

## Ten good reasons to support Fairtrade and why we do...

1. **Fairtrade** pays small-scale farmers in developing countries fair and stable prices for their products, so that their businesses are sustainable.
2. **Fairtrade** benefits whole communities by paying a 'social premium' on top of the fair price, to invest in schools, clinics and water supplies.
3. **Fairtrade** encourages long-term trading relationships, so producers can plan their future.
4. **Fairtrade** producer groups have access to pre-finance so they don't have to take out expensive loans.
5. **Fairtrade** reduces the number of middlemen, and puts more money into farmers' pockets.
6. **Fairtrade** farmers practise sustainable farming which helps protect the environment.
7. **Fairtrade** products are of high quality, and often organic too.
8. **Fairtrade** strengthens growers' communities by promoting democratic processes in deciding how to spend the Fairtrade premium.
9. **Fairtrade** connects producers with consumers in a system which is transparent and ethical.
10. **Fairtrade** transforms lives.

## How can the guide help me?

We hope that it will help you to locate Fairtrade goods in and around the Windermere and Bowness area. We have tried to list as many local sources of Fairtrade food and goods, in shops, restaurants, café's etc. The list is growing so we would encourage you to look for the FAIRTRADE Mark which is your guarantee that the products meet international Fairtrade standards.



Choose products with the FAIRTRADE Mark

## The Power of Fairtrade

No wonder sugar farmer Joyce Chibouro is smiling. She and her family are enjoying access to electricity for the first time - thanks to the Fairtrade premium on sales of sugar.



Joyce Chibouro

Photo: Richard Else, Durham Media Academy

Joyce is a member of Kasinthula Cane Growers Ltd in Malawi which supplies Fairtrade sugar. She and her neighbours in the village of Chinangwa already know about the benefits of Fairtrade, as they enjoy clean, fresh water from a borehole paid for with the Fairtrade premium.

*"The Fairtrade programme is doing good things here," Joyce said. "The village where I live has one borehole and electricity. It is very exciting. We never believed this would be possible!"*

Joyce wants to provide the best for her 14 month old son, Chiyembekezo. His name means 'waiting for something good' and Joyce believes that people in the UK can play a part in helping her son - and other sugar farmers' families - to enjoy something good as they grow up.

*"I want my baby to have a good future," she said. "If I am able to get more money, I could send him to high school so he may stand by himself in the future."*

*"We give praise to Fairtrade. I want you to tell people that they make Joyce, a sugar farmer, very happy when they buy our Kasinthula sugar."*

## Contacts

To join our local group campaigning for greater awareness of Fairtrade in Windermere and Bowness contact:-

**Jenny Baker** - 015394 47503

**Rachel Crowfoot** - 015394 42738

**Judith Bird** - 015394 44742

This directory was compiled by the Windermere and Bowness Fairtrade Group.

If you are interested in the issues surrounding Fairtrade why not check out the following websites:

[www.fairtrade.org.uk](http://www.fairtrade.org.uk) [www.oxfam.org.uk](http://www.oxfam.org.uk)  
[www.tradejustice.org.uk](http://www.tradejustice.org.uk)

All information is correct to the best of our knowledge at time of printing.

# Windermere & Bowness Fairtrade Town



Photo Courtesy of Windermere Lake Cruises

How your shopping habits and consumer choices can really make a difference!



Choose products with the FAIRTRADE Mark



Edition 2

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## Hotels serving some Fairtrade Products

Broadoaks Country House	<i>Troutbeck</i>
Cedar Manor	<i>Windermere</i>
Craig Manor	<i>Bowness</i>
English Lakes Hotels:-	<b>Low Wood</b> <b>Waterhead</b>
	<b>Storrs Hall</b> <b>Wild Boar</b>
Fayrer Garden	<i>Bowness</i>
Holbeck Ghyll	<i>Troutbeck</i>
Lindeth Howe	<i>Bowness</i>
The Waverley	<i>Windermere</i>
Windermere Hydro Bar	<i>Bowness</i>
Windermere Manor	<i>Windermere</i>
The White Lodge	<i>Bowness</i>
Woodlands Hotel	<i>Bowness</i>

## Guest Houses serving some Fairtrade

The Albert	<b>The Howbeck</b>
Belsfield House	<b>Ivy Bank</b>
Broadlands	<b>Ivythwaite Lodge</b>
Cambridge House	<b>Kays Cottage</b>
Cranleigh Guest House	<b>Laurel Cottage</b>
The Coppice	<b>Meadfoot</b>
Elim Lodge	<b>Melbourne</b>
Fairfield Garden	<b>Guest House</b>
Fir Trees	<b>Millbeck</b>
Glencree	<b>Orrest Head House</b>
Greengables	<b>Rosemount</b>
Haisthorpe House	<b>St. John's Lodge</b>
Hilton House	<b>The Windermere</b>
Holly Lodge	<b>Centre</b>
Hollywood	

## Shops selling Fairtrade Goods

Ashworth's Delicatessen	<i>Windermere</i>
Booths Supermarket	<i>Windermere</i>
Butterworth's - The Deli	<i>Bowness</i>
Co-operative Store	<i>Bowness</i>
Co-operative Store	<i>Windermere</i>
Gregg's	<i>Windermere</i>
Lakeland Limited	<i>Windermere</i>
Manuka Health Food Store	<i>Bowness</i>
Threshers Wine Store	<i>Bowness</i>
Threshers Wine Store	<i>Windermere</i>
Windermere Wine Store	<i>Windermere</i>

## Shops selling some Fairly Traded Goods

Lakeland Cargo - *Windermere*  
Style Trading - *Windermere*

## Local Wholesalers supplying Fairtrade

Caterite Cockermouth	<i>(017687 76000)</i>
The Fairground Staveley	<i>(01539 822823)</i>
J. Farrer & Co of Kendal	<i>(01539 720020)</i>
Four Seasons Foods Keswick	<i>(017687 79922)</i>
Lakeland Vintners Ings	<i>(01539 821999)</i>
HPG Group Coffee Supplies	<i>(015394 88210)</i>
W. McClure Limited Windermere	<i>(015394 42636)</i>
Windermere Wine Stores	<i>(015394 33001)</i>

## Cafes and Restaurants serving some Fairtrade Products

Aunty Val's Tea Rooms	<i>Bowness</i>
Brambles Tea Room	<i>Windermere</i>
Colour Pots	<i>Bowness</i>
Costa Coffee	<i>Bowness</i>
Coffee Bar 7	<i>Windermere</i>
Joy 2 Eat	<i>Windermere</i>
Jerichos at The Waverley	<i>Windermere</i>
Jintana Thai Restaurant	<i>Windermere</i>
Lazy Daisy's Lakeland Kitchen	<i>Windermere</i>
Monties	<i>Bowness</i>
P. J's	<i>Bowness</i>
Purple Chilli Internet Café	<i>Bowness</i>
Renoirs	<i>Windermere</i>
Rumours	<i>Bowness</i>
Wilfs	<i>Staveley</i>
Wicked	<i>Windermere</i>



## Tourist Attractions serving some Fairtrade Products

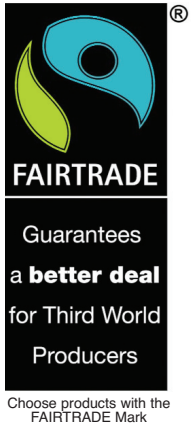
Brockhole National Park Centre  
World of Beatrix Potter Café

## Fairtrade used in the Workplace

Cumberland Building Society  
Yorkshire Building Society

## Other Supporters of Fairtrade

Alexandra Court  
Bowness & Windermere Tourist Information Centres  
Chamber of Trade  
Churches Together in Windermere and District  
Cumbrian Cottages  
Cumbria Tourist Board  
Gatesfield  
Inner Wheel  
Lakelovers Holiday Cottages  
Local Schools  
The Marchesi Centre  
National Trust North West  
Rotary  
Stonecraft Designs  
Soroptomists  
South Lakes Development Trust  
Windermere & Staveley District Neighbourhood Forum  
Windermere Lions  
Windermere Town Council  
W.I.'s  
Youth Hostel Association - Troutbeck



Buying Fairtrade really can  
**MAKE A DIFFERENCE**  
to individual lives.