

Heartwood Enterprises – everything to do with trees...
All practical tree work undertaken, tree surveys and woodland management. Qualified, experienced, insured.

Tom Dutson, Chartered Forester
01931 716195/07769 676536

Fabrics – Blinds – Shutters

Vast collection of fabrics for curtains & upholstery.

Measure & installation service.

Interior design showrooms at

Indigo Furnishings, 13 Kirkland, Kendal.

01539 723089. www.indigostore.co.uk.

Penrith Physio Pilates

Experienced physiotherapist Alexis Dykes, specialising in injury rehabilitation, scarwork, pelvic and spinal pain, myofascial release and 1:1 Pilates

Clinic based in Motherby: CA11 0RJ. Contact Alexis on: **07411 902674**

penrithpilates@gmail.com www.penrithphysiopilates.co.uk

LIZA ELLERAY – Roman blinds & curtain manufacture

All aspects of soft furnishings undertaken.

Measure, design & installation service if required.

Contact **07973 690496**

Bampton Bathworks

Producers of handmade, small batch soaps, creams and lotions using the best that nature has to offer.

Ideal for a gift or when you need a pamper

bamptonbathworks@gmail.com

Julian Russell Fdsc. Arb – Tree & Garden Services

All aspects of tree work, large and small, including pruning, felling, hedge cutting and planting. Wide range of gardening services also available.

Free specialist advice and quotations.

Qualified, experienced, insured and *local*.

Tel: 07531 772315

Interested in the history of your family, house, or land?

Cumbria-based historian providing archival and online research, help with brick-walls, reading old documents, and more.

Associate of the *Association of Genealogists and Researchers in Archives*,
Associate Fellow of the *Royal Historical Society* and doctoral researcher at
the *University of York*.

Contact Joe: joseph6.saunders@outlook.com / www.josephsaundershistory.co.uk

<p>J Henderson Forestry & Gardens All aspects of tree work undertaken, also grass cutting, spraying, hedge cutting, soft landscaping & general garden tidy up Contact Jordan on: 07703 318277 or e/m:jordanhenderson2511@gmail.com</p>	<p>MPH Plumbing & Heating <i>GAS SAFE and OFTEC registered</i> <i>WRAS PLUMBING approved</i> <i>All plumbing & heating installations,</i> <i>servicing & repairs incl.</i> <i>LPG, OIL & NATURAL GAS</i> Martin at Butterwick: 07795085811</p>
<p>Motor repairs, Fuels, Oils, Gas, & Taxi Bridge End Garage 01931 713226 (JS & MG Bowness)</p>	<p>Fell View Hair and Beauty For all your hair and beauty needs, offering cutting, colouring, waxing, facials, massage & nails Open till 9pm on Wed & Thur 01931 716910</p>
<p>Plumbing, Heating, Boiler Servicing Alan Twentyman 1, Gate Foot, Bampton, 01931 713292</p>	<p>Chimney Sweeping - Brush and Vac. Alan Morton 4, Burnbanks, Bampton 01931 713699</p>
<p>Gillian's Mobile Hair Services All your hairdressing needs taken care of at home Tel: 01931 713360</p>	<p>Vertigo Roofing Contractors Slating, tiling, lead, gutters Fully insured; all work guaranteed 713675 or 07840 674196</p>
<p>Walkers <i>Funeral Directors</i> Tynefield House, Bridge Lane Penrith CA11 8HY 01768 892211</p>	<p>Roofing Contractor Building Services DAVID RICHARDSON Naddlegate West, Bampton 07740 719303</p>
<p>Graham White Interior and exterior decorating All types of decor undertaken, including tiling. 01768 484695 or 07834 690619</p>	<p>G.A. Electrics All aspects of electrical works carried out. From installing power and lighting circuits, alterations, to fault finding. Emergency call outs available. 01931 713304 or 07521 662071 George at Toddle Cottage, Bampton.</p>