

BIG BAD FRESHERS' 2016 ISSUE



TIPS & TRICKS | TALL TALES | WHINGING

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MADAME PRESIDENT

Sam Cox, President



Hi! On the behalf of Pendle College JCR Executive, I welcome you to Pendle College and Lancaster University. As JCR President I am your primary representative of the Pendle College Junior Common Room (JCR for short), which you are now a part of! Congratulations! We have a cracking line-up for this year's Freshers' Week - I will explain some of the events in more detail later.

You've joined a college with a proud history. Established in 1974, Pendle College prides itself on academic successes combined with a thriving college community with great events and activities. Named after the famous Pendle Witch Trials, our logo proudly shows the Pendle witch, representative of all alleged witches. Fun fact - all of the blocks in Pendle, standard and ensuite, are named after places in the general Pendle Hill area. One of our most famous alumnus is James May, and there will hopefully be many more to come in the near future.

My biggest advice to you would be to fully embrace college life and just get involved. There is always stuff going on around the college and especially in the bar, where you can chill on the couch and get a few drinks. I always like to chill in the bar during the day, catch up on work and be comfortable. If you're around, I'm always up for a game of darts. Pendle is the college where you can really make yourself feel at home, and everyone supports each other in our big Pendle family.

All of our JCR execs are here to represent you, so if you need anything, just ask one of us and we will do everything in our power to help. I look forward to welcoming you to Pendle, for what promises to be another fantastic academic year with many successes and memories.

- Sam, your JCR President



How To UNI

Jonathan Cheong

Welcome, Pendle freshers from all over the world! You are about to embark on some of the best years of your life along with Pendle College! I'm going to keep this short and sweet (much like myself) so all of you can head out and experience it for yourselves!

I can advise everyone from first hand experience that your first year of University will be like a rollercoaster - it'll have its ups and downs. But it's your choice to scream or enjoy the ride. I did both everyday.

From your first blackout night-out to getting your very first D in your coursework, University is nothing like school. Mummy and daddy aren't there anymore to wash your clothes, cook your food, and wake you up for school. Your teachers aren't going to be there to nag you to hand in that late assignment. This is University life, do it yourself.

From an international student's perspective, I can confidently say that University life is amazing. All you have to do is get yourself out there. Get out of your comfort zone. Do things you always wanted to try, make new friends, pick up a new hobby. Oh also don't forget to get your degree too, remember the main reason why you came to University!

About being homesick? It really is normal, just remember that Skype is free! Just joking - we the JCR are here for any of you guys that need anything at all, just contact us!

Be sure to take everything that happens in University as a life lesson and find what it is that you are looking for in life. Whether it's achieving a double first (trust me, be realistic) or consuming as much alcohol as humanely possible, its up to you.

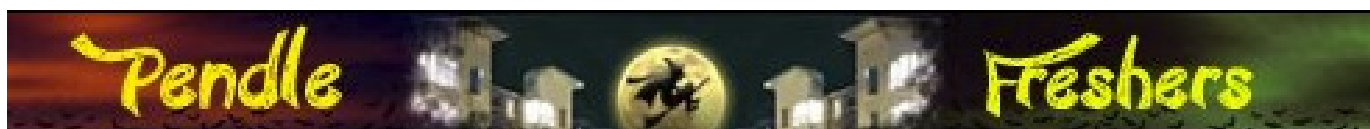
Just keep this in mind. Do what is right for you. No one else is walking in your shoes.

— Jonny Cheong :)

P.S. If any of you have any questions or need someone to talk to about anything just drop me a message on Facebook, or an email to j.cheong2@lancaster.ac.uk. But if you prefer a one-on-one session please come see me during my office hours!



Hello everyone and welcome back for another year in Pendle College! A very warm welcome for our freshers joining us - we hope you'll be very happy here in Pendle college and to assist with that, we the Events Officers (comprising of Amy, Steph and myself) and the JCR as a whole will be doing weekly college events in Pendle Rooms!



All you can get up to in Freshers week

Sunday

Basement Party Our signature blackout basement party returns to Pendle Rooms for arrivals evening and serves as the perfect introduction to uni life in Pendle. A night to chill and get to know people in your flat or to go hot and heavy - it's up to you.

Monday

Student 101 After the first night of fun and with hangovers in full force, why not let the soothing-voiced Welfare Officers (Peter, Emily and Melissa) show you how to survive Lancaster University, including a small simple cookery lesson for you all to enjoy?

Glow Party For the Monday night event we'll be taking you into town to give you your first taste of Lancaster nightlife with a UV paint party at Glow Rooms, so get your white shirts on and glowing fabric pens ready for a messy night.

Tuesday

Sports Day Our Sport Officers (Sam and Ginny) will be showing off some of the sports you can get up to in Pendle college and introducing you to the college teams so if you have a keen interest in sport (or bar sports in my case), this is an event you cannot afford to miss.

BIG NIGHT OUT The sports day will be followed by the biggest event of Freshers' Week: The LUSU Big Night Out! Pendle and two other colleges will be heading to sugarhouse—the Students' Union bar and

biggest club in town—in Jungle-themed garb so make sure your fancy dresses are well prepared (if you can top my clown outfit from last year, then good for you!)

Wednesday

Freshtival Pendle Rooms will be hosting an all-day open-air party with live music both inside and outside of the bar that will go on into the wee hours. Chill out in the quad or come back to the bar for great music and rocking beats.

Thursday

Freshers Fair Take a gander at all that Lancaster University has to offer by taking a look at the 200+ societies the Union offers. A word of warning though: you will have to get up early and queue to get in the Great Hall as there's a lot on offer.

1920s night We travel to Apothecary Cocktail Bar on Thursday night for a night roaring with appeal. That's right - it's a 1920s masquerade. A night with high class and an appreciation of the finer things in life (boatloads of g&ts —Ed.), so get your glad rags on.

Friday

Freshers Fair Part II Another day of events to show all Lancaster University offers, but this time it's the partners with the University who will be showing how students can work with them to advance their careers whilst at University and onward.

BIG NIGHT ON: PENDLE LIVE Pendle's signature event will be held on Friday night to bring in a chilled out weekend. Bring your friends, come on down to the bar and chill out with acoustic rhythms and good conversation.

Saturday

Big Chill The chill continues after Pendle Live with a chilled-out day in the bar with some outdoor activities, an easy day after a hard week.

P for Pendle Our final trip to town for the week will take us to Bentleys where you can show your pride for Pendle by dressing up in something beginning with P (playing I-spy on the bus on the way there is

definitely recommended). Whether you are a pirate, parrot, plane or a pea in a pod, you're certain to have a blast!

Sunday

Hangover Clinic Hitting the booze all week? Hangover finally caught up with you? Worry not: our welfairies are here to help with our Hangover Clinic, a chilled-out tea and coffee morning in the room above the bar.

Pub Quiz To end freshers week is my personal favourite event: The Pendle Pub Quiz. Hosted by our very own Ben Goldsworthy, battle it out in this challenge of wits against your friends with cash prizes for the winners (£1 entry fee).



But remember. it's not just Freshers' Week: we have events running throughout the term! Here's everything else you can be getting up to in Pendle running throughout the week, every week running throughout all three terms:

Mondays and Tuesdays — Bar Sports

Come down and play or support the Pendle George Wyatt Team as we take on the other colleges at bar sports. It's a great night, especially at the pool on a Tuesday which I play (come on the Bs!). With ale flowing like wine at £2 a pint, the darts on the Monday is a great laugh and atmosphere too, along with the dominoes running concurrently with those £2 pints.

WELCOME WEEK

Chris Fairhurst

This will all begin in week 2 after the teams are chosen (taster sessions running in week 1 - the exact dates will be available on Facebook) so give it a bash.

Wednesdays — Workout Wednesdays

Get active with our very own themed workout every Wednesday at 1pm hosted by our delightful Assistant Dean Alex Owens. I prefer bar sports to exercise but WOW should put a WOW in your week and leave you feeling energised (or knackered in my case) for the rest of the week.

Thursdays — Pendle Live

Our signature live music night is returning stronger than ever this year starting at 8pm every week. Come and listen to the best live bands and musical societies on the campus with a variety of musical genres, from the heavy metal of RocSoc and our magnificently bearded Accommodation manager Keith Calvert to the lighter melodies our less bearded but no less magnificent Amy Hopper. You'll be pushed to find a better night anywhere on campus for music and it's a fantastic way to kick your weekend into gear a little early when chilling with your mates.

Sundays — Pub Quiz

The Pendle Pub Quiz will return for a second year running with Media and Comms maestro Ben Goldsworthy going all a little bit Paxman. Join a team and compete against others in your College to become champions and take home the prize money and prove that you are the quiz masters (£1 entry fee per person).

Well I'd like to sign off by saying I hope that everyone has a super Michaelmas term and enjoys the events me, Amy and Steph—along with the rest of the JCR, of course—will put on over the coming weeks. I'd also like to issue a very warm welcome once again to our freshers and hope they have a cracking Freshers' Week.

— Chris Fairhurst xx



Pendle & Lancaster Sport Dictionary

The Green Witch Another name for our football C Team.

Pendle Cats Another name for our netball C team.

Legends The end of year multi-college sport event between Pendle, Fylde, Grizedale and County, which features numerous sports, from badminton and tag rugby to rounders and boat races.

Wednesday Workout A relaxed opportunity to exercise on a Wednesday afternoon, with the emphasis on enjoying yourself! Sessions can range from circuit training, to Zumba or even yoga. Find the Workout Wednesday Facebook page for more information.

Carter Shield A light-hearted event encouraging friendly competition between colleges, across different sports for every instalment. With points awarded for participation levels, it's perfect for anyone who just wants to get involved. Happens every few weeks on Sundays.

George Wyatt The points from every college's 3 pool teams, 2 darts teams and the dominoes team are all added up. The college with the highest total is awarded the George Wyatt Trophy for bar sports (which Pendle have now won 3 years on the trot!)

3G The all-weather rubber crumb artificial surface, commonly used by football teams.

Summer Cup Various sports have Summer Cups in which all the teams of a certain level (such as football A teams) competing together in a single day tournament towards the end of the year.

Just Play The University's recreational sports project that offers cheap opportunities to play sport in a social environment. Look out for them during freshers' week!

BUCS Stands for British Universities & Colleges Sport. Most university level teams compete in a BUCS competition. However, if you play football, netball or table tennis for the university you cannot represent Pendle in the college leagues, so think carefully about who you want to play for.

Roses The biggest sports varsity competition in Europe, between Lancaster and bitter rivals York. An exhilarating three day weekend packed with more sports than you could shake a javelin at.

Special Pendle Sports Awards

Silver College Colours Awarded to graduating students who have played for Pendle sports teams for 2 years.

Gold College Colours Awarded to graduating students who have played for Pendle sports teams for 3 years, or to graduating students who have played for the university.

Kim Montgomery Shield Given to a Pendle student who shows outstanding commitment to sport

Scullion Shield Given to a Pendle student who has demonstrated sporting endeavour and excellence

A Common Week In Pendle Sport

Monday

Women's Pool, Men's Darts & Mixed Dominoes (7pm)

Tuesday

A Team Netball (Evening)

Men's A Team Pool & Women's Darts (7pm)

Men's B Team Pool (7pm)

Wednesday

Wednesday Workout (Afternoon)

A Team Football (Afternoon)

B Team Netball (Afternoon)

Table Tennis (6pm)

Thursday

C Team Netball (Evening)

Saturday

B Team Football (Afternoon)

Sunday

C Team Football (Variable, depending on hangovers)

Carter Shield (Afternoon)

Pendle Sport: The Successes of 2015-2016

Pendle has historically shared a sporting rivalry with Fylde College, but in recent years Grizedale have laid a valid claim to being our true nemesis. In last year's Legends competition we faced Grizedale in the semi-final, annihilating them to advance to the final against Fylde where the competition went down to the wire, eventually losing in agonising fashion by one single event. With Grizedale near enough to call a derby, plus old scores and fresh feuds with Fylde, Pendle has no lack of rivalries.

Pendle's proud history of dominating bar sports continued last year, with the George Wyatt Trophy now Pendle's property for a third successive year. Finishing in the top 4 of all 6 leagues, every one of our bar sports teams contributed brilliantly. The standout performers were the women's darts team, who cruised to the league title. The men's darts team nearly matched them, but finished in a nail-biting 2nd place. The pool teams were reliable as well, with the women's and men's B teams both claiming fantastic third place finishes in their leagues. The mixed dominoes and men's A team pool both finished in solid fourth positions, showcasing the college's brilliant aptitude for bar sports.

Last year's netball teams enjoyed a hugely successful year, with the A team matching their best ever finish in second place. Both B and C teams finished 6th in very tight leagues with little to separate teams in the middle of the table. The netballers also played a vital role in the demolition of Grizedale in Legends, when a clean sweep of netball victories on the opening day ensured that parity was restored in the semi-final, after Grizedale had snuck into a strong early lead.

The football A, B and C teams respectably finished 3rd, 6th and 4th respectively, but the highlights came in the cup competitions. In the Inter-College Cup, the B team enjoyed a magnificent run to the semi-final. However, this was to be eclipsed by the A team who stormed to victory in their Summer Cup. The level of play within the A team was so high that 4 of its players made the College Select XI at Roses, which is hand-picked to contain only the best players from across all the colleges.

Our table tennis team consolidated winning the 2014/2015 title with a very impressive second place, with

the title only being decided on the final set of fixtures. With our team needing County to slip up in their final match to have any chance of winning the league, it wasn't to be and County secured the title. However, the last laugh in last year's college table tennis went to Pendle, with our team going unbeaten in Legends, battering both Grizedale and Fylde with ease.

With so many successful sides to join, there has never been a better time to get involved with Pendle's sport teams and help to ensure that 2016-17 sees even more triumphs! If you want to know more about the teams, either contact your sports officers Sam Lay or Ginnie Christie, or any of the captains whose details can be found at <http://www.lancaster.ac.uk/colleges/pendle/current-students/sport/teams/>

Sports Team Events In Freshers Week

The sports teams are putting on loads of events for you all during freshers week. Below is a list of the chances you'll have (all meet at Pendle Rooms):

Monday

Meet the Captains (as part of Student 101), 3pm

Tuesday

Meet the Sport Teams Lunch (provided), 12-2pm

Table Tennis taster session, 2-4pm

Wednesday

Netball taster session, 4-5pm

Thursday

Football taster session, 2-4pm

Friday

Women's Pool & Men's Darts, 1-3pm

Table Tennis taster session, 2-4pm

Men's Pool & Women's Darts, 3-5pm

Sunday

Netball taster session, 4-5pm

TALK ABOUT IT

Peter Bache



The human brain is the most complicated object in the known universe. Unfortunately, complicated things are prone to breaking down or going a bit wonky. However, our society is woefully ignorant of almost everything relating to mental health, partly due to the social stigma surrounding it. We often feel uncomfortable at the mention of mental illness. Tell people that my girlfriend has the flu and they respond with sympathy or a friendly joke at her expense (she's always ill). Say mental illness, however, and it more often leads to shying away from the subject.

What we don't understand is scary and alien and therefore harder to discuss, which feeds into the stigma. My aim is for Pendle to become a college where this stigma no longer exists, where people feel comfortable discussing their illnesses, mental or physical. Here is a quick list of common misconceptions about depression.

Depression is "feeling a bit sad" This misconception is due to the word 'depressed' having multiple meanings. When something awful happens, most people will feel like crap for a while - this is different to clinical depression. A precise definition is difficult as every person's experience of depression is different, but clinical depression can be explained as recurring episodes of intense hopelessness, sadness, and lethargy. However, these words do little to explain the intense pain caused by depression.

People with depression should "snap out of it" People with the flu or cancer are not told to "snap out of it" or "get over it". If depression could be cured by pure effort alone no one would have depression.

Mental health problems aren't very common According to Mind, 1 in 4 people will experience a mental health problem every year. They can happen to people of any age, sex or background.

People with mental health problems can't be successful Buzz Aldrin, Angelina Jolie, Zach Braff, Stephen Fry, Kylie Minogue, Dwayne "The Rock" Johnson, Abraham Lincoln, Anne Hathaway, Judy Garland, J.K. Rowling, Sir Winston Churchill, Russel Brand, Mark Twain, Dolly Parton, Paul Gascoigne, Freddie Flintoff and Jim Carrey. All suffer or suffered from depression.

Antidepressants always cure depression It would be nice if a single pill could fix us instantly, however only some people find antidepressants helpful - others don't. Combining medications with talk therapy is a common treatment strategy.



KING IN THE NORTH

Reuben Pullan

London is a strange place. I wish I had been warned of a few things before being thrust into the Big Smoke for a year:

Rule number one never speak to people on the tube.

Rule number two NEVER SPEAK TO PEOPLE ON THE TUBE

Smile at people on the morning commute and they'll look at you like you've pissed in their Cheerios, or the quinoa and avocado chimchurri they had for breakfast. It's not that I don't appreciate the variety of these trendy new foods, and some of them are pretty tasty, but those hairy lychees are going nowhere near my mouth.

In a way I'm glad I can't find ready salted crisps or plain old pork scratchings in any pubs here, alcohol prices as they are. You're given the choice of having a dry mouth if you eat them, or a dry bank account if you buy a pint to wash them down. How I miss the days of £2 pints back at Pendle Rooms. Fortunately my two years of studenthood prior to this have left me well-equipped to cope with the sort of noodles-and-noodles diet needed to afford drinks.

Truth be told, it's not all grim down South. I am somewhat of a fashion icon now thanks to my flatcap. Amazingly, I wear it keep my head dry rather than to be on the cutting edge of style like those in Shoreditch, but I'll take any street cred I can get; it turns out people think I'm a loser for loving grime whether I'm in Lancaster or London.

I'll concede too there's always a lot going on here. I've spoken to culture-shocked Southerners living in the North for the first time before who said they "have trouble sleeping in Lancaster - it's weird that there's no sirens at night". I now know what they meant (but wish they'd also warned me just how terrifying it is to be woken by the sound of a couple of foxes getting their rocks off).

My advice to people new to this life is just to embrace it. It may take a while, and you might feel like a loose end at times, but enjoy it. Indulge in the simple pleasures. Go for a walk in the countryside. Grab a nice cheap pint, or a brew, and strike up a conversation with someone; you might be surprised by how friendly and welcoming it is up North (providing you pronounce scone like 'gone' [i.e. incorrectly Ed.]

You can get back to the hustle and bustle of the city soon enough, but for however many years you're in Lancaster just sit back and enjoy life in the slow lane.



Hello Pendle, you sexy lot. Below I've made a list of my top six apps to make your uni life that little bit less stressful. These apps might not be for everyone so remember, if you're having a bit of a rough time, come talk to me.

HEADSPACE

"Meditation can help improve your focus, exercise mindful awareness, relieve anxiety and reduce stress."

It's hard to juggle a social life, studies and personal wellbeing at uni. You will get stressed. You will have bags for days. You will want to quit and move to the Outer Hebrides. And on top of all that, have you remembered to cite all your sources correctly and adequately?

Headspace helps me tackle at least one out of the three aspects that I need to balance (my personal wellbeing). Maybe you're not comfortable confiding in someone about all your worries, but Headspace allows you to take 10 minutes out of your day to focus on yourself, without having to say anything to anyone. It's about gradually clearing the clutter in your mind and improving your focus.

BOUNTS

Physical and mental health go hand in hand. Improve your physical health, improve your mind.

This app is perfect for shopaholics such as myself. You exercise: you earn bounts points: you convert bounts points into high street vouchers (including Amazon, River Island, Starbucks, Sports Direct, Sainsburys, Love 2 Shop and many more). It's the perfect bribe.

CALM

Melissa a.k.a Gandhi back with another meditation app recommendation.

"Relax with Calm, a simple mindfulness meditation app... that will bring more clarity, joy, and peace of mind into your life. Fall asleep faster with over 25 soothing calming sounds which relieve you from outside stress and anxiety."

Insomnia affects a lot of young people. Maybe it's the natural stress that's inevitable with coming of age and the like. Or maybe it's simply because in 2016, now

WHAT'S APPENIN'

Melissa Shode

more than ever, the sheer volume of disturbing yet somehow entertaining Youtube videos available to us in the palms of our hand in seconds, is quite insane.

Calm aims to help you relax so that you can get a healthy amount of sleep. The app is hopefully a better alternative to spending the night clicking one related video after another, wondering if you'll ever think of Shrek in the same way again.

UNiDAYS

Discounts online and in-store for lovely, deserving students like yourselves at places like ASOS, McDonalds, Spotify, Waterstones, McDonalds, Schuh, Skinny Dip. Did I mention McDonalds?

P.S. You don't need to have the app to have an account (you can just sign up online if you want to). Just handy to have as a reminder on your phone if you're out and about. The savings life chose you.

LALALAB

This app lets you print photos from your iPhone, Instagram and Facebook and delivers them to you. Decorating my room at uni with these prints added a much more cosy and homely feel to my room and I think they're good value for money. If you're feeling a little homesick, stick a few photos of your mates and family's happy mugs on your wall. Works a charm.

DUOLINGO

"Duolingo is Apple's iPhone App of the Year! Learn Spanish, French, German, Portuguese, Italian, Irish, Dutch, Danish, Swedish, and English."

This app basically saved my life when I picked up Spanish in first year. Helpful everyday tests that keep your vocabulary on point. You can set your own goals for the week. Intentional students may find this app useful as they settle into uni and adjust to a new language. Likewise, non-international students - maybe impress some of your flatmates by learning a few phrases from their native language!

END THE JCR

Ben Goldsworthy



Or most of it, at least. Pendle College currently has 15 JCR Exec. officers—3 media & comms, 4 welfare, 6 events and 2 (for want of a better term) admin officers—for around 700 students. There are also a handful of committees throughout the year, headed by one of those officers and with membership open to anyone Pendlite who's interested.

Each of those three sub-teams has a VP; there's Events, Student Engagement and Welfare & Education. Between these three positions, President and the Chair/Gen. Sec. role, I would argue that all other positions are superfluous. Yes, that includes my own.

Under the Lowe administration, I saw these views recognised. As one bright spark pointed out, "multiple people run in elections, and they can't all win - that doesn't mean they suddenly stop caring about Pendle and wanting to help". The first push at a more committee-based system was attempted with the creation of the Bye-Law Review and Wednesday Workout Committees (and of course the continuation of the well-established Extrav Committee), but advertising was minimal, non-JCR takeup poor and results variable.

Besides the aforementioned opportunity for election losers to help out, the committee system has yet more benefits. If someone doesn't have the (frankly obscene) amount of free time available to do a good job as a JCR Officer, they can volunteer what they do have to a larger group. VPs can allow committee members to go off on weird personal flights of fancy, which can yield unexpectedly incredible results, without worrying about the rest of the workload being ignored.

To take my own role as Media & Comms Officer as an example, the roles usually have quite wide-ranging remits that are unlikely to be wholly of interest to the officer holder. For example, I've had an absolute whale of the time with the digital side of Pendle but have the graphical design ability of an ox. With a committee, those responsibilities can be better spread out and taken by people to whom's strengths they best align.

"There are even whispers that LUSU might be pushing for more working group-based structures this year, so I'm just ahead of the game, as per. 🧐"



WRITE FOR THE WITCH

Here at *The Witch* we want as many ideas, inputs and pieces of artwork as you can possibly throw at us.

Can anyone join?

Indeed! Whether you want to moan about something, share some recipes, write a crossword or anything in-between, we're happy to see what you've got.

Why should I though?

To gain journalism experience, slake your boredom and share your creativity!

I'm down

We thought you might be.

How do I get in on this then?

To become a writer/designer message us at the Pendle College Facebook page or send a good old-fashioned email to the address below and we will add you to our writers' group as soon as we possibly can.

COCKTAIL COMPETITION

Hot off the presses from the barfolk comes the news that Pendle Rooms is getting a Pendle cocktail this year. The name of such a miraculous concoction? Up to you!

Send your entries to the email below or to the bar staff by 18:00 Friday 7th to be in with a chance of winning fame and glory eternal (and a £20 bar tab).

b.goldsworthy@lancaster.ac.uk

Vicky the pub landlord here with some exciting bar developments for everyone to come back to. Get on these:

Food
Hotdogs!
YASSS

Opening Times

17:00-23:00 Sun-Fri
every week

Big, bad Friday night

We'll be hosting a clubbier night in Pendle Rooms on Fridays, with drinks deals to boot. And wristbands for free Sugarhouse entry. We're too good to you, honestly.

Wednesday night

We'll be bringing the same DJ/club atmosphere on Wednesdays too, along with all the deals you know and love and a free Sugarbus to get you off and boogying.

Sofas that aren't broken

Yes, you heard right - real, actual, intact sofas and chairs are just waiting for your collective bums in sunny Pendle Rooms!

The coolest thing ever

We have an ale now. I'm not even kidding. Gaze upon it:

