



Heathlands
heathlandscumbria.org

&



2023 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



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.

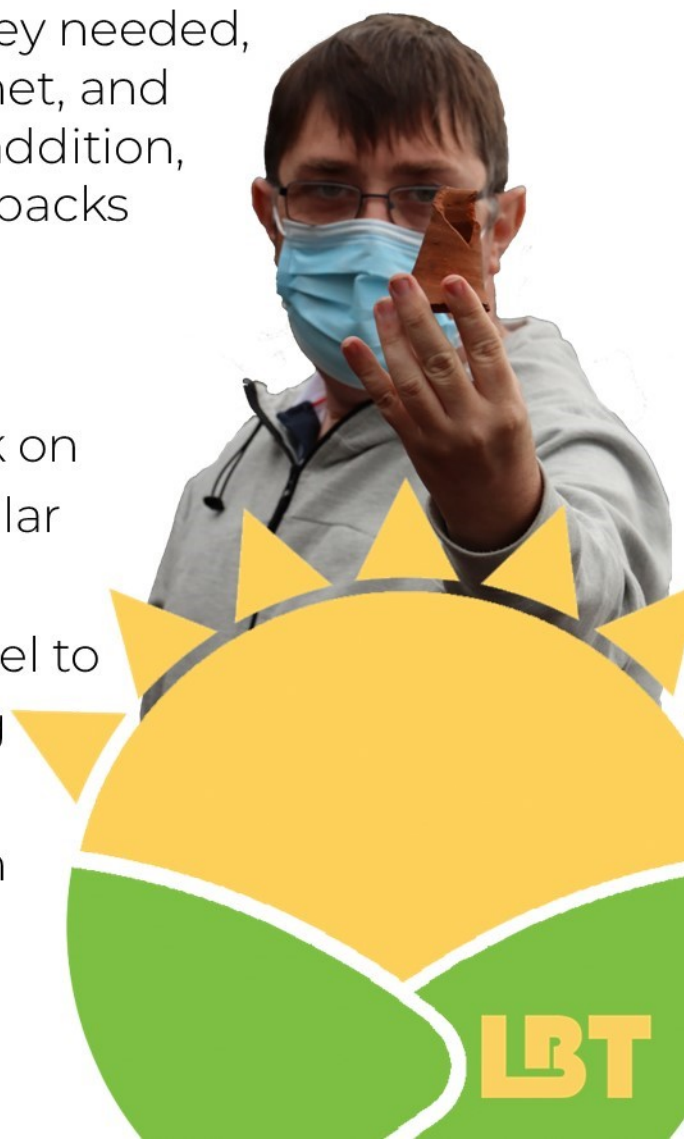
Remaining open:

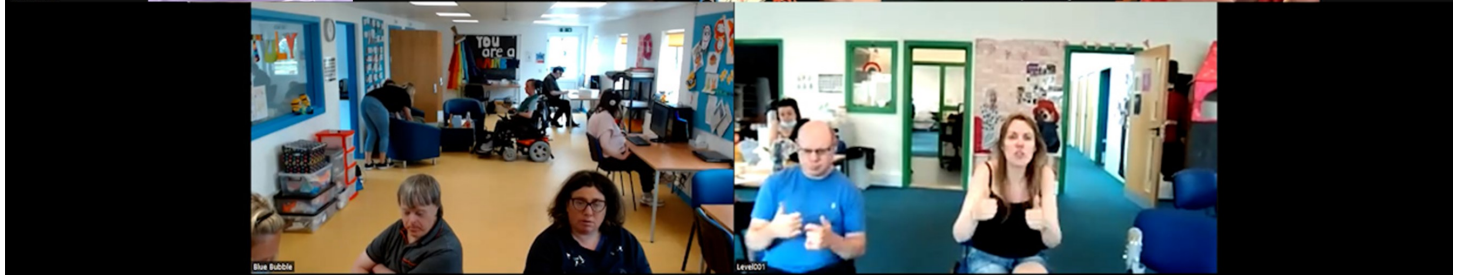
Heathlands Cumbria remained open throughout the Global Pandemic and ensuing “Lockdowns”, providing a place of safety and support to our most vulnerable members. At the same time, by proactively adopting new and dynamic working practices, we were able to still engage with our members (and others) who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

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



LIVE

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



Funded by
active
Cumbria

LBT

Gaming Live!!!



Heathlands at Home brings you
Gaming Live fortnightly
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, starting with
a Dice & Dungeons style
dungeon crawl game. You
can join as a team or on
your own to defeat monsters
and be the first to conquer
the dungeon! Game sheets
are emailed out before each
session.



LBT

Themed **BINGO** Live

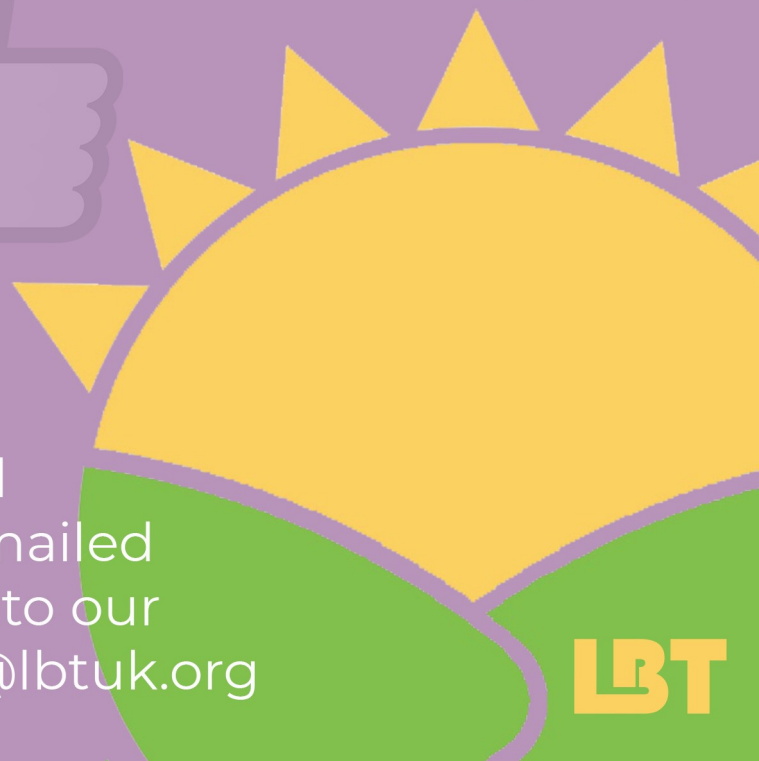


Heathlands at Home brings you
Themed Bingo Live, fortnightly
1:00pm - 2:00pm Wednesdays
live on our Facebook page @

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



of the Week



Heathlands at Home brings you
Quiz of the Week 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

The logo for LBT (Lesbian, Bisexual, and Transgender) is located in the bottom right corner. It consists of the letters 'LBT' in a bold, yellow, sans-serif font, set against a green background that resembles a stylized hill or field.

Entertainment Fanatics



Heathlands at Home brings you
Entertainment Fanatics
fortnightly on Thursdays
12:50pm - 1:20pm over Zoom
Email: hah@lbtuk.org
to request the link

Entertainment Fanatics
is a fortnightly online
social group for people
who love everything TV,
Film, Celebrities, Music &
Sports. Find out the gossip,
results, news, what's new,
what's hot, what's not and
everything else in this one
stop entertainment show.



LBT

Learn to Sign!



Heathlands at Home brings you
Learn to Sign fortnightly
on Thursdays over Zoom
12:50pm - 1:20pm 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



Projects



2023
Community
Events &
Activities

Laurie Brewis Trust (LBTUK) - Registered charity number 1142278

Better Together

MAKING A DIFFERENCE IN OUR COMMUNITY

A range of fun local activities in Carlisle and Eden for a variety of vulnerable groups. Focusing on physical and mental wellbeing.

heathlandscumbria.org/lbt-project.html



The Better Together Project prides it's self on a number of core values including:

**ACTIVITIES THAT ARE
FUN AND SOCIABLE**

**A GREAT WAY TO MEET AND
MAKE FRIENDS AND ACCESS
SERVICES**

**DESIGNED TO IMPROVE ALL AREAS OF
HEALTHY WELLBEING**

**LOCATED IN A VARIETY OF SAFE AND
SECURE VENUES WITH GOOD ACCESS**

LBT

Laurie Brewis Trust



WHY CHOOSE US?

The Better Together Project is dedicated to help marginalised groups in the community and through engaging activities aid confidence, independence and positive outlook while also facilitating effective local integration. We feel passionately that by growing, and providing a wide range of activities in a variety of locations communities will flourish.

CALL TO REACH US



01280 674950



Heathlands, Harker Road
Ends, Carlisle, CA6 4HN

www.heathlandscumbria.org



Better Together

Community Activities Carlisle 2023

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 Creating Stories
1pm- 3pm (2nd week of every month)
Yewdale Community 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 House, Currock. £4

Better Together Puppetry and Upcycling,
10am till 12 noon weekly,
12B West St, Wigton £3

THURSDAY

Better Together Gaming Group
3pm till 5pm 1st and 3rd week of the
month
Heathlands, Harker Rd, £3

Better Together Bingo
10am- 12noon, 3rd week of every month,
Morton Manor, £5

FRIDAY

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

Better Together T-Shirt Printing,
10am till 12(1st and 3rd week of every month)
Cumbria Wildlife Trust, Houghton Rd, £3
Starting March 23



LBT
Laurie Brewis Trust



MORE CONTACT INFO:

Please contact Nick Robinson
01228 674950 for more details

A TRANSITIONAL
INDEPENDENT
LIVING COURSE
FOR YOUNG
PEOPLE

MOVING ON UP

Learn, develop and change



Mondays 6-8pm at Carlisle Youth Zone

A partnership
project between
LBT, ican fitness
and CYZ

PLEASE RING NICK ROBINSON ON
01228 674950 FOR DETAILS

A PARTNERSHIP BETWEEN
IRVINGTON VALLEY
INDOORS BOWLS CLUB
AND HEATHLANDS

FUN BOWLS BOCCIA AND KURLING

Stay Active, learn new skills and meet new people

We are an inclusive group with a broad range of
abilities and ages.

Come and join us!

**BRAMPTON
COMMUNITY
CENTRE
MONDAYS**

10.30 AM TILL 12

Please contact Mike Godridge
016772965 or Email:
michaelgodridge9@gmail.com

£3 PER PERSON

BETTER TOGETHER CRAFT

EVERY MONDAY 10-12

£3 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 NICK ROBINSON ON 01228 674950



Kindly supported by The Peter Harrison Foundation

FRIENDLY BOCCIA LEAGUE

TUESDAY 10-11.45 AM



A FUN BALL GAME SIMILAIR TO BOWLS, SUITABLE
FOR ADULTS WITH PHYSICAL AND LEARNING
DISABILITIES, WITH EQUIPMENT PROVIDED. ALL
ABILITIES WELCOME
£3 PER PERSON

HARRABY 3G SPORTS HALL, EDGE HILL RD, CARLISE
FOR FURTHER DETAILS CONTACT NICK ROBINSON ON 01228 674950

BETTER TOGETHER STORIES

1 TILL 3 PM, 2ND TUESDAY OF EVERY MONTH



A CHANCE TO CREATE STORIES ,THROUGH GAMES AND
ART AND SOCIALISE. SUITABLE FOR DISABILITY
GROUPS AND OLDER ADULTS
£3 PER PERSON

YEWDAL COMMUNITY CENTRE, HUTTON WAY, CARLISLE, CA27TH
FOR FURTHER DETAILS CONTACT NICK ROBINSON ON 01228 674950

BETTER TOGETHER UPCYCLING

1ST AND 3RD TUESDAY 1-3 PM

£4 PER PERSON



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

CORNERSTONE, 62-66 DENTON ST, CARLISLE

FOR FURTHER DETAILS CONTACT NICK ROBINSON ON 01228 674950



KEEP FIT WITH CAKE!

EVERY TUESDAY 1-3 PM FROM NOVEMBER



A SESSION OF GENTLE EXERCISE AND DANCING
SUITABLE FOR WHEELCHAIR USERS AND THOSE
WITH LIMITED MOBILITY

£4 PER PERSON

CURROCK C.C, LEDIARD AVE, CURROCK, CARLISLE CA2 4BS CARLISLE
FOR FURTHER DETAILS CONTACT NICK ROBINSON ON 01228 674950

BETTER TOGETHER COFFEE AND BINGO!

THIRD THURSDAY OF THE MONTH

10 AM-12 NOON

£5 PER PERSON



A SOCIAL AND FUN BINGO MORNING WITH COFFEE
AND CAKE

SUITABLE FOR OLDER ADULTS

MORTON MANOR COMMUNITY CENTRE, WIGTON RD, CARLISLE CA2 6JP

01228 531105

FOR FURTHER DETAILS CONTACT NICK ROBINSON ON 01228 674950

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
FOR FURTHER DETAILS CONTACT NICK ROBINSON ON 01228 674950

KEEP FIT WITH CAKE!

EVERY FRIDAY 10.30 AM



A SESSION OF GENTLE EXERCISE AND TAI CHI
SUITABLE FOR WHEELCHAIR USERS AND THOSE
WITH LIMITED MOBILITY

£4 PER PERSON

HARRABY COMMUNITY CENTRE, EDGE HILL ROAD, CARLISLE
FOR FURTHER DETAILS CONTACT NICK ROBINSON ON 01228 674950