

Carlisle Fairtrade City



Look for this Mark on products
www.fairtrade.org.uk



Carlisle is a Fairtrade City

This means:

- You can buy Fairtrade products in shops and outlets in the city
- You can stay in guest houses and bed and breakfast establishments that use Fairtrade products
- You can enjoy Fairtrade food, drink and snacks in cafes and restaurants
- You can encourage your business, workplace, school, community group or church to support Fairtrade.

Carlisle was awarded Fairtrade City status in 2005. Since then, the number of city centre shops, cafés and businesses providing a range of Fairtrade products has grown to more than 140 in 2008.

Many of the major high street stores as well as the smaller independent retailers are now stocking Fairtrade products. See pages 7 to 13 for a full list.

Look out for the FAIRTRADE Mark on products and labels and in shops and cafés. There are now more than 3,000 high quality products available from bananas and coffee to clothing and flowers.

Fairtrade is simply a different way of trading and shopping.

What is Fairtrade?

Story One

How much does a cup of coffee cost you in a cafe? How much do farmers get paid for the beans used to make your cup of coffee? It may surprise you but coffee is the world's most valuable commodity after oil. Yet, because farmers are usually paid the lowest possible price which may not cover the cost of growing the beans, they, like most farmers and workers in the developing world are trapped in poverty and struggle to provide for their families.

Story Two

If your coffee has been made with Fairtrade coffee beans then this story has a different outcome:

- Farmers will be paid a **guaranteed fair price** which will cover their costs and help them to work their way out of poverty.
- They receive a **Fairtrade premium** which has to go towards the welfare of the community and it is the community who decide jointly where the money should go, for example, to provide clean water, healthcare, housing, education and improving businesses.
- Fairtrade cuts out the middlemen and **provides direct access to markets** ensuring the right price for the weight of produce sold.
- **Women** receive equal pay and gain business confidence, improving their traditionally low status.
- Fairtrade encourages **more environmentally responsible farming** reducing the need to use harmful pesticides and fertilisers.
- Fairtrade provides **long-term relationships, stability and security** to combat markets which search for the cheapest price.



How you can help?

Fairtrade changes lives and we can help to change lives by the way we shop.

"We don't want your money. We simply want you to buy our coffee at a fair price so we can be independent", *farmer from Choche Ethiopia.*

"Change Today, Choose Fairtrade", a simple message but the impact you will have by choosing Fairtrade will be felt by millions of producers, workers and their families. It will help provide the necessities we take for granted for Fairtrade producers and their communities.



You can

- **Try Fairtrade**
- **Buy Fairtrade** remember there are 3,000 products available
- **Ask for Fairtrade** in your workplace, your favourite café, restaurant and bar
- **Encourage Fairtrade** ask your local store to stock and increase its range of Fairtrade products
- **Promote Fairtrade** introduce friends and colleagues to a Fairtrade product
- **Give Fairtrade** choose wine, chocolates and flowers which are Fairtrade
- **Throw a Fairtrade party**



- **Find out more**
Carlisle's Fairtrade Steering Group works with businesses, companies, schools, community groups, churches and the local council to raise the profile of Fairtrade in the city.
If you support Fairtrade in your workplace or community group, contact the steering group so that you can be added to the next edition of this directory.



Directory Listing

B & B and Guest Houses

In Carlisle, serving Fairtrade hot drinks in either dining room or bedrooms.

Serving Fairtrade hot drinks in dining room and bedrooms optionally* or exclusively**.

Angus Hotel

14-16 Scotland Road

Tel: 01228 523546

Tea, coffee, sugar, biscuits

Bessiestown Farm Country Guest House*

Catlowdy, Longtown

Tel: 01228 577219

Tea, coffee, sugar, fruit

East View Guest House*

110 Warwick Road

Tel: 01228 522112

Tea, drinking chocolate and fresh fruit

Fernlee Guest House*

9 St Aidan's Road

Tel: 01228 511930

Teas, coffees

Hazeldean Guest House & Therapy Centre**

Orton Grange,

Tel: 01228 711953

Tea, coffee, sugar, cereals, honey, jams

Ibis Hotel*

Botchergate

Tel: 01228 518000

Tea, coffee, hot chocolate

No 1 Guest House*

1 Etterby Street

Tel: 01228 547285

Tea, coffee & drinking chocolate

Number Thirty One*

31 Howard Place

Tel: 01228 597080

Tea, coffee, drinking chocolate, biscuits

The Fox Gloves*

73 Scotland Road

Tel: 01228 526365

Tea, coffee

Cafes and Restaurants

From offering the option of Fairtrade hot drinks to using a wide range of Fairtrade ingredients in Carlisle

Animal Refuge

Cotehill
Tea and Coffee

Bells of Lazonby

Warwick Road & Fisher Street
Coffee – ask for Fairtrade

Bhs Restaurant

Coffee

Carlisle Station – Café Ritazza

Tea, coffee, hot chocolate, fruit

Carlisle Station – Pumpkin

Coffee, hot chocolate

Castlegate Coffee House

Castle Street
Tea, coffees

Costa – Cumberland Infirmary

Coffee – ask for Fairtrade

Costa – Clock Tower

Coffee – ask for Fairtrade

Costa – Waterstone's

Coffee – ask for Fairtrade

Debenhams – Café Venue & Castle View Restaurant

Coffee – ask for Fairtrade

Doves – Border Kirk

Tea, coffee, sugar, hot chocolate, raisins, cake

Houghton Hall Garden Centre

The Topiary Coffee Shop

Tea, coffee – ask for Fairtrade

Hubbub Café

Denton Holme
Tea, coffee

John Watts Victorian Coffee Shop

Coffee – ask for Fairtrade

Lakeland Cellar

Cecil Street – ask for Fairtrade
Tea, Coffee

M & S – Café Revive

Tea and Coffee

Moreish Café

Carlisle Market
Tea, coffee, sugar and biscuits

Oasis – St Paul's Church

Tea, Coffee

Orton Grange Farm Shop Café

Tea, coffee, sugar

Priors Kitchen Restaurant

Carlisle Cathedral

Excellent range of local, organic and Fairtrade food and drinks

Source café

Denton Holme
Tea, coffee

The Boathouse Tearooms, Talkin Tarn (Carlisle City Council)

Tea, coffee, hot chocolate and sugar

T & D Organic Coffee House

Cecil Street
Tea, coffee, cocoa, sugar, honey

Townhouse

Lowther Street
Tea, coffees, will increase range

Tithe Barn & St Cuthbert's Vestry

Coffee mornings Fri/Sat am
Tea, coffee, sugar

Tullie House Museum and Art Gallery (Carlisle City Council)

Castle Street
Tea, coffee – ask for Fairtrade
New range of Fairtrade food and drinks

Quench Student Café

Hebron Church (Tues pm)

Tea, coffee and fruit juice

University of Cumbria

Fusehill Campus

Tea, coffee, hot chocolate, fruit juice, sugar, biscuits

Shops and Supermarkets

Selling Fairtrade food, drink and other Fairtrade products or fairly traded goods in Carlisle

Asda

Coffee, tea, sugar, drinking chocolate, chocolate spread, honey, bananas, fruit juice & wine

Booker Cash and Carry

Tea, coffee, sugar

Border Kirk – Traidcraft Shop

Traidcraft food products

Carlisle Cathedral Gift Shop

Selection of fairly traded gifts

Carlisle World Shop

Very wide range of FAIRTRADE Mark products, food and cotton; and fairly traded products – cards, crafts, clothes & accessories

Co-op – 7 stores

Each have a selection from the 200 Fairtrade products including tea, coffee, wine, beer, chocolate, fruit, fruit juice, sugar, honey, biscuits, cakes, muesli, Fairtrade cotton bags & dishcloths.

Corkscrew Wines

Good selection of red & white wines, also dessert wine

Debenhams

FAIRTRADE Mark cotton – Men's Maine 5G range of casual clothing

Diocesan Resource Centre

Traidcraft food products and fairly traded Siwok crafts

Eden Valley Wholefoods

Good selection of Fairtrade food

Greggs – 5 shops

Coffee, tea, orange and apple juice

La'al Bite (Open summer only)

The Grange, Drumburgh

Cereal bars, chocolate, fruit snacks, juices, sugar

Laird's Larder

Houghton Hall Garden Centre.

Tea, coffee, cocoa, wines, chocolates and ice cream (local & Fairtrade)

Lidl

Bananas, coffee, sugar, chocolate and orange juice

Marks & Spencer

Coffee, tea, wine, jam, marmalade, bananas, chocolate, wine, FAIRTRADE Mark cotton basics & underwear (ladies)

Monsoon Accessorize

FAIRTRADE Mark cotton shoppers, ladies tops and jeans, children's tops

Morrisons

Tea, coffee, chocolate, flowers, bananas, pineapples, grapes, jam

Orton Grange Farm Shop

Tea, coffee

Oxfam Books and Music

Wide range of food; also cotton shopping bags

Pioneer Foods

Tea, coffee

Somerfield

Tea, coffee, honey, wine

Tesco – Warwick Road

Teas, coffees, cocoa, sugar, jam, honey, nuts, rice cakes, cereal bars, rice, ice cream, avocados, bananas

Tesco – Viaduct

Tea, coffee, cocoa, jam and bananas

Topshop/Topman

FAIRTRADE Mark cotton bags, Women's and men's cotton basics

Wesley Owen

Fairly traded crafts and cards from Jubilee & Tearcraft

Suppliers to Carlisle Businesses

Supplying Fairtrade hot drinks

Coffee Point – Kingstown

Tel: 01228 829067

Café Bar (UK) Ltd

Tel: 0800 515 446

Coffee Care – Skipton

Tel: 01756 794811

Brodies Wholesalers – Edinburgh

Tel: 07770 696742

Caterite Food and Wine Services Ltd

Cockermouth

Tel: 017687 76000

Four Seasons Foods

Keswick

Tel: 017687 79922

J Farrer & Co

Kendal

Tel: 01539 72002

Leaf and Bean

London

Tel: 020 7692 0898

Out of Eden

Kirkby Stephen

Tel: 017683 72939

Poterion Fairtrade

communion wine

www.poterionfairtrade.co.uk

The Fairground

Kendal

Tel: 01539 822823

Business and Community Organisations

Supporting Fairtrade and using at least two Fairtrade products in Carlisle

- Carlisle Housing Association (Flagship Employer)
- Action for Blind People
- Age Concern
- Architects Plus
- Arco
- Bookcase
- Capita
- Carlisle & District Citizens Advice Bureau
- Carlisle City Council
- Carlisle Credit Union
- Carlisle Record Office (Cumbria Archive Service)
- Community Law Centre
- Cumberland Building Society
- Cumbria County Council
- Cumbria Voluntary Service
- Dalston Medical Group
- Geoffrey Clapp Solicitors
- IBS – STL
- Impact Housing
- Kennedy & Ferguson
- McVities
- Making Space
- Morton Community Centre

- Newman School staffroom
- Nixon's Pet Shop
- Peter Fitzsimmons
- Physiotherapy Department, Carleton Clinic
- Rural Payments Agency
- Soroptimist International of Carlisle – campaign for Fairtrade and use products
- Stoneraise School staffroom
- The Therapy Centre ACCT
- Trags Hair Design
- Trinity School staffroom
- UNISON
- Warwick Mill Business Centre
- Wragg Mark–Bell Solicitors English Street & Dalston.

Churches and faith groups

Supporting Fairtrade and serving Fairtrade drinks in Carlisle; some sell Fairtrade products after services; some use Fairtrade communion wine

- Border Kirk
- Carlisle Anglican Diocese Working towards becoming a Fairtrade diocese – includes
- Carlisle Cathedral

Schools

Learning about Fairtrade in the curriculum, assemblies & workshops in Carlisle; some sell Fairtrade products on stalls.

- Newman Catholic Secondary in the process of becoming a Fairtrade School
- Austin Friars
- Stanwix School
- Blackford School
- Caldew Lea School
- Caldew School
- James Rennie School
- Kingmoor Junior School
- Richard Rose Central Academy 6th Form St Aidan's campus
- Shankhill Primary School
- Stoneraise School
- Trinity School

Funeral Directors

Ken Patton

41–43 Warwick Road

Tel: 01228 597440

Offers a range of fairly traded* coffins

Kennedy & Ferguson

87 Blackwell Road

Tel: 01228 515191

Local or fairly traded* coffins

IFAT accreditation* not FAIRTRADE Mark

Fairtrade is...

About better prices, decent working conditions, local sustainability, and fair terms of trade for farmers and workers in the developing world. By requiring companies to pay sustainable prices (which must never fall lower than the market price), Fairtrade



addresses the injustices of conventional trade, which traditionally discriminates against the poorest, weakest producers. It enables them to improve their position and have more control over their lives.

The Fairtrade minimum price defines the lowest possible price that a buyer of Fairtrade products must pay the producer. The minimum price is set based on a consultative process with Fairtrade producers and traders and **guarantees that producers receive a price which covers the cost of sustainable production.** When the market price is higher than the Fairtrade minimum price, the market price is payable.

Source: www.fairtrade.org.uk

Thank you



"Thank you for taking an interest in Fairtrade. Carlisle is a thriving Fairtrade city and this leaflet contains a comprehensive directory containing a list from small independent retailers to national high street companies, all showing a commitment to Fairtrade and a different way of trading and shopping. We are very proud that we are a Fairtrade city and with your help we can make an impact globally."

Councillor Jacquelyne Geddes, Carlisle City Council's Fairtrade Champion

More information

If you would like more information about Fairtrade please contact:

Fairtrade Co-ordinator
Carlisle Fairtrade Steering Group
Carlisle One World Centre
2 Lowthians Lane
English Street
Carlisle CA3 8JR

Email: cowc@fish.co.uk

Telephone 01228 546287

Fax: 01228 550385

Visit the following websites:

For information about Fairtrade
www.fairtrade.org.uk

To introduce Fairtrade in your workplace
www.fairtradeatwork.org.uk

For local Fairtrade events and links to relevant websites
www.cowc.co.uk

For Fairtrade in Cumbria
www.cumbriafairtrade.org.uk

This leaflet has been sponsored by:



100% recycled

This leaflet is printed
on 100% recycled paper