



Travel Assist

South
Lakes
News

Spring Newsletter



Big Days Outwith Big 10% OFF ALL Trips!!!

We are all looking forward to longer days with better weather. Nothing could be better than climbing on board a Travel Assist bus and enjoying a great day Out & About. We have a load of really exciting trips for you to choose from.

But wait a minute!!! It gets better all of our South Lakes members get a big **10% OFF** every trip.

Fill in the form on the back page of this leaflet and pass it onto John at Kendal Market, or email/phone the office and we will help you fill it in.

You will get a membership card which allows you to enjoy the benefit of discounted prices on all Out & About trips.

It gets even better! When you get on board our Out & About trips you will get to meet new people and make new friends. Much better than afternoon TV.

If you provide us with your email address as well as your home address we can add you to our mailing list and keep you updated with our new list of trips, hot off the press.

That way you can plan ahead, make sure you do not miss the trips to your favourite places. Take a quick look at the upcoming Out & About trips in this Newsletter.

Spring is closer than you think and we've lots of exciting trips to come.

If you are a member of a group that requires affordable accessible transport, please give Travel Assist a call and request a quote. We are professional, friendly and reliable. We promise you won't be disappointed.

Call Travel Assist now on 01539 756534 or



Email us on travelassist@btconnect.com

Check out our new and improved website on: www.travelassist.org

01539 756534

First Aid Training

Our New updated First aid Certificates have arrived.

We sent drivers and office staff to complete first aid training.

All involved successfully updated their original first aid training.

The course covered a variety of areas that are considered the most important areas for first aiders to learn.

Which included CPR training, how to use a defibrillator, spotting signs of stroke and heart attack, the Heimlich manoeuvre, using and making tourniquets and splinting broken bones. As well as how to deal with shrapnel and bullet wounds!



Millie's Trust who ran the course make sure people are trained to help all ages including infants and toddlers, so our first aiders learnt how to safely perform CPR on an infant and young child.

We also learnt how to register to text 999 in case of emergency, which can be vital in areas with poor phone reception. As a text message can get through when a phone call might fail.

You can also set your own mobile to text 999. Just text register to 999. It's a free service and it could make the difference.

Hopefully we will never need to use the training.

All our trips pick up Door to Door

All of our trips aim to (from our Out and About trips to private trips) pick up from the door.

We pick you up from your door and drop you back at your door.

So there's no need to worry about getting to a meeting spot.



Freezing to Sunshine



This newsletter's trips start in the freezing cold, where we make sure to keep you warm and head to warm/indoor destinations.

This set of trips finishes in June when we will hopefully have plenty of sunshine.



But (in the unlikely event of it deciding to rain instead) we also make sure we go to places with plenty of shelter available.

Out & About with



Travel Assist



Saturday-2nd of March- Lancaster- Heading up to Lancaster to the Traditional Charter Market in the centre of town as well as high street shops and quirky boutiques and independent galleries. **£13pp**

Friday-8th of March- Trafford Centre- The well known shopping centre, with various shops such as Hotel Chocolat, Dorothy Perkins, Mr Simms Olde Sweet Shoppe, Build a Bear, Debenhams, Disney and many more. As well as Paradise Island Adventure Golf.

There's also a huge range of food including a Wetherspoons, Italian, Noodles and Fish and Chips. **£20pp**

Saturday-16th of March-The Barn at Scorton- Near to the Forest of Bowland, you can visit the garden centre and gift shop where you can get chutneys, chocolates, home décor and more. Before treating yourself to the restaurant with sandwiches and jacket potatoes through to the grill menu or for something sweet head to the cafe and grab afternoon tea or an Ice cream sundae. **£14pp**

Friday-22nd of March- Watershed Mill at Settle A unique shopping experience on the edge of the Yorkshire Dales in a converted cotton mill. There's Edinburgh Woollen Mill, Golf Shop, Ponden Home Interiors, Outdoor Shop, Real Ale Shop, Whiskey Shop, Footwear Department and a chance to relax in Hector's Coffee Shop. **£15pp**

Saturday-30th of March- Boundary Mill- heading over for the New Season Launch **£18pp**

Friday-5th of April- Salford Quays- with a choice of venues with free entry with The Lowry Shopping Outlet, Lowry Museum and Imperial War Museum. **£22pp**

Saturday-13th of April- Keswick Market- Located in the heart of the town centre offering a wide selection of award-winning food and handcrafted gifts. Each stall has a unique offering, ranging from local produce to arts and crafts, as well as a celebrated selection of hot and cold foods.

Friday-19th of April- Garstang- heading off to Garstang on the banks of the river Wyre where you'll have to the chance to browse the historic market with a variety stalls including books clothes and other local produce.

Saturday-27th of April- Grasmere Garden Centre- Take a look around at flowers and plants in a beautiful area in the heart of the Lake District. There's also clothing, accessories and shoes including brands such as Sketchers, Olney and Proppa Toppa and Sizelle. You can have a meal at the Potting Shed Cafe or get afternoon tea if you just want a snack. **£13pp**

Friday-3rd of May- Yew Tree barn- A unique experience in a traditional 19th century Lake District barn. You can find WRS Architectural Antiques, Arts & Crafts, Galleries, Interiors, John Law Bespokers Forge Blacksmith, Local Wools, Bookbinder, Furniture Restorer, Jewellers and Harry's Cafe Bar for delicious home cooked food. **£11pp**

Saturday-11th of May- Brougham Hall Wartime Weekend- Go to the fourth year of this flagship event in the North West. South Cumbria and North Lancashire Military Vehicle Trust will display period vehicles. There's also period dress and wartime displays, music, dancing, food & much more. **£14pp**

Saturday-18th of May- Haworth 1940s- Heading to Bronte Sisters country near their home at the Parsonage (where their most famous works were written) for the 1940's weekend. There are battle re-enactments with Pyrotechnic displays, Tanks, RAF vintage plane flypast, authentic swing jive and Lindy Hop dancing. **£22pp**

SAVE 10% off all Travel Assist's Out & About Trips.

Simply sign up for **FREE** Membership of the South Lakes Out & About Club.
 Either call or visit our stall on Kendal Market which is staffed by John every Monday, Wednesday and Friday and fill in one of our membership forms or call **01539 756534**
 Fill in this form now and enjoy some savings on great days Out & About.

Name: _____ Address: _____

Phone Number: _____ Email: _____

Saturday-25th of May- Bury Market- Heading to the Award winning traditional Open Market with over 300 stalls where you can get something to eat at any of the wide variety of cafes including the local delicacy of Bury black pudding. Market Hall is attached to the Mill Gate Shopping Centre. **£22pp**

Friday-31st of May- Penrith- Independent shops, high street brands, market stalls, and specialist retailers, many of which make up the historical fabric of this Cumbrian market town. **£14**

Saturday-8th of June- Boundary Mill – Time to ditch the winter wellies for the summer sandals as we go to Boundary Mill for the summer sale. **£18pp**

Friday-14th of June - Morecambe & Happy Mount Park- time to grab your bucket & spade and head to Morecambe for some fun on the sand.

Or why not visit Happy Mount Park with Splash Park. There's also the Pirates in the Park softplay area, adventure Golf Cafe, parkland and Café Rastelli. **£13pp**

Saturday-22nd of June - Skipton- The market based in the town centre will be out and there's a variety of shops and things to do locally. **£20pp**

Friday-28th of June - Blackpool- Dropping near the town centre where you could spend your day perusing the shops or entertainments, strolling along the sea front or along the piers. **£15pp**

Bookings can be made by:

Telephone: 01539 751547 Mon-Fri 9am-1pm or

Email: travelassistbookings@btconnect.com

Half Price for Children

Volunteers Required

Would you like to make a real difference to the lives of local disabled or elderly people?

Do you have time to become a volunteer driver with Travel Assist?

Want to help get even more vulnerable members of our community get out of their house?

Do you have your own car, a clean driving licence and want to enjoy using your time to make a difference to the lives of vulnerable members of our community?

Please contact us on 01539 756534 or travelassist@btconnect.com

