

Projects

The logo consists of a white hexagon with a thick border, set against a solid orange square background. Inside the hexagon, the words 'BETTER' and 'TOGETHER' are written in white, uppercase, sans-serif font, stacked one above the other.

**BETTER
TOGETHER**

2024
Community
Events &
Activities

Laurie Brewis Trust (LBTUK) - Registered charity number 1142278



Innovative & Inclusive Community Projects

LBT projects was created to provide new and innovative ways of providing activity and support to hard-to-reach and vulnerable groups in the community, particularly for those who do not qualify or cannot access statutory funding and services. LBT Projects aims to create safe spaces in the community where people can access different projects and support, helping to further LBT's aims to help promote community inclusion and reduce social isolation.

Currently projects are running in Carlisle, Brampton and Wigton these include Better Together Crafts, Friendly Boccia League, Keep Fit with Cake Seated Aerobics, Fun Bowls, Boccia and Kurling, Creating Stories, Upcycling, Puppetry and Upcycling, Gaming Group and Bingo. Please see the flyers below for further details.



Better Together

Community Activities Carlisle 2024

Suitable for older adults, disability groups,
those in need of social experiences and
those with underlying health conditions.

MONDAY

Better Together Craft
10am-12 noon weekly
Harraby Community Centre, £4

Fun Bowls, Boccia and Kurling
10.30am - 12 noon weekly
Brampton Community Centre, £3

TUESDAY

Friendly Boccia league
10am till 11.30am weekly
The Sands Centre, £3

Better Together Upcycling
1pm- 3pm (1st and 3rd week of every month)
Cumbria Wildlife Trust, Houghton Rd, £4

Better Together Keep Fit with Cake
Seated Aerobics
1pm- 2.30pm weekly
Currock Community Centre, £4



THURSDAY

Better Together Gaming Group
3pm till 5pm 1st and 3rd week of the month
Heathlands, Harker Rd, £3
Pick up & drop off available at the Sands
Centre

FRIDAY

Better Together Keep Fit with Cake
Seated Aerobics
10.30am till 12 noon weekly
Harraby Community Centre, £4

MORE CONTACT INFO:

Contact Toni Sullivan for more details:
Tel: 01228 674950
Email: toni.sullivan@lbtuk.org

BRAMPTON BETTER TOGETHER

EVERY MONDAY 10.30 – 12PM

£3 PER PERSON



A NEW WEEKLY INCLUSIVE BOWLS,
BOCCIA AND KURLING GROUP
FOR ADULTS OF ALL AGES AND ABILITIES

FOR FURTHER DETAILS CONTACT:

BRAMPTON COMMUNITY CENTRE ON 016977 45023

OR TONI SULLIVAN ON 01228 674950 / EMAIL toni.sullivan@lbtuk.org

BETTER TOGETHER CRAFT

EVERY MONDAY 10-12 PM

£4 PER PERSON



A RELAXED AND FRIENDLY CRAFT SESSION FOR
ALL. COME AND HAVE A GO AT SOMETHING NEW
OR BRING YOUR OWN PROJECTS

HARRABY COMMUNITY CENTRE, EDGE HILL ROAD, CARLISLE
FOR FURTHER DETAILS CONTACT TONI SULLIVAN ON 01228 674950
OR EMAIL toni.sullivan@lbtuk.org

FRIENDLY BOCCIA LEAGUE

EVERY TUESDAY 10-11.30 AM



A FUN BALL GAME SIMILAR TO BOWLS, SUITABLE
FOR ADULTS WITH PHYSICAL AND LEARNING
DISABILITIES, WITH EQUIPMENT PROVIDED.

ALL ABILITIES WELCOME

£3 PER PERSON

THE SANDS CENTRE, HARDWICK CIRCUS, CARLISLE

FOR FURTHER DETAILS CONTACT TONI SULLIVAN ON 01228 674950

OR EMAIL toni.sullivan@lbtuk.org

BETTER TOGETHER UPCYCLING

TUESDAY 1-3 PM

EVERY 1ST AND 3RD TUESDAY OF THE MONTH



EXPAND YOUR CREATIVE SKILLS AND MAKE NEW
FRIENDS, UPCYCLING UNWANTED TEXTILES

£4 PER PERSON

CUMBRIA WILDLIFE TRUST, GOSLING SIKE FARM,
HOUGHTON ROAD HOUGHTON, CARLISLE

FOR FURTHER DETAILS CONTACT TONI SULLIVAN ON 01228 674950
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KEEP FIT WITH CAKE! SEATED AEROBICS

EVERY TUESDAY 1 - 2.30 PM



JOIN iCAN FOR A FUN CHAIR BASED LOW IMPACT EXERCISE
SESSION WHICH HELPS TO IMPROVE STRENGTH AND
BALANCE. SUITED TO OLDER PEOPLE, WHEELCHAIR USERS
OR THOSE WITH REDUCED MOBILITY

£4 PER PERSON

CURROCK COMMUNITY CENTRE, LEDIARD AVE, CARLISLE

FOR FURTHER DETAILS CONTACT TONI SULLIVAN ON 01228 674950

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BETTER TOGETHER GAMING GROUP

EVERY 1ST AND 3RD THURSDAY OF THE
MONTH 3PM TILL 5PM AT HEATHLANDS



COME AND TRY GAMING INCLUDING BOARD,
CARD AND COMPUTER GAMES
£3 PER PERSON

HEATHLANDS, HARKER ROAD ENDS, CARLISLE, CA6 4HN

PICK UP AND DROP OFF AVAILABLE AT THE SANDS CENTRE

FOR FURTHER DETAILS CONTACT TONI SULLIVAN ON 01228 674950

OR EMAIL toni.sullivan@lbtuk.org

KEEP FIT WITH CAKE! SEATED AEROBICS

EVERY FRIDAY 10.30 – 12PM



JOIN iCAN FOR A FUN CHAIR BASED LOW IMPACT EXERCISE
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Visit our website

www.heathlandscumbria.org/lbt-projects.html



www.facebook.com/bettertogetherlbt

Projects

