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July 2018

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# The Heathlands Project

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Hello!

Last issue we shared pictures of a very snowy Heathlands but recently it's been quite the opposite as Cumbria basks in a heatwave. We'd love to hear what you think of our newsletter so do get in touch with any comments or suggestions.

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## Boccia Tournament

On 20<sup>th</sup> June Heathlands Project members competed in the Individual Boccia Tournament at The Sands Centre. Overall there were 55 participants so the competition was fierce! Cumbria Wheelchair Sports Society provided a buffet and a great day was had by all. Our members Ashley Bell and Mike Aitken finished in 2<sup>nd</sup> and 4<sup>th</sup> place which is very impressive. Well done to everyone who took part!

## Thank you!

We'd like to say a very big thank you to all the Community Gardeners and other volunteers who very kindly came and re-sheeted our polytunnel for us. It was an especially challenging job given the heat but they've done a great job and our polytunnel is now once more in a fit state.

## Sunflowers

Earlier in the year we planted some sunflower seeds to provide food for the bees in the summer and birds in the autumn, as well as to brighten up the site. The flowers are now blooming and looking lovely.

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If you have any comments or something you'd like included in the next newsletter please email it to [helen.walsh@lbtuk.org](mailto:helen.walsh@lbtuk.org) by October 20<sup>th</sup>

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**Ashley Bell with his trophy**



**Our beautifully re-sheeted polytunnel**



**One of our lovely sunflowers**

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## News from our Sections...

### Kitchen and Bakery

The kitchen groups pride themselves on choosing, preparing and making various meals and items for our members and their families and friends. We continue to run 2 bakery groups that produce a wide selection of breads and sweet and savoury items. Our weekly OCN group focuses on making healthier versions of favourite meals and our Tuesday cafe service group provides our members with a tasty lunch. All groups remain very popular, both with those who participate and those who enjoy the products our members make.



**Delicious offerings from our Kitchen teams**

### Textiles

Our Textiles groups have been hard at work on this year's quilt project. We chose a theme of 'Bugs' and used a range of techniques such as tie-dye and applique to make a fantastic quilt that fastens together with elastic and felt balls that we also made. The quilt will be on display at The Festival of Quilts at the NEC in Birmingham in August, which is attended by over 100,000 people.



**This year's quilt: Bugs!**

### Environmental Crafts OCN

We've completed our first run of our Open College Network Environmental Crafts course. We've had a go at lots different crafts including rag-rugging, paper making and making cyanotype prints. We've learnt a lot and are looking forward to the course running again in September.



**Group project from OCN Environmental Arts: Sunflower rag rug**

### Photography

This term we've been able to run 2 separate photography groups who have visited a wide variety of locations and events in Cumbria. Towards the end of this term we'll be displaying photos from both photography groups in the conservatory.



**An image captured by one of our Photography groups**

## 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.

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