
Summer 2017

The Heathlands Project

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Hello!

As always there's lots going on up at The Heathlands Project with various events and projects and our big birthday coming up, hopefully you've received your invites. If not get in touch and remind us!

Crazy Golf and a Sensory Garden

Marks and Spencer's Carlisle nominated us for their 'Spark Something Good' charity of the year and spent (a rather rainy) week with us helping to create a sensory garden and a crazy golf course. Thanks to them for all their help and thanks also to the kind people who donated materials and supplies for the project; including Aero Nurseries who gave us a bench and a pond liner, Harvey Tye Joinery who helped create the amazing portable golf course and Tarn Road Nurseries who gave us some gorgeous plants and landscaping materials. We're sure the golf course and sensory garden will be enjoyed a great deal by everyone at The Heathlands Project. We're looking forward to showing it off at our 10th Birthday bash!

Carlisle Health Mela

Following the success of last year's Health Mela in Carlisle the event ran again in May. Once again The Heathlands Project kitchen and bakery teams were there giving away delicious free healthier option baked goodies and recipes. Well done to all the members, volunteers and staff for making it such a successful event. You can read more about the event and find some of the recipes over on our blog: <https://heathlandsproject.wordpress.com/>

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



Upcoming Events

Thursday 3rd August

10th Anniversary

Carlisle Pageant Parade

Saturday 20th August



Crazy golf!



Delicious offerings at the Heath Mela

Carlisle Wheelchair Sports Club Individual Boccia Tournament 21st June 2017

The 4th year of the Carlisle Wheelchair Sports Club Individual Boccia Tournament, held at the Sands Centre, was a great success with around 50 people attending, filling the whole of the sports hall to its capacity. There were lots of new players including children from Trinity School, stroke survivors from Glenmore, as well as our regular players from Heathlands, James Rennie and Chrysalis to name a few. The rivalry was fierce but in the end the top four were found and received trophies for their performances. Everyone enjoyed playing boccia and tucked into a buffet provided by the club. The winners of the competition were:

- 1st) Mike (Trinity)
- 2nd) Heather (Heathlands)
- 3rd) Ollie (Nomads)
- 4th) Connor (Trinity)

We are also proud to announce that The Heathlands Project continues to be successful in the Boccia League, with Heathlands A being crowned this years champions!

News from our Sections...

Art and Textiles

We've been carrying on with our patches for Up For Arts and BBC Cumbria's 'A Quilt for Cumbria' community quilt and there are some really beautiful pieces of work emerging. If you'd like to join in the deadline has been extended until September; check the Up for Arts Cumbria Facebook page for details.

OCN Courses

Our Open College Network (OCN) courses are run on three consecutive days, Wednesday - Friday and our members will receive qualifications in Cookery & Nutrition, Independent Living, Literacy & Numeracy. Miriam (tutor), assisted by Christine (Adult Learner support) - has delivered some excellent courses previously, but has worked extremely hard producing quality resources/teaching aids, which all have been individually designed to reflect each learner's own learning style. In the picture, some of the Independent Living course members are proudly displaying their posters, which shows their understanding of 'How to take medicines.'



Mark Greener with the League Trophy and Sponsors



A patch for 'A Quilt for Cumbria'



A patch for 'A Quilt for Cumbria'



One of our OCN groups with their posters

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