
April 2017

The Heathlands Project

The Heathlands Project, Harker Road Ends, Carlisle, CA6 4HN

01228 674950

www.lbtuk.org

Hello!

Spring has arrived and with our 10th Anniversary approaching and a new timetable there's lots going on up at Heathlands. We'd love to know what you think or if you have anything you would like to add to the newsletter so please get in touch!

Happy Birthday Us: Save the Date

Thursday 3rd August is the 10th Anniversary of The Heathlands Project. We're planning a celebration event for this day so if you can, please keep the day free in your diaries!

Waxwing Winter

One of the many lovely things about The Heathlands Project is our site. Over the winter we've been enjoying watching some rare winter visitors from Scandinavia; the beautiful Waxwings! They've been enjoying our hawthorn berries and windfall apples and lots of us have been out taking photographs of them.

Sunflower Competition

We're having a competition this year to see who can grow the tallest sunflower. As well as brightening up the site these sunflowers will provide food for insects over the summer and seeds for the birds over the autumn and winter.



Winners! We were very lucky to win this lovely fabric from Pigeon Organics. More on what we're making with it next time!



Waxwing Picture by S. Woodburn



Sunflower Competition

If you have any comments or something you'd like included in the next newsletter please email it to helen.walsh@lbtuk.org by July 20th

News from our Sections...

Art and Textiles

Our new Art and Textiles group are going to take part in a big Cumbria Quilt project, a BBC Get Creative project (coordinated by Up for Arts Cumbria and supported by BBC Radio Cumbria.) We're creating fabric patches all about the things we love about Cumbria. You can find more information on the Up For Arts Facebook page (www.facebook.com/upforartscumbria)

Sports and Games

We have started a new course this term, making fitness fun and called 'Exercise to Music.' We will be dancing to different songs, practicing actions and dance moves so that we can maybe give a performance at the end of the term. We are also learning about healthy foods and what stretches we could do to warm ourselves up. We are using boxercise, zuma and seated aerobics to help keep the group active.

Music and Drama

On Friday 4th April both the Music Group and Drama Group had performances of their work at St. Mark's church, in front of a very appreciative audience.

The Music Group had "Seasons and Celebrations" as their inspiration for several pieces of music performed on the Gamelan and other instruments.

The Drama Group performed "On the right track", a play about changes, friendships and love.

Both groups have worked very hard over the past few months, so well done to all!

Other News...

If you have something you would like us to include in the next newsletter then please get in touch. It could be an event you have coming up, something you've done or a bit about somewhere you've been.

You can send your information to Helen Walsh by email at this address: helen.walsh@lbtuk.org by April 20th.



Designs for the Cumbria Quilt



Work for the Cumbria Quilt



The Music Group performing their Gamelan piece



Drama Performance

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