful and calming experience.

These activities can help you connect with the natural beauty of Cumbria while cultivating mindfulness and inner peace.



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...a time to relax, recharge, and reflect



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From an invigorating fresh water dip surrounded by the stunning fells of the Lake District, an evening of traditional singing bowls meditation with full power cacao to a fun filled evening of parlour games that spark more than a little laughter. Every moment is an opportunity to connect, unwind, and nurture your soul.

If you find yourself teetering on the brink of burnout, or just have a yearning for escape, The Mindful Pause will welcome you with open arms. Take the first step towards tranquility and renewal...



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SHOOTING FOR THE MOON!

Multi award-winning Luna Amatores is on the up and up.

by Danni Murphy

Luna Amatores is certainly one of the most unique and quirky shops in Cumbria, and one of the most popular because of its diverse and vast range of stock despite only being open two years they have already won multiple awards.

Specialising in all things alternative you will find various items, from stunning crystals in all sizes to handmade jewellery, homeware, and even locally made wax melts, candles, and other creations.

So far Korin has been awarded, Best Crystal Jewellery & Homewares Company – UK, from LUX Global Excellence Awards, and more recently Korin's shop was awarded 'Unique Jewellery Business of the Year' for the 2024 Innovation & Excellence Global Awards, and Luna Amatores snapped up 'Best Handcrafted Crystal Jewellery & Homeware Shop 2024 - North West England' for The Perfect Gift Awards. Not bad considering the shop has only been open for 2 years...

"The shop is beautifully laid out with a myriad of stunning items to be found."

Korin started the business in 2013 from home, she then expanded and started doing pop-up shops until eventually in 2022 she opened her first shop in fisher street galleries and eventually into her current premises on Castle Street, Carlisle. Korin said: "I knew I needed to find somewhere more permanent and because there was nowhere selling alternative jewellery, gifts, and homeware in Carlisle, despite the demand being there I wanted to give people something a bit different!"

With Halloween lurking, if you are into all things dark, spooky, and a little bit quirky then pop into Luna Amatores this season to see what Halloween-themed delights she has to offer this year!

The shop is beautifully laid out with a myriad of stunning items to be found speckled on the shelves, adorning the walls, and dotted all around the premises, it is worth popping in just to see all the wonderful things on offer.

Korin makes a lot of the jewellery herself, with the most popular at the minute being her chunky chain crystal necklaces, her most recent stock sold out within four minutes of being launched online! If you are looking for a shop that sells one-of-a-kind beautiful items, jewellery, and homeware, then Luna Amatores is the place for you - bring a big bag...!



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SWING ON OVER TO CUMBRIA GOLF SIMULATORS

Perfect your swing come rain, wind or shine - no waterproofs necessary!

by Danni Murphy

This year, Cumbria hasn't had much of a summer so far, and it's seen many fairweather golfers twiddling their thumbs and sitting on their bums, itching to get back on the course.

Luckily for us, a brand new facility has opened in Carlisle, unlike any other in or around Cumbria, meaning you golf fanatics can practice your swing every day of the week should you wish!

Cumbria Golf Simulators was opened in June by Tony and Dawn Denham. Tony has always been passionate about the sport and has spent many years playing professionally on courses worldwide.

Having spent the last three years installing simulators, he and his wife decided to put everything they had into a pot and open their facility in sunny Carlisle. Their unit is based at Kingmoor Park Central, and they have three

"From Augusta to Troon to Pebble Beach, even Workington if you want to be really exotic!"



simulator bays that allow up to six people to play or practice on some of the most renowned courses across the globe. From Augusta to Troon to Pebble Beach, even Workington if you want to be really exotic!

The way it works is that players bring their clubs; you are then allocated a bay to choose from among the 1000 courses and start hitting balls.

Their cutting-edge simulators are extremely accurate and can be adapted to any skill level, allowing you to get on the course when you can't physically get on a course. They are so high-tech that you can even alter the environment in which you're playing, from the wind speed to light and time of day; you can even play in the rain while staying dry as a bone!

Tony said, "It's a fantastic way for people to practice and improve their handicap. We are a small team and are happy to offer any advice if required. We welcome anybody and everybody, from beginners to pros; we want to encourage anybody interested in golf to come and have a go!"

The wonderful thing about this facility is that it allows people who are looking to improve their golfing abilities



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to do so without any pressure or feeling intimidated, which can not only be off-putting but can affect how you play, therefore hindering your progress. This is the ideal solution; you can come and practice without pressure!

They welcome groups of up to six per bay, and with three bays, that means that 18 of you could come along and have a great day out with some healthy competition.

Speaking of competitions, they will also hold competitions over the next few months where players can win prizes.

There are also tournaments to get involved in, which are held by GS Pro software manufacturers and allow you to be in with the chance of winning great prizes and competing with players from all over the world.

If you are interested in a membership, they offer a yearly membership at £150 a year, which includes a 10% reduction on all bookings made.

As well as the simulators, Tony is also a Master club-maker. He can repair your clubs and also offers a multitude of club improvements, from regrips and re-shafting to spine alignment, in which he takes the club apart and corrects the spine orientation.

Tony also offers a bio-matching service. This involves taking your biological statistics, such as height and weight, and putting them through an algorithm that then gives an accurate weight to be placed within the club, which means he can create a club that is exclusively suited to you. This method has seen drastic drops in many players' handicaps!

Cumbria Golf Simulators are open 7 days a week from 12noon til 10pm. Morning slots are available if pre-booked. Bring the family, bring your friends and remember - waterproofs are not required!



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PLANES, TRAINS AND AUTOMOBILES

Jacksons Models & Railways have been providing quality products for 24 years and are one of the most popular shops of their kind here in Cumbria.

by Danni Murphy



Jacksons Models really is the biggest little shop in Cumbria, supplying everything someone who is into model making might need or could ever possibly want, and they're right here in Wigton.

Based in Wigton, the shop has been in business for 24 years and has built up a huge following, with clients from all over the world seeking their products and services.

Brenda Jackson, owner, said, "We have a lot of regular local customers as well as quite a large following overseas. We have one client in Australia that calls the shop on a weekly basis!"

"The shop has been in business for 24 years and has built up a huge following, with clients from all over the world."

Their range is massive; they stock some of the biggest brands in the industry such as Airfix, Tamiya, AMT, Italeri, Trumpeter etc. They also carry good stocks of Oxford Diecast models along with Corgi.





“Whether you are an expert in the hobby, or a complete novice; their friendly and knowledgeable staff are on hand to help and advise”



Their model railway brands include Hornby, Bachmann, Graham Farish, Peco, Metcalfe, Ratio and Wills kits. We stock Humbrol and Tamiya paints and accessories

A delivery of ready to run Radio Control vehicles has just arrived. This includes monster trucks and buggies from HPI Maverick and Blackzon Slyders and Smyters which make excellent presents at any age.

At Jacksons, it doesn't matter whether you are an expert in the hobby or a complete novice who wants to try their hand at something different; their friendly and knowledgeable staff are on hand to help and advise where needed.

Jacksons are renowned for their customer service. If there is something that you can't find in store, they will happily source it and order it in for you wherever possible!



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Brenda Jackson, owner, said, "We strive to be as helpful as we can and will source and order anything we can for our customers. We have been in business for almost 25 years now and have gained quite a lot of knowledge and experience in this time. We will answer any questions we can. We do our best to keep our prices reasonable too, which is why I think we have so many returning customers!"

With Christmas just around the corner, this is the perfect time to discover Jackson's Models if you haven't already. They have something for everyone; from the youngest in your family to your great-grandfather, you can guarantee to find something they will love.

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THERE'S MORE TO THE MOOR

Cleator Moor - a Cumbrian town forged in iron and forever goodbyes...

by Stephen Murphy

Cleator Moor is a town surrounded by stunning views, a strong heritage, and a close-knit community. Despite falling into despair over the last few years, the town is now rising from the ashes, with a bright future ahead.

Once a booming industrial hub during the Industrial Revolution, thanks to its rich deposits of iron ore, Cleator Moor attracted a diverse population from across the country and across the waters.

Forged in iron and forever goodbyes..

People travelled far and wide to work in Cleator Moor, from Cornwall to Cork, with many never to return or see their families ever again. Quite poignant when you think about it.



The significant number of Irish migrants who came and stayed earned the town the nickname 'Little Ireland.' The mid-19th century saw the town's rapid growth, with new homes, churches, and schools shaping its identity.

Who could blame those who did not want to return?

Then, as now, Cleator Moor has always been surrounded by beauty - from the glorious fells overlooking the town to the serene walks along the cycle tracks where many a red squirrel can be found - to dipping your toes in hen-beck and watching and listening as the youngsters paddle away on a bright and sunny day.

On the fringes of the town, there is Longlands Lake, a family favourite and a mystical, enchanting place where the world is left behind as you step into a land that time forgot.

All of the above are right there to be discovered and explored and are ideal for letting your kids' imaginations run wild and free and explore the wildlife that is in abundance.



Longlands,
by Judith Whelan



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Hen Beck Wath Brow,
by Judith Whelan



© Cleator Moor Town Deal



Cleator Moor is also known for its vibrant sports scene, with clubs like the Celtic Football Club, Wath Brow Hornets, and nearby the local cricket club playing essential roles in the community. These clubs not only provide entertainment but also raise funds for local causes, fostering a strong sense of community.

As for the town overall, it has gone through many changes and many ups and downs. The decline of the iron ore industry brought many challenges and led to necessary changes. As the mines closed, the town faced economic hardship, mirroring the struggles of many post-war mining communities across Britain. Families were once again fractured, only this time it was the locals who had to leave to seek work further afield.

In recent decades, many businesses on the high street have closed, but Cleator Moor is now on the cusp of a resurgence, with new businesses opening as the economic landscape looks positive.



The Rock Crusher,
by Judith Whelan

“Cleator Moor is now on the cusp of a resurgence, with new businesses opening as the economic landscape looks positive.”

A key player in this revival is the Phoenix Enterprise Centre (PEC), a local organisation that has been supporting small businesses and the community for nearly 40 years. PEC offers various services, including business support, advice, and a food pantry that assists many local families.

The Cleator Moor Town Council, led by Town Clerk Steven Richardson, has also been instrumental in driving positive change. The council has secured government funding for significant town improvements, including a refurbishment of the town square, road system upgrades, and enhancements to local infrastructure.

Forever busy in the background, the Town Council is instrumental in pushing Cleator Moor’s ongoing developments. ➤



Cleator Moor Town Council,
by Teresa Fitzsimmons



Phoenix House,
by Teresa Fitzsimmons

RIISING FROM THE ASHES

Phoenix Enterprise Centre is the beating heart of Cleator Moor, there to serve the community and its people.



Phoenix Enterprise Centre (PEC), located at the heart of Cleator Moor, has been a cornerstone of community support and economic development for nearly four decades. More than just an office complex PEC offers a wide range of services that directly benefit the local community and surrounding areas.

A PILLAR OF COMMUNITY SUPPORT

With community at its core, PEC has helped thousands of individuals by providing crucial services such as employment advice and guidance, business support, and a food pantry that supports some of the most vulnerable in the community. PEC's vision is to be the entrepreneurial hub of Cleator Moor while ensuring no-one goes without and everyone is proud of being part of a thriving town.

Joanne Crowe, Executive Director at PEC, said: "Our local community is at the heart of everything we do. From supporting people in training, jobs, as well as setting up businesses, to ensuring no one goes hungry and the car parking remains free. We are an integral, valuable part of the town."



BOOSTING THE LOCAL ECONOMY

Home to 32 tenant businesses and over 250 workers, PEC plays a significant role in bolstering the Cleator Moor economy. The upcoming £1.1M refurbishment of their phase 3 building as part of the Cleator Moor Town Deal promises even more office space, further enhancing opportunities for local businesses. Many startups, including successful companies such as William King, Prima Uno, and The Guide Media Group, have launched from PEC, highlighting its vital role as a business incubator.

"PEC remains an invaluable asset to the area, proving that community support and business success can go hand in hand."

COMMUNITY HUB AND TENANT FEEDBACK

PEC also serves as a vital community information hub, providing face-to-face support and guidance to the public. Tenants, including Sir Robert McAlpine and Copeland Age and Advice Service, praise PEC's community-focused ethos, flexible office spaces, and excellent amenities.

Richard Parker of Sir Robert McAlpine noted the positive social impact of working with PEC, he said: "We were introduced to the Phoenix Enterprise Centre in 2023. The location of the office was not the only reason we decided to work with them. Their work within the community was



a huge factor in our decision. We endeavour to provide a positive social impact to the local area and utilising the PEC provides that opportunity. Since then we have found PEC to be extremely accommodating and friendly. The offices are comfortable and functional and the free parking and access to local amenities make it a fantastic base to operate from."

While Lesley Amor from Copeland Age and Advice Service emphasised the collaborative and supportive nature of PEC's approach, she said: "We have been tenants at Phoenix House since March 2021, and currently occupy two office spaces. As a non-profit C.I.C., it was important to us to be based with a like-minded organisation that works for the benefit of the local community."

Phoenix Enterprise has always supported our organisation by providing flexible office spaces as we have expanded, and have always taken an interest in our work, as well as collaborating on projects to benefit our clients and the community."

"Our local community is at the heart of everything we do."

Phoenix Enterprise Centre is more than just an office space provider; it is a lifeline for the Cleator Moor community, dedicated to economic development, personal growth, and social impact. By continuously investing in both people and infrastructure, PEC remains an invaluable asset to the area, proving that community support and business success can go hand in hand.



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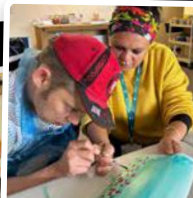
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Looking ahead, Cleator Moor’s future is bright, with several exciting projects on the horizon. The redevelopment of the Leconfield industrial estate is set to transform it into a hub for manufacturing, engineering, and robotics, bringing new opportunities to the town.

Additionally, the Kangol Factory site is being redeveloped into a commercial space, attracting new businesses and boosting the local economy.

Headed by iSH, the Leconfield site will be transformed into an industrial hub and campus centred around manufacturing, engineering, and robotics developments.

Gary McKeating, MD of iSH, said: “Leconfield Industrial Estate has stood mostly empty for many years, and I think seeing it utilised for something that will bring so much to the town is exciting for the community. Cleator Moor is a great town with a lot of potential, and we are looking forward to seeing the impact that this project will have on the area.”

Much to be happy about...

The last government chose Cleator Moor to be a recipient of the Town Deal Fund.

The Cleator Moor Town Deal aims to breathe new life into the town, and about time too.



With an overall investment of over 40 million pounds, lots of cracking initiatives and projects are on the horizon, which will boost the local economy, create many jobs, support local businesses, improve the infrastructure of the town, and enhance community facilities even further.

Once everything is in place and Cleator Moor has been regenerated, it will be an even more attractive place to live, work, and visit... ➤

“With an overall investment of over 40 million pounds, lots of cracking initiatives and projects are on the horizon.”

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BREATHING LIFE BACK INTO CLEATOR MOOR

Harnessing the unique skills of our people and place.

by Danni Murphy

Great things are happening in Cleator Moor and the future is looking bright. The town which was founded on industry is set to return to its roots with the upcoming developments at the Leconfield industrial estate, headed up and driven by iSH and Cumberland Council.

Industrial Solutions Hub (iSH) is in the process of finalising plans that have been in the pipeline for the last few months and over the upcoming years we will finally see it coming to fruition.

The primary aim of the project is to create an industrial hub for businesses within the engineering, robotics, and manufacturing sectors. By extension, this hub and associated developments will provide hundreds of local jobs, allow for training and growth opportunities for future generations, and also help breathe new life back to the town of Cleator Moor.

Gary McKeating, the MD of iSH said: “It’s all about job creation and encouraging local economic growth in the area. Cleator Moor is a fantastic place filled with many independent businesses, all of which will benefit from the development. Cleator Moor is often overlooked but the reality is that the town is at the heart of the industrial sector here in West Cumbria. With Sellafield, West Lakes Science Park, and the Lillyhall Campus all within a close radius, this makes it the perfect location for this ground-breaking solutions hub.”

“This hub and associated developments will provide hundreds of local jobs, and allow for training and growth opportunities for future generations.”

Although the hub will be anchored by the nuclear sector and work with Sellafield, the project is not exclusive to them, businesses can develop programs to work within the nuclear industry and branch out into other sectors.

Gary said: “The idea is to develop a regional industrial cluster that we can then showcase to the world. From advanced Robotics to basic engineering, it’s going to be a place where new ground is broken. There will be opportunity for inclusive growth and the benefits for the local area will be huge.”





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Making ideas Work

This has all been made possible with a £40 million investment which is going to allow for a stunning development that also has all the necessary infrastructure and facilities for the businesses set to move in once operational.

Gary has driven various economic development projects over the last 10 years such as the development of the new school campus in Whitehaven, The Edge on the harbourside, The Bus Station, and the renovation of the Lighthouses on Whitehaven's piers as well as many more local projects.

Gary said: "I have immense pride in where we live, and I'd love everyone to feel that sense of pride of place, to look at their town and feel proud to be from here. We have passionate local people, excellent councillors and I look forward to helping them deliver the communities vision of what they want Cleator Moor to be.

As well as the Leconfield development, the town fund is also going to be transforming Cleator Moor centre in the near future. There is so much happening in the town and it's great to see."

"Cleator Moor is often overlooked but the reality is that the town is at the heart of the industrial sector here in West Cumbria."



"From advanced Robotics to basic engineering, it's going to be a place where new ground is broken."

Building of the hub project is set to begin over the coming months and over the next few years we will start to finally see it all coming together. This is not only great for Cleator Moor but for all of West Cumbria.

iSH has been supported in this development by funding from Cleator Moor Town Deal Board which, working with Copeland Borough Council, secured a provisional offer of £22.5 million from the Government's £3.6 billion Towns Fund initiative in 2022. Significant match funding sums have also been pledged by the NDA, Sellafield, and the Copeland Community Fund.

Further contributions have been made by Cumberland Council, the former Copeland Borough Council, and Cleator Moor Town Council.

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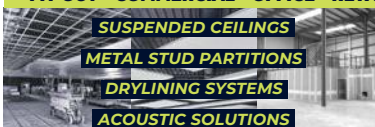
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Another key aim is to enhance the cultural vibrancy of the town; why not? Cleator Moor has always had a quiet yet bubbling cultural offering, from art to musicians and poets. Conrad Atkinson was a famed artist and was responsible for the three sculptures in the market square.

Conrad was born in the town in 1940, and he created these special works as a memorial to the town’s once-thriving mining industry; they are known as the Miner, the Phoenix, and the Hand.

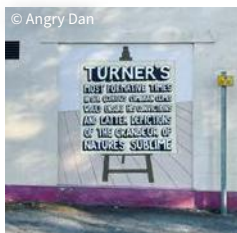


Art is very much on show via Craig Hamilton Art on the Main Street, a fantastic artist in his own right who supports many other local artists, all of whom are seriously talented. If you have yet to call in, do so; you’ll be surprised.

There are a further two artists currently working from Phoenix Enterprise Centre; Richard Wood has been working from the centre since 1994. Richard creates sculptures, small drawings, and even jelly in trees—ask him about it!

Another internationally famous artist associated with the town is L. S. Lowry; he visited on many occasions to stay with friends. He painted Cowle Fish and Chip Shop, the church at Wath Brow, the Co-op on Market Square, and the former Westminster Bank.

Other notable artists to capture Cleator Moor on canvas were Percy Kelly, who also painted scenes of the town, and Millom-born poet Norman Nicholson wrote about the mine at Cleator Moor.



Bringing Colour to Cleator Moor

Dotted about Cleator Moor, you will see eye-popping, colourful art murals accompanied by witty ditties; they elevate the townscape and make a positive impression and difference.

Commissioned in 2022, the street artist Angry Dan created the murals, which were inspired by works of great British creatives including LS Lowry, William Wordsworth, and Beatrix Potter.

Roll on two years, and the murals all look as bright and as colourful as on the day they were created; they make a real difference. Hopefully, more works will be commissioned in the future and further enhance the town. ➡





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Cleator Moor Town Council, Market Square, Cleator Moor CA25 5AP



Cleator Moor has much to offer today. The town boasts a variety of cafes and shops, including long-standing businesses like H. Routledge’s, which has been serving the community for 70 years.

It’s also a family-friendly town with excellent schools, nurseries, and a fantastic playpark, which is looked after by Cleator Moor Town Council. The addition of ‘Rest and Play,’ a soft play centre and café, means families no longer have to leave town to entertain young children and sit back and enjoy a cuppa while the kids play away!

With its rich heritage and a promising future, Cleator Moor is poised for a remarkable comeback, maintaining its strong community spirit at its core. And for those who visit, the breathtaking view as you enter the town is just the beginning of what Cleator Moor has to offer.

One of my favourite views in all of Cumbria, overlooks the town, when driving down past the swimming baths at Hensingham, heading down into Cleator Moor, there before you lay the views of Crag Fell - Grike and Dent and of course High Grange Homes which are as stunning as the views.

You never seem to get the same view as it’s forever changing thanks to the weather conditions, but on a sunny day it does take your breath away, and Cleator Moor looks amazing.

The beauty of Cleator Moor is the location, the views, the cycle routes, and the amazing places nearby, including Ennerdale Water, Longlands Lake, and Clints Quarry.

Cleator Moor is the gateway to the enchanting Ennerdale valley. Dent Fell, sometimes known as Long Barrow, is one of the first fells that walkers climb on Wainwright’s famous Coast to Coast walk. The views from there are amazing; there are scenes of the stunning coastline and the lake district to enjoy.

For those who like to get active, walk or cycle the old railway line from Whitehaven to Ennerdale - the track, which has now been tarmacked, is part of the West Cumbria cycle network, and forms part of the Sustrans C2C cycle route from Whitehaven to Sunderland.

Love wildlife?

Longlands, Clints Quarry, Site of Special Scientific Interest (SSSI), and the old railway lines are all teeming with a variety of species, including red squirrels, peregrine falcons, deer, and treecreepers, to name but a few.



So all in all, it is not a bad place, eh?

Stunning views, lots of wildlife, great cafes, great workspaces, millions of pounds of incoming investment - it’s on the up and up, and now is an ideal time to invest in this cracking little town and discover why ‘There’s More to the Moor...’



Do you have a child starting school in September 2025?

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Call 01946 811347 or email office@montreal.cumbria.sch.uk to arrange a tour around Montreal C of E Primary School



Mid Copeland GDF
Community Partnership

Tell us what matters to you – help create a community vision

The Mid Copeland GDF Community Partnership is reaching out as part of its activities around the Geological Disposal Facility (GDF) programme, to give people an opportunity to get involved in creating a community vision by considering what is important to them.



Working together

As part of this visioning work, the Community Partnership would like to know what matters to local people by gathering a wide range of opinions, views and ideas.



Consider what you value most about living in this area. What would make the area a good place to live for future generations? What, if any, big changes would you like to see?

A GDF is an underground facility designed to safely and securely dispose of the UK's most hazardous radioactive waste.

Share your views

Community visioning forums are being held for people to get involved. Explore what you would like to see in the near and long term in relaxed and informal sessions with refreshments provided.

Anyone under 18 who would like to attend a community forum must be accompanied by a parent/guardian.

Choose one of four events:

**Wednesday, September 18,
9-11am,** Gosforth Public Hall

**Wednesday, September 18,
2-4pm,** Bailey Ground Hotel,
Seascale

**Thursday, September 19,
10-12noon,** Beckermert
Reading Rooms

**Thursday, September 19,
2-4pm,** Thornhill Social Club

Another round of events will take place in November and registration will be open for those from September 20th.



Or go to:
**midcopeland
community
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SAY I DO IN CUMBRIA

Fall in love with Autumn Weddings

by Danni Murphy

Autumn in Cumbria is a magical time for weddings, with the county's stunning landscapes bathed in rich, warm hues of gold, amber and russet. The crisp air, cosy atmosphere and breathtaking scenery make it an ideal setting for a romantic and memorable celebration.

Here are some key aspects to consider when planning an Autumn wedding in Cumbria...

VENUES

Cumbria offers a wide range of wedding venues that are perfect for an Autumn celebration, from historic castles and charming country houses to rustic barns and lakeside retreats.

SEASONAL DECOR

Autumn provides a wealth of natural elements that can be incorporated into your wedding decor

Colours - Deep reds, oranges, and golds can be used in everything from floral arrangements to table settings, creating a warm and inviting atmosphere.

Flowers - Consider seasonal blooms like dahlias, chrysanthemums, and roses, paired with berries, foliage, and even pumpkins for a rustic touch.

Lighting - Twinkling fairy lights,

lanterns, and candles add warmth and romance to an autumn wedding, especially as the days grow shorter.

SEASONAL FOOD AND DRINK

Incorporate the flavours of Autumn into your day

Menu - Think hearty, seasonal dishes like roasted root vegetables, game, and rich desserts such as sticky toffee pudding or apple crumble.

Drinks - Warm your guests with mulled wine, spiced cider, or signature cocktails featuring autumnal flavors like cinnamon, apple, and pear.

WEATHER CONSIDERATIONS

Autumn in Cumbria can be unpredictable, so it's important to plan for all weather conditions

Outdoor Ceremonies - While the autumn foliage is stunning, have a backup plan in case of rain, such as a tent or an indoor space.

Attire - Brides might consider adding a stylish shawl or wrap, and grooms can opt for heavier fabrics like tweed to stay warm.

PHOTOGRAPHY

Golden Hour - Take advantage of the softer, golden light that autumn afternoons offer for stunning outdoor portraits.





ALWAYS THERE FOR YOU

Independent Carlisle Funeral Director Jill Glencross celebrates 6 years!

by Danni Murphy

Jill Glencross set up her own Independent family run Funeral Directors on October 8, 2018, in Dalston, Carlisle, after working at the Cumberland Infirmary for 24 years.

Jill left Pathology in 2017 and went to work for Walker's Funeral Directors on Wigton Road, Carlisle owned by DIGNITY and sadly no longer a family owned business. Jill never intended on setting up her own business; it just sort of happened after a friend in Dalston bought a premises and approached her.

Jill said: "The last six years have been a complete whirlwind for many reasons".

During the last six years, Jill married her soul-mate and business partner Russell in 2020, and Jill sadly lost her dad, Mike, very suddenly in 2021. She also received a diagnosis of Multiple Sclerosis in 2022. Jill's sheer strength and determination have seen her through both the good and the bad, helped along by her amazing team and her family.

She now employs 20 staff, which is a long way from originally just being Jill on her own with her team of four bearers.

"Jill and her team have worked night and day to be where they are today."

She has expanded her premises and installed a whole new mortuary and purchased her fleet of brand new Mercedes Hearse and Limousine, something she never truly believed could happen when she started the business. She just wants the best for the families she cares for.

Sadly Jill has also experienced a lot of jealousy within the industry for doing well, one particular funeral director saying "She's a one-minute wonder" and that she wouldn't last! Jill and her team have worked night and day to be where they are today.

Jill's dedication, hard work, and total passion for the business has seen the business grow and thrive to be the busiest funeral director in Carlisle with 100% 5 star reviews. Jill has gone on to be recognised for her passion and hard work and has won many awards, including; Cumbria New Business of the Year 2020, Golden Charter Employee of the Year 2021, Cumbria Women of the Year 2022, and number one in the Three Best Rated Funeral Directors in Carlisle 2022/23/24. She also won Female Entrepreneur of the Year 2024.



"For Jill, it really is much more than a business; it's personal and her care goes far beyond the funeral day."

Jill said, "We offer our families a completely unique and personal experience that they will not get anywhere else. Making the most difficult time in their lives more bearable with them having to do nothing but sit back and let us take care of everything for them. We are also here after the funeral, and that is when it is important. We don't just send you an invoice and then forget about you. If you have been a family who we have cared for, you will know what we do and what I mean."

"We get great comfort knowing that people are pleased with our service, but the most important thing is we provide families and loved ones with a genuine, dignified, caring and faultless service."

For Jill, it really is much more than a business; it's personal and her care goes far beyond the funeral day.

Jill says "we also hold a social evening which has been going since 2019. Everyone is welcome. We meet on the first Tuesday of every month at The Auctioneer at Rosehill, Carlisle 7-9pm. This is not bereavement support, it's

just a lovely get-together for people who want to get out. We have a lovely meal and a really pleasant evening – quite a bit of laughter is involved too".

Jill may be based in Dalston but has cared for families from Carlisle, Keswick, Dumfries, Annan, Appleby, Penrith and even conducting services in Entwistle, Lancashire and Manchester as the family wanted Jill. Jill was unsure at first, but she made it happen, something that those families will never forget.

Her friendly, personal, and professional service is available 24 hours a day when you need her and her team the most. If you are looking for funeral directors that deliver a personal, bespoke, above-and-beyond service, then contact Jill Glencross.

Jill and her Team are available 24 hours a day, 7 days a week, on 01228 317373.

Find them on Facebook at @dalstonchapelofrest, Instagram, email at dalstonchapelofrest@gmail.com, or visit www.jillglencrossfuneraldirector.co.uk.



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WEST CUMBRIA

SWALLOWS
AND AMAZONS
AFTERNOON TEA

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WHAT FAIRYTALES ARE MADE OF

Langdale Chase celebrates 50 Years of Swallows and Amazons
with enchanting Afternoon Tea

Langdale Chase is thrilled to launch its Swallows and Amazons inspired Afternoon Tea, celebrating 50 years since this iconic story first graced our screens.

The cast and crew of Arthur Ransome's beloved novel were personal guests of the hotel during filming in 1974, making this the ideal moment to reflect on the magical story that has inspired numerous generations to visit The Lakes. The tea will be presented on crockery made and hand-painted by local artisans and will be served in the picturesque dining room, many lounges and on the hotel's lakeside terrace, weather dependent.

New this summer, guests can indulge in a themed afternoon tea that brings the enchanting world of Swallows and Amazons to life.

The Swallows and Amazons inspired tea will also take place in Langdale Chase's majestically decorated dining room and is available to both hotel guests and visitors, framed by Lake Windermere. The setting is so enchanting that if you close your eyes and let your imagination to take control, you could be a member of the crew on board The Swallow.

The Afternoon Tea menu is a delightful nod to the culinary escapades of the novel's young protagonists and its author. Sandwiches include Smoked Salmon with

"This historical tie adds an authentic charm to the themed afternoon tea, making it a must-visit for fans of the novel."

Beetroot and Cream Cheese, honouring Ransome's love of smoked fish, and Pematic Beef with Horseradish and Red Onion, a nod to the corned beef the young protagonists regularly indulge in.

Potted Shrimps with Crumpets and savoury Cheddar Donuts will tantalise taste buds, while sweet fancies pay tribute to the whimsical tales. A Chocolate and Marmalade fancy recalls the chocolate eclairs at the Pirate's Party and the children's beloved marmalade sandwiches, Gooseberry Choux reflects the berries picked on the children's adventures, and Titty's Bun Loaf is a must try. The menu will change seasonally, ensuring fresh flavours throughout the year.

In addition to Afternoon Tea, the Terrace and the AA Rosette Dining Room are available to book daily for both hotel guests and non-residents alike. The Terrace serves lunch daily, and the Dining Room is open for daily à-la-carte dinner and Sunday lunch.

A RICH LITERARY LEGACY

Langdale Chase's connection to Arthur Ransome's work is a point of pride. The hotel not only hosted Dame



“The tea will be presented on crockery made and hand-painted by local artisans.”



Virginia McKenna, the film's lead actress, but also served as the venue for the wrap party of the cast and crew in 1974. This historical tie adds an authentic charm to the themed afternoon tea, making it a must-visit for fans of the novel and classic British literature.

Ransome himself is also believed to have been a frequent visitor to the hotel during his time in the lake district. Langdale Chase's lakeside views, and formal gardens may well have inspired his book.

THE CUMBRIAN MAKERS

Supporting local businesses, the afternoon tea will be presented on beautiful tableware designed by local artisans, from local hand thrown potters to woodwork craftsmen.

Fiona May Ceramics - Bowls and plates are made by Cumbrian potter Fiona May in a small kiln in her garage, where pottery dries alongside kayaks and mountain bikes. Her pieces take inspiration from the surrounding fells and nearby lakes, with nods to Swallows and Amazons in the finely painted adornments.

Croglin - The fantasies will be presented on stunning handcrafted and hand illustrated wooden display boards. **Miles Moore** - Adding depth to the table is the craft of Martin Miles-Moore. Working with clay for over a decade, Martin is not only inspired by the lakes, but he also uses the Earth beneath us in his pieces. Discarded materials and minerals from Lakeland quarries are introduced to the clay, providing a unique finish and a clear connection to the landscape. **Lauren Frost** - Adding the finishing touches, Lauren Frost brings



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the layers of the Lakeland landscape to life in her pieces. Her beautiful pottery with lines of earth, water and sky become like islands as they hold jam and cream and more.

Langdale Chase opened its doors in November 2023 following an extensive 12-month restoration, with interiors that transport guests back to the 1920 and 1930s heyday era of the Lake District. The stunning 30-room Grade II listed property has seven spacious suites with cosy reading nooks overlooking the lake, five dog friendly rooms, an AA Rosette restaurant and art deco style bar, a cinema room and boundless outdoor activities.

Langdale Chase's mission is simple: to offer superb hospitality in a setting that poet William Wordsworth described as "The loveliest place that man hath ever found."

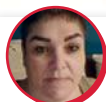
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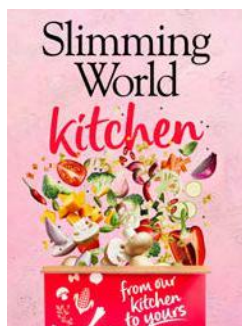
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with Slimming World Kitchen!

by Danni Murphy



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NYC-STYLE HOT DOGS

with street-cart onions

Try these NYC-inspired hot dogs: frankfurters topped with classic caramelised onions, ketchup, American mustard and mini gherkins to serve...

PREP: 10mins COOK: 20mins

INGREDIENTS:

- 4 large frankfurters
- 4 hot dog buns, split
- Mini gherkins, to serve

For the caramelised onions

- 1 tbsp vegetable oil
- 2 large onions, halved and sliced
- ¼ tsp ground cinnamon
- large pinch of chilli powder
- 2 tbsp honey
- 2 tsp American-style mustard, plus extra to serve
- 2 tsp ketchup, plus extra to serve
- 2 tsp tomato purée
- 2 tsp cider or white wine vinegar
- 1 tsp Worcestershire sauce

METHOD:

1. First, make the onions. Heat the oil in a frying pan over a low-medium heat and cook the onions for 10-12 mins until golden and slightly charred in spots.
2. Stir in the cinnamon, chilli powder, honey, mustard, ketchup, tomato purée, vinegar, Worcestershire sauce, 2-3 tbsp water and a pinch of salt. Simmer for 1-2 mins until the onions are saucy, adding a splash more water if they seem dry. Taste and add a little more chilli powder, mustard or a pinch of sugar, if you like. Keep the onions warm if you're serving straightaway or cool and chill. Will keep in an airtight container in the fridge for up to five days. Reheat over a low heat before serving, adding a splash of water to loosen as needed.
3. Light a barbecue and wait until the coals are ashen, set a gas barbecue to medium, or heat a griddle pan over a medium heat. Alternatively, bring a pan of water to a simmer. Cook the frankfurters for 15 mins on the barbecue or in a griddle pan until charred, or for 8 mins in a pan of simmering water. If using a barbecue, warm the buns over the coals. Spoon a little ketchup into each bun, top with a frankfurter and spoon over the onions. Drizzle over some extra mustard and add a mini gherkin.

Recipe courtesy BBC Good Food.





PUMPKIN SOUP

Whip up this easy pumpkin soup as a starter for a dinner party or a light supper when you need a bit of comfort – it has a lovely silky texture.

PREP: 20mins **COOK:** 25mins **SERVES:** 6

INGREDIENTS:

- 2 tbsp olive oil
- 2 onions, finely chopped
- 1kg pumpkin or squash (try kabocha), peeled, deseeded and chopped into chunks
- 700ml vegetable stock or chicken stock
- 150ml double cream

For the croutons

- 2 tbsp olive oil
- 4 slices wholemeal seeded bread, crusts removed
- handful pumpkin seeds

Did you know:

The soup can be frozen for up to 2 months.

METHOD:

1. Heat 2 tbsp olive oil in a large saucepan, then gently cook 2 finely chopped onions for 5 mins, until soft but not coloured.
2. Add 1kg pumpkin or squash, cut into chunks, to the pan, then carry on cooking for 8-10 mins, stirring occasionally until it starts to soften and turn golden.
3. Pour 700ml vegetable or chicken stock into the pan and season with salt and pepper. Bring to the boil, then simmer for 10 mins until the squash is very soft.
4. Pour 150ml double cream into the pan, bring back to the boil, then purée with a hand blender. For an extra-velvety consistency you can pour the soup through a fine sieve.
5. To make the croutons: cut 4 slices wholemeal seeded bread into small squares.
6. Heat 2 tbsp olive oil in a frying pan, then fry the bread until it starts to become crisp.



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- Add a handful of pumpkin seeds to the pan, then cook for a few mins more until they are toasted. These can be made a day ahead and stored in an airtight container.
- Reheat the soup if needed, taste for seasoning, then serve scattered with croutons and seeds and drizzled with more olive oil, if you want.

Recipe courtesy BBC Good Food.



GIMME, GIMME, GIMME

The Milbourne Arms are launching some ABBA-solutely fabulous themed bottomless brunches!

by Danni Murphy

If you are looking for where it's at this party season then look no further than The Milbourne Arms in Carlisle. Grab your girls and get ready because they have announced their themed bottomless brunches!

Located at Shaddongate in Carlisle, just five minute walk from the train station they recently announced that this party season they will be offering bottomless brunches, with a twist! Various themed bottomless brunches will be held with themes like ABBA, Country and Western, 90's throwback, and more, including Christmas themes during the festive season.



"Set in the beautiful contemporary bar, the Milbourne Arms is SO much more than a traditional pub!"

Tickets for the event include unlimited drinks from a selected list including prosecco, cocktails, and bottles of beer and cider over two hours.

As well as the drinks there will also be a selection of delicious homemade food to choose from.

The refreshments are just the tip of the iceberg because these bottomless brunches also include entertainment in the form of live music so make sure you've got your dancing shoes at the ready because there absolutely will be dancing.





Set in the beautiful contemporary bar, the Milbourne Arms is so much more than a traditional pub, Dianne Irving, owner said: "We wanted to bring something different and fun. These afternoons are great value for money and they are really fun! We want people to come, have a couple of drinks, eat some good food, and just have a good laugh and a dance!"

What better way to spend a cold autumn afternoon than in a gorgeous bar, eating delicious fresh homemade food, a glass of bubbly in hand with your friends, having a boogie?



Tickets for the bottomless brunch events are only £40 and available to buy on Skiddle, or you buy them directly from The Milbourne Arms.

www.facebook.com/TheMilbourneArmsCarlisle

BOTTOMLESS BRUNCH



THE Milbourne Brunch CLUB

Only £40 a ticket

Join us for our Milbourne Arms Bottomless Brunches filled with delicious food, 2 HOURS of bottomless drinks, themed goodies and live entertainment.

ABBA FEVER
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 NOV 23rd

90S REWIND
 NOV 30th

YEEHAW BRUNCHES
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 NOV 16th
 MORE DATES COMING SOON

NAUGHTY OR NICE XMAS SPECIAL
 DEC 7th
 DEC 14th
 DEC 21st



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150 MILBOURNE ST, CARLISLE CA2 5XB

BEETROOT BURGERS

Looking for a vegan burger with bite and bags of flavour? Look no further – we're confident that meat-eaters, veggies and vegans alike will love this beetroot burger recipe

PREP: 30 mins

COOK: 40 mins, plus chilling and optional freezing

MAKES: 8 burgers

INGREDIENTS:

- 1 onion, quartered
- 3 tbsp olive oil, plus extra for brushing
- 2 garlic cloves, crushed
- 200g chestnut mushrooms
- 250g smoked or regular tofu
- 2 (about 100g) cooked beetroot (not in vinegar)
- 400g can black beans, drained
- 1 tbsp tomato purée
- 2 tbsp vegan mayonnaise
- 1 tbsp miso paste
- 100g oat flour
- 2 tbsp ground flaxseed
- 50g pecans
- 200g pouch microwave brown rice, cooked

To serve

- 8 cheese slices, vegan if needed (optional)
- 8 burger buns, split (check the label, if catering for vegans)
- tomato chilli jam
- a few crunchy lettuce leaves
- 1 avocado, stoned, peeled and roughly mashed
- ½ lime, juiced

METHOD:

1. Put the onion in a food processor and pulse until it resembles rice. Heat 1 tbsp oil in a large frying pan, tip in the onion and fry for 10 mins until soft and just golden. Stir in the garlic and fry for 1 min more. Tip the mixture into a large bowl.
2. Put the mushrooms in the food processor and pulse until they also resemble rice. Heat the remaining oil in the pan, add the mushrooms and fry for 10-15 mins, until any liquid that's released has evaporated and the mushrooms are tender. Tip into the bowl with the onions.
3. Put the tofu, beetroot, beans, tomato purée, mayonnaise, miso, flour and flaxseed in the food processor with some seasoning and blitz until smooth.



Scrape into the bowl with the veg. Add the pecans and half the rice to the food processor and pulse until finely chopped, or a little chunkier, if you prefer. Tip into the bowl with the veg and tofu mixture, along with the rest of the rice.

4. Use your hands to shape the mixture into patties roughly the same size as your burger buns. The patties will be delicate, so chill for at least 30 mins before cooking. If you want to barbecue them, freeze for 30-45 mins first until firm.
5. Heat a frying pan over a medium heat or light the barbecue, and brush both sides of the patties with a little oil. Cook for 5-8 mins on each side, turning once after a crust has formed, until charred and hot through to the centre. Avoid moving or turning too often, as they will be more delicate than meat patties. Top with the cheese, if using, for the final minute or so (see tip, below). Toast the buns on the barbecue or in the pan, then spread each with a little chilli jam. Fill with a few lettuce leaves, the patties and some smashed avocado mixed with a squeeze of lime.

Recipe courtesy BBC Good Food.



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HO HO HO LET'S GO!



Get set for our Big Christmas Festive Food Guide in our November/December issue of Cumbria Guide Magazine.

by Stephen Murphy

In the next issue, you'll find Christmas menus for those wanting to dine out on the big day, alongside many festive offerings throughout the Christmas period and festive easy-to-make recipes.

Expect festive baguettes, pigs in blankets, and lots of sprouts alongside many delightful firm Festive Favourites.



Whether you are looking to enjoy Christmas this year with someone else doing all the work on Christmas Day, or if you are looking for that perfect venue for your Christmas catch-up with friends, we'll have many great options for you to look at.

If your cafe, restaurant, or hotel would like to feature in the region's largest reach publication, get in touch and let us spread your festive cheer and menu in our Nov/Dec edition, online and across our insanely popular, positive, and entertaining social media pages. **Call 01946 448 045** or email info@theguidemediagroup.com




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COURGETTE LOAF CAKE with Lemon Frosting

by Allonby Tea Rooms

SERVES: 10

PREP: 30mins (plus cooling)

COOK: 1hr 20mins

INGREDIENTS:

- 50g walnuts
- 125ml sunflower oil, plus extra for greasing
- 3 Free Range Medium Eggs
- 125g light brown soft sugar
- 250g courgettes (about 2 medium courgettes), coarsely grated
- 225g plain flour
- 1 tsp ground cinnamon
- 1 tsp baking powder
- ½ tsp bicarbonate of soda
- ½ tsp fine salt

Lemon Mascarpone Frosting

- 100g mascarpone
- 1 unwaxed lemon, zest, plus extra to serve
- 60g icing sugar, sifted
- 100g Greek strained yoghurt

METHOD:

1. Preheat the oven to 170°C, gas mark 3; put the walnuts in a small roasting tin and roast for 10 minutes until golden. Set aside to cool, then roughly chop. Meanwhile, grease and line a 900g loaf tin with a long strip of baking parchment that overhangs either end.
2. Put the oil, eggs and sugar in a large mixing bowl and beat for 2 minutes, using an electric beaters, until light and airy. With a spatula, stir in the courgettes and walnuts. In a separate bowl, mix the dry ingredients, then fold into the egg mixture until just combined. Tip into the loaf tin and bake for 1 hour-1 hour 10 minutes until golden, risen and a skewer inserted into the centre comes out clean. Let the cake sit in the tin for 15 minutes, then remove to a wire rack to cool completely.
3. For the frosting, use a hand whisk to mix together the mascarpone, lemon zest and icing sugar until combined. Add the yoghurt and whisk until it just holds soft peaks. Swirl over the top of the cooled cake and sprinkle with a little more lemon zest, if liked.



Did you know: The grated courgette adds lots of moisture to this cake. It will keep for 2-3 days in an airtight container.

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Check out our website or Facebook page for full menus, updates and events

Armathwaite, Carlisle, Cumbria CA4 9PY
www.foxandpheasantarmathwaite.co.uk

FOOD SERVED

Monday - Friday: 12noon - 3pm, 5pm - 8pm
Saturday & Sunday: 12noon - 8pm
Bar hours: 12noon - 11pm; Mon - Sun

Cocktail HOUR

Creamy, sweet, and rich with nuances of cinnamon and pumpkin spice, this autumnal cocktail is smooth and full of cosy flavours.

PUMPKIN PIE MARTINI

INGREDIENTS:

- 2 tbsp granulated sugar
- ¾ tsp pumpkin pie spice
- Lemon wedge
- 4oz vodka
- 3 tbsp single cream
- 3 tbsp pumpkin puree
- 2 tbsp maple syrup
- Whipped cream, for garnish
- Cinnamon sticks, for garnish

METHOD:

1. Combine sugar and pumpkin pie spice in a shallow dish. Using a lemon wedge, wet rim of martini glasses, then dip glasses in pumpkin spice sugar to coat rim.
2. Fill a cocktail shaker with ice and add vodka, single cream, pumpkin puree, and maple syrup. Shake vigorously until well chilled. Strain into glasses.
3. Top with whipped cream and a sprinkle of the remaining pumpkin spice sugar mixture. Serve with cinnamon sticks.

Recipe courtesy www.delish.com



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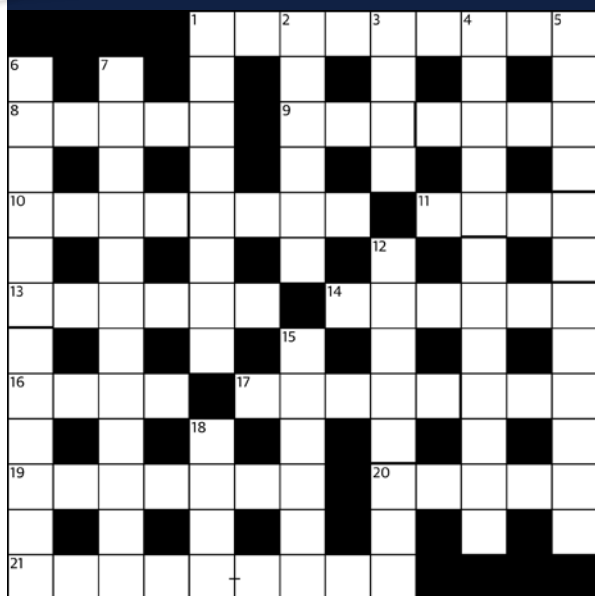
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ACROSS

- 1 Trial location (9)
- 8 Accepted proposition (5)
- 9 Hebdomadal current affairs publication (3,4)
- 10 Adopts a recumbent posture (4,4)
- 11 Its capital is Bamako (4)
- 13 Official in a noble household (6)
- 14 Area of hardened skin (6)
- 16 People eater (4)
- 17 It's between the UK and Denmark (5,3)
- 19 Issue (7)
- 20 Sonic signal (5)
- 21 Play without previous study (5-4)

DOWN

- 1 Joker (8)
- 2 ___ Girl, Billy Joel hit (6)
- 3 Long hike (4)
- 4 Small binoculars (5,7)
- 5 Get a move on (4,2,6)
- 6 1970s sitcom (6,6)
- 7 Aquatic sport depending on wind propulsion (12)
- 12 Part of the tongue (5,3)
- 15 Airport waiting room (6)
- 18 Decree – Italian car (4)

Well Done
ERICA JACKSON
July/August
Winner!

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SEND YOUR ENTRY TO

Stephen Murphy,
The Guide Media Group
Phoenix Enterprise Centre
Cleator Moor, CA25 5BD



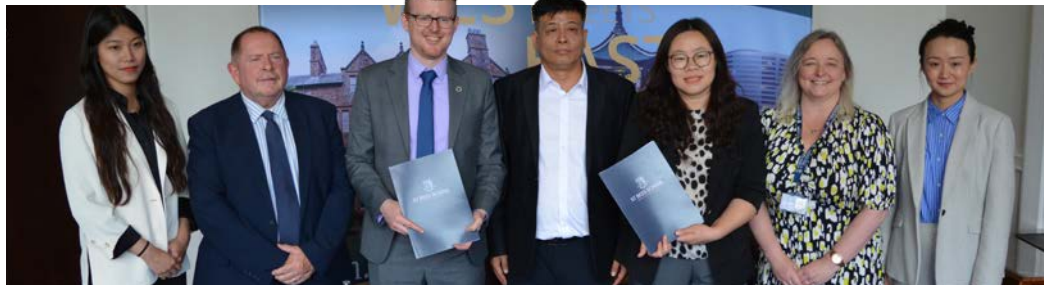
SUDOKU

To solve this Sudoku fill in the empty cells. Each column, row, and region must contain the numbers 1 to 9 exactly once.

ALPHADOKU

Similar to Sudoku, to solve this Alphadoku fill in the empty cells. Each column, row, and region must contain the letters A to I exactly once.

ANSWERS ON PAGE 75



WHERE WEST MEETS EAST

St Bees School forms strategic partnership with Chinese Education Leaders.

St Bees School proudly announces a landmark partnership with esteemed education leaders from China.

The school recently welcomed a distinguished delegation comprising Huang Haijun, Leader of the Basic Education Section at the Education Commission of Huairou District; Li Jianjie, Cadre of the Basic Education Section; Wang Jieqi, Vice Principal of Beijing 101 Middle School Huairou Branch; Jin Yuexuan, Teacher from Beijing 101 Middle School; and Wang Yinzi, Director of Zhongke Zhaolong Technology Company.



During the visit, crucial documents were signed, initiating a collaboration that will bolster international education and create numerous opportunities for students and teachers alike.

Mr Andrew Keep, Headmaster of St Bees School, expressed his excitement: "This partnership represents another significant milestone for St Bees School.

"It underscores our commitment to providing our students with a global perspective and enhancing their educational experiences through international collaboration.

"We are thrilled about the future possibilities this partnership will bring."

The agreement highlights several key initiatives, including study abroad programmes and teacher and resource exchanges.

Mr Keep added: "Partnering with these esteemed Chinese educational institu-

"It underscores our commitment to providing our students with a global perspective."

tions aligns perfectly with our vision of cultivating a global community of learners.

"We are eager to embark on this journey and witness the positive impact it will have on our students and faculty."

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OPENING DOORS AT AUSTIN FRIARS

Austin Friars welcome you to their Open Week, 14 - 18 October, 2024.

The Open Week at Austin Friars this October offers the perfect opportunity for you and your child to discover a school full of historical excellence and high standards of learning.

Austin Friars equips pupils with not only knowledge in the conventional sense, but with skills for life, ensuring that when students are ready to leave the school behind, they do so with the world at their feet. Subject-specialist teaching starts from age 3, and Junior School pupils enhance their learning with access to a range of subject-specific facilities - such as science laboratories, a design technology workshop and a drama studio.

“There are countless possibilities of academic achievement, creative freedom and sporting excellence.”



With a broad and balanced curriculum on offer, there are countless possibilities of academic achievement, creative freedom and sporting excellence. Students are treated as individuals in order to reach their full potential, and extensive extra-curricular offerings are open to pupils of all ages.

The Open Week, taking place from 14th-18th October, gives parents and prospective pupils a chance to experience Austin Friars first-hand and get a taste for the flavour of life at the school, where a familiar sense of community and inclusivity underpins its ethos.

Tours covering all areas of the school – Pre-School, Junior School and Senior School - led by a senior member of staff, will be available at a variety of times for families to book onto, giving prospective pupils and families the opportunity to view the School ‘in session’ and get a feel for the school’s character and values.

Newly-appointed Headmaster, Mr Chris Hattam, said: “We are incredibly proud of our local reputation for providing a world-class experience to pupils from Cumbria, the wider UK and beyond. Our Open Week acts as the first step into your journey at Austin Friars, and we look forward to helping you decide whether we can provide the right environment for your child.”

To book your Open Week tour slot, please visit www.austinfriars.co.uk or call the Admissions Office on 01228 550760.

Families are also very welcome to make an individual appointment for a tour outside of Open Week – contact the School for details.




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by Lucy McKinley: MA CertCII DipPFS



The IFA Company is proud to offer independent financial advice. Lucy McKinley explains what independent advice means for clients and the advantages of using an independent financial advisor.

An independent financial advisor is not restricted in how they can advise clients, so they can choose from a wide range of products and services. Independent advisors can offer advice tailored to the financial circumstances of individual clients.

The best financial products for one person may be very different from the best products for another and an independent adviser will be able to match the right products and services to meet the solutions required by each individual client.

The alternative to using an independent advisor is to use a restricted advisor, who is tied to a particular company or range of investment products. Restricted advisors must fit their client's requirements into the range of products and solutions they have available.

The best way to describe the difference between independent and restricted advice is to think of buying clothes. An independent advisor can create a bespoke solution for their client, the equivalent of a tailor-made fit. A restricted advisor has to offer an 'off-the-peg' solution, they must find something from their products even if it is not a perfect fit.

It might be surprising but when it comes to financial advice, the tailored solution isn't the most expensive. Many small advice companies choose to be independent as it gives them the freedom to operate as they wish. This includes having complete control over their charges and the freedom to apply different charging structures

according to the needs of the client.

All financial advisors must declare if the advice they offer is independent or restricted, so it's easy to find out what sort of advice an advisor offers.

For more information about how independent financial advice can benefit your financial situation, call us on 01946 821150, email contact@ifaco.co.uk, or take a look at our website at www.ifaco.co.uk.

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CUMBRIA GUIDE BOOK CLUB

September/October 2024



Welcome to the Cumbria Guide Book Club.

As the darker nights set in there's no better time to get your feet up with a cozy blanket and enjoy a good book. Here we have listed some fantastic books all written by local authors...

If you are an author and would like your book to be featured in future editions of The Book Club, please email us at: danielle@theguidemediagroup.com

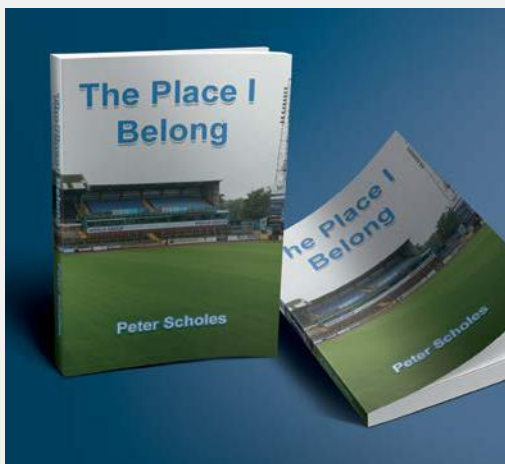
THE PLACE I BELONG

by Peter Scholes

A patch of grass, lumps of concrete, sturdy steel framework and a few thousand seats. Hardly the idyllic setting many would choose when imagining their heaven on earth. My oasis of calm isn't a sun-drenched beach, a luxurious palace or a tranquil cottage in the countryside... it's a football ground nestled behind a row of terraced houses. Hopefully this book will explain why...

A semi-biographical jaunt through years of devotion following the mighty Cumbrians.

Available from the official CUFC Blues Store, and www.amazon.co.uk



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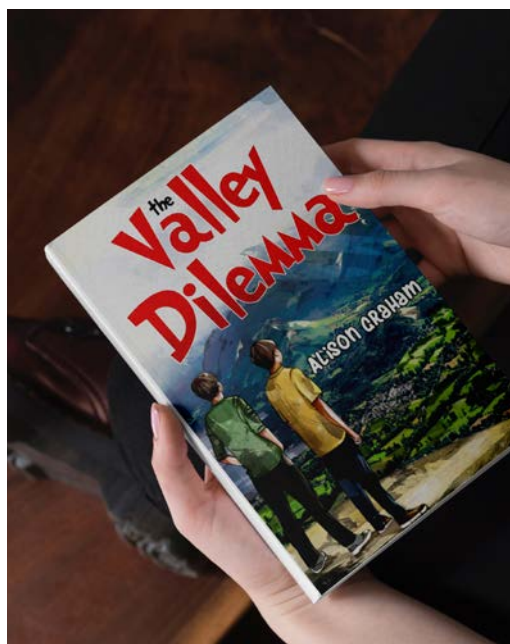
by Colin Curruthers

This is a heartfelt account of the author's nearly three-decade-long journey to find his biological parents.

The book dives into the emotional and physical challenges faced during the search, offering inspiration and support to others in similar situations. It's a deeply personal exploration of identity, resilience, and the quest for truth.

Available from www.amazon.co.uk





THE VALLEY DILEMMA

by Alison Graham

The Valley Dilemma' is an adventure book for 10-12 year olds.

Set in a future where Britain has closed its borders, Nat's family relocates to the Lake District, where Nat enjoys the freedom from the high-tech, overly restricted life he led in London. But water is scarce, and Nat discovers his dad plans to flood the valley.

Devastated, Nat must find a way to stop the dam.

When his friend Sam falls through a barn floor into an abandoned mine, they realize they've found a crucial weapon against his dad's plans. With their friends and his ex-bodyguard, Nat and Sam's adventures lead to the reservoir being abandoned.



www.pegasuspublishers.com

Also available from
Amazon, Waterstones
and The New Bookshop

THE INCREDIBLE MACHINES OF THINKERY: OUTPOST 9

by Linnhe Harrison

Set in 1892, this novel tells the story of Edwin Cooper, a struggling carpenter in Manchester, whose life changes when his wife, Betsy, is recruited by the mysterious Institute of Thinkery. Edwin is sent to a remote outpost in the Wadden Sea, where he encounters dark secrets that threaten to unravel his reality.

The novel combines elements of historical fiction, mystery, and technology, exploring the lengths one will go to uncover the truth.

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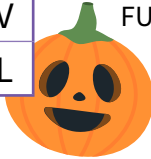
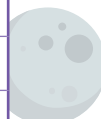
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C	A	U	L	D	R	O	N	X	A
B	B	L	A	C	K	H	A	T	T
L	K	F	P	U	M	P	K	I	N
A	B	U	J	V	G	H	O	S	T
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HAPPY HALLOWEEN

TIS THE SEASON TO BE SPOOKY

Halloween season is here to delight many and there is loads to do! Get your costumes out and your jack o'Lanterns carved - we have listed some of the halloween events coming up across Cumbria!

by Danni Murphy

WHAT'S
ON
2024



WEDNESDAY 23 OCTOBER

THE MCDUGALLS HALLOWEEN PARTY

Theatre Royal Workington; 4pm

Everyone's favourite children's theatre company THE MCDUGALLS are back with a spook-tacular new stage show for all the family.

The McDougalls: Halloween Party Show is filled with tricks and treats, guaranteed to have you screaming with laughter! Don't worry, there's nothing too scary – just enough to keep your little monsters entertained!

Introduce your little ones to the wonder of live theatre with The McDougalls!

Find out more by following The McDougalls on Facebook and Instagram!

www.theatre-royal-workington.co.uk



SATURDAY 26 OCTOBER

ODDSOCKS: ROGER RADIO ATTEMPTS FRANKENSTEIN

Rosehill Theatre Whitehaven; 7:30pm

Those cheeky chappies and lovely ladies of the renowned R.O.G.E.R. Radio cast are back and this time it's DREADFUL!

Prepare to delve into the grim laboratory of Dr Frankenstein from the comfort of your theatre seat. Experience the creation of a monster from several human corpses and gasp as the creature comes to life. Play the part of a humble local to save the village from the creature's revenge.

Will Dr Frankenstein face his destiny? Will the monster eat your crisps? Will there be a dry seat in the house?

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HALLOWEEN HALF TERM AT CARLISLE CASTLE

Carlisle Castle; 10am – 4pm

Gather your little monsters for a ghoulishly good day out at Carlisle Castle this half term. Follow the quest to solve creepy clues and gather round to listen to spooky stories.

www.english-heritage.org.uk/visit/whats-on/carlisle-castle-halloween-half-term

SATURDAY 26 OCT – SUNDAY 3 NOV

HALLOWEEN FAMILY FESTIVAL

Muncaster Castle; 10:30am – 8pm

Join us for a fang-tastic festival filled with family-friendly activities, all included in one ticket! From dawn till dusk, there's something for everyone to enjoy, ensuring a spooktacular experience for all ages.

Our Muncaster Halloween Family Festival has evolved and expanded over the years, and in 2024, it returns, bigger and better than ever before, with a thrilling new theme: Vampires!

www.muncaster.co.uk



The Tern's Tale





Tale Trails are local 1-2 hour family walks.

Each Tale Trail has a map on one side and a fun story on the other which links to features on the map...

They also contain the following helpful information;

- Directions & Parking
- Best time to visit
- Walk overview
- Terrain
- Route length
- Height gain
- Local Wildlife & Heritage

You can pick up the full Haverigg and Hodbarrow trail map from Millom Heritage and Arts Centre and The Beacon Museum, Whitehaven!

⚠ Trail Safety Info

This Tale Trail follows a mixture of grassy/silty footpaths, gravel tracks and quiet roads. It is part of the famous Cumbria Coastal Way. Please stick to the marked footpaths and avoid unstable ground along the coast. There are exposed quarry edges and steep cliffs. The stretch along the coast is tidal, so please check the tide timetables before setting off. Do not attempt to cross the estuary as the tidal flats have areas of sinking sand and deep channels. The outer barrier can be very exposed in windy conditions..!!

WILDLIFE OF THE SOLWAY FIRTH 85

The Common Mussel *Mytilus edulis*

by Mark Vollers

This distinctive blue bivalve shellfish is native to the North Atlantic and can be found all around the UK on intertidal areas that allow settlement and the Solway Firth is no exception.



Where there is not too much exposure to wave action, and rocky reef for them to attach to, they may reach sizes of 6-7cm and live for ten years or more. They attach themselves to rocks and often each other with tiny elasticated threads called byssus, which they can retract to allow re-orientation and even a slow movement process.

Breeding is a process where entire beds of mussels synchronise the release of countless millions of sperm

and eggs resulting in free swimming larvae that re-stock existing beds and colonise new areas. However, only about 1% survive to adulthood, and even then, they are preyed on by starfish, whelks, and of course humans. Mussels are a highly nutritious protein rich food and are farmed using hanging ropes, with the UK producing more than 10,000 tons a year for the market.

An adult mussel filters up to 25 litres of water an hour, extracting microscopic particulate matter and in so doing they provide a vital service in cleaning up murky water, reducing algal blooms and concentrating toxic substances. This latter ability means they can be collected and used as an indicator of water quality. Mussel beds also provide great shelter for other small invertebrates like crabs at the bottom of the food web.



Visit the Lake District Coast Aquarium facebook page to learn more about amazing wildlife on the Solway Coast.
www.facebook.com/maryport.aquarium



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TIDE TIMETABLES

SEPTEMBER 2024

WHITEHAVEN

Date	HEIGHTS ABOVE CHART DATUM							
	High Water				Low Water			
	Morning		Afternoon		Morning		Afternoon	
	Time	m	Time	m	Time	m	Time	m
1 SU	10 29	7.1	22 41	7.4	04 49	1.5	16 59	1.8
2 M	11 04	7.3	23 14	7.6	05 30	1.3	17 35	1.6
3 TU	11 35	7.5	23 44	7.7	06 03	1.2	18 04	1.5
4 W			12 03	7.5	06 32	1.2	18 32	1.4
5 TH	00 12	7.7	12 30	7.5	06 59	1.2	18 58	1.4
6 F	00 41	7.7	12 59	7.5	07 24	1.3	19 25	1.4
7 SA	01 09	7.6	13 28	7.3	07 49	1.4	19 54	1.6
8 SU	01 38	7.3	13 57	7.1	08 16	1.6	20 25	1.8
9 M	02 07	7.1	14 29	6.8	08 45	1.9	20 58	2.1
10 TU	02 41	6.7	15 08	6.5	09 19	2.2	21 39	2.3
11 W	03 25	6.3	16 03	6.1	10 02	2.5	22 37	2.6
12 TH	04 32	5.9	17 29	5.9	11 15	2.8		
13 F	06 20	5.7	19 08	6.0	00 09	2.7	13 02	2.7
14 SA	07 56	6.1	20 22	6.6	01 47	2.4	14 25	2.4
15 SU	09 02	6.7	21 17	7.3	03 00	2.0	15 27	1.9
16 M	09 51	7.3	22 03	7.9	04 00	1.5	16 22	1.5
17 TU	10 33	7.8	22 45	8.3	04 52	1.0	17 10	1.1
18 W	11 14	8.2	23 26	8.7	05 38	0.7	17 54	0.8
19 TH	11 53	8.4			06 22	0.5	18 37	0.7
20 F	00 07	8.8	12 33	8.4	07 02	0.5	19 16	0.7
21 SA	00 49	8.7	13 14	8.2	07 41	0.6	19 56	0.9
22 SU	01 32	8.3	13 55	7.8	08 18	1.0	20 36	1.2
23 M	02 17	7.8	14 40	7.3	08 56	1.4	21 21	1.6
24 TU	03 07	7.2	15 33	6.8	09 39	2.0	22 15	2.1
25 W	04 11	6.5	16 46	6.2	10 36	2.5	23 36	2.4
26 TH	05 40	5.9	18 24	6.0			12 07	2.8
27 F	07 21	5.9	19 53	6.3	01 18	2.4	13 50	2.7
28 SA	08 38	6.3	20 55	6.7	02 39	2.1	15 04	2.4
29 SU	09 28	6.8	21 40	7.1	03 38	1.8	15 55	2.0
30 M	10 06	7.1	22 16	7.4	04 24	1.5	16 34	1.8

Time Zone UT(GMT)

OCTOBER 2024

WHITEHAVEN

Date	HEIGHTS ABOVE CHART DATUM							
	High Water				Low Water			
	Morning		Afternoon		Morning		Afternoon	
	Time	m	Time	m	Time	m	Time	m
1 TU	10 38	7.4	22 47	7.6	05 00	1.4	17 06	1.6
2 W	11 05	7.5	23 15	7.7	05 31	1.3	17 34	1.5
3 TH	11 33	7.6	23 43	7.8	05 57	1.3	18 00	1.4
4 F	11 59	7.6			06 24	1.2	18 28	1.4
5 SA	00 10	7.7	12 27	7.6	06 50	1.3	18 57	1.4
6 SU	00 38	7.6	12 55	7.5	07 17	1.4	19 28	1.6
7 M	01 07	7.3	13 25	7.3	07 46	1.6	19 59	1.8
8 TU	01 38	7.1	13 57	7.0	08 16	1.9	20 33	2.0
9 W	02 14	6.8	14 39	6.7	08 49	2.2	21 15	2.3
10 TH	03 02	6.3	15 36	6.3	09 35	2.5	22 14	2.5
11 F	04 13	5.9	17 03	6.0	10 47	2.8	23 46	2.6
12 SA	05 56	5.8	18 40	6.2			12 31	2.7
13 SU	07 30	6.2	19 53	6.8	01 21	2.3	13 56	2.4
14 M	08 36	6.9	20 49	7.4	02 34	1.8	15 00	1.9
15 TU	09 24	7.5	21 36	8.0	03 32	1.4	15 54	1.5
16 W	10 07	7.9	22 19	8.4	04 25	1.0	16 43	1.1
17 TH	10 48	8.3	23 00	8.7	05 11	0.7	17 29	0.9
18 F	11 27	8.4	23 42	8.7	05 54	0.6	18 11	0.8
19 SA			12 07	8.3	06 35	0.6	18 53	0.8
20 SU	00 25	8.5	12 48	8.1	07 14	0.9	19 35	1.0
21 M	01 10	8.1	13 31	7.8	07 53	1.2	20 18	1.3
22 TU	01 56	7.6	14 16	7.3	08 32	1.7	21 05	1.7
23 W	02 49	7.0	15 10	6.8	09 16	2.2	22 03	2.2
24 TH	03 53	6.3	16 23	6.3	10 13	2.6	23 23	2.4
25 F	05 17	5.9	17 53	6.1	11 42	2.9		
26 SA	06 49	5.9	19 15	6.3	00 50	2.4	13 16	2.8
27 SU	08 03	6.2	20 17	6.6	02 03	2.2	14 25	2.5
28 M	08 54	6.6	21 04	7.0	03 00	2.0	15 15	2.2
29 TU	09 32	7.0	21 41	7.3	03 43	1.7	15 55	2.0
30 W	10 04	7.2	22 14	7.5	04 20	1.6	16 28	1.8
31 TH	10 33	7.5	22 45	7.6	04 51	1.5	16 59	1.6

Time Zone UT(GMT)

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1	4	5	3	2	8	7	9	6
8	7	2	6	4	9	3	5	1
5	8	1	9	7	6	2	3	4
7	6	4	5	3	2	1	8	9
9	2	3	1	8	4	5	6	7
4	5	7	8	9	1	6	2	3
3	9	8	2	6	7	4	1	5
2	1	6	4	5	3	9	7	8

Solution to Sudoku

I	C	E	H	A	F	G	D	B
B	D	F	C	E	G	A	H	I
H	G	A	I	B	D	E	C	F
G	A	B	F	I	H	D	E	C
D	E	H	A	C	B	F	I	G
C	F	I	G	D	E	B	A	H
F	I	G	E	H	A	C	B	D
E	B	C	D	G	I	H	F	A
A	H	D	B	F	C	I	G	E

Solution to Alphadoku

G	F	B	Z	B	M	G	M	K	C
C	A	U	L	D	R	O	N	X	A
B	B	L	A	C	K	H	A	T	T
L	K	F	P	U	M	P	K	I	N
A	B	U	J	V	G	H	O	S	T
K	O	F	U	L	L	M	O	N	
E	O	S	V	B	A	T	S	J	S
T	O	M	B	S	T	O	N	E	P
L	F	T	O	U	I	D	I	O	V
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FIREWORKS SEASON SURVIVAL GUIDE: ALLEVIATING ANIMAL ANXIETY

Top tips and advice for keeping your pets safe and stress-free.

by Danni Murphy

With up to 50% of dogs affected by the fear of fireworks the upcoming months are not pleasant for pets or their owners. We offer a few tips that may help alleviate the stress of the upcoming fireworks period.

Firstly we start with a plea to anyone planning a fireworks display, we're not saying don't set them off, rather keep to nights like the fifth of November and the surrounding weekends. A random display at 11pm during the working week can cause more alarm than you realise.

Native wildlife and farm animals are also adversely affected.

Most owners know their pets are stressed by fireworks but many animals develop this fear as their hearing changes when they get older so be aware if your dog shows any of the following symptoms:

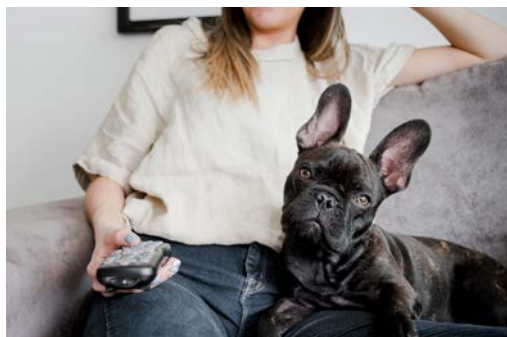
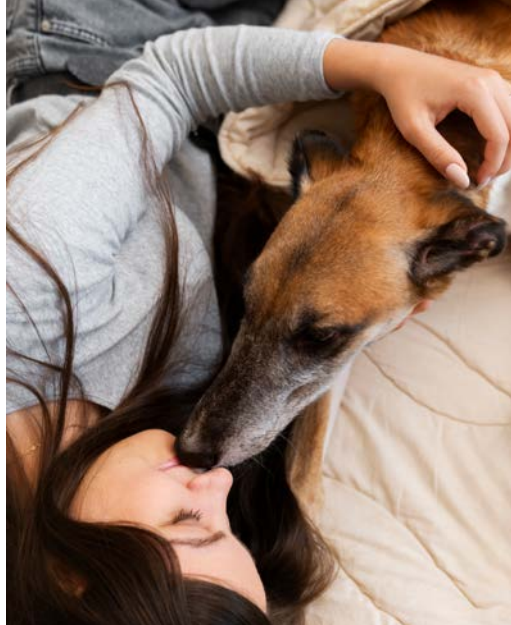
- Trembling and shaking
- Clinging to owners
- Excessive barking
- Trying to hide
- Toilet accidents indoors
- Pacing and panting
- Refusing to eat



Take action before the fireworks begin...

We suggest preparing well in advance. If you have moved recently, it's worth checking your pets microchip details are correct. Statistics show there is a rise in the calls to Petlog at this time of year as many animals flee due to stress. 53% of microchips have incorrect owner details, which means if your pet goes missing they may not be returned home.

- ✓ Check where and when fireworks displays are held in your area and also enquire if your neighbours are planning an unofficial display.
- ✓ Create a safe place for your dog. Do this weeks before Bonfire Night so they can familiarise themselves with the den.
- ✓ Cats tend to hide in high places, make a den here so they feel comfortable
- ✓ Walk your dog before the fireworks begin, making sure they have been well exercised and have had a toilet break
- ✓ Feed your dog a good meal in the afternoon; try adding well-cooked rice or pasta to make it stodgy, this will make them sleepy and hopefully calmer during the evening.
- ✓ Make sure the house and garden are secure, remember to lock cat flaps, in case your pet is spooked.



During the fireworks...

- ✓ Turn up the TV to mask the noise, close windows and curtains to muffle the sounds but don't close all the doors because this will make your pet feel trapped and start to panic.
- ✓ Keep them busy. Treat toys like a Kong can help distract them during a display.
- ✓ Skip the celebrations and stay at home with your dog – your presence could make all the difference.
- ✓ Remain calm and happy as this will send positive signals to your dog, particularly if this is their first experience with fireworks.
- ✓ Keep a close eye on pregnant bitches as a fright from fireworks could cause an early delivery.
- ✓ Don't punish your pet if they do overreact, this will make things worse and they will become more distressed. Don't force your pet to come to you, especially if they're hiding or in their den.

There are several treatments you can try like Dog Appeasing Pheromones which are natural chemicals produced by animals to communicate with one another. Dog Appeasing Pheromone (DAP) is produced by mothers to reassure their puppies. 'Adaptil' collars and diffusers are available to help your dog deal with stressful situations by releasing the DAP.



There is Feliway for cats – when a cat feels safe it will rub its head against objects in the environment leaving 'facial pheromones' making them feel safe and secure. Feliway diffusers give off the facial pheromone and helps calm them in their surrounding environment.

You could try using a thundershirt which is like giving your pet a big hug. They're little t-shirts which are designed to be tight to the body, applying constant pressure like swaddling an infant. They have an 80% success rate so are a great alternative to medications. They can be used for fear, anxiety and over-excitement.

Consult with your vet for more information.

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TURN THAT SCRAP INTO CASH

Declutter your life and get some pennies in your pocket,
this is the perfect time to turn that scrap into cash!

by Danni Murphy

Well, just like that, we are into September and screaming towards Christmas, which means we'll all be spending that much more on the upcoming festivities, not to mention the rise in energy prices.

Don't fret too much; I'm not looking to bring you down here; rather, give you a boost and a few pointers to get your hands on extra cash for nothing.

Well, when I say nothing, I'm talking about turning your useless metal and iron items into cold hard cash to warm you up this winter.

If you have a car that needs scrapping, head to AVS Cumbria Metals and get the best prices for scrap vehicles in West Cumbria.

If you have useless metal items in the garden, the shed, or indoors, why not head over to Cumbria's most trusted and respected scrap metal company, AVS Cumbria Metals

You can call into the Branthwaite or Flimby facility, where Trevor, Jackie and the team will convert those items into something useful, like money.



For nearly 40 years, Trevor, Jackie, and the team have been helping people get the best deal when it comes to scrap metal.

They've come a long way since starting, and this is all down to the honesty and trust the local community has in Trevor and Jackie and how they have gone about helping people over the decades.

AVS Cumbria Metals will take most items except gas bottles, beer barrels, fridges, or freezers; other than those - if it's metal, they'll take it, but please bring ID; it's the law.

Jackie said, 'There is no minimum or maximum weight of what you bring to us. If it fits in the car, bring it along; we're happy to give you a price there and then.

Due to the price fluctuation of the scrap market, our advice is to get in sooner rather than later.





“They will take most items except gas bottles, beer barrels, fridges, or freezers; other than those - if it's metal, they'll take it, but please bring ID; it's the law.”



“We collect cars regularly, and we also have collection services available for smaller items; just call in or call on the phone, and we will advise you on the day how we can help, and if you need a scrap metal skip, we can also help with that.”

If you are looking for car parts, then you could save yourself a small fortune this winter. Come along to either of the sites and see if Trevor and Jackie can help you get back on the road without a whopping great bill.

AVS Cumbria Metals is open 6 days a week: 8am–5pm on Monday, Friday, and Saturday, 8:30am–4pm.

www.avscumbriametals.com



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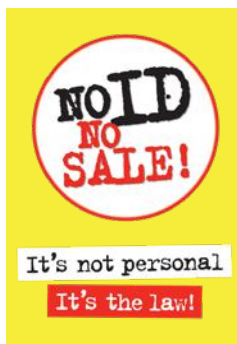
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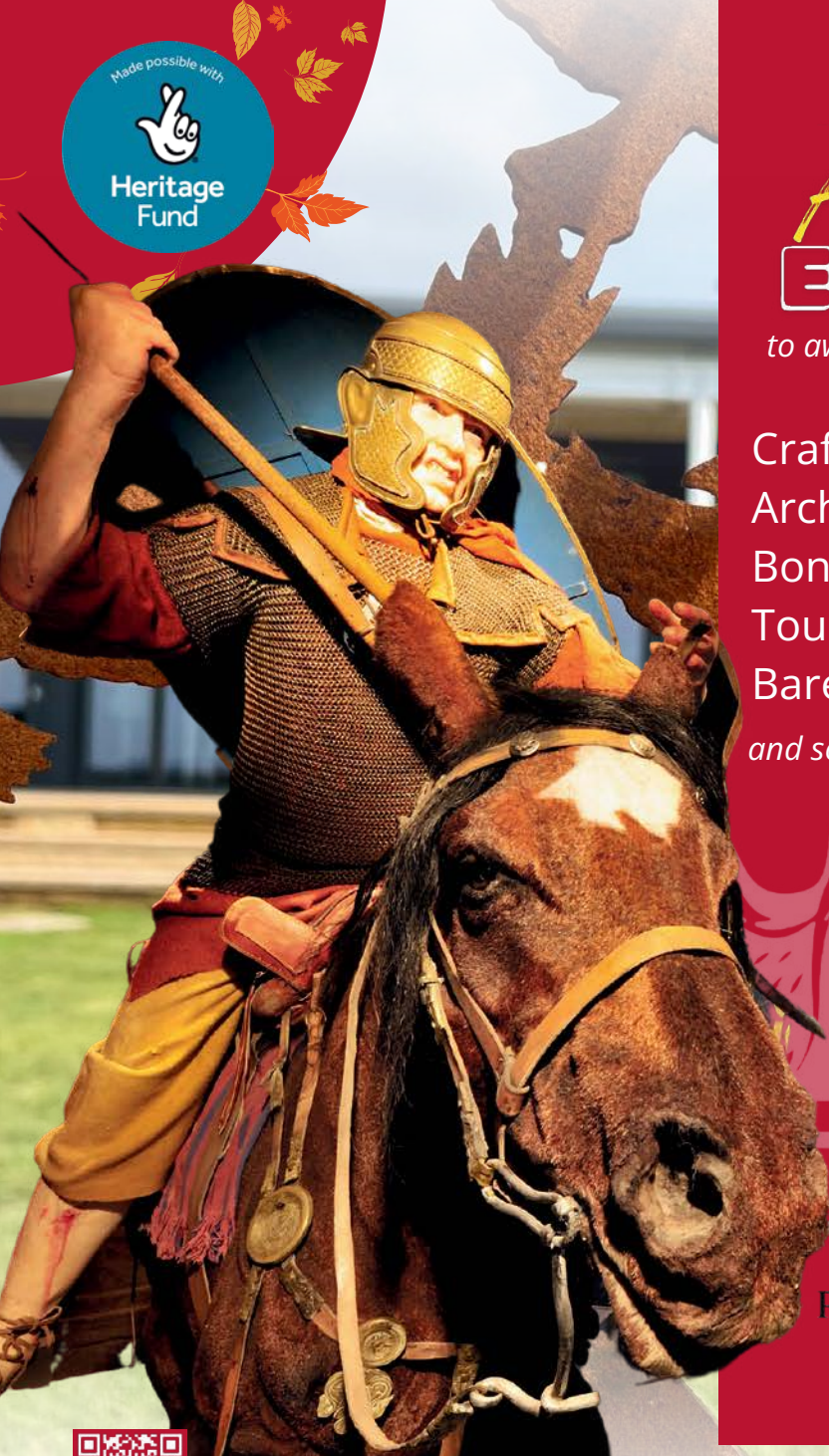
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www.avscumbriametals.com



Bannockburn Yard Redevelopment. A project to develop and improve facilities at the Branthwaite Site which will improve efficiency, working conditions and practices. It is part funded by the European Agricultural Fund for Rural Development





Autumn EVENTS

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Hadrian's Wall*

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Bonfire Night!
Tours
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EPIACUM ROMAN FORT, ALSTON

Follow in the footsteps of Iron Age tribes, Romans and Border Reivers.

by Jonathan Fraser, Cumbria and the Borders History

If you visit Epiacum Roman Fort, you will be visiting the highest Roman Fort in Britain (1,050 feet above sea level).

It was originally built in the early 2nd century AD by the Roman army, near the Cumbrian town of Alston, although it is situated in Northumberland, it is only a short walk away to the Cumbrian border. It was partly demolished then rebuilt again in 200AD. The most likely reason for it being demolished is due to the uprising of the northern tribes in 196 when the fort was ravaged.

“It has one of the most complex defensive earthworks of any fort in the whole Roman Empire.”

It appears to have been built on the site of an Iron Age fort, locals had been farming these lands for centuries before the arrival of the Romans. Although some locals will have lived alongside the Romans, with some even being conscripted to the army, it is likely others were uprooted due to the threat they posed. After the Iron Age fort, the Romans built a camp there before eventually

building the permanent fort. It housed around 600 men, made up of 480 infantry and 120 cavalrymen.

The flat land near the Wellhouse and Holymire Bastle houses was used as a parade ground. There are also signs in the corner of the same area of a possible Romano-British round house settlement.

It is unique in its shape; unlike most forts which are the 'playing card' shape, Epiacum is a diamond shape/parallelogram. Numerous banks and ditches surround the stone ramparts. It has one of the most complex defensive earthworks of any fort in the whole Roman Empire and its ramparts are an impressive sight to see to this day as they are so well preserved.

The Maiden Way Road connected the fort to Magna Roman Fort on Hadrian's Wall to the north and to Bravonacium Fort near Penrith to the south. It was most likely built so the Romans had control over the nearby lead mines and to support Hadrian's Wall.

Epiacum Roman Fort is worth a visit, you get a real sense of its isolation and what it would have been like for anyone stationed there. You can also pick up an ancient trails map from The Nook Cafe and you can follow the trails to explore the Iron Age, Roman and Border Reiver history of the area. The Nook is also perfect for tasty refreshments, grab a brew and a bap and enjoy the stunning views the valley has to offer.

www.facebook.com/BordersCumbriaHistory





Built next to a second century fort on cliffs overlooking the sea and the Solway Coast, this award-winning museum houses the largest collection of alters from a single site in Britain.



OPENING TIMES

MARCH: 10:30am - 4pm *Friday, Saturday, Sunday* | **APRIL - OCTOBER:** 11:00am - 5pm *Every day*
NOVEMBER - DECEMBER: 10:30am - 4pm *Friday, Saturday, Sunday*

WWW.SENHOUSEMUSEUM.CO.UK

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80TH ANNIVERSARY OF ARNHEM

Join Cumbria's Museum of Military Life as they mark the 80th anniversary of one of WWII's most iconic campaigns.



2024 marks the 80th anniversary of Operation Market Garden (Arnhem), which took place in September 1944 involving both airborne and ground troops.

This was Field Marshal Montgomery's ambitious plan to seize and hold a 64-mile corridor from Eindhoven to Arnhem in The Netherlands, to provide an invasion route for the Allies into northern Germany.

The 1st Battalion, The Border Regiment, part of the 1st Air-Landing Brigade, landed by glider on 17th September to defend the landing zones and drop zones to the west of Arnhem. Two days later, they became involved in intense fighting in the nearby town of Oosterbeek. Late on 25th September, the order was given to withdraw.

Ultimately the operation was unsuccessful in achieving all its objectives but has gone down in history as one of the defining moments of the Second World War. Units that served in this hard-fought campaign were awarded the Battle Honour 'Arnhem'. Evidence today is on 'Arnhem' Block located within Carlisle Castle, the former depot of the Border Regiment, a permanent reminder of the site's military connection.

"Units that served in this hard-fought campaign were awarded the Battle Honour 'Arnhem'."

Also within the Castle is Cumbria's Museum of Military Life, which looks after the Border Regiment collections. Supported by the UK Shared Prosperity Fund, 2024's temporary exhibition Arnhem 80: The Aftermath and The Legacy 1944-2024 highlights what happened after the fighting.

Accompanying events include a commemorative day,

partnering with the Duke of Lancaster's Regiment, to be held on Saturday 14th September, including a service at Carlisle Cathedral, followed by a Beating Retreat at Carlisle Castle. In the evening a fundraising commemorative dinner with all proceeds going to the Museum will be held. All events are open to the public.

Visit www.cumbriasmuseumofmilitarylife.org for further details of the exhibition and all events.

**CUMBRIA'S MUSEUM OF MILITARY LIFE**
in Carlisle Castle

Arnhem Commemoration Day – Sat 14 Sept
Join the Regimental Association and The Duke of Lancaster's Regiment for a day of remembrance and reflection.



Thanksgiving Service
15:00hrs at Carlisle Cathedral
Beating Retreat
17:30hrs at Carlisle Castle
FREE TICKETS must be booked in advance

Arnhem Commemorative Dinner – Sat 14 Sept
from 18:30hrs in Burma Block, Carlisle Castle
An Arnhem-themed evening includes pre-dinner drinks and exhibition preview, followed by a three-course dinner.
Tickets £35 (all proceeds in aid of the Museum)

Arnhem Lecture Day – Sat 5 Oct
10:00 - 16:30hrs
Join us for our first themed lecture day in the Museum, with four talks on an Arnhem theme. Lunch and refreshments inc.
Tickets £25

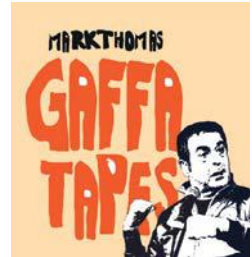
For information and tickets visit
www.CumbriasMuseumofMilitaryLife.org
or phone 01228 532774



EDITOR'S PICK

Here we have listed some of the highlights coming up around Cumbria this Autumn.

by Danni Murphy



CRAB FAIR 20th September

EGREMONT

Crab Fair returns to Egremont this year on Friday September 20th and will run over two days. This year will see the return of traditional favourites such as the World Gurning Championship, the greasy pole and the apple cart. There will be street entertainment and markets as well as a funfair. Crab Fest returns on the same weekend up at the crab fair fields where ticket-holders will have access to all the activities taking place. Expect sporting activities, a bar tent, food stalls, children's entertainment and fair rides and lots more!



www.egremontcrabfair.com



MARK THOMAS: GAFFA TAPES 23rd October

OLD FIRE STATION, CARLISLE

'Jokes, rants, politics, play and the occasional song.'

If you don't know what he does, ask your parents.

In his time he has won awards (current total is now officially 'f*ckloads'), forced a politician to resign, changed laws on tax and protest, become Guinness Book of Records world record holder for number of protests in 24 hours, taken the police to court 3 times and won, walked the length of the Israeli Wall in the West Bank and generally mucked about trying to have fun and f*ck the right people off.

This show is more of the above.

[www.ofscarlisle.co.uk/
event-mark-thomas-gaffa-tapes.html](http://www.ofscarlisle.co.uk/event-mark-thomas-gaffa-tapes.html)



Tickets are priced at £18.50
(plus booking fee) Scan the
QR Code to be taken directly
to the website.





WINTER DROWING 26th October

PENRITH

Each year Penrith's streets become something like a mediaeval market with traditional mulled wine and hot chestnuts, alongside the finest local produce. This includes a wide range of world foods, vegan and vegetarian cuisine, giftware, local artists' works, quirky clothing and charity stalls.

The Winter Drowing offers up an array of masked musicians, street performers, giant animal lanterns and locals dressed in elaborate costumes in a unique celebration steeped in tradition.

The day begins with a fancy dress competition for dogs, while the rest of the town blossoms, showcasing live musicians, street performances, drumming bands and carnival street shows before the eagerly awaited parade. All of this and a diverse range of market stalls.

Created by Eden Arts, The Winter Drowing has become one of Cumbria's iconic cultural events seeing 20,000+ attend annually.

Don't forget your mask!



Visit the website for all the information
about this years event
[www.visiteden.co.uk/whats-on/
october-2024/the-winter-drowing-2024](http://www.visiteden.co.uk/whats-on/october-2024/the-winter-drowing-2024)



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volunteers!



THE STAGE IS SET

The Solway Hall have it all this autumn!

by Danni Murphy



The Solway Hall is set to host an incredible lineup of live entertainment, offering something for everyone in our community.

With events ranging from the legendary music of Pink Floyd to the heart-pounding performances of a MeatLoaf tribute band, and even an intimate acoustic evening, there's plenty to look forward to. Let's take a closer look at what's coming up:



FLOYD EFFECT - DARK ANIMALS **27th September**

Experience the iconic music of Pink Floyd like never before. The Floyd Effect, a band renowned for their precise and powerful renditions of Pink Floyd's classics, will be taking the stage. This isn't just a concert; it's a full immersive experience complete with a dramatic light show featuring the iconic circular screen, smoke, and lasers. If you're a Pink Floyd fan, this is an event you can't miss.



MAET LIVE AND THE NEVER NEVERLAND EXPRESS

28th September

If you love rock, then Maet LIVE & The Never Neverland Express will blow you away. Fronted by Craig Halford, who bears an uncanny resemblance to Meat Loaf, this band brings the energy and passion of a true Meat Loaf concert. Expect a thrilling night as they perform both popular hits and deep album tracks, recreating the massive sound of Meat Loaf's original band.

AN ACOUSTIC EVENING WITH QUINT STARKIE AND DORRIE JACKSON

11th October

For something a bit more intimate, join Quint Starkie and Dorrie Jackson for an acoustic evening. Quint, a seasoned musician with a rich history in the industry, will share his original music and stories. It's a perfect night for those who appreciate heartfelt lyrics and soulful melodies.

LOUISE LANE SPIRITUAL MEDIUM

17th October

Louise Lane, a renowned psychic medium, will be visiting Solway Hall on the 17th October. If you're curious about spiritual enlightenment or seeking a connection with the beyond, this event will offer a unique experience.

These events highlight the dedication of the Solway Hall's volunteers, who work tirelessly to bring top-quality entertainment to our small town. Let's show our support by attending these fantastic performances!

Did you know:

The Solway Hall is the perfect venue for your next function. They even host weddings from the ceremony to the reception!



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WHAT'S ON AT THE SOLWAY HALL



PUNK WIPEOUT (ALL DAYER)
Saturday, 7 September

THE FLOYD EFFECT: DARK ANIMALS

Friday, 27 September



**MAET LIVE AND THE NEVER
NEVERLAND EXPRESS**
Saturday, 28 September

Whitehaven Civic Hall
Lowther Street, Whitehaven CA28 7SH
www.thesolwayhall.co.uk

NORTH LAKES
HOTEL & SPA

What's coming up...



Definitely Mightbe

Friday 4th October

£52 per person

Enjoy a fantastic evening with an Oasis tribute band. Price includes a two course dinner.



Queen II

Friday 22nd November

£52 per person

Enjoy a fantastic evening with a Queen tribute band. Price includes a two course dinner.



Strictly come dying

Saturday 1st February

£52 per person

Come along for a fun and interactive investigation murder mystery event. Price includes a three course dinner.

To book, please call the Events Team on 01768 868111 or email events@northlakeshotel.co.uk

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What's On AT A GLANCE

SEPTEMBER

- 3 The Ladyboys od Bangkok: 25th Anniversary Tour
- 12-14 WADAMS: Wizard of Oz
- 20 Made In Tennessee
- 27 Limehouse Lizzy

OCTOBER

- 2 An Audience with: Liverpool Legends Phil Thompson & Bruce Grobbelaar
- 8 Talon: The Best of Eagles (To The Limit 2024)
- 15-19 WAOS: The Hunchback of Notre Dame
- 23-24 Psychic Sally

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FINKLE STREET, WORKINGTON CA14 2BD



WHAT'S ON LIVE MUSIC

SEPTEMBER

- 6** **FOREVER NU: METAL TRIBUTE FESTIVAL**
The Brickyard, Carlisle
- 7** **THE RISING: TRIBUTE TO BRUCE SPRINGSTEEN**
The Brickyard, Carlisle
- 7** **DESPERADOS - EAGLES TRIBUTE**
for 'Bee Unique' local kids with Autism
Marchon Club, Whitehaven
- 13** **THE ROCK OF AGES EXPERIENCE**
Old Fire Station, Carlisle
- 14** **ANTHEMS OF ROCK**
Penrith Playhouse Theatre
- 19** **HERMAN'S HERMITS**
Theatre by the Lake, Keswick
- 19** **HARDWICKE CIRCUS: ALTERNATIVE FACTS RECORDS LABEL LAUNCH PARTY**
A night full of live music for the label launch of Carlisle based band Hardwicke Circus! Live performances from Hardwicke Circus, Joe King Carrasco, Antics, Mark Carruthers, Jon Musgrave & 99 Mr Bennis.
West Walls Brewing Co, Carlisle
- 21** **SHALLOWS**
BrewDog, Carlisle
- 21** **THE JERSEYS**
Penrith Playhouse Theatre
- 21** **THE PAUL MCKENNA BAND**
Kirkgate Centre, Cockermouth
- 22** **HARBOUR SESSIONS**
Free live music under The Hub runs from 12pm to 2pm
Whitehaven Harbour
- 25** **THE THREE DEGREES - FEATURING ORIGINAL MEMBER VALERIE HOLIDAY**
Old Fire Station, Carlisle
- 27** **LIMEHOUSE LIZZY**
Carnegie Theatre, Workington
- 28** **THE WILD MURPHYS IRISH FOLK BAND**
for 'Bee Unique' local kids with Autism
Marchon Club, Whitehaven
- 28** **GO WEST FRONT MAN, PETER COX + FULL BAND**
Old Fire Station, Carlisle

OCTOBER

- 4** **DEFINITELY MIGHTBE: OASIS TRIBUTE**
North Lakes Hotel & Spa, Penrith
- 5** **HEY ROCK AND ROLL: SHOWADDYWADDY TRIBUTE**
for 'Bee Unique' local kids with Autism
Marchon Club, Whitehaven
- 5** **MCFLEETWOOD: FLEETWOOD MAC TRIBUTE**
The Brickyard, Carlisle
- 8** **TALON - THE BEST OF EAGLES (TO THE LIMIT 2024)**
Carnegie Theatre, Workington
- 10** **UNIQUE CONCERTS PRESENTS: A CELEBRATION OF ADELE**
An extraordinary candlelight event.
Carlisle Cathedral, Carlisle
- 10** **THE VASELINES**
The Brickyard
- 11** **80'S MANIA**
Old Fire Station
- 12** **FOLK AT THE JOHN PEEL: JACK RUTTER**
The John Peel Theatre, Wigton
- 16** **BERNARD BUTLER, PLUS SPECIAL GUESTS**
Old Fire Station, Carlisle
- 19** **VIVA NEIL DIAMOND - UNPLUGGED**
Rosehill Theatre, Whitehaven
- 25** **SHOWADDYWADDY**
Old Fire Station, Carlisle
- 25** **QUEEN: ONE VISION**
Penrith Playhouse Theatre
- 26** **ULTIMATE STONE ROSES**
The Beggar's Theatre, Millom
- 26** **HANDS OF THE HERON (+ SUPPORT)**
Kirkgate Centre, Cockermouth
- 27** **KINGS OF THRASH: THE MEGA YEARS WITH DAVID ELLEFSON & JEFF YOUNG**
Read our interview with David Ellefson on page 92!
Old Fire Station, Carlisle
- 27** **SWIFT & STYLES: THE ULTIMATE LIVE TRIBUTE SHOW**
Harraby Theatre, Carlisle
- 29** **THE HUNNA**
Old Fire Station, Carlisle



DAVID ELLEFSON

Thrash Metal Legend talks 'Kings of Thrash', as they head to Carlisle.

by Steve McCormick

Best known for his work with the seminal thrash band Megadeth, David Ellefson is a metal legend. As a member of one of the "Big Four" of thrash metal (with Metallica, Anthrax, and Slayer), his partnership with Megadeth founder Dave Mustaine has led to millions of records sold and numerous awards.

Fresh off a sold-out show in Switzerland with his latest project, Dieth, Steve McCormick caught up with David to discuss his upcoming show at Carlisle's Old Fire Station on Sunday, October 27, 2024.



What inspired the formation of Kings of Thrash?

The idea came after fans brought their Killing Is My Business records for me to sign at a convention. It reminded me that, though not as mainstream, this album has grown into a cult classic. Songs like "Looking Down The Cross" and "The Skull Beneath The Skin" are part of Vic Rattlehead's origin story. Musically, these tracks have a groove and swagger that got lost during the rushed recording. Reconnecting musically with Jeff Young while working on a documentary about Nick Menza sparked the idea to play "Killing Is My Business and So Far, So Good... So What?!" live again. That's how Kings of Thrash was born—to bring these songs back to the venues where they were originally composed, where they translate better than in large arenas.

Will Kings of Thrash release an album?

We've written some cool material but are still finding our lane as composers. The chemistry with Kings of Thrash seems strongest on stage, playing fan favorites. If new material comes together, we'll move on it, but for now, we're focused on the songs people want to hear.

Is the new material in the thrash genre?

Not exactly. It's somewhere between Van Halen and something with an Allan Holdsworth vibe. Jeff is a skilled guitarist, and in Kings of Thrash, he's shown his ability to perform a wide range of material while maintaining his identity.

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How does touring in the UK compare to other places?

The UK is special. The last time I toured there with Megadeth in 2020, we played big arenas like Wembley. This tour, we're hitting cities like Carlisle, Belfast, Dublin, and Edinburgh, making it a proper UK tour. We named it "Anarchy in the UK" as a nod to the Sex Pistols, whose influence, along with the New Wave of British Heavy Metal, fueled us as young musicians. I'm excited about this tour—it feels complete and authentic.

How are you traveling for the tour?

We're using a tour bus. With some great support acts, it's going to be a good night out for everyone. Tickets are selling well, and people are excited to hear deep cuts that haven't been played in years.

Do you feel connected to this part of the world, given your family heritage?

Absolutely. On my mother's side, I have English heritage from the Parsons family. Touring through Europe and the UK feels like connecting with my roots. It's been an unexpected gift—learning about my family history while traveling the world with my bass guitar."

Can you tell us more about the horror film you're involved in?

That's a project by my friend Drew Fortier. We've worked together in The Lucid, and he's incredibly talented in both acting and filmmaking. The new film, Bunker Heights, is a great horror flick I think people will love. I've got a cool acting part in it, and I'm excited to see how it all comes together.



**"I'm excited about this tour
- it feels complete and authentic."**

Were you hands-on as an Executive Producer?

For the Nick Menza documentary, I got involved in narrating and eventually helped produce it. For Bunker Heights, Drew is the main force behind it, but I always bring my full experience to any project. We have great creative synergy, making both music and movies.

Don't miss David Ellefson and Kings of Thrash, with special guests Andry Lagiou and Hellgrimm, at Carlisle's Old Fire Station on Sunday, October 27, 2024. For tickets and more information,

www.ofscarlisle.co.uk



This is just a snippet, but you can read the full interview, available on our website at www.cumbriaguide.co.uk

What's On at



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WHAT'S ON

THEATRE/COMEDY
FILM/MUSICALS

COMEDY

SEPTEMBER

- 7** **ED BYRNE: TRAGEDY PLUS TIME**
The Beggar's Theatre, Millom
- 8** **GARY MEIKLE**
Old Fire Station, Carlisle
- 14** **STEPHANIE AIRD LOL'S**
Harraby Theatre, Carlisle
- 14** **COMEDY@KIRKGATE WITH JOHN LEBBON**
Kirkgate Centre Cockermouth
- THE COMEDY NETWORK**
19 *4 comedians in 1 night! Tiff Stevenson, Karen Bayley, Joe Kent Walters, MC for the night Phil Ellis*
Old Fire Station, Carlisle
- 20** **ROSEHILL'S COMEDY CLUB**
Rosehill Theatre, Whitehaven
- 26** **DOM JOLY: THE CONSPIRACY TOUR**
Theatre by the Lake, Keswick

OCTOBER

- 3** **RED RICHARDSON: BUGATTI LIVE**
Old Fire Station, Carlisle
- 11** **GAVIN WEBSTER: AN EVENING OF SWEARING AND SHOUTING**
Rosehill Theatre, Whitehaven
- 17** **URSULA CARLSON: JUST JOKES**
Old Fire Station, Carlisle
- 24** **FUN! WITH BARBARA NICE**
Old Fire Station, Carlisle
- 25** **THE ADVENTURE ACADEMY FOR ADVENTURERS WITH THE NOISE NEXT DOOR**
Rosehill Theatre, Whitehaven



FILM

SEPTEMBER

- 20** **TREASURE (12A)**
Kirkgate Centre, Cockermouth

OCTOBER

- 31** **NOSFERATU (1922)**
with live score from Chris Green
Rosehill Theatre, Whitehaven



THEATRE

SEPTEMBER

- 12-14** **WADAMS: WIZARD OF OZ**
Carnegie Theatre, Workington
- 13** **SUPPORT YOUR LOCAL LIBRARY: A GOTHIC/PUB ROCK OPERA!**
A love letter to literature and libraries, this comedy musical two hander celebrates the written word and the power it gives us.
Penrith Playhouse Theatre
- 29** **FRANKENSTEIN (ON A BUDGET)**
Rosehill Theatre, Whitehaven

OCTOBER

- 3** **THE BAR AT THE EDGE OF TIME**
The Solway Hall, Whitehaven
- 4** **LOOKING FOR ME FRIEND: THE MUSIC OF VICTORIA WOOD**
The Beggar's Theatre, Millom
- 5** **THE WHIRLIGIG OF TIME**
St Bees Village Hall
- 9-12** **TREASURE ISLAND**
Theatre Royal, Workington
- 10** **METTLE - ARTS OUT WEST PRODUCTION**
Told by award-winning solo performer Nicholas Collett
Florence Arts Centre, Egremont
- 12-16** **ROMEO AND JULIET - MADE BY TBTL**
Theatre by the Lake, Keswick
- 15-19** **WAOS: THE HUNCHBACK OF NOTRE DAME**
Carnegie Theatre, Workington
- 18** **HIGHLY SUSPECT: MURDER AT THE MOVIES**
Rosehill Theatre, Whitehaven
- 20** **STORIES OF A WATERSPRITE**
Rosehill Theatre, Whitehaven
- 23** **THE MCDUGALLS: HALLOWEEN PARTY**
Theatre Royal, Workington
- 24** **STEEL - ARTS OUT WEST PRODUCTION**
Two 17 year olds are forced into a town-wide treasure hunt in Workington where annihilated aunties, Snake-bite-drenched drag queens and a zombie Princess Diana lie in wait. By local writer Lee Mattinson.
Florence Arts Centre, Egremont
- 26** **ODDSOCKS: ROGER RADIO ATTEMPTS FRANKENSTEIN**
Rosehill Theatre, Whitehaven

**AUTUMN
24**

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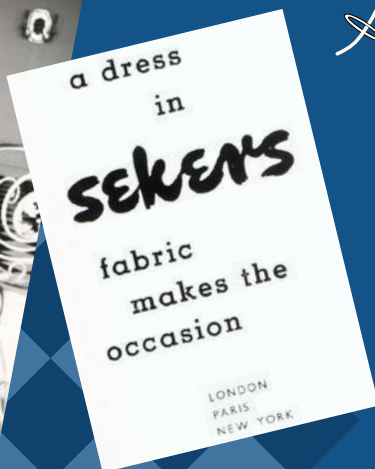
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WHAT'S ON ENTERTAINMENT/ OTHER EVENTS

SEPTEMBER

5 THE GREAT BIG KIRKGATE QUIZ!
This event needs no introduction, but it's getting one anyway! The Great Big Kirkgate Quiz is back! Quizmaster Toby Gaffney returns to baffle and bamboozle us through a myriad of brain teasing rounds.
 Kirkgate Centre, Cockermouth

7-8 HERITAGE OPEN DAYS AT SENHOUSE
Free admission to the museum, guided tours of the fort, special exhibitions, and more...
 Senhouse Roman Museum, Maryport

12 SCI-FI QUIZ
 BrewDog, Carlisle

15 EXPERIMENTAL LANDSCAPE: PULLING PAINTS
This one hour session will provide you with an opportunity to experiment creating landscapes and seascapes using a technique of pulling paint.
 Florence Arts Centre, Egremont

15 TOUCH A TRUCK - ROTARY CLUB OF COCKERMOUTH'S FAMILY FUN DAY
10am - 4pm. Explore trucks, cranes, fire engines and much more. Adults £5, children free. Entry includes free fairground rides and face painting. Free car parking.
 James Walker site, Cockermouth (public access via Wakefield Road)

16 PETER JAMES - IN CONVERSATION
Join Bookends for an evening with the bestselling and hugely popular Peter James for the launch of his latest novel 'One of Us Is Dead'.
 Old Fire Station, Carlisle

21 COMEDY WORKSHOP: INTRO TO CLOWNING
 Rosehill Theatre, Whitehaven

21 PAINT YOUR OWN HOUSE
 Florence Arts Centre, Egremont

24 PAM AYRES
 Theatre by the Lake, Keswick

25 GERTRUDE LAWRENCE: A LOVELY WAY TO SPEND THE EVENING
 Santon Bridge Village Hall

28 CRAFT CAFE - FREE
No booking required, just show up with something to do! This is a free event for people who want to have a cuppa and a chat while doing something creative
 Florence Arts Centre, Egremont

OCTOBER

1 WILD ZUCCHINIS WORLD FOOD NIGHT
 Kirkgate Centre, Cockermouth

5 OKTOBERFEST BEER FESTIVAL
Live Oompah band. German themed food. Prizes for the best dressed. Ticket price includes 2 pint stein full of German beer.
 The Yellow Ear, Whitehaven

9 AN EVENING WITH ALAN JOHNSON
 Old Fire Station, Carlisle

19 AUTUMN WINTER CRAFT FAIR
 Theatre Royal, Workington

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Cockermouth's legendary shopping experience is back! Come along to our ever popular sale of pre-loved good-quality ladies clothes. Entry to each day £2 (which includes automatic raffle entry)
 Kirkgate Centre, Cockermouth

23-24 PSYCHIC SALLY
 Carnegie Theatre, Workington

26 KIRKGATE MONTHLY MARKET
Whether it's original creations from local makers and crafters, unwanted household items, CD's, books, DVD's, toys and games you're sure to find some treasure among our sellers offerings.
 Kirkgate Centre, Cockermouth

28 AN INTRODUCTION TO WOODTURNING
 The Rebuild Site CIC, Carlisle

30 SUMART TO DO - MONSTROUS MASKS
 Rosehill Theatre, Whitehaven



GOT AN EVENT TO SHOUT ABOUT?

List it in the Cumbria Guide What's On section!



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Drybeck Farm	07377 587941
Hundith Hill Hotel	01900 822092
LakeSide House, Keswick	017687 72868
Seacote Hotel, St Bees	01946 822300
Moresby Hall	01946 696317
Waverley Hotel, Workington	01900 603246

ATTRACTIONS



Helena Thompson Museum	01900 64040
Honister Slate Mine	017687 77230
Lake District Coast Aquarium	01900 814774
Ravenglass & Eskdale Railway	01229 717 171
Senhouse Roman Museum	01900 816168
The Beacon, Whitehaven	01946 592302
The Rum Story, Whitehaven	01946 592933
Tullie House	01228 618718

MEDICAL & SUPPORT



Cumbria Health on Call (CHOC)	111
Domestic Violence Support	07712 117 986
NHS Direct	111
Non-emergency Police	101
MindLine Cumbria	0300 561 0000
OutREACH LGBT Helpline	0800 345 7440
Samaritans	116 123 (Free)
West Cumberland Hospital	01946 693181
Workington Community Hospital	01900 705000

TRAVEL & WEATHER



Bus Timetables	0871 200 22 33
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TRANSPORT



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Hobans 1923	01900 512050
Ike's Cabs (Egremont)	077 0683 3853
M & I Travel	01900 603317

THEATRES & CINEMA



Alhambra Cinema, Keswick	017687 72195
Carnegie Theatre & Arts Centre	01900 602122
Florence Art Centre	01946 824946
Gaiety Cinema, Whitehaven	01946 748507
Green Room, Carlisle	07403 481859
Harraby Community Theatre	01228 537831
Kirkgate Arts, Cockermouth	01900 826448
Solway Hall, Whitehaven	01946 690970
Theatre Royal, Workington	01900 603161
Rosehill Theatre, Whitehaven	01946 692422
The Wave, Maryport	01900 811 450
Theatre by the Lake	01768 77 44 11

TOURIST INFORMATION



Carlisle	01228 598 596
Cockermouth	01900 822 634
Egremont	01946 820 693
Keswick	0845 901 0845
Maryport	01900 814774
Penrith	01768 867466
Siloth	016973 31944
Whitehaven	01946 592302
Workington	01900 706170

Got a handy number to add? An event you want listed, a feature you think we should be covering, or even just a comment to let us know how we are doing and what we can do to improve? Email us: **info@theguidemediagroup.com**





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