

# Heathlands

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[www.heathlandscumbria.org](http://www.heathlandscumbria.org)

Hello!

We're settling in to our new timetable at Heathlands, which this term includes some new sections such as Sign Language. As the seasons also change our Kitchen and Maintenance sections are being kept busy harvesting and processing the fruit from our trees.

## Sad News

We were very sad this month to learn that one of our Support Workers, Drew Rudd, has died after a serious illness. Drew was a graduate of our Care Academy and loved Heathlands where his flamboyant personality was welcomed and appreciated. He will be greatly missed by us all.

## Carlisle Puppet Pageant 2019

This year's puppet pageant, run by our friends at Prism Arts, was a great success and even the weather behaved! Our puppet of moth researcher Edmund Brisco Ford was seen by the large crowds that gathered in Carlisle to watch the parade and even made it into the local press.

## Going Green

We are thrilled to be working with the Woodland Trust this November, helping to do our bit to tackle climate change. Heathlands has 240 free tree saplings coming to improve our hedgerows and woodlands to help support more wildlife. We'll



**Drew**



**Our Puppet on Parade**



**Tree planting**

If you have any comments or something you'd like included in the next newsletter please email it to [helen.walsh@lbtuk.org](mailto:helen.walsh@lbtuk.org) by January 20<sup>th</sup>

be working with schools and community groups to get our trees planted.

## News from our Sections...

### Textiles

Having sent our 'Spring' quilt to Birmingham for this year's Festival of Quilts we were excited to get it back and to hear what the judges thought. We were very pleased they mentioned how well the colour scheme worked as we spent a lot of time deciding what colours to use. This term we're improving our sewing machine skills and trying out some different techniques including tie dye and screen printing.

### Sign of the Times

We are pleased to announce we have started a Sign Language section at Heathlands. Everyone seems to love singing along and signing different songs and learning new signs each week. It is really helpful for our members and staff to learn sign as it can help break down communication barriers with those with hearing impairments. We're so pleased that everyone in the group has taken to it so well.

### Kitchen groups

Every week we run four groups in the kitchen - Bakery, 2 cafe service days and the CLAS cooking course. Our members enjoy learning new cooking skills and methods in these groups and are encouraged to try new and exciting recipes that they can perhaps try at home for themselves.

### CLAS Wonders of Nature

Recently, this group has been learning about all the different types of trees that we have at and around Heathlands, and to identify trees by the types of leaves we've been collecting.

### Men's group

This popular group has been out and about recently, visiting exhibitions and going for walks at local beauty spots. Needless to say, this group also very much enjoys our monthly visits to various pubs for lunch! As part of our visits, the group are rating each venue in categories such as Accessibility, Friendliness and Value for money.



**Feedback about our Spring Quilt**



**Having a go at tie-dye**



**The CLAS Cooking group planning their meals**



**Offerings from the Bakery**

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