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SUNDAY 10.30-4.30pm

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Gill Bealt

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Welcome to the fifth Cockermouth Town magazine, brought to you by **Cockermouth & District Chamber of Trade**.

LOVE YOUR LOCAL BUSINESSES

EDITOR'S NOTES



We're not sure where 2024 has gone and we cannot believe it's almost Christmas again! Now starts the panic for shopping, card writing, present wrapping and get-togethers with friends – and it's the point we are thankful that we live in Cockermouth with so much of this on our doorstep.

One of the best reactions to the last issue of the magazine was in response to the Q&A with Tracy the postie – more than 900 comments and reactions on Facebook at the last count! Thanks to the fab Royal Mail team who will be delivering this mag, and your Christmas goodies too. We reckon they're some of the best in the business. Thank you also for the response to the Linking Lives feature in the last magazine. A load of new volunteers came forward to help them run their vital befriending service.

Your Cockermouth Town magazine continues to go from strength to strength – we have Chamber of Trade members clamouring to advertise. Have a browse and please do continue to #shoplocal. Our fabulous independent businesses won't exist without you.

**Cockermouth
& District
CHAMBER OF TRADE**

WORD FROM OUR SPONSORS



"As a business based in Cockermouth, Cartmell Shepherd Solicitors is an integral part of the local business community and is committed to helping the town thrive. Sponsoring Cockermouth Town magazine is an opportunity for us to contribute towards the growth and success of the town by providing a platform for businesses to showcase their products and services.

"We believe that the key to a strong local economy is working together - and this magazine is testament to the brilliant, vibrant and creative businesses which call Cockermouth their home." Claire Wilson, head of Cartmell Shepherd Solicitors' Cockermouth office.



Claire Wilson
Head of Cartmell
Shepherd Solicitors'
Cockermouth Office

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Cockermouth lights switch-on

COSY UP, OR PARTY ON!

The Wintertime is definitely the season of two halves when it comes to food and drink. There are the cosy times, with hearty roasts and rib-sticking stews, and then there's the sparkle of party nights and fancy fare, enjoyed at gatherings with family and friends.

Luckily for you, Cockermouth businesses can supply the lot – whether that's those beautiful seasonal flavours from the butchers, the bakers and the greengrocers, or some posh nosh from the delis and patisseries.

Tuck in and enjoy!

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Cocktail THE BRAMBLE

The Manor House on Crown Street has more than 30 cocktails on its menu. One of their seasonal favourites is this, The Bramble. The Bramble was first invented by famed bartender Dick Bradsell in the 1980s when he was working in Fred's Club in Soho, London.

INGREDIENTS

50ml gin, 25ml
strawberry syrup,
10ml lemon juice, 1
teaspoon sugar, 20ml
Crème de Mure

Garnish

Blackberry, lemon
wedge, mint sprig

Glass - Old fashioned or tumbler

Ice – Crushed

Method

Add 10ml lemon juice and 1 teaspoon sugar
into glass

Stir

Fill glass three quarters full with crushed ice

Add 50ml gin

Stir

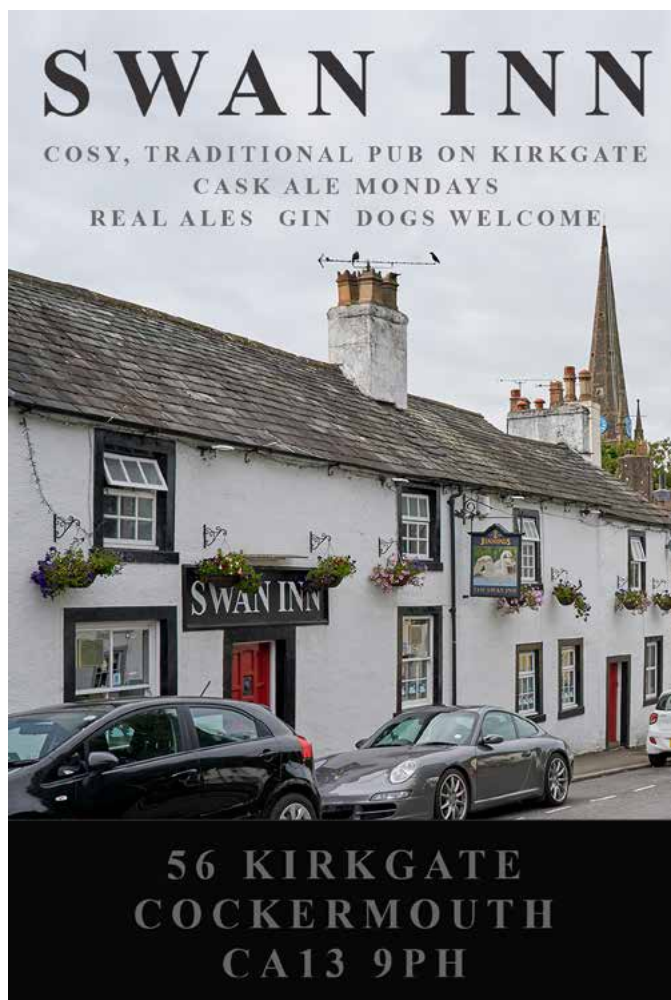
Add 25ml strawberry syrup

Stir

Add more ice to top of glass

Top with Crème De Mure in a circular motion

Garnish



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Want a Winter dish that reminds you of warmer climes? Tuck in to this crispy Korean chicken, created by **Keiran Heavey, head chef at Embleton Spa Hotel**



Recipe

Crispy Korean Chicken

SERVES 4

INGREDIENTS

For the sauce

2 tbsp Gochujang red chilli paste
2/3 minced garlic cloves
3 tbsp soy sauce
1 inch ginger
1 tbsp sesame oil
1 tbsp Mirin rice wine
1 tbsp rice wine vinegar
3 tsp honey
2 tbsp brown sugar

For the crispy coating

5 boneless & skinless chicken thighs cut into chunks
4 tbsp corn flour
200ml buttermilk
1 egg white
150g plain flour
1 tsp salt
1/2 tsp celery salt
1/2 tsp garlic powder
1 tsp black pepper

METHOD

1. Mix the sauce ingredients together in a bowl then pour into a pan and bring to the boil, stirring until sugar is dissolved. Move to one side and leave to cool.
 2. To make the crispy chicken, first cut the chicken into bite-sized chunks and place in a bowl. Add the egg white, buttermilk, celery salt and black pepper.
 3. Mix together, cover and place in the fridge to marinate for at least an hour, though overnight is best.
 4. Mix the flour, cornflour, garlic powder and salt. Add marinated chicken thighs into flour mixture.
 5. Heat oil to 160C & fry chicken for 2-3 mins, then remove and turn oil up to 190C and refry chicken until golden, in around 1-3 mins.
- Tip - best served with sticky rice & nori seaweed.



The High Tea Guy
BY GARETH

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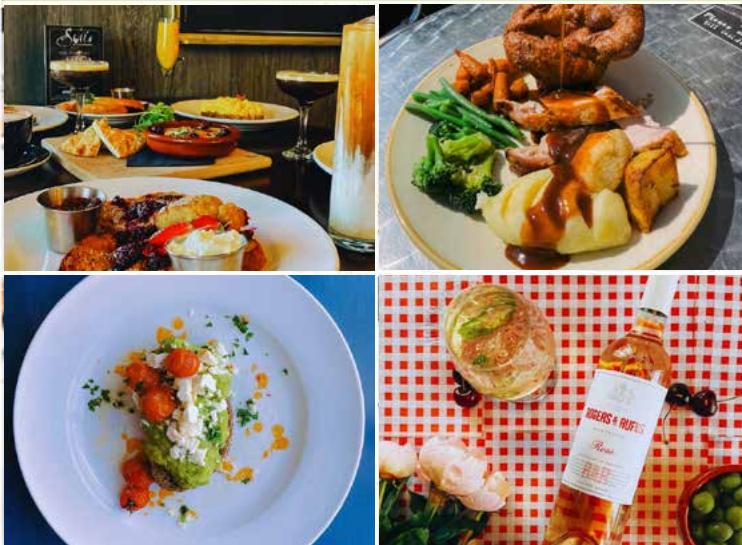
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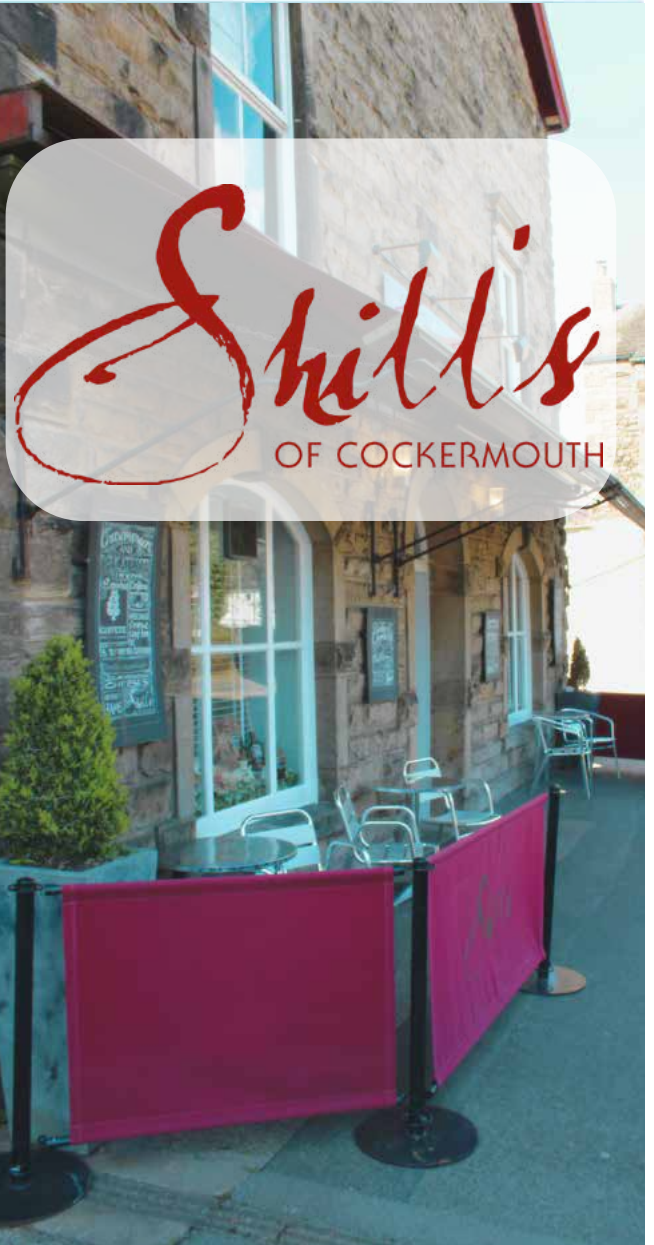


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 Thursday, Friday, Saturday: 9.30am - 10.00pm
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- All Percy House Gallery**
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Oakhurst Garden Centre is a traditional garden centre, loved by gardeners and plant enthusiasts, and often described as a hidden gem - full of fascinating finds and delightful surprises.

Outdoors, discover a wide range of greenery including shrubs, perennials, roses, and seasonal blooms, as well as an assortment of trees, stoneware, and pots.

Inside, our wildlife haven offers wild bird supplies, houses, feeders, insect habitats, garden tools, houseplants and giftware, fostering a thriving garden ecosystem for insects, birds, hedgehogs, and red squirrels.

Our stock changes with the seasons. At present there is a sales area of trees and shrubs, with Christmas trees arriving in late November, with potted and premium cuts. We take immense pride in our commitment to exceptional customer service, and our knowledgeable team is always available to provide guidance.

How to find us

Oakhurst Garden Centre is located on Lamplugh Road, on the edge of Cockermouth, just off the A66.

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Winter tips



Now the Winter chill is here, it's time to look after your health and, thanks to Cockermouth's wealth of independent wellbeing businesses, you're in good hands.

Whether it's looking after your skin, keeping you fit, flexible and active, caring for your feet, or finding the right vitamins through food or supplements, they've got you covered. They can help with the stress levels too. From fixing a home or vehicle emergency, to making sure you're covered for life's occasional disasters, you can find the trade and professional services teams to fix whatever you need.

COCKERMOUTH REHAB STUDIO

Stu Nicholson BSc MCSP



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Light up your life

Lakes Home Centre

The most versatile decoration is the Christmas light – and they're not just for stringing on your tree. In all colours, powered by battery or mains, these can be used anywhere in the home. Drape them around a garland, or fill a vase in the window, they're a must for the festive season – and throughout the year.

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This includes everything you need to create personalised tree ornaments, fridge magnets, and pin badges with fun, seasonal designs. £6.99

The Toy Shop

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Tree decorations kit



GROW A BOTTLE GARDEN

Oakhurst Garden Centre

A Christmas terrarium, or bottle garden, could be a special gift for a plant-loving friend.

You will need:

A large glass vessel or jar

Horticultural grit

Houseplant or terrarium compost

Activated charcoal

A selection of small foliage plants

Decorative rocks and moss for the top of the compost

Optional sprig of holly with berries, fairy lights and Christmas ribbon



The process

1. Place a 5mm layer of gravel in the bottom of your vessel for drainage.

2. Add a layer of activated charcoal on top of the gravel followed by enough compost to accommodate your plants. Use a funnel if your bottle is narrow necked.

3. Remove your plants from their pots and loosen any roots into the compost and firm them down well. You can use telescopic terrarium tools to help here.

4. Slowly add water to the inside of the bottle making sure it gets to all parts of the compost.

5. If you are adding a lid to seal your garden let it sit for a week first. It will then look after itself. Remove the lid temporarily if there is an excess of water until the moisture goes.

6. To make it Christmas themed, add a sprig of holly at the front. Entwine a small set of fairy lights around the foliage inside the glass. Tie a red ribbon around the neck or use double sided tape to adhere to the side.

7. Place in a bright position out of full sun and see your garden grow.

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Get some inspiration



Loads of Cockermouth's shops sell books or kits to make your own decorations, adding a personal touch to your festive fantasies.

Selection of books, prices vary

The New Bookshop

www.newbookshop.co.uk

Fancy making some special cards or wrapping paper? Want to do something a bit different with the decorations? In search of a unique gift? Learn from the experts with this festive guide, or seek out some of Cockermouth's craft or cookery workshops. Happy Christmas!

FTY RISTMAS

MAKE YOUR OWN ADVENT CALENDAR



A personalised, re-usable alternative to the usual chocolate calendar. Fill with little gifts and make someone smile. We painted this one with acrylic then decorated with stickers and wooden embellishments. All materials available in our shop on Main Street, as well make-your-own Christmas decorations, cards and giftwrap.



If you are looking to inspire someone this Christmas, we have plenty of creative kits containing everything needed to try a new craft: lino printing; glass painting; pottery; clay modelling; fimo; embroidery; needle felting; scrapbooking; flower pressing; calligraphy; decopatch; mandala painting; iris folding and more.

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Lino printing can be used for a variety of festive activities – Christmas cards, wrapping paper, gift tags, gifts or decorations. It involves using tools to carve out a design, then ink is rolled on to the surface and the image is printed on to paper or fabric. One of the joys of lino printing is it can be done at home and is relatively inexpensive – once your lino block is carved you'll get hundreds of prints from it.



Cockermouth Art & Craft has the supplies you'll need for this project, and, in the lead up to Christmas we're offering a range of festive workshops including Print Your Own Decoration and Block Printing Festive Bunting. www.marketplaceprintstudio.co.uk



Bring some glitz and glamour to your Christmas by shopping in Cockermouth this Winter. Gorgeous jewellery, clothes and shoes with a bit of shimmer, the fanciest decorations, make-up for the party season, and even the sequins to dress up every occasion!

Can we set you a challenge to do the entire Christmas shop on your local high street? Let us know how you get on!

Glitz & glamour

The process

1. Draw your design and copy it on to lino. Your design will flip when you print it so any text must be written backwards. Use tracing paper to help you flip and transfer your design.
2. Carve out the design. Everything you carve away will not print. Always carve away from yourself.
3. Roll relief ink onto a flat surface to evenly cover the roller and then roll the ink over the lino.
4. Place paper on top and apply pressure. Rubbing with the back of a wooden spoon works well! Make sure the paper doesn't move.
5. Peel off the paper and leave to dry. Ink up again for multiple prints.

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Those of you in the Cockermouth Discussion Group on Facebook will be familiar with the town's secret comedian, Geoff Pike. We asked him for a few cracker jokes for the festive season and, in the words of Geoff: "These'll sleigh ya!"

How does Good King Wenceslas like his pizza from Fermento?
Deep and crisp and even!

Did you hear about the guy caught stealing an advent calendar from Wishes?
He got 25 days...

I stopped a guy shoplifting a turkey from Harrison's Butchers. I said: "What do you think you're doing with that?"
He replied: "Roast tatties, pigs in blankets and cranberry sauce!"

What did one snowman say to the other snowman, as they headed into County Fruit Stores?
"Can you smell carrot?"

Did you know there are only 25 letters in the Christmas alphabet?
No L!

**THESE
ARE
CRACKERS!!**

*by
Geoff Pike*



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Senior Associate Solicitor, Claire Wilson, who leads the Cockermouth office, said:

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9.30	Essential Pilates ***	Mat Pilates **	Intermediate Pilates ****	Intermediate Pilates ****	Mat Pilates **
10.30	Intermediate Pilates ****	Essential Pilates ***	Essential Pilates ***	Essential Pilates ***	Essential Pilates ***
11.30	Mat Pilates **			Gentle Pilates *	Beginners Pilates *
17.00					Pilates on the Ball ***
18.00	Mat Pilates **	Essential Pilates ***	Mat Pilates **	Intermediate Pilates ****	Gravity Yoga ***
19.00	Intermediate Pilates ****	Intermediate Pilates ****	Back Care Pilates **	Essential Pilates ***	
20.00	Essential Pilates ***	Mat Pilates **	Intermediate Pilates ****	Beginners Pilates *	

* all exercises are floor based so suitable as long as you can get down & up from the mat

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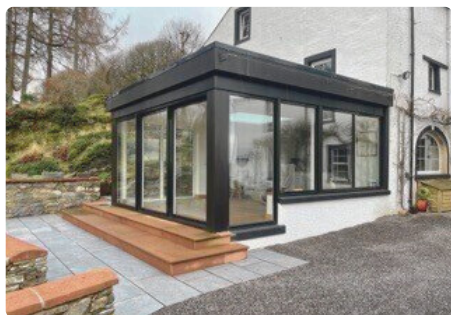
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Cockermouth Where community counts

Cockermouth
Emergency Response Group

The people of Cockermouth have proved their resilience on more than one occasion, but there's one which sticks in everybody's minds – the floods of 2009, 15 years ago this November. Unusually for a major weather event, the rest of the country was barely affected so Cockermouth and its surrounding towns and villages made the international headlines.

The town bounced back in magnificent style when the community pulled together, only to be tested again in 2015 when Storm Desmond hit. The lessons learned led to the creation of one brilliant organisation, Cockermouth Emergency Response Group. Its volunteers' amazing efforts were recognised by the late Queen's Award for Voluntary Service – the equivalent of an MBE for volunteer groups. We asked the team what CERG offers the community.

Why was Cockermouth Emergency Response Group set up?

After the floods of 2015, the County Council recognised how effective the volunteer response had been – in particular that of the voluntary groups like Cockermouth Flood Action Group, Rotary, Churches Together and Cockermouth WI. In 2015, in addition to a respite centre,

The Bridge Cafe was set up as a space for affected householders to share experiences and find comfort in talking to others. Kings Church took this over and still run it every Tuesday and Friday.

Beyond flood preparation, what else do you do?

We help in any emergency – flooding, missing persons, power outages and pandemics. The latter was only a theoretical item in our emergency plan but, of course, Covid changed all that. We were getting requests for help that we could respond to quickly and effectively – even before the statutory authorities.

How many volunteers do you have and what do they do?

Approximately 230. We help direct people's queries about flood prevention in advance of possible weather events. We watch the rivers, lake levels and weather reports so that we can bring our experience to bear on how we think it will go. In the Covid pandemic we did just about everything – from fixing chairlifts and dog walking, to collecting and delivering shopping. Our volunteers gave more than 4,500 hours of their time at the vaccination clinics, which, if the surgery had needed to pay, would

have cost £50,000. No matter what the request, someone always came forward to help. In power outages we also offer a door knocking service as we envisage there might not be mobile phones or social media. We also help people get hot food and drinks and we are exploring getting a generator.

How can people use CERG's services to look after themselves?

If a householder or business registers, we give them advice on how to prepare. If they share difficulties they might have we prioritise them appropriately. We warn people via email and social media if a flood alert is issued and it helps them know whether they should travel to town or put up flood defences.

How can people help CERG?

Tell friends, family members and neighbours about us. Encourage them to register via our website or by collecting a form from Cockermouth Library. Please don't just forget about this article – keep us in mind if you meet someone who could benefit from our help. We always welcome new volunteers as well!

www.cerg.org.uk
Tel: 07852 599794



Insurance broker adds to its team in Cockermouth and raises funds for charity

Successful independent insurance broking and risk management specialist, TL Dallas, has welcomed two experienced commercial insurance brokers, Tracy Hickman and Anna Jones, following several new client wins in the commercial and agricultural sectors.

The team also enjoyed a busy yet rather wet day exhibiting and fundraising for the TL Dallas Charitable Trust at the Ennerdale Agricultural Show.

Emma Irving, from TL Dallas, said: "We have quickly trebled the size of our team since opening our office in 2023 and are delighted to be working for so many local businesses and getting fabulous feedback on the insurance services we provide."



Guess the name of the chicken raised £200

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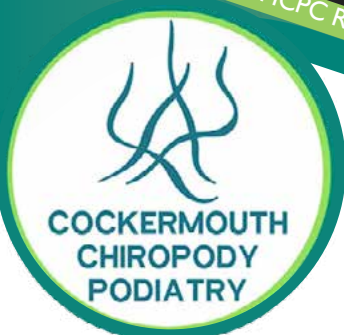


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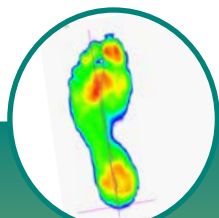
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Adele has recently been elected to the Council for the Royal College of Podiatry. Alongside the expert team of HCPC Healthcare Professionals, she has recently recruited a degree apprenticeship podiatry student to ensure support for the next generation of exceptional podiatrists. Give us a call or visit our website to get in touch.



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Events & News

November

Sunday 3 November
Firework Display, Memorial Gardens
www.cockermouth.org

Friday 8 November
Fashion Show & Pop Up Shop
Cockermouth School
www.pta-events.co.uk/
cockermouthschool

Saturday 16 November
Crafts@Kirkgate: Christmas Willow Angels
www.kirkgateartsandheritage.org.uk

Sunday 17 November
Christmas lights switch on, Main St
www.cockermouth.org

Wednesday 20 November
Cooking@Kirkgate: Make a Christmas Cake
www.kirkgateartsandheritage.org.uk

Thursday 21 November
Spirit of Christmas late night shopping
www.cockermouthonline.co.uk

Thurs 28 – Sat 30 November
Cockermouth Round Table Beer Festival
Kirkgate Arts
www.tickettailor.com/events/
cockermouthroundtable

December

Fri 6 – Mon 16 December
History of Brewing exhibition, Cockermouth Heritage Group
Kirkgate Arts
www.kirkgateartsandheritage.org.uk

Tuesday 24 December
Carols around the Christmas tree
Main Street
www.cockermouth.org

January - April 2025

Wednesday 15 January
New Year Viennese Concert by Candlelight
Higham Hall
www.highamhall.com

Tuesday 4 February
West Cumbria RSPB Secrets of the Nest Box talk
United Reformed Church, Main St
Facebook: RSPBWestCumbria

Sunday 9 February
North Lakes Half Marathon
www.wilddeerevents.co.uk/events/114/

Sat 29 March to Tues 22 April
Cockermouth Rotary Club's Host of Daffodils
Displayed around town

April
Wordsworth House & Garden reopens

Saturday 25 April
Brigham 10k
Facebook: @Brigham10k



TASTE CUMBRIA 7th & 8th Dec *at Christmas*

September's flagship **Taste Cumbria** festival was another food and drink success, with events taking place all around the town - and the best news is you get to do it all again on **Saturday 7 and Sunday 8 December!**

There will be loads of producers' stalls, live music, children's entertainment and even, hopefully, a visit from Santa. The festival will use Main Street and Market Place either side of Cocker Bridge, just like last year.

Saturday 7 & Sunday 8 December
Taste Cumbria Christmas
www.tastecumbria.com

Saturday 7 & Sunday 8 December
Art & Craft Fair
United Reform Church, Main Street

Saturday 7 December, noon – 2pm
Book signing, Sarah's Slice "Easy Bakes That Always Work" by local chef and author Sarah Samuels, The New Bookshop

All year round

Music, cinema, theatre, poetry,
Cooking@Kirkgate & heritage events
Kirkgate Arts
www.kirkgateartsandheritage.org.uk

Art & Craft Fair
United Reformed Church, Main Street
Facebook: URC Cockermouth Art & Craft Fair

Every Thursday evening from September to May, **Cockermouth Scottish Country Dance Club**
Lorton St Methodist Church Hall
www.derwentscdc.com

Every Monday in termtime
Cockermouth Harmonic Singers
United Reform Church, Main Street
www.cockermouthharmonic.org.uk

↑ More than **£27,000** was raised for 45 different causes at the **2024 Cockermouth Charities Week**. Thank you to everyone who took part – even if it was just spending a quid on a raffle ticket. You are absolutely amazing.

Thank you in particular to the volunteers of **Cockermouth & District Chamber of Trade** who organise and stage this brilliant event. It wouldn't happen without them.

COCKERMOUTH CLEAN UP

Volunteers from **Cockermouth & District Chamber of Trade, Cockermouth Emergency Response Group and Cockermouth Rotary** rolled up their sleeves for a spruce up of the town centre this Summer. Weeding, litter picking, washing down of seating – they all did their bit for our lovely town.



Have you had a look at **www.cockermouthonline.co.uk** lately? The town's website, created and managed by **Cockermouth & District Chamber of Trade**, has had a makeover.

There are some great new features – a map and a blog and news section. The interactive town map shows every business which is a member of the Chamber, alongside all the visitor attractions, as well as practical things like the public loos and car parks. The Cockermouth News section has details of loads of events and activities. Thanks to Tony Willis of **www.clickinglocal.co.uk** for his hard work on this project.

Five minutes with...



LUKE GREENBANK

How long have you lived in Cockermouth?

I grew up in Great Broughton so I was in and around Cockermouth until the age of 18. In 2016 I moved to Loughborough for university and to concentrate on swimming full time but my parents still live locally so I come up and visit whenever I can.

Tell me about your activities in town?

I attended Cockermouth School from 2009 and 2016 and I was a member of Cockermouth Swimming Club between the ages of eight to 18. The club allowed me to achieve success at a junior level and set the foundations for me go on to win Olympic medals. The club is entirely voluntary run and is incredibly fortunate to have dedicated coaches like Sean Balmer and Eleanor Walsh who've helped me to get to where I am today.

What else do you get up to when you're not swimming?

After competing at the Paris Olympics, I took part in the national three peaks challenge to raise money for a charity in Zambia called Sport in Action. Last year I took some

time away from the pool and went out there to work with their team for a couple of weeks. My coach in Loughborough, Mel Marshall, has been fundraising for them for 15 or so years and it was really good to see firsthand the amazing work they do setting up grass roots sport in local communities.

Your disqualification in the 2024 Olympics was heartbreaking to watch – how do you move on from that and prepare for your next challenge?

Paris was a tough one. I felt like I was in really good shape and that I could have been challenging for a medal. Unfortunately I just went a bit too far underwater off my start in the heat. But I've also been competing at a high level for a long time and I know that you can't dwell on these kind of setbacks, I've had plenty of disappointments throughout my career but they make the high points much more worth it. I'm currently taking a bit of a break from swimming but once I get back in I'll be more motivated than ever to try to improve and work toward Los Angeles in 2028.

Describe your perfect day out and about in and around Cockermouth?

Whenever I'm back, I love going to the many pubs the town has to offer! It's mainly to catch up with friends, but I usually end up bumping into someone else I know too which is always nice. I also always try to make an effort to get into the lakes and out on the fells, providing the weather is relatively dry. It's something I probably appreciate more now I've moved away from the area.

If you had to recommend one thing in town to a visitor,

I always like walking along the river when it's a nice day, but when I was still swimming here I used to love it when the Taste Cumbria food festival was on. We used to finish training on a Saturday morning then head into town for something to eat.

Sum up Cockermouth?

Special.



Alana's Laundry Basket operates from two shops at 30 Windmill Lane and 6 Market Place. We are an established service and can turn around any piece of laundry. Our Wedding Dress cleaning is renowned as one of the best in the county!



LAGOON WET-CLEANING: WHAT IS IT?

Wet cleaning is the green alternative to traditional dry-cleaning processes. The system allows us to wet clean garments and textile that have traditionally been "dry clean only" items. Using specially designed equipment and detergents you can achieve the same outstanding results.



HOW DOES IT WORK? Wet Cleaning uses water; nature's best cleaning solvent and a safe biodegradable detergent mixture to clean.

The biggest advantage of Wet Cleaning is that it is the most effective way to remove water-based stains and odours (which amount to 90% of the normal stains on clothing), rendering clothes not only truly clean, but fresh smelling. Pony's best-in-class finishing equipment ensures you have the proper tensioning equipment to achieve a beautifully finished garment every time.

IS IT A NEW TECHNIQUE? Developed in the 1990s, Wet Cleaning was introduced to effectively clean all garments through a safe and biodegradable detergent process – a process that is truly "green". Alana's laundry Basket provides Wet Cleaning and in reduces both water and energy consumption, environmental and sustainably.

We offer a **FREE** drop off and pick up service within a two mile radius. Small fees apply for areas outside.



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Lloyd Cockermouth.

Are pleased to introduce you to our new Local Business Development Manager Jackson Holliday.

Jackson has been a part of the Lloyd family for over 8 years now and is looking forward to helping local businesses with their fleet and business solutions.

Let's Start at the beginning, tell us a little bit about yourself and your journey with Lloyd Motor Group so far.

So, for those who don't know me, I'm Jackson and I'm 26 years old and I have worked for Lloyd Motors for 8 years. I left school at the age of 18 and went straight into the Motor Trade. I started as a Trainee Sales Executive, I then gained my BMW Sales Accreditation back in 2017 and here we are now, progressing onto something else.

What drew you to the Lloyd Motor Group and your position as Business Development Manager?

Lloyd Motors have always had a fantastic reputation and the idea of working for a family ran business is important, because you are valued and more than just a number. The Business Development role was offered to me and I thought that it's an exciting opportunity to get even more people from both the retail and business perspective driving our cars.

What are you most looking forward to for the next 12 months?

There are lots of new model releases coming out in the coming months which is always exciting. Having taken on this new role I am looking forward to broadening my skill set, meeting new customers and supplying more vehicles in both the Retail and Business channels.



Lloyd Cockermouth currently has some exciting roles available within their friendly team of vehicle technicians.
Scan the QR code for more information

FOR _____
EVERY
JOURNEY