

## OCCUPIED UNITS – JUNE 2011

BUSINESS NAME	UNIT NUMBER & BUSINESS CONTACTS	TELEPHONE/FAX NUMBERS	DESCRIPTION OF GOODS AND SERVICES
Additions	Arcade Shop 1 Ian & Denise Slater	Tel: 01228 525525 Web <a href="http://amacarlisle.co.uk">amacarlisle.co.uk</a> Email <a href="mailto:info@amacarlisle.co.uk">info@amacarlisle.co.uk</a>	Mobile Phone Unlocking, Repairs, Blue Tooth Devices, Chargers, Batteries, Memory Cards & Wi-fi Dongles.
Arcadia (Moving from Unit 59 W/C 13 <sup>th</sup> June)	Arcade Shop 2 Gail & Andy Cruikshank	Tel:07776122272 Webwww.gandatrading.co.uk Email: <a href="mailto:andycruikshank61@hotmail.com">andycruikshank61@hotmail.com</a>	Soaps, bath bombs, oil burners, simmering granules, campervan collectables, oils, tuskers, laser edged crystals, Nature Baby Collectables, (soft toy dogs). The range is being added to on a regular basis and will include bubble bath, shower gel, shampoo etc.. We currently stock a small selection of olive oil soaps for very sensitive skins including people with eczema. We also stock a range of high quality patterned and beautifully scented soap, cut from the loaf. We are expanding this range to include more exciting designs.
Sewing Solutions	Arcade Shop 3 Adelia Santos	Tel: 01228 532754	We do all types of Clothing and Curtain alterations, in all types of fabrics as well as leather. We also have a fast Ironing and Embroidery Service.
Totally Scrumptious Henri's	Arcade Shop 4 David & Jennifer Wilson	Tel: 01228 599145	Sandwich baguettes, freshly baked on the premises.
Lune Chinese Medicine	Arcade Shop 5 Dr Ming	Tel: 01228 599994 Fax 01228 599994	I provide free consultations and the full range of Traditional Chinese medicine treatments including Acupuncture, Acupressure and Chinese

		<p>Web <a href="http://www.lune-tcm@postmaster.co.uk">http://www.lune-tcm@postmaster.co.uk</a>  Email <a href="mailto:tcmdrming@yahoo.co.uk">tcmdrming@yahoo.co.uk</a></p>	<p>herbal remedies. I am a qualified practitioner with life long experience, and am passionate about providing the most appropriate TCM treatments which can be tailor-made to suit your individual needs.  I believe in the importance of preventative medicine, therefore, as well as providing bespoke treatments for existing health problems I also provide treatments to help maintain your wellbeing.</p>
Castle Framing Ltd	Arcade Shop 6 Michael Minns	<p>Tel: 01228 810840  Web <a href="http://wwwcastle.picture.framing.co.uk">wwwcastle.picture.framing.co.uk</a>  Email <a href="mailto:castelframingltd@aol.com">castelframingltd@aol.com</a></p>	<p>Castle Framing has a fine collection of ready made frames, fancy frames and a large selection of limited edition prints and cards.  We also have a computerized mount cutter in our workshop where we can cut a variety of fancy cut mounts.  We also supply contract frames to the trade. We have a large format printer with which we can print Giclle prints and canvases to a maximum of 40 inches wide.  For details call our workshop on 016977 41554.</p>
<b>Vacant</b>	Unit 1		
Books for Sale	Unit 2/3 Eric Brammer	<p>Tel: 01228 595588  Web <a href="http://booksforsale.org.uk">booksforsale.org.uk</a>  E mail <a href="mailto:sales@booksforsale.org.uk">sales@booksforsale.org.uk</a></p>	<p>A good selection of second hand books and ephemera.</p>
<b>Vacant</b>	Unit 4/5/6		

D & M Jewellery	Unit 7 David Czuczman	Tel: 01228 511163 Email <a href="mailto:david.czuczman10@btinternet.com">david.czuczman10@btinternet.com</a>	Watch batteries and straps, fitted free. A large selection of purses and wallets, watchstraps and belts, wall clocks, kitchen clocks, barometers Also a good selection of watches including radio controlled watches, talking watches and talking alarm clocks. An engraving service is available for trophies and shields. Also clock repairs undertaken (except mechanical)
Border Rugs	Unit 8/9/10	Tel:	
<b>Vacant</b>	Unit 11		
Iris's Collectables	Unit 12 Iris Watson		Selling Collectables, Glass, Costume Jewellery, Brass, China, Aynsley, Model Cars. Also old and unusual items, Plates, Bric-A-Brac etc.,
Domestic Direct	Unit 13/14/15 Geoff Simpson	Tel: 07712461142	New & Graded Domestic Appliances, Inclusive Local Delivery, Connection, Removal of old Appliance and all associated packaging. Laundry, Refrigeration, Cooking – Freestanding and Integrated.
<b>Vacant</b>	Unit 16/17		
Border Hoovers	Unit 18/19	01228 532012	Specialists in refurbished Dysons Repairs on all makes of vacuum cleaners. Bags, belts, hoses and filters supplied. Massive savings to be had. Servicing on all makes and models.
<b>Vacant</b>	Unit 20/21/22		
<b>Vacant</b>	Unit 23/24		

Tekki Stuff	Unit 25 Nicholas George	01228 402489 fax 01228 523786 info@tekkistuff.co.uk	Tekki Stuff is a supplier of computer components ranging from PC's to Laptops and all computer accessories. We can also supply plasma LCD TV's
Margaret's Jewellery	Unit 26/27 Mr. & Mrs. Hardman & Mrs. Czuczman	Tel 01228 543776	Margaret's Jewellery is a family run business which has been in the Market, serving the public, for over 40 Years. In the past we were the Winners of the Outstanding Customer Service Care Award for which all Carlisle shops were judged. We stock a large selection of Gold and Silver Jewellery and Fashion Jewellery also Christening Gifts, 18 <sup>th</sup> , 21 <sup>st</sup> & 40 <sup>th</sup> Birthday Gifts, Anniversary Gifts and much more all ENGRAVED FREE. Watch straps and batteries are our specialty as well as Ladies & Gents ear piercing. We also cut keys and stock a wonderful range of Pet Collars and Leads (all with a free engraved pet disc). We also stock a large selection of leather purses, wallets and belts. <b>If you thought that personal touch in shops had long gone, come to Margaret's Jewellery, where our customers all come first. We are confident you won't be disappointed.</b>
The Paper Stop	Unit 28/29 Helen Powell	Tel: 07584030901	Newsagents, selling papers, magazines, confectionery, drinks, tobacco products, stationery and toys. Special orders and reservation service available.
Habiknit	Unit 30/31/32/33	Tel: 01228 409887	We sell a range of Yarn, Haberdashery and Craft Products.
Crag's Country Crafts	Unit 34	07897192438 <a href="mailto:wildskiwolves@sky.com">wildskiwolves@sky.com</a> <a href="http://www.cccpatisserie.co.uk">www.cccpatisserie.co.uk</a>	Real bread, Gateaux, Cheesecakes, Hand Made Chocolates, Puddings, Wedding Cakes, Birthday Cakes and Cupcakes

The Cheese Board	Unit 35 Mrs. Maureen Sheals	Tel: 01228 533910	Retail Cheese Specialists. Hotels and Restaurants Catered for. We have a very good selection of English and Continental Cheeses available. Cheese Baskets available to order for that special occasion. We can supply a wide variety of cheeses for your Cheese and Wine parties. Cheese Wedding cakes are becoming increasingly popular. We can supply and advise you on a suitable selection.
J J & J Benson & Sons	Unit 36 Mark Benson	Tel: 01228 548767 Fax: 016973 42982 E mail benson.joseph@btinternet.com	Fruit & Vegetables. Excellent Fresh Produce, very good Personal Delivery Service & Counter Service provided.
Moreish	Unit 37 Mr. & Mrs. D M White	Tel: 01228 592924	Café – Take Away. Providing Excellent Homemade Scones, Cakes and Food at competitive prices.
Coconut Thai	Unit 38 Saeng Hogarth	Tel: 07767 33 4075 Email: coconutthai@gmail.com	Thai Take Away food
<b>Vacant</b>	Unit 39/40a		
Salon 40	Unit 40b/41 Evelyn Codona	Tel: 01228 409111 Email <a href="mailto:Evelyncodona@gmail.com">Evelyncodona@gmail.com</a>	Hair Salon – Cutting, Blow Drying, Colouring men and woman's hair, Styling techniques, Colouring with Foils and Meshes, Retail Hair Professional Products and GHD Styling Irons

Just Kids	Unit 42/43/85/97a/97b/98/ 99/100/101 Shirley Teasdale	Tel: 01228 540851	The One Stop Baby Shop. Everything for your baby – Prams, Buggies, Travel Systems, Highchairs, Moses Baskets, Cots, Cot Beds, Cozytoes, Mobiles, Baby Bouncers, Swinging Cribs, Car Seats, Baby Bedding, Premature Wear, Christening Wear.
Millers Café	Unit 44b/45/46 Robert & Lillian Miller		Miller's Café is a traditional old Market Cafe, specializing in good value food, especially our milky coffee. A full menu of snacks, to an 'All Day Breakfast', meals, cold drinks and service with smiles to everyone.
The Girls Room	Unit 47 Doreen MacKenzie	Tel: 07899888193 Fax: 01228 534597	Perfume, Aftershave, Hair Accessories, Toiletries and Cosmetics – many brands including Max Factor and Leichner. We also sell white face powder and black lipstick and nail varnish, plus ultra violet products. Not forgetting men, we have hair gel, shaving foam and Vaseline hair tonic. We also have a wide range of aftershave e.g.; Jovan Musk, Rapport and Mandate. If we do not have what you want please ask and we will do our best to try and obtain it.
<b>Vacant</b>	Unit 48		
Loulamoon Gifts with Love	Unit 49 Louise Hutchinson	07944473853	Gorgeous Gift Shop selling unique quality gifts at affordable prices. Weddings, Birthdays, Christenings, or any special event. Gift wrapping service available.

Robinson's Computers	Unit 50/51 Adam Robinson	Tel: 01228 535190 Web <a href="http://www.Robinsoncomputers.co.uk">www.Robinsoncomputers.co.uk</a> Email <a href="mailto:adam@robinsoncomputers.co.uk">adam@robinsoncomputers.co.uk</a>	Computer retail and repair. Goods sold include new and used computers and laptops, component parts, mice, keyboards, speakers, headsets, blank discs, flash drives and ink cartridges. Services offered include computer and laptop upgrade and repair, virus removal, printing and photocopying , T shirt printing and design, photo reproduction, enlargements and repair, laminating, sign writing and graphics for vehicles, shops, A boards etc., Business cards and all manners of printing and general media and design. Also Gothic and Alternative themed Collectables and Clothing.
Sweet Temptations	Unit 52 Elaine Forster	Tel: 07852 110274	A wide selection of New and Traditional Sweets, Chocolate, Rock and Slush Puppies, including a Sugar Free section suitable for diabetics.
Top 2 Toe	Unit 53/54 Irene Holmes	Tel: 01228 631425 Email <a href="mailto:top2toe@plusdsl.net">top2toe@plusdsl.net</a>	Foot Health Practitioner. Nail Cutting, Corns, Calluses, In Growing Nails, Heel Wraps, Pedicures. <b>Appointments not always necessary.</b>
Denise Slater	Unit 55/56		We sell bags of all kinds, including handbags, rucksacks, holdalls, shopping trolleys and, for your holidays, suitcases.
Market Hall Meats	Unit 57/58 Billy Kirkup	Tel: 01228 521959	Butchers .

<p>G &amp; A Trading 59 Scents (Moving to Arcade Shop 2 W/c 13<sup>th</sup> June Trading as ARCADIA)</p>	<p>Unit 59 Gail &amp; Andy Cruikshank</p>	<p>Tel:07776122272 Webwww.gandatrading.co.uk Email: <a href="mailto:andycruikshank61@hotmail.com">andycruikshank61@hotmail.com</a></p>	<p>Soaps, bath bombs, oil burners, simmering granules, campervan collectables, oils, tuskers, laser edged crystals, Nature Baby Collectables, (soft toy dogs). The range is being added to on a regular basis and will include bubble bath, shower gel, shampoo etc.. We currently stock a small selection of olive oil soaps for very sensitive skins including people with eczema. We also stock a range of high quality patterned and beautifully scented soap, cut from the loaf. We are expanding this range to include more exciting designs.</p>
<p>Aroma Florist</p>	<p>Unit 60 Suzanne Hodgson</p>	<p>Tel: 01228 599699 Fax: 01228 599699</p>	<p>Provider of outstanding flowers of quality and value. Funeral and Wedding specialist, from traditional Wedding flowers to the more unusual, home visits can be arranged. Supplier of specialist floral sundries. Order by phone for bouquets, hand ties, arrangements and plants for all special occasions. All major credit/debit cards accepted.</p>
<p>The Bedding Box</p>	<p>Unit 61/62/63 Mrs. L Little</p>	<p>Tel: 01228 810861 Fax 01228 810861</p>	<p>Large range of Household Textiles, including large selection of Ready Made Curtains, full range of sizes in cotton or blackout Curtain linings. Extensive selection of Duvet Covers, Sheets, Valances and assorted designs in Flannelette Sheets. Also a good choice of design in Cushion Covers, also stockist of a varied range of Towels. Discount for bulk orders.</p>
<p>Pets 'n' Plants</p>	<p>Unit 64,65 &amp; 66 Hayley Blakey &amp; Clair Ward</p>	<p>Tel: 07780666334 or 07706755714 Email <a href="mailto:Clair123@btinternet.com">Clair123@btinternet.com</a></p>	<p>We stock a large variety of Wild Bird Food, Dog Food, Cat Food, Cage Bird Food, Rabbit Food and Much More. Great deals on Hutches, Beds &amp; Cages. Seasonal bedding plants, vegetable plants, tomatoes, perennials and much more.</p>

What's In	Unit 67/68/69a Denise Slater		We sell a variety of products including smoking and mobile phone accessories, ornamental flowers of different kinds, ornaments, purses, pictures and incense.
Surplus and Supplies	Unit 69b/70 David Heron	Tel: 07576056900	Army Surplus gear never goes out of fashion and if you are serving in the military then our British Army & Navy surplus clothing is exactly what you need. In case you don't know, "Army Surplus" refers to any clothing or equipment produced by the military which is now surplus to requirements. That's when army stores sell it on to the public. We have a wide range of military gear including DPM combat trousers, combat jackets, pullovers, caps, jackets and shirts.
K & T Footwear	Unit 71/72/88 Keith Little	Tel: 01888 810861 Fax: 01228 810861	For all your Family Footwear, huge stock of ladies, Gents and Children's Slippers, Casual Shoes, Fashion Shoes, Trainers, Mens and Ladies everyday Footwear. Large range of Safety Work footwear, also extensive range of Ladies Fashion Wellies and Gents & Kids Dunlop Wellies, all at discount prices!
Wholesome!	Unit 73/74/76/77 Dawn Thompson-Howard	Tel: 01228 546853 Email <a href="mailto:wholesomcarlisle@googlemail.com">wholesomcarlisle@googlemail.com</a>	<b>Wholesome!</b> is a small, independent whole foods shop. We sell a wide range of store cupboard essentials, including dried fruit, nuts/seeds, pulses, grains, cereals and flour. We also stock herbal teas, honey, jams, biscuits, herbs/spices, luxury chocolate truffles, fresh and frozen vegetarian food and international food. Eco friendly cleaning products, natural body care/beauty products and candles/incense/aromatherapy oils. Herbal tinctures and a small selection of vitamins and supplements are also available. Local products include free-range eggs, honey, lemon cheese, rum butter, herb jellies and locally-milled flour. Our little shop is packed full of interesting products that often can't be

			<p>found in the supermarkets. We have a good selection of fairly-traded and organic products.</p> <p>Brands currently stocked include Suma, Weleda, Green People, Faith in Nature, Ecover, Natracare, A.Vogel, Willow Water, Booja Booja, Cherry Active and The Watermill.</p> <p><b>Call in for a browse and a chat – no charge for either!</b></p>
The Flower Garden (Carlisle) Ltd.	Unit 75 Ian Slater		<p>Visit Plants ‘n’ Things for fresh cut flowers, bouquets and aqua tie wraps. House plants, garden plants, shrubs, trees, bedding plants, hanging baskets, onion sets, seed potatoes, plants, seeds, oasis, garden ornaments, baskets and balloons.</p> <p>Christmas wreaths, funeral wreaths, memorial pots, assorted headstones and memorial sundries.</p> <p>We also stock a large display of silk flowers.</p>
Lesley’s Cards & Gifts	Unit 80/81/82/83 Lesley Edgar	<p>Tel: 07766115805 &amp; 07767462459</p> <p>Email <a href="mailto:lesandrayedgar@googlemail.com">lesandrayedgar@googlemail.com</a></p>	<p>Cards for all occasions – Birthdays, Births, Get Well, Sympathy, Humour etc., Stock a good selection of Wedding Gifts, Glasses and Christening Goods, Party Goods, Banners, Balloons and Candles. A large selection of Wrapping paper.</p>
P McCormick & Son	Unit 84 Peter McCormick	No Telephone Number	Shoe repair and key cutting service.
<b>Vacant</b>	Unit 86		
J.K. Balloons	Unit 87/88 Kate Hetherington	<p>Tel: 07972676945</p> <p><a href="http://www.jkballoons.net">www.jkballoons.net</a></p> <p>Email: jkballoons@aol.co.uk</p>	<p>Party &amp; Balloon specialist shop, selling all party items, including balloons, banners, badges, candles &amp; party bags. We also provide a balloon decorating service for Weddings and Parties with delivery and set up. We also stock a great Hen Night Range.</p>

Hemmingway's Fabrics (soon reopening under new management)	Unit 79/89/90	Tel: 01228 592759	Full range of fabrics for home dressmaker. Bridal fabrics, silks, satins etc; Furnishing fabrics, voiles, velvets, curtain lining etc..
J J & J Benson & Sons	Unit 91/92 Mark Benson	Tel: 01228 548767 Fax: 016973 42982 E mail benson.joseph@btinternet.com	Fruit & Vegetables. Excellent Fresh Produce, very good Personal Delivery Service & Counter Service provided.
Anne Thorpe Ltd	Unit 93/94 Anne Thorpe	Tel: 01228 592644 Fax: 01900 829934 (9 – 5pm) Email <a href="mailto:Thorpe2eaglesfieldwanado.co.uk">Thorpe2eaglesfieldwanado.co.uk</a>	Outdoor Clothing and Menswear & Leisure. Size range Trousers and Jeans 30" to 50"+ waist Tops & T shirts M to XXXL, Jackets S to XXXXL, Regatta clothing, Jackets S to XXXL. Action and zip off Trousers 30 to 46, Men's and ladies fleece. Large clothing for men up to a 60" waist. Underwear, socks, belts. Trousers 34" to 54" waist. Large tops and tee shirts up to XXXL. Work wear, shirts, padded and quilted shirts.
Bits 'n' Pieces	Unit 95/96 Julie Miller	Tel: 07815913250	Friendly, helpful personal service given on Soft Furnishings i.e.:- Curtains, Net off the Roll, good range of Kitchen and Bathroom Curtains and Voiles. Arm Caps, Doilies, Lace, Tablecloths Plus Much More