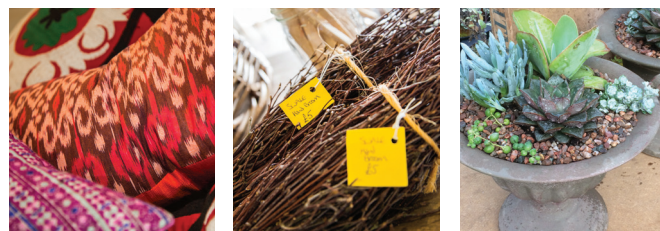


# A masterclass in homes and gardens

This year's Cumbria Life Home & Garden Show includes a unique opportunity to learn from the experts in our new masterclasses



Liz Newport and Maureen Whitmore



interiors ■ gardens ■ design ■ home improvement



In partnership with Buzy Lizzie Garden Design and Whitmore & Thwaytes Interiors

Rheged Centre, Penrith  
Saturday 18 & Sunday 19 March

For enquiries about exhibiting please contact:

**Maureen Whitmore**  
Whitmore & Thwaytes interiors  
Tel: 01768 863895  
Email: maureen.whitmore@me.com

**Liz Newport**  
Buzy Lizzie, Dream Gardens by Design  
Tel: 01768 868007  
Email: liz@buzylizzie.co.uk

**Steph Smith**  
Rheged  
Tel: 01768 860013  
Email: steph.smith@rheged.com

Tickets £6 per day available from  
[www.cumbrialifehomeandgardenshow.co.uk](http://www.cumbrialifehomeandgardenshow.co.uk)

The countdown to this year's Cumbria Life Home & Garden Show has begun.

Now in its third year, the show aims to support Cumbria's creativity and craftsmanship through showcasing the best in home, interiors, gardens, landscaping and building in the county and beyond.

The Cumbria Life Home & Garden Show is run in partnership with Maureen Whitmore, of Whitmore & Thwaytes Interiors, Liz Newport of Buzy Lizzie garden design, Rheged and Cumbria Life. Maureen and Liz use their expertise to select the very best exhibitors, speakers and demonstrators in their fields. Every part of the show is carefully curated to ensure all aspects complement each other and provide a broad range of products for visitors.

This year's event takes place at Rheged, near Penrith, on Saturday, March 18 and Sunday, March 19. Just a mile from Junction 40 of the M6, Rheged is the ideal venue for a show of this size and scale. Stands will be spread through Rheged's five spacious halls, talks will take

place in the 200-seat theatre, and hands-on masterclasses will be held in the dedicated demonstration space.

The masterclasses are an exciting new development for 2017 where visitors can learn from experts in their fields. "We're really excited about the masterclasses this year," says Liz. "It's a unique opportunity for people to get hands-on experience from experts working in specialist areas."

The small, specialist classes will take place throughout the weekend and include willow weaving, cooking with herbs and stencilling. There are also two masterclass demonstrations which are not hands-on but offer a unique opportunity to see the experts in action. These paid-for sessions must be booked prior to the show.

Tickets for the Cumbria Life Home & Garden Show cost £6 and include talks and access to all the exhibitor stands (excluding Gardener's Question Time which is an additional £3 in aid of mental health charity Growing Well). For more information and to book your ticket visit [www.cumbrialife-homeandgardenshow.co.uk](http://www.cumbrialife-homeandgardenshow.co.uk).

## Tricks of the trade Book your place now on a Cumbria Life Home & Garden Show masterclass and learn first-hand from our team of experts

SATURDAY, MARCH 18



### Masterclass

Create your own cane toppers for the garden with Clare Farley of Pinfold Pottery, near Penrith

**Details:** Hands-on instruction on how to shape and form a hollow ball in clay and then decorate it with their own design. The toppers will then be fired and glazed by Clare at her pottery with a selection of her own glazes. The frost-proof cane toppers make a beautiful sculptural addition to garden borders. Clare Farley owns and runs Pinfold Pottery, near Penrith. She makes beautiful planters and sculpture for home and garden settings.

Time: 10am, cost: £20, duration: 1.5 hours

### Masterclass

Make your own bespoke lampshade with Sonja Tilleard from White & Green, Cockermouth

**Details:** Find out about different types of shades, methods of decoration and the principles of their construction before creating your own 30cm drum suitable for either a pendant fitting or for a lamp. A selection of fabrics will be available. White & Green offer an eclectic mix of accessories for home and garden and are stockists of Farrow & Ball and Annie Sloan Chalk Paint. A bespoke lampshade service is also available.

Time: 12.30pm, cost: £20, duration: 1.5 hours



### Masterclass demonstration

Furniture restoration with Kevin Park from French Polishers and Interiors, Kendal

**Details:** Kevin will go through a brief history of French polishing followed by a step-by-step demo of the process on a piece of antique furniture. Kevin has been working as a French polisher for more



than 15 years on projects from coffee tables to five-star hotels. Time: 3pm, cost: £10, duration: 45 mins

### Masterclass demonstration

Fancy Footstools with Paula Roberts from Muster, Penrith

**Details:** Paula will be demonstrating how to create a footstool from a wooden frame which will fit perfectly into your home.



Paula stocks home interior items with an ethnic twist. She sells traditional footstools with a choice and finish of

legs, using just a metre of the fabric of your choice.

Time: 4pm, cost: £10, duration: 45 minutes

SUNDAY, MARCH 19



### Masterclass

Cooking with herbs with Helen Shipton-Smith from Helen's Herbs

**Details:** Helen Shipton-Smith shares her passion for cooking with

fresh, seasonal ingredients in this masterclass. You will make two items of food to take away at the end of the session.

Helen grows a variety of culinary herbs and retails them across the UK via her website and at Brampton and Egremont farmers' markets, as well as food festival and shows.

Time: 10am, cost: £20, duration: 1.5 hours



### Masterclass

Willow Weaving - creating a small garden obelisk with willow weaver Phil Bradley

**Details:** Using Phil's home-grown willow, you will learn several basketry techniques while creating a plant support for a large pot or container.

Phil Bradley has been a full-time basketmaker and willow grower for more than 20 years. He is based at Deanscales, near Cockermouth.

Time: 12pm, cost: £20, duration: 1.5 hours

### Masterclass

Stencils with style with Helen Morris of The Stencil Library

**Details:** Learn how to repeat pattern, tackle corners and measure and plan at this masterclass which explores various stencil techniques to achieve professional looking decorative finishes. You keep your stencil after the class.

One of the world's leading stencil artists, Helen Morris is the author of Stencil It and The Stencilled Home. She co-founded The Stencil Library which designs and sells stencils online for both trade and domestic use.

Time: 2pm, cost: £20, duration: 1.5 hours



To book a place visit [www.cumbrialifehomeandgardenshow.co.uk](http://www.cumbrialifehomeandgardenshow.co.uk) or phone the box office on 01768 868000. Advance booking is essential.



Penrith Building Supplies, Penrith



Penrith Building Supplies is much more than an independent builders' merchant. The firm's four-acre site on Penrith's Gilwilly industrial estate is home to a large display of 'hard' landscaped gardens set in a realistic outdoor environment. If you're looking for inspirational ideas for your garden, then this is the place to visit.

Penrith Building Supplies has a wide range of landscaping options including natural stone, porcelain flagstones, decorative aggregates, block paving, decking boards and even artificial grass. A dedicated landscaping team is on hand with guidance and advice, and there are plans to extend the landscape displays in early 2017 to provide yet more options.

The current display was a runner-up in the hard landscaping display of the year category at the prestigious Builder's Merchants News Awards at the Hilton Hotel, Park Lane, London in November. Judges praised the high quality and excellent range of landscaping products.

Penrith Building Supplies also has expertise inside the home. The company has one of the largest bathroom showrooms in the area, with well-known brands including Vitra, Roper Rhodes, and Kudos, and a new kitchen showroom showcasing the luxury Sheraton range. A dedicated kitchen design team offers advice to customers, as well as a complimentary home measuring service.

As Penrith's only independent building supplier, Penrith Building Supplies has an excellent reputation providing a five-star service to its customers. But it also home to inspiring ideas for your garden, kitchen and bathroom.

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Penrith Building Supplies,  
41 Stalker Road,  
Gilwilly Industrial Estate, Penrith  
CA11 9BG  
Tel: 01768 899999  
www.penrith-building-supplies.co.uk



The Rusland Movement, Cartmel and Greenodd



The Rusland Movement workshops are a hive of activity right now. Its cabinetmakers are busy working on some stunning new furniture designs to be exhibited at this year's Cumbria Life Home and Garden Show. This will be the company's third year exhibiting at the show and, along with the new work, it will also be launching some exciting pieces of homeware and objets d'art; the result of working partnerships with some very fine, extremely talented, local artists and artisans across a range of mediums and genres.

As The Rusland Movement grows, promoting craftsmanship and creativity in Cumbria to an ever expanding audience, it will continue to add work from other members of The Movement, and that of its own, to the design catalogue. Every new project undertaken will feature on its recently updated website where you will be able to register for special previews, events and news of product launches.

During 2016, The Rusland Movement opened a showroom in the historic village of Cartmel in addition to its original showroom at Greenodd. Commissions for its bespoke, hand-made furniture and kitchens came in thick and fast as visitors from across the globe were introduced to its locally-made designs. The workshop at Greenodd has tripled in size to cope with demand and new members have joined the team of cabinetmakers.

When visiting this year's show, please come and say hello to the team. They will be delighted to have a chat and tell you more about the talented designers, artists and crafts people of The Rusland Movement and the plans they have for the coming year.

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The Rusland Movement, Unit 3,  
Crakeside Business Park, Greenodd, Ulverston  
LA11 6QA  
Tel: 01229 861561. Mobile: 07722891850  
www.theruslandmovement.co.uk



The Cumbria Life Home & Garden Show is also sponsored  
by G & S Specialist Timber and Kendal Quality Carpets

