



Heathlands
heathlandscumbria.org

&



2024 Prospectus

LBT

Laurie Brewis Trust

Laurie Brewis Trust (LBTUK) - Registered charity number 1142278



Supported Daytime Opportunities

A friendly supported learning community.

Heathlands offers:

- Supported learning and chance to gain accredited qualifications
- New experiences in the community
- A calm, informal place to spend time with friends and socialise with others

Something for everyone:

There's a wide range of activities to choose from

Art & Crafts, Textiles, IT & Media, Photography, Gaming, Drama, Film, Animation, CLAS Courses, Sports & Exercise, Boccia, Cookery, Bakery, Making Music, Wonders of Nature, Numeracy & Literacy, Social Groups and the list goes on....

Visit our website for more info:
heathlandscumbria.org



Accredited Supported Learning and Activities:

At Heathlands we support you to build on your interests and abilities, to learn new skills and to achieve qualifications.

We'll support you to achieve your ambitions and plan for your future.

At Heathlands we care about your wellbeing and your learning.



Heathlands Cumbria
TEL: 01228 674950
Email: info@lbtuk.org





Independent Living CLAS

On the Heathlands Independent Living course, you'll be supported to: Learn new skills, get to know your local community and become more independent, make new friends and improve your confidence and make plans for your future.

Cookery CLAS

Developing independence, confidence and skills to cook for yourself and others

Music CLAS

Following rhythm, keeping time, being creative and working together as a team

Exploring Art CLAS

Exploring a range of craft techniques and learning about the natural and cultural traditions of each season



Maths and English CLAS



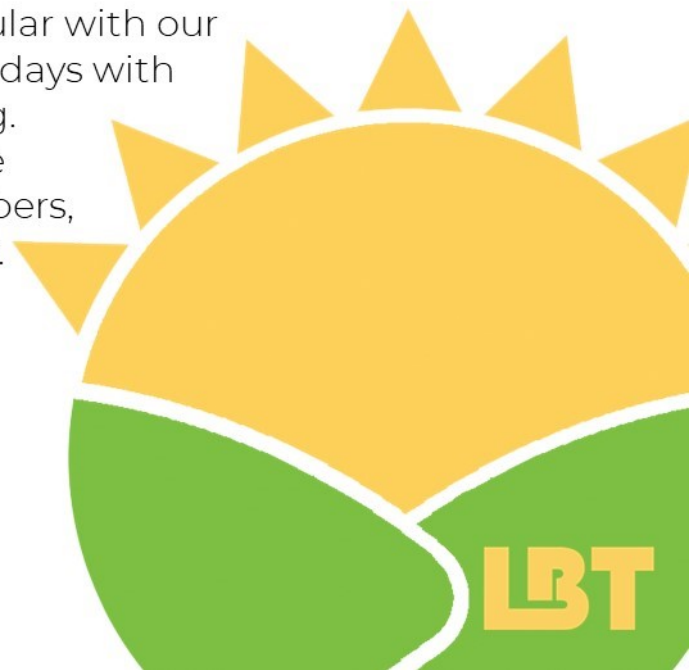
Learning, improving and maintaining literacy and numeracy skills to lead a more independent life

Wonders of Nature CLAS



Exploring nature and its bountiful wonders: the Heathlands site is the perfect place to learn about nature

We currently provide 4 Community Learning and Skills (CLAS) Courses to our members, but there are many more to choose from than listed here. We run the courses that are most popular with our beneficiaries, these courses run on separate days with external tutors from Cumbria Adult Learning. The tutors provided have specific skills in the subject areas they are teaching to our members, qualifications are awarded through Ascentis.



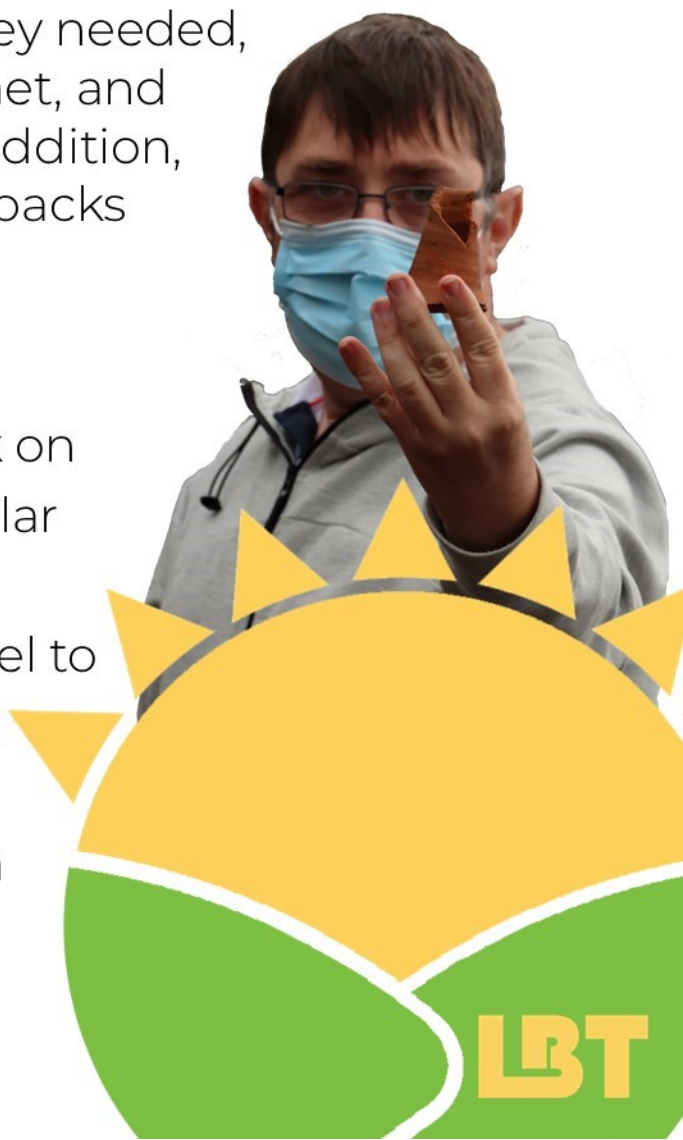
Remaining open:

Heathlands Cumbria remained open throughout the Global Pandemic and ensuing “Lockdowns”, providing a place of safety and support to our most vulnerable members. At the same time, by proactively adopting new and dynamic working practices, we were able to still engage with our members (and others) who were isolated through our “Heathlands at Home” initiative.

“Heathlands at Home” provided much needed contact to our members, and indeed, their families and support staff in those difficult times - providing real-time contact, support and activities through face-to-face online sessions over Facebook, YouTube, Zoom and Google Meet. Where members did not have access to the technology to do so, by using funding that we secured, we were able to provide them with the devices they needed, together with access to the internet, and help and advice to use them. In addition, we posted out bi-weekly activity packs and DVD’s to our members.

As restrictions slowly relaxed, and more of our members came back on site, our online content is as popular as ever.

“Heathlands at Home” runs parallel to our on-site activities, augmenting and enhancing our sessions and enabling members to join in even when they are not physically attending.





Cooking Social Live !!! Cooking





Heathlands @ Home:

Heathlands at Home is an online service that both supports people who are isolated, excluded or have limited access to daytime support services, and it also provides complementary activities for Heathlands site based services. This service arose in response to our beneficiaries isolation due to Covid-19, but has since proven itself to be a valuable part of the services we offer to our community. We provide a schedule of online activities, tutorials and group socials, accessible through our social media outlets.





facebook Sessions Schedule



Monday 11:00am - Digitally Active

Join Nick live in digital landscapes, follow along to keep fit and healthy



Monday 1:30pm - Art live with Helen

Weekly Art & Craft activities, demonstrated live for you to follow



Tuesday 10:30am - Heathlands Gamers

This session was requested and is hosted by Heathlands beneficiaries



Wednesday 10:30am - Mark & Sarah show

Hosted by and produced with Heathlands beneficiaries Mark & Sarah



Wednesday 1:00pm (fortnightly) - Themed Bingo YouTube &

Broadcasted live from Heathlands Purple Bubble



Friday 10:30am - Fitness Session Rotation

Tai Chi, Dancing to Heal & Workout sessions exclusively recorded for H@H



Friday 1:30pm - Heathlands live

Our weekly roundup show hosted by Heathlands staff



Open to all and hosted on our facebook page, these sessions are a great way to stay active, engaged and socially interact with the Heathlands community.

<https://www.facebook.com/Heathlands.Cumbria>



Mondays 11:00am Heathlands at Home brings you



DIGITALLY ACTIVE

A fun and different way to keep active



Exercise with Nick in digital landscapes

Compete with friend and peers in virtual reality

Online and accessible to all



For more information contact Marc

Tel: 01228 674 950

Email: hah@lbtuk.org



<https://www.facebook.com/Heathlands.Cumbria>

Funded by
active
Cumbria

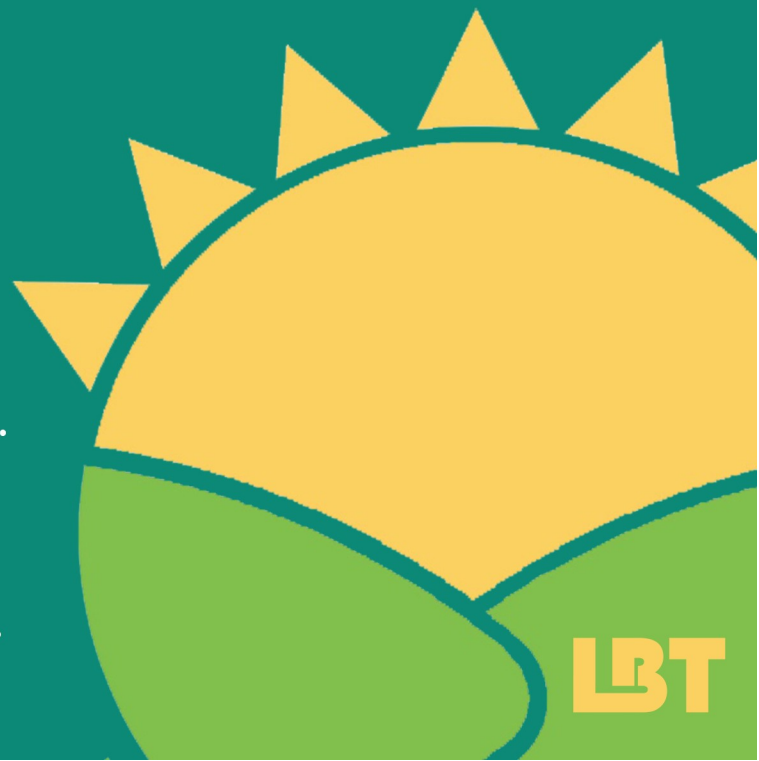
LBT

Gaming Live!!!



Heathlands at Home brings you
Gaming Live, four-weekly
on Wednesdays over Zoom
1:00pm - 1:45pm online
Email: hah@lbtuk.org
to request the link

Gaming Live brings
you a social online
gaming experience,
playing a variety of
games suitable for face
to face gaming over Zoom.
Come join us for some
friendly, competitive and
cooperative gaming for all.



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Themed **BINGO** Live

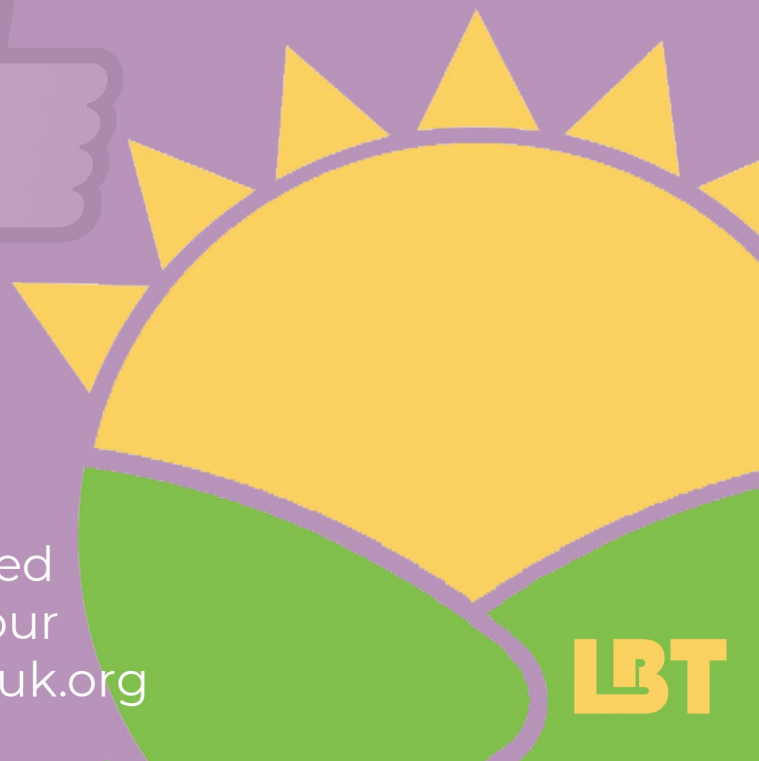


Heathlands at Home brings you
Themed Bingo Live, fortnightly
1:00pm - 2:00pm Wednesdays
live on our YouTube
& Facebook pages @

youtube.com/@heathlands_at_home
facebook.com/Heathlands.Cumbria



Live from
Heathlands,
join us once
a fortnight for
Bingo madness!!!!
Themed bingo uses
pictures with text, so is
a very accessible, fun and
engaging bingo game for all
abilities. Bingo sheets are emailed
out on request, to be added to our
email list please email: hah@lbtuk.org



LBT



Challenge



Heathlands at Home
brings you - Quiz Challenge
fortnightly on Thursdays
1:30pm - 2:15pm online
Email: hah@lbtuk.org
to request the link

Join us by
yourself or as
a team and put
your knowledge
to the test. Question
sheets are emailed out to
participants first thing in the
morning, then join our quizmaster
live online to get the answers and results



Heathlands at Home

Book Club

Heathlands at Home brings you
Book Club once every 4 weeks

on a Thursday 1:00pm - 2:00pm

attend online or at Heathlands

Join in person or over Zoom

Email: hah@lbtuk.org

for more info



Join us by yourself
or with a friend, from a
location of your choosing.
Use a computer or smart
device with internet access
to join us over Zoom. Aimed at
adults with Learning Disabilities,
Autism & Mental Health issues.



Learn to Sign!



Heathlands at Home brings you
Learn to Sign four-weekly
on Thursdays over Zoom
1:00pm - 2:00pm online
Email: hah@lbtuk.org
to request the link

Learn how to
communicate
using Makaton &
BSL. Set at an entry
level and learning through
stories, songs and socialising





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