



# Hub



...your free community magazine

## Signs of twinning harmony



**The end of September 2012 saw the celebration of 'British Week' in Diessen am Ammersee, attended by Jennifer Borer - Twinning Chairman, along with several other members from Windermere.**

The week included a mixture of events and visits, but the most important occasion was being honoured by the people of Diessen with the unveiling of the sign post by their Burgermeister, Herbert Kirsch, for the naming of the road near the waterfront as 'Windermerestrasse'.

It was a proud moment for Jennifer Borer to represent both the Twinning Association and Windermere Town Council for this special event and she took a message of greetings and thanks from Windermere Town Mayor, Allan Winrow, which was gratefully received and read out in both English and German by the Diessen Chairman, Hans-Peter Sander. Music was provided by the 'Blasergruppe', and very British refreshments were served, including 'Pimms' and cucumber sandwiches!

The Twinning Association is looking forward to many events this year. A performance of Carl Orff's 'Carmina Burana' with Staveley Choral Society, the Millennium Youth Choir, various percussionists and instrumentalists. Members from Diessen are

also coming over to Windermere for the performance. This joint venture will be performed at the Lakes School on Saturday, 20th April and they would welcome you to support this ambitious project.

Saturday March 9th is their Coffee Morning and Thursday evening, 14th March, they will be having a combined Social Evening and AGM. Both events will be held at the Marchesi Centre and everyone is invited. They would be delighted for people to come along and find out more about twinning and the benefits it brings to our community.

This year the Association is arranging a visit to Diessen for the annual 'Topfermarkt' (Pottery Festival) on 11th and 12th May. Several members have already booked flights, and if you would like to join in with this event or would like more information please get in touch with Jennifer Borer – Chairman, Windermere/Diessen Twinning Association. Tel 015394 44995 email: jsborer@fiscal.co.uk

## The Hub is sponsored by:



# Reflecting on the past and the future

2012 saw Windermere Reflections kick into delivering 18 projects bringing long term benefits and increasing understanding of environmental issues in Windermere's catchment. Here's a taste of what they got up to and what's to come.



Practical Conservation - together with partner organisations, and lots of keen volunteers, they have been out:

- surveying and protecting Windermere's remaining reeds. They're an important habitat and suck up algal bloom feeding phosphates.
- surveying and removing invasive plants like Himalayan Balsam and Japanese Knotweed.
- planting Juniper and other trees to stabilise soil and prevent it washing into our lakes and rivers.

There are lots of opportunities for you to get involved this year.

Greener Choices - Watch your doormat for the 'Love your Lakes' leaflet about how to find phosphate free laundry and dishwasher detergent and doing your bit to reduce algal blooms. They have also produced a number of booklets which can be downloaded free from their website. How about 'adopting a patch' to litter pick? They are always on the lookout for more help!

Celebrating heritage & culture - at Ambleside Roman Fort they have uncovered remains of key buildings so it's easier to see what was there and are now working on improving the way the story about its history and what you can see is told. The National Trust are running this project and there will be opportunities to survey and do walling work this year for those that want to get involved.

Volunteers uncovered 100s of new archaeological sites in woodlands and surveyed water mills used to wash and process sheep's wool. Windermere Reflections will be on the hunt for mining heritage this spring; places are going fast, so shout now if you want to get involved.

This is just a taster and there's much more to come. To find out about Windermere Reflections, its events and to register for the e-newsletter visit [www.windermere-reflections.org.uk](http://www.windermere-reflections.org.uk) or call on 015394 34401.

## Contact The Hub!

## It's Cumbria's Cathedral

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The Fraternity Project is Carlisle Cathedral's largest fund raising appeal for more than 20 years. The Cathedral needs to raise £2 million in order to develop the teaching and learning work that goes on there.

It wants to make more of the wonderful stories from its 900 year history and to make them available to more of the residents of Cumbria and to the city's many visitors. The Cathedral has developed plans which will make the Fraternity building, at the centre of the Cathedral grounds, the hub for this work.



"There are great things to discover here and we want to make them available for everyone," said Chairman of the Cathedral Development Trust, Mr John Nixon.

To find out more about the Project or find out how you could help, please contact: The Project Administrator  
The Fraternity Project, Carlisle Cathedral Office  
7 The Abbey, Carlisle CA3 8TZ 01228 548107 or email [fratry@carlislecathedral.org.uk](mailto:fratry@carlislecathedral.org.uk)

[www.carlislecathedral.org.uk](http://www.carlislecathedral.org.uk)

## Caring about changes in community care

Trustees of the Bowness and Windermere Community Care Trust met in November and felt it important to widen awareness of the activities they already undertake, and those under development, that will provide benefit within our community.

The trust is actively working with partners to develop a range of projects providing services for young people and the elderly in the area. These could include a community meals service, day care for elderly people suffering with dementia and increased provision for youth activities.

As reported in previous issues, BWCCT is already managing the 8 public conveniences in the area on a not for profit social enterprise basis and, after some teething problems, everything now seems to be working well with positive comments now being received about cleanliness.

The 20p charge to use the toilets is necessary to help meet the substantial costs of cleaning and maintenance. Where would the 300,000 plus visitors who have used the toilets this year have 'spent a penny' if the toilets were not available?

However, the charge only provides a contribution towards the operating costs, with South Lakeland District Council and Windermere Town Council providing additional funding toward the project.

SLDC funding is, however, short term and when this terminates, consideration will have to be given on how to ensure the generation of sufficient revenue to maintain the toilets and enable further investment.

Toilets, such as those at Quarry Rigg, have proved busier than had been originally projected and they would benefit from extensive refurbishment. Finding the money to undertake this work will, however, present a challenge.

The trust also runs the Phoenix Centre which offers space for groups to meet and a large activity hall for dance classes and sporting activities. The Hall is also proving increasingly popular for children's parties.

To enquire about activities at The Phoenix Centre please call 015394 48415 or email [info@bwcct.co.uk](mailto:info@bwcct.co.uk)

For further information on the wider range of projects in which the Trust is involved contact Gillian Baines via [gill.thephoenix@gmail.com](mailto:gill.thephoenix@gmail.com)

## Olympics inspire Juniors

Royal Windermere Yacht Club has experienced a surge of interest in their junior training programme following Team GB's fantastic success in Olympic sailing.

The Club runs 8 junior courses for children during the summer holidays, with morning and afternoon sessions spread over 4 weeks. An additional week was added last year following demand from parents and children, meaning that almost a hundred children aged 8 - 14 years were trained to RYA level 1 or beyond.

RWYC course organiser Amanda Wilson attributes this to the excitement raised by the five-medal haul achieved by Team GB. "Even Ben Ainslie started as a beginner and who knows, we may have the future Ben Ainslie or Hannah Mills here among us". RWYC has produced notable champions, with Steve Goacher and Phil Evans three-time world champions in the Flying Fifteen class, and Andy Tunnicliffe crowned world champion (with helm Ian Dobson) for the fourth time in the GP14 class last year in Cornwall.

The Club also organises fun sailing activities, races for junior sailors and their parents, along with picnics and bbq's. The big difference between adult and junior training is that the youngsters really enjoy the capsized practices! More dinghy training courses are taking place at Easter. Find out more at:

[www.royal-windermere.co.uk](http://www.royal-windermere.co.uk)



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[www.mountain-goat.com](http://www.mountain-goat.com)

## Pride of place

Have you seen the topographical display overlooking the lake and fells by the side of Glebe Road, or paused for a while in Birthwaite Gardens? How many times have you driven by Windermere Hotel, walked by the trees "Sara" and "Tom" along Bowness Promenade, or ascended Biskey Howe viewpoint?

Over the years Windermere and Bowness Civic Society has produced notices and other structures to mark interesting events, people and places. A new plaque was unveiled on the topograph in September 2012 commemorating the Waterbird flight\* on the lake.

Taking pride in Windermere and Bowness, the Civic Society cares about the appearance of our villages and institutes schemes to help improve them.

Would you be interested in helping the Civic Society with their projects? If so, then they would like to hear from you. In return you will receive a quarterly newsletter and have the opportunity to be involved in other Society activities including outings, discussion meetings, lectures, treasure hunts and educational courses.

[www.windermerebownesscivicsociety.org.uk](http://www.windermerebownesscivicsociety.org.uk)

[info@windermerebownesscivicsociety.org.uk](mailto:info@windermerebownesscivicsociety.org.uk)

\*[www.waterbirdproject.com](http://www.waterbirdproject.com)

## Just a trim

There are many mature shrubs in the Library Gardens and they need drastically cutting back. Many people worry when they see this happen, but it really does help the shrubs to re-grow and develop into healthy well-shaped plants. The cutting back also has the added advantage of making the gardens feel safer for those walking through them to the car park or the library at dusk.

Continental Landscapes and the Windermere in Bloom group realise that the gardens are going to look a little bare whilst the plants re-grow and wondered if people would like to help to replant the spaces by supplying plants or sponsoring areas to enhance the gardens for our community pleasure? Contact Joan Stocker on 015394 44403.

## Bake the cakes!

Ambleside Country Market is seeking to fill a vacancy for an enthusiastic and committed individual with proven baking skills to sell baked products at its weekly market. Ambleside Country Market is a co-operative costing 5p to join with 10% commission paid to the co-operative on sales made on market day.

There is also opportunity for someone with craft and wood turning skills to sell their wares and, if interested in either of these opportunities, why not go along to the market on March 13th at St John Ambulance Hall in Ambleside between 10.00am and 11.30am or call Jenny Harrop on 015394 33905.

## We are blooming

As a result of the Silver Gilt Award in 2012, Windermere and Bowness have been selected to enter Britain in Bloom again! The success last year was greatly helped by the way in which schools, voluntary groups, businesses and community members helped support the project by providing displays on their property, sponsoring planting or rolling up their sleeves and getting involved with projects.

It is the objective to improve on the award this year by encouraging more locals to make displays and develop projects that will really help to make the village look good.

Hear how you can help contribute to the plans to improve performance this year and gain ideas from some interesting speakers at The Marchesi Centre on Tuesday February 26th at 7pm in the Millennium Lounge. There will also be a chance to swap plants on the Plant Exchange Stall.

## 'hird the story?

Home to the Groves family until 1945, Holehird mansion sits at the southern end of the Troutbeck Valley, with stunning views of the Lake set amidst sloping terraced lawns and formal gardens with a backdrop of rugged mountains, fields and fells. It is now the home of up to 29 disabled residents and is run by Leonard Cheshire Disability.

There are a wide variety of volunteer opportunities available working with the disabled residents at Holehird, including driving, sharing hobbies, befriending, helping with activities, and fundraising. Whatever your interest and skills they can find a rewarding opportunity for you to support their work with disabled people.

Whether you want to make new friends, get work experience or become more active in the community, they need your help. If this sounds like something you might be interested in, please contact Chris Hogg on 01539 442500 or email [chris.hogg@lcdisability.org](mailto:chris.hogg@lcdisability.org)

For more information about volunteering at Leonard Cheshire Disability, please check the website: [www.lcdisability.org](http://www.lcdisability.org)

## It's a real deal!

MyCumbria is a new membership scheme from Cumbria Tourism exclusively for those who live or work in the county. It aims to support our local businesses and encourage those living in Cumbria to realise and rediscover the wealth of fantastic places we have to enjoy right here on our doorstep.

For just £20 a year a MyCumbria card gives you access to a whole range of deals and discounts on everything from food and drink, shopping and accommodation to leisure activities and attractions. You can redeem all the offers listed on [www.mycumbriacard.co.uk](http://www.mycumbriacard.co.uk) as many times as you like throughout the year.

Visit [www.mycumbriacard.co.uk](http://www.mycumbriacard.co.uk) for further information – there is something for everyone.



## Boys allowed too!

From ballet to musical theatre there is something for everyone on offer at the Silver Web Academy of Dance! Based at the Phoenix Centre in Windermere during the week and at Staveley Dance Studio on Saturdays, Silver Web encourages youngsters from 2 to 18 years and adults to join in and have fun.

Classes include; Ballet, Modern, Tap, Festival Solos, Musical Theatre, Jazz and Street Dance for Boys. Adults can try Tap, Jazz and Ballet. Silver Web also holds regular workshops, run by Ludus Dance Company, who aim to introduce different styles and genres of dance. They will be offering a summer school of dance activities with a varied schedule and fun performances.

A fully costumed stage show every 18 months helps the children experience the thrill of performing on stage. Students took part in the South Lakes Dance Festival in Ulverston and are entering the Lancaster Stage Dance Festivals in April as well as entering for their Royal Academy of Dance examinations in March, so a busy term lies ahead.

Principal Dawn Butterworth LRAD is a registered graduate of the Royal Academy of Dance in London and is a Registered Teacher of the RAD and AISTD. She is also a trained Young Arts Award Advisor.

Kirsty Brooksbank, a former pupil, has joined Silver Web as Assistant Teacher. Kirsty runs the musical theatre and boys' street dance as well as offering LAMDA examinations in speech and drama.



Silver Web's aim is to offer safe and varied training for young dancers so their talent can be nurtured, providing them with skills and qualifications whilst inspiring a fun and healthy lifestyle.

For more information about Silver Web's classes, contact Dawn Butterworth: 015395 32453.  
[www.silverwebacademyofdance.weebly.com](http://www.silverwebacademyofdance.weebly.com)

## Blooming baskets

Windermere in Bloom is running a free workshop to help you get better displays in your planters and baskets.

This will be at The Ladyholme Centre, Lake Road, Windermere on April 20th 10-12 am.

## Superfast broadband!

Home owners and businesses in Windermere, Ambleside, Bowness and Storrs Park can now get connected with up to 50Meg broadband thanks to Kendal-based Kencomp Internet.

Locally based Kencomp Internet specialises in providing superfast broadband to towns and rural communities throughout Cumbria and North Yorkshire using microwave radio technology which is especially suitable for this purpose. A major benefit of this is that the Kencomp service doesn't require a phone line so it doesn't matter how far away from the phone exchange you live!

It also means the speed you'll get with the service is a lot faster than phone line broadband and you don't need a phone line so there's no line rental cost. And with a minimum service period of only 3 months you aren't tied into long-term contracts making it ideal if you own a second home or holiday home.

Founded in 2003, Kencomp Internet provides superfast broadband and internet phone services- fast, local and secure - to business and residential customers throughout Cumbria and North Yorkshire, and hosting services nationwide. Last year the service expanded to cover the Lyth Valley, Lindale, Sandside and Far Sawrey. For more information call us 01539 898 145 or look at [www.kencomp.net](http://www.kencomp.net). [advertorial]

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## International fare

St Cuthbert's Catholic Primary School held an International Christmas Celebration and Christmas Bake Off Competition in December. The school community celebrated the diverse nature of St Cuthbert's by sharing and enjoying Christmas Traditions found in foods, games and decorations, resulting in a huge number of yummy cakes!

Devised by a parent, the event was organised through the collaborative work of both Parent and School Councils, with staff support. It is hoped that this initiative will be the launch of a monthly "International Club" where parents, with experience of growing up/living or working in other cultures, will be invited to share their personal stories with the school community.

# Seating revival



Around Windermere and Bowness there are over 171 public seats in our parks and public spaces. A recent survey found over 50 to be in dire need of repair, renovation or replacement. Age UK Village Agent Tony McMichael said, "When public spaces look cared for, right down to individual seating, it encourages everyone to care for their area. It makes for happier visitors, who are vital for our economy, as well as building pride in our community within all age groups."

Age UK Volunteers with carpentry and engineering experience have teamed up with younger people to pass on their skills and they are working together to carry out repairs or replace public seating as part of the **Save our Seats** campaign. The campaign is off to a great start, with initial funding provided through the Chief Constable's Property Fund. Working in conjunction with the local Cumbria Neighbourhood Police, the local Council and South Lakeland District Council, they will identify more seats that need TLC, arrange further funding for materials and look for a base from which the project can develop to provide opportunities for all ages to work and learn from each other to help make our local area more attractive for everyone.

Other projects that Tony is currently working on include: seated exercise classes; more opportunities for older men to share their time together and traditional dancing classes. Tony needs volunteers to work with him to develop these projects and ensure that they are sustainable – if you are able to help, please call 01539 728118.

## Message from our Mayor

Now that Christmas and the New Year are safely behind us, it's time to embrace the new year and start planning for the coming spring and summer (please, let us have one this year!)

No time to rest on our laurels though, as we have accepted an invitation to become a finalist in the 2013 Britain in Bloom competition, so we have a real chance of improving on last year's award. I know it will be a challenge, quite apart from what the weather may throw at us, as finances and resources are limited, but I am confident that everyone will do what they can to keep Windermere a lovely place to visit and to live and work in.

Meanwhile, work has been ongoing in Elleray Wood to give the trees some much-needed and long-overdue TLC, removing old and diseased specimens and opening up the canopy generally to allow new saplings and woodland plants to thrive and develop. If you haven't been in Elleray Woods recently,

do please take a stroll up and check out the beautiful new viewfinder on Orrest Head as well.

You may like to know that the Council now have a web site available with details of Councillors, dates of meetings and previous minutes, etc. It's still in its early stages of development but we will be adding to it as time goes on. The web address is shown below, and, of course, you can also follow the Council on Twitter.

If you are interested in becoming a Town Councillor, there are still vacancies waiting to be filled – please check the web site or notice boards for further information. Meetings are held twice monthly and are open to members of the public and I genuinely would like to see you there one evening.

So here's to a successful and prosperous 2013 with some good weather thrown in too!

Allan Winrow

[www.windermere-tc.gov.uk](http://www.windermere-tc.gov.uk) Twitter: @windermereTC

## Orff on in the Lakes

"If you go to the performance of Carmina Burana by Carl Orff on Saturday 20th April at 7-30pm at The Lakes School, it will be an evening you will not forget!"

The drama and evocative nature of this well known piece of music is surely enough to entice you but, in addition, there will be The Millennium Youth Choir; a huge bank of percussion instruments; 2 pianos; percussionists from the Westmorland Youth Orchestra; singers from The Lakes School and Staveley Choral Society plus singers from Diessen - which is the town Windermere is twinned with and where Carl Orff lived for most of his life.

Tickets will be available from the Staveley Pharmacy and St Mary's Church Windermere two weeks prior to the concert. For more information, contact Philip Burton on 015394 42107.

## Word of mouth

Recently formed Windermere Oral History Society is supported by Ambleside Oral History Group. They aim to make recordings of local people talking about their experiences of the past in Windermere which will be stored in Windermere Library.

They would love to involve more volunteers to help in a variety of ways:

- people willing to interview local residents
- local residents willing to be interviewed
- people willing to transcribe interviews
- people good with computers
- people good at fundraising

If you have any of these skills, or if you know someone with wonderful tales to tell, or would just like to find out more, please contact Penny Henderson on 015394 42377.

## My Little Henry

## Phantom extraordinaire



With a new puppy for company and four fascinated grandchildren in Canada, Windermere resident Victoria Howarth decided to write short bed time stories as a nice way to keep them informed of Henry's progress and his exciting adventures!

It was suggested that she publish the stories and, working with local illustrator Mary Lauritzen, two My Little Henry books (shown below) have now been published, and a further two, 'Henry's Second Big Adventure' and 'A Disaster for Henry's Mummy', are about to be released.

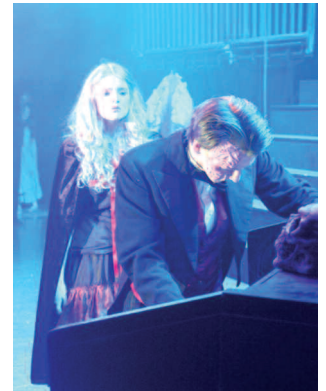
Henry is now six years old and there are undoubtedly more stories to be told! The books are available locally at:

Windermere Post Office, Simpson's Newsagents, The Pine Shop, Oakhill Vets, Nail & Beauty, The Men's Room and Windermere TIC.



'I only wish I knew your secret; really, you were perfect'.

There are no more appropriate words for The Lakes School performance of The Phantom of the Opera than those sung by character Meg Giry. Was it the flawless vocals? Or the awe-inspiring acting? Or the score beautifully played by the semi-professional orchestra, comprising local musicians and students? Or the amazing scenery?



It was everyone one of those but above all it was the truly extraordinary display of talent which left me open-mouthed and face streaming with tears in the first few minutes. I had extremely high expectations as this was a Lakes School production –previously of Jesus Christ Superstar, Sweeney Todd and Rent fame. Despite the pedigree, this year (after raising £17,000) the cast and crew delivered a truly slick and simply outstanding performance. If they had demanded more money to allow the audience back in for the second half, no-one would have argued. The universal feeling was, 'School shows are not meant to be this good.' What next Mr Theobald? What next? **Jenny Kirk**

## Santa's present in Windermere and Bowness



The day started with the sold out Seeking Santa Cruise, aboard a Windermere Lake Cruises Steamer. Once Santa had been found he joined the steamer to receive the children's requests for gifts.

On their return to Bowness, Santa and his elf rode off in style on the stunning Booths' horse and carriage. The Windermere and Bowness Community Choir performed a fabulous arrangement of tunes created especially for the evening before the Kookaburra All Stars drumming sounded the arrival of Santa on his Sleigh.

The Windermere Sparkle Parade was the biggest attraction of the day, drawing over 4,500 people many of whom carried Sparkly Stars made at local schools and children's groups. The Kookaburras and Lakeland Radio kept the parade moving while Santa sprinkled his magic dust to turn on the lights along the way.

Sharon Wright, Chair of Windermere and Bowness Winter Lights committee, said: "The current economic climate brings home to us the importance of occasions like the Winter Lights Parade for the community to come together for one evening to celebrate the start of the festive season and to bring some much needed trade to the area. We are extremely grateful to the residents and those businesses and grant giving bodies that continue to support us. The organisation of the Santa Cruise, Sparkle Parade and lights themselves is hard work for the committee of 8 volunteer residents and traders involved, but it is worth it when you see the towns transformed as the lights are turned on. My thanks go out to all the organisations and residents that help us."

For more information about the Windermere and Bowness Winter Lights go to [www.windermerewinterlights.org](http://www.windermerewinterlights.org)

Please do not leave the winter lights out in the cold: financial support to help us sustain this valuable community event is always welcomed.

# Royal Windermere Yacht Club

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Just visit our website, or just drop in on Monday between 7-30pm and 9.00pm .

RWYC, Fallbarrow Rd, Bowness-on-Windermere, LA23 3DJ  
www.royal-windermere.co.uk 015394-43106



## Thank shoe

**Teams4u** have just returned from delivering 7,328 shoeboxes carrying hope, cheer, Christmas blessings and love to children in Roma communities in Northwest Romania. Each day they loaded up their trailer with shoebox cartons which were then towed behind their mini-bus to villages an hour away from the City of Oradea.

Tarmac roads became tracks, then muddy swamps; houses became ramshackle huts held together with mud and plastic sheeting. They very soon realised that this was the impoverished third world in the EU-only 3 hours from the UK. To find out more about their work, visit [www.teams4u.com](http://www.teams4u.com)

## Two for the diary

### **Ambleside Natural History Society - upcoming events:**

'Juniper and Montane Scrub in the Lake District - An illustrated talk' by Mike Douglas of Cumbria Wildlife trust. Friday 8th March 2013 at 7.30pm at Ambleside Centre, St Mary's Church.

'200 Birds an Hour - An illustrated talk' by Fred Gould. Friday 22 March 2013 at 7.30pm at Ambleside Centre, St Mary's Church.

Non-Members Welcome - £3.00. Under 25s are free.  
For more details, contact Gillean Bell on 015394 32730.

# WINDERMERE OSTEOPATHIC CLINIC

**Timothy Webb BSc (Hons) Ost**

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- Member of the British Medical Acupuncture Society

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