



# Hub



...your free community magazine

## Mountain Goat 40 Years on!



March 31st saw one of the Lake District's most iconic local businesses, award winning Lake District tour specialist Mountain Goat Ltd, celebrate its 40th anniversary by re-enacting the route that its very first bus took: from Bowness Pier, over the Kirkstone Pass and on to Glenridding. The re-enacted journey started in glorious sunshine at Bowness Pier before the party reached the top of a rather cold and windy Kirkstone Pass. The party, composed of friends, family and employees of Mountain Goat, then headed to Ullswater where Ullswater Steamers' Rachel Bell and Mark Horton joined them for the cutting of a 40th anniversary cake made by the Lindeth Howe Country House Hotel in Bowness.

During 2012, Mountain Goat is planning a series of celebratory events marking its 40th and hopes local people will come forward with photos, anecdotes, newspaper clippings and tales of trips, which piece together Mountain Goat history in the context of life in the Lake District from 1972 to 2012. Material will be used in a display at an anniversary afternoon tea party at the Lindeth Howe Hotel, Bowness, on Sunday May 13th. The invitation to this event is open to those who have worked for, been involved with, or had an interaction with Mountain Goat over the last 40 years. Anyone who fits this bill needs to ring 015394 45161 and state what the connection is so that they can be added to the guest list. Documents or photos from the past can be emailed to [marketing@mountain-goat.com](mailto:marketing@mountain-goat.com) or sent to Mountain Goat Tours & Holidays, Victoria Street, Windermere, Cumbria, LA23 1AD.

MD, Peter Natrass, says: "This year is all about memories and celebrations. We have found some of our own archive material, but are sure there must be more out there which will be novel and specific to individuals. This will help bring our history to life and demonstrate how Mountain Goat has made the inaccessible accessible for people over the last 40 years." Co-owner, Stephen Broughton, says: "We would like to think that the Mountain Goat brand has been an integral part of the Lake District's history over the last 40 years and that the sight of one of our minibuses heading down a country lane or over a mountain pass is something that signals 'really being in the Lake District'. If we can collect such memories and encapsulate them, it will be a truly rewarding exercise."

Mountain Goat will be announcing various community-focused and fun initiatives over the coming months, so keep an eye out for news at [www.mountain-goat.com](http://www.mountain-goat.com) or at its Facebook page.

You can also follow @MGoatTours on twitter, where it "Bleats, rather than tweets!"

## The Hub is sponsored by:



## Flower Power!

The Windermere In Bloom Advisory Group held a public meeting in March attended by over 40 members of the public representing over 15 organisations. Mayor Joan Stocker opened the meeting followed by Cllr Lisa Greasley, Chair of Windermere In Bloom, who stated that the area was already a winner just by being a 2012 RHS Britain In Bloom finalist.

Rae Beckwith, an RHS Judge, gave the keynote speech emphasising the three key areas the judges will be looking for: community involvement; the environment and, finally, horticulture. Rae took a number of questions from the floor and stressed that now is the time to convert interest into action and encourage local groups to get involved.

Lucy Hill (aged 10) said, "I came to the Britain in Bloom meeting with my mum. There were a lot of local people there and the man from the RHS said that Britain in Bloom isn't just about hanging baskets but is about involving the local community in making the place look even nicer. I'm glad I came to the meeting so I can tell my teachers about it and I hope my school can get involved!"

For further details regarding the Britain In Bloom entry:  
**Lisa on 015394 44465**      **Joan on 015394 44403**  
or visit [www.wbcoff.org.uk/britain\\_in\\_bloom.htm](http://www.wbcoff.org.uk/britain_in_bloom.htm)

## Contact The Hub!

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## A world of wishes...

For over 50 years Windermere, Ambleside and District Round Table has been supporting the local community and this year has recently supported **Round Table Children's wish** campaign.

To raise money for this cause members participated in the "round the world for wishes" event – with every participant throughout Great Britain travelling at least 10 miles, collectively covering the distance around the world.

In early February, 10 members of Windermere, Ambleside & District Round Table met on Bowness pier with bicycles and started their journey by cycling to Waterhead. From Waterhead they braved Lake Windermere back to Bowness Bay and from there continued their bike ride back to Windermere. The final leg of their journey was a walk over the fields to finish a successful day with a few well earned drinks at The Watermill at Ings. In doing this they raised in the region of **£800** for a very worthy cause.

Well done to those who took part and a huge thank you to the sponsors!

If you would like to become involved with Round Table locally, please contact Nick Thompson via his email: [n.j.r.thompson@gmail.com](mailto:n.j.r.thompson@gmail.com)

## 'Let the people sing'



Every Tuesday evening for the last five weeks, sixty to seventy people have been turning out to sing at the Hydro Hotel in Bowness, courtesy of Ken Birchall.

Their conductor, Janet McCallum from Windermere School, and Pianist, Ian Pattinson, have been impressed by how quickly they are shaping up! The first concert was held on the Teal in Bowness for the Reflections Exhibition where they sang songs from Les Misérables, Under the Board Walk and California Dreaming.

This is a choir for the community and their vision is to be able to raise funds for the local area. They would like to encourage more male voices to join them. If you enjoy singing, then why not attend for a taster; everyone is welcome.

They are a mixed choir for ages sixteen and over with an entrance fee of £3.00.

No auditions are necessary.

## Are you being served?

For over 70 years W McClure's has prided itself in providing a high level of service to the local foodservice & catering industry. Now in third generation family hands they offer six day a week deliveries of ambient, fresh, frozen, dry goods and non-foods, in addition to their busy cash and carry.

They provide attractive, tailored and competitive packages meeting their customers requirements and menus. Along with own label and nationally branded goods, they supply a large range of unique, and local, Cumbrian speciality goods which are carefully selected to deliver the flavour packed, exceptionally high quality product that diners are increasingly demanding.

McClures pride themselves in delivering the care and attention that you would naturally expect, with quality checking and customer satisfaction paramount.

[www.wmclure.co.uk](http://www.wmclure.co.uk)

## Can we watch them grow?



Children from St Mary's Infant and Nursery school have been planting their potatoes as part of the Windermere Food Group Potato Project with local Primary Schools.

The aim of Windermere Food Group is for all gardens in the Parish to grow some edible produce and for fruit bushes and trees to be planted in public places for the community to harvest.

So far we have planted at Windermere Fire Station, Goodly Dale School and Helm Close. Future plans include the Library Gardens.

If you would like to join the group, or for further details, please contact **Penny Henderson** on **015394 42377**

## Take a seat!

Have you ever thought about becoming a Windermere Town Councillor?

If you would like to find out more about how to help make things happen in your community, contact **Tracy Fletcher**, Clerk to the Council, via email [clerkwtc@live.co.uk](mailto:clerkwtc@live.co.uk) or telephone **015242 72678**.

## Caring about changes

The Bowness and Windermere Community Care Trust (BWCCT) exists to promote the wellbeing of the local community by engaging, responding, caring and serving.

Unfortunately, after many years providing day centre facilities at The Marchesi Centre on a Monday and Friday, a change in the requirements of Cumbria County Council caused BWCCT to take the decision not to tender for renewal of the contract as it felt that it was not capable of meeting the complex operational criteria demanded.

As a result, day centre services provided by BWCCT will cease at the end of May and, at this time, it is not clear what organisation will be awarded the contract for this and other provisions throughout Cumbria.

A recent review of the BWCCT's strategic objectives has, however, enabled the trustees to identify key projects that will help it to maintain its support role in the community and, although not replacing day centre activities, it is hoped that new initiatives can be developed to provide a range of vital support services.

This is an exciting time for the Trust and applications are invited from individuals who feel that they would like to participate in helping drive the changes as a Trustee or volunteer. For further information please contact [bill@sldt.co.uk](mailto:bill@sldt.co.uk) or telephone **015394 48415**.

## Blackwell EXPOSED

**Exposed: A Sculptural Installation by Laura Ellen Bacon is now on display at Blackwell: The Arts and Crafts house until 30th September.**

Laura works primarily with willow and other coppiced materials to create magnificent sculptural pieces. In this instance, inspired in direct response to Blackwell, she will create two dramatic curvaceous structures bonded to the house and the retaining wall of one of the garden terraces. The form of these two 'clinging' structures, which will span two floors of the external elevation, will emphasize their fragility against the relative permanence of this magnificent Arts & Crafts house, set amid the Lakeland landscape.

Laura's work is site-specific and ecologically sound; she creates large scale 'morphing' nest-like structures. She has, in her own words, 'an intuitive response to the tactile possibilities of certain materials' and her work focuses upon 'the material, the environment of a site and a slightly 'architectural' sense of making'.

Kathy Haslam, Blackwell's curator, said: 'Laura's installation is creating an artwork out of Blackwell itself; it is very exciting to be using the house in a totally new way.'

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



## Social interaction

The Marchesi Centre is a Community Centre for the over-50s which provides a first-class venue for activities for many groups who meet to enjoy a wide range of interests. It is situated in the Library grounds, with access from Holly Road.

Rooms are also available for hiring-out for meetings and events when available (subject to committee approval) and this helps the Centre to make ends meet.

Built around 40 years ago by a forward thinking group of Round Tablers, the centre was designed to be used by local residents and was named after Louis Marchesi, the founder of the Round Table movement in Britain, and the centre is held in Trust for the local community. Membership is open to over 50s with an 'LA23' postcode, currently £6 per year.

On the first Saturday each month (except January), the Centre holds a Coffee Morning from 10 a.m.

The office at the Centre is open 10 a.m. until 12 noon on weekdays, when the Administrator, Sonia Fallowfield, will be happy to let you have a brochure or show you around and answer any questions. The office telephone number is **015394 43411**.

## "Village Agent"

Recently appointed as the AgeUK "Village Agent" for Bowness and Windermere, **Tony McMichael** has already been extremely busy meeting, advising and finding solutions to issues impacting on older people in our community.



One valuable tool available from Tony is "The Handbook" which contains valuable information and answers to issues raised by the elderly in a compact and easy to read format.

Tony can be contacted on: **015397 28118**  
or email : **tmc michael@ageuksouthlakeland.org.uk**

## Loo news!

Bowness Bay Toilets were the first refurbished facility to have reopened following major investment managed by the Bowness and Windermere Community Care Trust. The toilets at Rayrigg Road, Braithwaite Fold and Broad Street will be completely refurbished as part of the £270,000 investment.

To help supplement running costs, a 20p entrance fee is now required at all toilets.



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## Local Mum up for Award!

Local mum and Rhythm Time teacher, Marion Johnston, has been nominated in the national **What's On 4 2012 Junior Awards**. These awards recognise and reward those companies, organisations and individuals who provide the very best activities for children across the UK.

Marion, who lives in Bowness and runs Rhythm Time music classes for babies, toddlers and pre-schoolers across the South Lakes and Furness area, is delighted with the nominations. *"I'm thrilled and flattered that the parents and carers who come to our classes with their little ones have nominated us for these prestigious awards,"* she says. *"It's so wonderful to be able to see how the babies and young children in our classes really benefit from music, and how it can enhance their development. The fact that the parents really value what we do is so rewarding."*

Successful nominees will go through to the voting stage in March, and winners will be announced at the final awards ceremony in June.

Anyone wanting more information about Marion's music classes for babies, toddlers and pre-schoolers, or to book a free trial, should call **015394 47191** or visit **[www.rhythmtime.net](http://www.rhythmtime.net)**



## Twinning News

A Grand Jubilee Concert will be opening our celebrations for the Queen's 60th Jubilee, and marking the 50th Jubilee for the Blasergruppe brass band from Diessen. The Blasergruppe will be joined by Kendal Concert Band and Burneside Brass to bring together nearly 80 players for a varied programme of music at The Lakes School at 7.30 pm on Monday 28th May. Tickets available from Simpson's Newsagents in Windermere and Action Replay in Bowness from May or at the door on the evening : Adults £7, Children £3. The Blasergruppe will also be playing for Sunday Mass in St Herbert's Church and on the Glebe in the afternoon.

A further group of visitors from Diessen will arrive that week and several students will also be here on work experience. It will be a busy time, but we hope all our visitors will find time to explore our beautiful surroundings and enjoy our hospitality.

The Carl Orff School group came here during March and our Lakes School group goes for their return visit in July. We would be delighted to hear from any group or organisation in our community, especially those involving young people, who may like to consider an exchange with a group in Diessen.

Contact Jenny Borer for details on 015394 44995 or email at **[jsborer@tiscali.co.uk](mailto:jsborer@tiscali.co.uk)**

Join us at our next Coffee Morning at the Windermere Methodist Church Room on Saturday, May 12th from 10.00am to 12.00noon. The Annual Strawberry Tea will be on Saturday 16th June 2-5pm at the Fairfield Garden Guest House. See you there!

## Tools For Self Reliance

A group from Windermere is starting a new community project in South Lakeland. This will be a local branch of the National Charity **Tools For Self Reliance**.

**TFSR** collects and refurbishes hand tools for use by African artisans e.g. carpenters, bicycle repairers, blacksmiths, motor mechanics and brick layers, enabling them to earn an independent living and provide a better quality of life for their families.

**Can you help?** TFSR need good second hand tools (but not gardening tools), volunteer collectors and anyone with an interest in tools to spend a couple of hours a week helping us.

For more information about the project contact:

**Ruth Ogden 015394 45828, John Mullen 015394 45456**  
or **Alex Mann 015394 48274**

**[www.tfsr.org](http://www.tfsr.org)**

## Probus Club

At the recent AGM of the Bowness-on-Windermere Probus Club, Ian Jones was elected Chairman.

Ian is a retired aerodynamicist and a well-known amateur local historian and author. Roger Parker-Oxspring is the new Secretary and Richard Ellison the Treasurer.

Probus is a friendly, informal organisation for those who have retired from their professional business and want to maintain fellowship with those with similar interests. The Bowness-on-Windermere Club has an eclectic list of members spanning the alphabet!

The Club meets on the second and fourth Tuesdays of the month for an excellent, congenial lunch at the newly-refurbished Wild Boar Hotel.

New members are welcome. In the first instance, telephone **Ian Jones 01539 821252** or **Roger Parker-Oxspring 015394 43860**

# Olympic Torch Spectacular

Head down to **The Glebe** on **21st June** to welcome the arrival of the Olympic Torch Relay celebration in Bowness.

The Torch will board Windermere Lake Cruises boat MV Tern at Waterhead Pier and will sail down Windermere to Bowness Pier where it will disembark at **7.57pm**. It will be centre stage to a series of events planned at the **Glebe** featuring celebrities, dignitaries, music and food from Taste Cumbria.

Bowness truly is the heart of the Lake District and this event will give the local community and visitors to the area a chance to welcome the Olympic Flame and share in the excitement and celebrations of London 2012.

As part of a programme for the evening, you can also experience one of the opening events of the prestigious London 2012 Festival: **On the Night Shift**. This free show will see streams of colour and light blaze across the skies above Lake Windermere. Presented by Lakes Alive, On the Night Shift is a brand new commission from French pyrotechnic wizards **Les Commandos Percu**, who have a worldwide reputation for incredible productions.

## Message from our Mayor

Windermere Town Council (WTC) has worked hard this year and I am extremely grateful to those Councillors who give their time voluntarily. Excellent support from both Clerk, Tracy Fletcher, and Community Support Worker, Julie Wright, have helped us achieve a great deal and we have worked in partnership with many committed individuals and organisations whose contributions have made a real difference.

The Orrest Head working group continues to ensure this woodland walk remains in good order and our handyman Garry Hancock does much of the work and also keeps Langrigge playground tidy. The Langrigge playground committee ensure that all the equipment is properly maintained.

The Allotment group have progressed the development of the Orrest Drive allotments: fencing has been organised and funding secured from National Lottery, United Utilities, The Lions Club and WTC so growing crops will be possible this year!

The Windermere in Bloom Committee have held many committee meetings and two public meetings and continue to secure funding from local sponsors as well as United Utilities in order to help strengthen the entry for Cumbria in Bloom and Britain in Bloom. If you would like to enter Windermere in Bloom, look out for the entry forms at the library.

We are working in partnership with the Bowness and Windermere Community Care Trust who are now running all the toilets in Windermere and Bowness. They are managing improvements to all the toilets and have completely refurbished four of them. Spending a penny now costs 20p with the income used to subsidise the running costs. Local volunteers, sponsorship and WTC funding also contribute to this.

We held a Community Conference Day on March 17th and 30 organisations attended. It would have been nice to welcome more members of the public but the organisations involved attracted supporters and shared ideas that will help identify issues for WTC to look at in our refreshed Community Plan. Inner Wheel, TACT (supported by the 'Elephant and Camel' and 'Brambles') and Soroptimists International kept everyone happy with supplies of tea, coffee and food.

Adding to the varied Diamond Jubilee events taking place locally, WTC are purchasing a gas powered beacon (it is being made locally and will be available for other uses in the future) and this will ensure that we will be part of the national 'chain of light' celebrating the Queen's Diamond Jubilee.

I have enjoyed serving the community this year. Even the experience of 'going to jail' to raise money for charity was great fun, but I shall be glad to be taking a bit of a back seat next year. **Joan Stocker**

## Fares far from fair?

According to official Government statistics, there are almost 1000 people on Jobseeker's Allowance in the South Lakes electoral area. Unemployment is worst in the winter months in our area, but, with many businesses struggling, the summer may not prove that hopeful for people out of work.

Each Jobseeker has to 'sign on' every 2 weeks and the closure of rural Job Centres now means travelling to Kendal. There's no help towards travel costs and buses and trains are expensive. The standard rate of Jobseeker's Allowance is £67.50 a week. Even if the average travel cost is as low as £5, this means 7.5% of the weekly budget is gone before putting food on the table. Across all Jobseekers, this could mean £10,000 of benefit income spent every 4 weeks simply going to Kendal Jobcentre. **Citizens Advice Bureau need more information to know how big the problem is so that they can lobby for changes to try to make things better.**

If you are a Jobseeker, you can help by answering 4 short questions. It's easy: just use the link at the base of the webpage at **[www.cumbriaruralcab.org.uk](http://www.cumbriaruralcab.org.uk)** or drop into Windermere or Grange CAB and ask for a survey.

Call **015395 33100 / 015394 46464** or **[www.cumbriaruralcab.org.uk](http://www.cumbriaruralcab.org.uk)**



# Update from our County Councillors

## 'A2B Now' Travel Card Extension

The popular 'A2B Now' Card is to be extended until April 2013 thanks to the County Councillors on South Lakeland Local Committee. Young People within South Lakeland aged between 5 and 18 will continue to be able to take advantage of discounted fares outside school travel times. For an initial one-off cost of £5, travel cards will be issued and youngsters across the area will be able to travel for no more than £1 for a single journey or £1.80 for a return. Existing users will automatically receive a new card whilst anyone else who wishes to join can either pop along to their local library or go to [www.cumbria.gov.uk/A2Bnow](http://www.cumbria.gov.uk/A2Bnow) to find out more. New users must be aged between 5-18 and live in South Lakeland. This is a great opportunity for them to get out and about.

## Meet the Archives

To mark the 50th Anniversary of the County's Archive Service, a selection of Cumbria's finest historical treasures are to be on display as part of the 'Meet The Archives' project. This is an opportunity to delve deeper into your local history and get a glimpse of the past. During the first week of every month in 2012, each Archive Centre will showcase an individual archive or a small selection from a collection and you are invited you to come and take a look. No need to book ahead: just drop-in. Kendal's archive centre is at Kendal County Offices, on Busher Walk, LA9 4RQ, and is open Monday to Friday, 9am to 5pm.

For further information please go to [www.cumbria.gov.uk/archives/recordoffices/default.asp](http://www.cumbria.gov.uk/archives/recordoffices/default.asp) or telephone 01539 713540.

## 20 mph signs at Goodly Dale Primary School, Windermere and Lakes School

Motorists will be given an additional reminder whilst driving near two of our local schools. Plans have been approved at South Lakeland Local Committee to introduce 20mph advisory signs at Goodly Dale Primary and the Lakes School. The signs are in addition to the flashing school lights which are currently in place and will introduce a part-time advisory 20mph maximum speed when the lights are in use. Light signals are operational during school times and within school term dates.

## Supporting Local Communities

Over the course of the past year, County Councillors have been able to support a variety of local community groups and organisations. The Windermere Sports Club has recently received support via Councillor Jo Stephenson's Local Member scheme. The club are seeking to make improvements to the Queens Park Football Ground due to the current state of the playing surface. CCC has also supported a number of community groups through the Central Lakes Neighbourhood Forum including the Windermere Lawn Tennis Club, Ladyholme Community Centre, Troutbeck Village Association and Queens Park Bowling Club. The next forum is to be arranged for June and if you would like details of future meetings, or a grant for a community group, please contact Kelly Alty on 01539 713447 or [Kelly.alty@cumbria.gov.uk](mailto:Kelly.alty@cumbria.gov.uk)

## Household Waste Recycling Centres

As many of you will already be aware, a public consultation was undertaken by CCC regarding Household Waste Recycling Centres and one of the proposals included the potential closure of identified sites across the County. As a result of the concerns expressed by the local community, all sites will remain open and instead operate with reduced opening hours. All 'household waste recycling centres' will move to seasonal opening hours: 9am - 6pm April to September; 9am - 4pm October to March. The Ambleside site will also reduce to opening 2 days per week (one day during the week and one at the weekend).

## Your County Councillors:



**Jim Bland**  
Oakridge, Underbarrow. Kendal  
015395 68576



**Jo Stephenson**  
Hazel Bank, Hazel Street,  
Windermere  
015394 45448



Cumbria County Council  
support the production of  
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## Anyone for tennis?



Windermere Lawn Tennis Club has secured a £28,000 grant from Sport England's Olympic legacy Inspired Facilities Fund. It now bears the London 2012 Inspire mark celebrating the link to the Olympic Games!

The courts have been completely refurbished and the club is planning activities to attract more people to take up the sport. On Sunday 13 May they are holding a grand open day, which is free and open to anyone who would like an introduction to the club or just to 'have a go'. Their new coach, Tom Brockbank, will provide some coaching for juniors starting at 11.00 am and there will be fun tennis for adults in the afternoon!

New members are always welcome at the club and this season there will also be some taster sessions on offer for adults. Come to the open day or contact the club secretary for more information on **015394 31252** or email [ritadavies@live.co.uk](mailto:ritadavies@live.co.uk)

## Care for the carers

60% of people will, in their lifetime, become carers for someone.

South Lakeland Carers are a local charity that supports over 800 carers, aged 5-94 years old. Their free services and wonderful staff and volunteers help carers to care for longer.

Carers may care for a spouse or partner, a disabled child, a parent or a friend. What they have in common is the selflessness to put somebody else's needs before their own. Many don't even recognise that they're carers.

South Lakeland Carers provide one to one support, counselling, support groups (one is held monthly at the Langdale Chase), relaxation treatments, respite breaks, trips and contingency planning. Volunteers run many of their services.

Do you want to know more about them?

- Are you a carer or do you know a carer that could do with support?
- Does someone care for you? Could their services benefit them?
- Are you able to give 3 hours a month to help them support carers?

Join the team of volunteers! Whether you have admin skills, are a good listener or enjoy working with young people, they have an opportunity for you.

Please contact us:  
Phone: **01539 815970**  
Call in: **South Lakeland Carers,**  
**5 Castle Street, Kendal, LA9 7AD**  
Email us: **admin@slcarers.org.uk**



## 'Rare doings at Rayrigg'

Pantomimes have been the highlight of winter entertainment for many years and recently Joan Ledger from Bowness has shared with The Hub information about a specially written pantomime **'The Pirates of Belle Isle'**. Produced by The Windermere Foresters Amateur Dramatic Society and presented at the then Bowness Institute in February 1912, the production boasted over 50 performers plus an augmented orchestra. Amongst the performers were Frank and Edith who later married and became Joan's parents.

More information about the pantomime and those involved will be featured on The Hub online at **www.hub-news.org** and it would be interesting to hear about any other local connections to this or other productions of that period.

## Plug the Debt!

As we head into warmer weather, it's a good time to sort out any debts. Energy bills are one of the top money worries and last year more than ¾ million customers were in debt with their gas or electricity supplier across the UK, and prices have risen considerably since then.

Take a look at the **Plug the Debt** website to find out your rights and what to do if you have fallen behind with your energy bills. Your energy firm has to take your ability to pay into consideration when arranging repayments and they have to help if you get into trouble paying your bill.

**www.consumerfocus.org.uk/get-advice/energy/plug-the-debt**

You don't need to cope alone with any debt or money worries: CAB advisers are just a phone call away. There are many ways they can help and will make sure that you are not missing out on any benefits and tax credits, plus check to see if you are entitled to special grants.

Free, confidential advice and help is available from the Citizens Advice Bureau on any aspect of debt, benefits, employment, housing and any other problems. You can contact the Grange or Windermere Citizens Advice Bureau by phone or in person.

**015395 33100 / 015394 46464 or**  
**www.cumbriaruralcab.org.uk**

## WINDERMERE OSTEOPATHIC CLINIC

**Timothy Webb BSc (Hons) Ost**

- Registered Osteopath
- Member of the British Medical Acupuncture Society

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