

April 2019

Heathlands

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www.heathlandscumbria.org

Hello!

There are definitely lots of signs of Spring now and it's also time for our new timetable. We've got some new groups such as a Walking Social Group as well as our firm favourites. We'll also be getting involved in more community projects so keep an eye out for us out and about!

Carlisle Culture Bazaar

Heathlands were delighted to again be involved with Multicultural Carlisle's wonderful Culture Bazaar in February. The Bazaar brings together many of Carlisle's fantastic community groups and is a great day out with so much to see and do including performances, music and excellent food! We had lots of our fabulous artwork on show and we really enjoyed meeting people and telling everyone about what we do here. Thanks to everyone who volunteered their time and resources to make it such a successful and enjoyable weekend.

Well Done Emma!

Congratulations to member Emma Davidson who was named Young Slimmer of the Year earlier in 2019 at her Slimming World Group. What a great achievement, keep it up Emma!

Well Done Grant!

You may remember that last month we told you about Grant Taylor, a Paralympic hopeful who we are helping to sponsor in his quest to reach the 2022 Winter Paralympics. Grant has taken



Happy Easter!



Some of our Quilts on show at Carlisle Culture Bazaar



Emma with her Certificate



Paralympic hopeful Grant Taylor won Bronze at the British Championships

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

another step towards his goal this month, winning a Bronze medal in the British Championships at Tignes which is a fantastic achievement.

News from our Sections...

Exercise to Music

We've had another great term in Exercise to Music. Country and western dancing seems to be very popular, dancing in pairs or dancing solo: Yee ha and a round of do-si-dos!

Seasonal Crafts

Our CLAS Seasonal Crafts group held a display of some of the fantastic work they created in the Community Case at Tullie House in Carlisle. We had lots of really positive feedback about the display. In our new time table we're running a CLAS Art course covering all sorts of art skills including drawing and painting.

Heathlands Holidays

Through our Person Centred Planning process, we have found a growing interest from members to have the opportunity of going on a holiday organised by us. We do our best to implement the suggestions from our members, so we are looking into how we could do this and the amount of interest that there would be. Please fill in the attached form and let us know of your interest and preferences.

Better Together

Laurie Brewis Trust (our parent charity) is setting up a new project called Better Together at Harraby Community Centre. Starting on Friday 26th April the group runs from 10.00-2.30 and is an inclusive group for adults offering both physical activities and art activities. Come down and join us or give us a call at Heathlands for more details.



Exercise to Music dancing away!



CLAS Seasonal Crafts display at Tullie House



Textiles have been experimenting with printing with found objects

Harraby Better Together



A new weekly inclusive activity group
For Adults of all Ages and Abilities

Every Friday From 26th of April - 10.00am - 2.30pm
Based at Harraby Community Centre

Activities
Morning: Dance/keep fit or Textiles
Afternoon: Drama/Music or Inclusive Art

Just come along Morning or Afternoon
or call 01228 674950 for details

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Free Fun Friendly



Another new venture for us?

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