



2007

Rheged, Penrith
October 13 & 14

INFORMATION

Details: The two-day *Cumbria Life Woman Festival* takes place on Saturday, October 13 and Sunday, October 14 at Rheged, near Penrith.

Opening times: The festival is open from 10am to 5pm on both days.

Price: Entry to the *Cumbria Life Woman Festival* is £5. (£4 using the money off coupon on page 155. Children under 16 are free.) The price includes a festival goody bag and entrance to all areas of the festival, including the Lecture Theatre and Pennine Gallery.

Directions: Rheged is a few hundred yards from Junction 40 on the M6. Leave the motorway and head towards Keswick on the A66, Rheged is on the left beside the first roundabout.

Save £1 on the entry price to the *Cumbria Life Woman Festival* on Saturday, October 13 and Sunday, October 14, by bringing along the voucher on page 155. You can also book in advance by logging on to the Rheged website: www.rheged.com or phoning 01768 868000.

The Lowdown

All you need to know about the first ever
Cumbria Life Woman Festival on October 13 & 14

From what to wear, what not to wear and what to cook to be the 'hostess with the mostess', to alternative therapies for mind, body and soul, amazing journeys by inspiring women and funny, frank and frightening talk from our very own Looser Women panel, the *Cumbria Life Woman Festival* has it all. It's another first from the team that brought you the *Cumbria Life Food & Drink* festivals and the *Cumbria Life & Dalemain Garden Festival*, and promises to be a special celebration of women and what they want to get the most out of life. Be entertained, be educated, be pampered, be inspired ... be there!



Broadcaster, author, angler and one of the most famous (female) faces in Cumbria, Border Television news presenter Fiona Armstrong will be at the festival to chair the highly-anticipated *Looser Women* panels and introduce our *Amazing Journeys* talks, both in the Lecture Theatre.



The well-worn phrase, 'been there, done that, got the T-shirt,' might well be replaced by 'been there, done that got the bag' – as so-called 'bags for life' become the must-have accessory. But it's not just about being trendy, it's also an easy way to do your bit for the environment by ditching carrier bags. Make sure you get your limited edition *Cumbria Life Woman Festival* bag for life and do your bit for charity too. The bright pink, generously-sized bags are available from Cumbrian Newspapers' offices in Whitehaven, Workington and Bank Street, Carlisle, and also from Rheged. They cost just £3 and all profits go to Eden Valley Hospice.



Buy the bag!

Other festival highlights:



Exclusive festival competition: your chance to win *the* ultimate luxury pamper weekend. It's the prize that money can't buy! See page 157 for details of how to enter this competition at the festival.



Learn how to look good and feel great with top tips from fashion experts, catwalk-style shows revealing the latest stunning fashions, and cosmetic teeth whitening for that million dollar smile!



If you want to learn how to relax, improve your well-being, achieve your life goals, lose weight and get in shape, make sure you check out the mind, body and spirit treatments and talks running in the Pennine Gallery. There's everything from pilates and yoga to belly dancing.



Learn how to mediate, how to be a Christmas goddess, how to dress to impress, and make sure you pick up your festival goody bag.



Sample some quality champagne and check out Sharrow Bay's dreamy new chocolate pudding.



Be inspired by our women writers who'll be talking about their *Amazing Journeys* – emotional, physical, and spiritual - and how they live life to the full.



Amazing Journeys:
Judith Brown



Improve your well-being
with Kay McMahon



Cook up a treat with
Lucy Nicholson



Joanne on cosmetic surgery: "I would get rid of my pear shape and have my boobs lifted up and made much bigger. My husband says he will pay for the boobs if I sort out my bottom."

Judith on her worst vice: "Chocolate and shoes are my two vices. I don't even have to think about that answer!"

Lucy on girlie friendships: "You say things to your close girlfriends that you wouldn't say to anyone else, not even your partner. Good girlfriends always forgive you."

Jane on advice for life: "Live each day as if it were your last, do what you believe to be right and be honest with yourself."



Look who's talking!



Looser Women in the Lecture Theatre, Saturday & Sunday at 2pm

Chaired by broadcaster Fiona Armstrong and featuring four high-profile Cumbrian women (and some unsuspecting male guests!), **Looser Women** – our version of the hit TV show – is set to be one of the festival highlights. Former Tory mayor of Carlisle, Judith Pattinson; Ambleside restaurateur Lucy Nicholson; English Lakes Hotels director Jane Knowles, and Grasmere Gingerbread Shop manager Joanne Wilson, all boast strong opinions and have amazing lifetime experiences to match. They'll be talking about everything from life, love and politics to the hot topics of the day and handbags; from family, friendships and cosmetic surgery to men, sex ... and whatever else might come out of their 'loose lips.' This promises to be entertaining, thought-provoking, heart-breaking and humorous.

Champagne & Chocolate...

Sounds like the combination for a great night in? Well, champagne and chocolate are also two of the ingredients at what we hope will be two great days out at our special festival, dedicated to women and what they want. Indulge in a glass or two of bubbly at the festival's exclusive Champagne Bar in the Blencathra Gallery, where there'll be a range of champers on offer. And don't miss out on an exclusive chance to try the divine new dessert from the makers of the world-famous Sharrow Bay sticky toffee pudding.

The luxury chocolate pudding (which boasts a special, secret ingredient), is being launched to celebrate the Ullswater hotel's 60th birthday next year. The pudding is going on sale at Harvey Nichols as well as Lakeland Limited - but this is your chance to try – and see if it really is a pudding 'to die for'!

Yummy: Sharrow Bay's new 'to die for' chocolate pudding



-  The *Cumbria Life* Woman Festival has plenty to offer the fashion-conscious woman, with everything from the very latest designs on offer this autumn and winter to top tips on how to make the most of your wardrobe – and your shape!
-  Don't miss our special fashion demonstrations, hosted by festival sponsor Debenhams, and running at various locations in Rheged throughout the weekend.
-  Discover what's set to be the most dramatic looks for the festive season, and listen to OnVu fashion consultant Rosanagh Wilson as she explains that black might not always be best when you want to dress to impress. She'll also be helping you to discover your true style and teaching you how to dress in a way that reflects your lifestyle and your personality. She promises her advice will change the way you shop – and feel – forever!
-  Meet Debenhams' personal shopper, Ashleigh Kent, the woman who'll help you find that perfect outfit and get the most out of your shopping spree, in our *Woman* feature on page 157.

Look good, feel great!



DEBENHAMS
STYLING THE NATION



Mercedes-Benz of Carlisle



Elegant Home Exteriors

If you are interested in being involved in any of the *Cumbria Life* events, contact Mandy Norwood, *Cumbria Life* events organiser, on 01768 861775 or 07764 657001.

SAVE SAVE
£1 off the £5 entry fee to the Woman Festival when you bring along this voucher

