



and where to
get it
in Eden

Registered Distributors

Suma

www.suma.co.uk/t: 01422 313861

The Fairground

www.fairgroundcoffee.co.uk/t: 01539 822823

J. Farrer & Co

www.farrerscoffee.co.uk/t: 01539 720020

Coffee Care (Northern Counties) Ltd

www.coffeecare.co.uk/t: 01756 794811

Ivory Beverages Ltd

www.ivorybeverages.co.uk/t: 01422 254600

Matthew Algie & Co

www.matthewalgie.com/t: 0800 263333

Four Seasons Foods

www.4seasonsfood.com/t: 017687 79922

Caterite Food Service and Wines Ltd

www.caterite.co.uk/t: 017687 76000

Ian James Fruit and Veg t:01768 868969

THE FAIRTRADE MARK...

guarantees that food and drink products from the developing world have been fairly traded. Such goods need to meet strict criteria, including:

- * decent wages
- * adequate housing, health and safety standards
- * the right to join trade unions
- * a fair minimum price
- * a social 'premium' to improve schools and provide clean water
- * healthcare and roads
- * a long-term trading contract
- * good environmental standards
- * no child or forced labour



The Fairtrade Foundation, with its partners, checks that products continue to meet these criteria after they are approved.

SO WHAT CAN YOU DO?

- ◆ Join the Eden Fairtrade Group t: 01768 866768
- ◆ buy and ask for fairly traded products
- ◆ encourage friends, neighbours, organisations to use fairly traded products (see 'distributors' above)
- ◆ choose fairly traded gifts and crafts
- ◆ stay informed: subscribe to 'Fair Comment' (www.fairtrade.org.uk) for free
- ◆ organise an event or stall to promote fairtrade in your work/school/community

FOR IDEAS, INFORMATION, SUPPORT....

Eden Fairtrade Group

t: 01768 866768

e: nicolavecqueray@yahoo.co.uk

w: www.eden.gov.uk/fairtrade/

The Fairtrade Foundation

t: 0207 405 5942

w: www.fairtrade.org.uk

Cumbria Fairtrade Network

w: www.cumbriafairtrade.org.uk

Carlisle World Shop

t: 01228 546287

w: www.carlisleworldshop.co.uk

This may be the last paper directory we produce. Please let us know of any updates: 01768 867351. We'll then add them to the complete Eden/Cumbria Directories at www.cumbriafairtrade.org.uk.
Sixth Edition: Spring 2011

where to buy fairly traded goods locally

(all phone numbers in this guide begin with 01768 unless otherwise stated)

Outlets that sell food, drink and other products with the Fairtrade logo.

The Alpaca Centre Stainton t: 891440

Alston Wholefoods, Alston t: 01434 381588

B&M Bargains t: 868711

Bells of Lazonby 898437

Brunswick Deli, Penrith t: 210500

Penrith Co-op Appleby t: 017683 51577

Burrowgate, Penrith t: 862366

Lazonby t: 898210

Kirkby Stephen: 017683 72176

Shap: 01931 716202

Eden Ostrich World, Langwathby t: 881771

The Emporium, Kirkby Stephen

t: 017683 71383

Feel-good Factory, Appleby t: 017683 54129

Glenridding Mini Market t: 017684 82322

The Green Mangel Organics (fruit & veg stall)

t: 0845 458 3164/077 604 88036

Greystone House Farm Shop & Tearoom,

Stainton t: 866952

Holland & Barrett t: 892395

J&J Graham t: 862281

The Lion Gallery, Penrith t:867299

Moody Baker Coop, Alston t: 01434 382003

Morrisons t: 867631

Nature's Health Store t: 899262

Oxfam t: 863064

The Co-operative t: 891455

St. Andrew's Coffee Shop t: 862867

Victoria Clothing and Crafts t: 840994

The Village Bakery Melmerby t: 881811

The Watermill, Little Salkeld t: 881523

cafes/restaurants with fairly traded food, drinks, snacks

Airaforce Tearoom t: 017684 82881

St. Andrew's Coffee Shop t: 862867

Bells of Lazonby Cafe, Penrith t:866870

Bluebell Bookshop Cafe t: 866660

The Bridge Youth Cafe t: 862787

Penrith Coop Coffee Shop t: 862336

Country Coffee Shop t: 210100

The George Hotel t: 862696

Gigabite Cyber Cafe t: 861650

Mill Yard Cafe, Morland t: 01931 714155

Narrowbar Cafe t: 891417

Number 15 t: 867453

The Magic Bean t: 867474

Miners Arms, Nenthead: 01434 381427

The Old Smithy, Caldbeck t: 016974 78246

Purple Sage Restaurant t: 895555

Save the Children Coffee Bar/Bookshop

t: 890616

The Soup Shop t:864291

The Watermill Cafe, Caldbeck

t: 016974 78267

White Horse Inn Threlkeld t: 017687 79241

local Faith communities supporting fair trade

Appleby Churches Together

Church in the Barn t: 840977

Kings Church Eden t: 892360

Penrith Methodist Church t: 862787

Penrith Quaker Meeting

Penrith United Reformed Church

St. Andrew's Church t: 862867

St. Catherine's RC Church t: 862273

Salvation Army t: 866732

businesss, workplaces, tourist attractions and schools offering fairly traded goods

Armathwaite Nursery t: 016974 72000

Beaconside Primary School t: 242172

Beckfoot Country Leisure Ltd, Helton,
Penrith t: 01931 713241

Bridge Youth Club t: 862787

Capita Symonds t: 242322

Church Gallery, Kirkby Stephen

t: 017683 72395

Cumbria Action for Sustainability t: 210276

East Cumbria Countryside Project,

Warwick Bridge t: 01228 561601

**EBVC (Evidence Based Veterinary Consul-
tancy)** t: 868472

Eden Carers t: 890280

Eden Council for Voluntary Services

t: 242138

Eden District Council t: 212137

Environment Agency t: 08708 506506

Greystoke Castle Estate, Greystoke

t: 017684 83772

High Head Sculpture Valley, Ivegill

t: 016974 73552

Long Marton Primary t: 017683 61397

Orton Farmers Ltd. t: 015396 24899

High Hesket School t: 016974 73386

The Outward Bound Trust at Ullswater

t: 017684 85000

PACT: www.penrithact.org.uk

Penriddock Primary School t: 017684 83278

Rheged t: 01768 868000

Skelton Primary School t: 017684 84367

Soroptimists t: 01768 210450

St. Catherine's RC School, Penrith

t: 01768 242170

The Ullswater Association www.ullswater.com

University of Cumbria (Newton Rigg):

t:893400

Ullswater Community College t: 242160

Volunteer Centre Eden t: 866966

Voluntary Action Cumbria t: 242130

guesthouses, B&Bs, hotels, hostels and self-catering using fairly traded produce

Bluebell House, Sowerby Row,

t: 016974 76641

Broom Cottage B&B t: 017683 62896

Brow Farm B&B, Dufton, Appleby

t: 017683 52865

Craketrees Manor B&B, Crosby Ravensworth

t: 01931 715205

Dufton Youth Hostel, Appleby

t: 017683 51263

Elm House Guest House, Pooley Bridge,

t: 017684 86334

Greenah B&B, Matteredale,

t: 017684 83887

Knotts Mill Country Lodge,

Watermillock t: 017684 86699

Limnerslease Guest House, Appleby

t: 017683 51578

Monkhouse Hill Self-Catering

Cottages, Sebergham t: 016974 76254

Hall Croft B&B, Dufton, Appleby

t: 017683 52902

North End Farmhouse B&B,

Bolton, Appleby,

Old Hall Farmhouse B&B

Bongate, Appleby t: 017683 51773

Old Water View, Patterdale

t: 017684 82175

Rosebank Holiday Cottage,

Sockbridge t: 01642 588288

Scale House Farm B&B, Renwick

t: 896493

Scales Farm Country Guest House, Threlkeld

t: 017687 79660

Slakes Farm B&B, Milburn,

Appleby t: 017683 61385

Sunningdale B&B, Stainton

t: 863280

The Cottage @ Andrew House B&B,

Stainton t: 862510

The White House B&B,

High Hesket t: 016974 75368

Westmorland Hotel, Orton, Penrith

t: 015396 24351