



**Barrow
Borough
SPORTS
Council**

In aid of St Mary's Hospice

SANTA DASH



Saturday 26th November 2011

Starting at 1.30pm

Ulverston Victoria High School

**A 1 mile sponsored fun run for all the family through Ulverston
to raise funds to help patients and their families of St Mary's**

For more information or a registration form:

Call 01229 580305

Visit www.stmaryshospice.org

**A registration fee applies and places are strictly limited
Registered Charity No. 6517738**

Happy Birthday to Furness Firecrackers

Furness Firecrackers Roller Derby League are 1 year old on 29th November!

To celebrate, they are having a roller disco at the Park Leisure Centre 6pm to 7.30pm
£2 all ages welcome! Should be a blast!!



Onside Football Christmas Camp - Thursday 22nd & Friday 23rd December

Onside Soccer Coaching would like to offer the opportunity for girls and boys of all abilities in Reception to year 6 to attend a Christmas themed Soccer Camp delivered by Qualified FA Coaches to be held at Dalton (Dalton Active Sports Hall Dowdales) on Thursday 22nd & Friday 23rd December

THE 2 DAYS COACHING CONSISTS OF

- ♣ Practical fun coaching sessions to develop skills and techniques including passing, dribbling, running with the ball, turning, heading, control, shooting, goalkeeping, attacking and defending.
- ♣ Superstars consists of penalty shoot-outs, crossbar challenge, kick up competitions, 1v1 games etc.
- ♣ Trophies will be given to best player and best attitude
- ♣ Medals and Certificates for all in attendance of course PLUS other prizes to be won!!!

£10 per day

Any queries please contact: Gavin Butler on 01229583684 / 07887940150 or E-mail onsidesoccercoaching@hotmail.co.uk

Check out our new website www.onsidesoccercoaching.co.uk

InsideOut Football- Monday 19th - Friday 23rd December

St Bernard's School for Years 4-6 & Chetwynde School Years 1-3

Booking options - Four days

Option 1 9am -3pm -Five days = £60

Option 2 9am -12pm - Five days = £32.50

Option 3 10am -3pm - Five days = £50

Option 4 10am -12pm - Five days = £27.50

Booking options - single days

Option 1 9am -3pm - single day = £13.00

Option 2 9am -12pm - single day = £7.50

Option 3 10am -3pm - single day = £11.00

Option 4 10am -12pm - single day = £6.50

Tel. 01229 430857 | Email. enquiries@insideoutactivities.co.uk

Inside Out Dance - Monday 19th - Friday 23rd December

At St Bernard's School

Booking options - Four days

Options 1

9am -3pm -Five days = £60

Option 2

10am -3pm - Five days = £50

Booking options - single days

Option 1

9am -3pm - single day = £13.00

Option 2

10am -3pm - single day = £11.00

Tel. 01229 430857 | Email. enquiries@insideoutactivities.co.uk

It's our Annual General Meeting - join us tonight!

It's our Annual General Meeting on Thursday 24 November.

If you want to help promote sport and physical activity, why not join us?

What is Barrow Sports Council?

Barrow Borough Sports Council is the strategic body supporting sport and physical activity in the Barrow Borough.

Who's in it?

Our members include the Borough and County Councils, local schools and Colleges, professional and amateur sports clubs and other agencies which support sport and physical activity in the area. The Sports Council is supported by a multi-agency Sports Development team.

What do we do?

We work together to implement the Barrow Sports and Physical Activity Strategy.

We award grants to local clubs, organisations and individuals who are working on projects which support our Strategy.

We run free holiday sports activities and we are partners in Kick It Out, Furness Street Soccer and lots of other local projects and activities.

We also recognise local achievement by awarding a Performance of the Month Award and with our Annual Sports Awards.

We send out a weekly email and have a [website](#) and [facebook](#) page to help promote sport.

The Sports Council meets every 6 to 8 weeks on Thursday evening at the Nan Tait Centre.

For more information ring Emma on 407319 or Chris on 845927 or visit [our website](#).

[Click here to open the nomination form!](#)

Ballroom Blitz at Dalton Leisure Centre

BALLROOM BLITZ new dance class starts end November 2011 - ballroom dancing where you don't need a partner!! - <http://www.daltonleisurecentre.co.uk/>

Vote for Willie!

Longlist extended for proposed Wembley statue - vote for Willie!

The RFL has received over 10,000 nominations already for the subject of the proposed statue at Wembley that will celebrate Rugby League's long and colourful association with the national stadium.

Fans across the UK and overseas have been casting their vote for the subject of the statue since last Saturday, when a provisional longlist of 10 Rugby League legends was published in the Wembley programme for the Gillette Four Nations double header.

That longlist has now been extended to 13 names following heavy voting for three more of the sport's all-time greats: Barrow's legendary stalwart Willie Horne, Wigan hero Eric Ashton MBE and Gus Risman of Workington Town. <http://www.therfl.co.uk/surveys/wembleystatue>

Hoops Christmas Basketball Camp

Hoops Christmas Basketball Camp is open to boys and girls from school year 1 upwards.

We cater for all standards including beginners. Camp run from Monday 19th to Wednesday 21st December, school years 1 to 6 from 10:30am to 12.30pm and school years 7 and above from 1pm to 3.30pm.

Players will take part in coaching sessions led by England Basketball accredited coaches, play games in a camp league and could win prizes in our fun competitions.

Download a booking forms [here](#) or collect one from the Hoops Office. For further information contact Chris Smith on 01229 431585 or [E Mail](#)

Indoor Touch Rugby

Indoor touch is on every Wednesday night at Hoops Basketball Centre - 7:45 meet for 8pm start, All welcome. £2 per player

You don't need to be in a team, just turn up!

Raiders debenture form

If you want to vote at the Raiders AGM, you can download a debenture form here. Debentures are £1 each and they can be bought in multiples of £10.

[Download the form](#), sign it and return it to the rugby shop in Scott Street along with payment. The AGM is on 25 November at the Forum.

Funding

Sport England's funding programme, [Protecting Playing Fields](#) (PPF) is investing £10 million of National Lottery funding in community sports projects over three years from 2011-2014.

The programme is being delivered via five funding rounds with up to £2 million being awarded to projects in each round.

Round 2 closes at 5pm on 12th December 2011

Amazing Gym membership offer at Park Lesiure Centre

For the Parents. One Month Free when you join with your child

No Joining fee

Contact 01229 871146 for more information



DW 12 Days of Fitness

12 days of fitness at DW Sports Fitness, Barrow. Full access for only £12 including gym, swim and all classes. Available NOW until Christmas Eve!



Street Soccer back at Hindpool

Wednesdays & Thursdays until 22nd December

Hindpool Urban Park

Wednesday 8 to 11 year olds

Thursday 12 to 15 year olds

6.30pm to 8pm

It's FUN. It's FREE . Just turn up and PLAY!

Barrow Parkrun

It is a 5km run - it's you against the clock.

When is it?

Every Saturday at 09:00

Where is it?

It's run in Barrow Park.

What does it cost to join in?

Nothing - it's free! But please register in advance.

How fast do I have to be?

We all run for our own enjoyment. Please come along and join in whatever your pace! Barrow parkrun needs you!

It is entirely organised by volunteers - email us to help. We're friendly!

Every week we grab a post Parkrun coffee in the park cafe, near the bandstand - please come and join us.

Firecrackers Roller Disco

Furness Firecrackers Roller Derby League are 1 year old on 29th November!

To celebrate, they are having a roller disco at the Park Leisure Centre 6pm to 7.30pm

£2 all ages welcome! Should be a blast!!

Walney Wind Cheetahs

Walney Wind Cheetahs is a running group which meets every Monday and Wednesday evening for a 6.00 pm start, at Vickerstown Cricket Club Car Park, Mill Lane, Walney.

This group has been set up so that members can stay in touch with other members of the group, to talk and share information about all things running.

The group is a continuation of the Walney 5.1k Family Fun Run training group.

Everybody is welcome from beginners to advanced.

The training is now on for 2012 which will also include a 10.2k run.

Just bring your running shoes and a bottle of water!

To join this group, click [here](#) and "[Ask to Join](#)" in the top right hand corner of your screen.

Swimathon makes a Big Splash in 2012

Swimathon, the world's biggest fundraising swim is about to get even bigger. Swimathon is joining forces with British Swimming and BBC's Big Splash, Marie Curie Cancer Care and Sport Relief to promote what is hoped will be the biggest Swimathon Weekend ever.

The Swimathon Weekend 2012, 27-29 April 2012, will give thousands of swimmers the opportunity to raise vital funds for Marie Curie Cancer Care and Sport Relief through Swimathon's established distance challenges and the new 'Big Splash Mile for Sport Relief'.

Swimmers taking part in Swimathon for Marie Curie Cancer Care will be able to choose from the 2.5k, 5k or Team 5k challenges and those opting to raise money for the 'Big Splash Mile for Sport Relief' can take part individually or as part of a team to complete the Mile.

The event will be hosted in 600 pools across the UK, including Barrow's Park Leisure Centre. It will provide swimmers with a personal challenge, a goal to train for and great causes to support.

The Swimathon Weekend 2012 also marks Swimathon's 25th anniversary.

For further information, visit the [Swimathon](#) or the [Big Splash Mile](#) for Sport Relief website

Swimfit

Need a bit of help to get yourself ready for the Big Splash?

Register free at [Swimfit](#) for

Free online coaching tools

Set goals - get results

Tailored swim training programmes

Track your progress

20% off Speedos for all members

hard 2 beat Project 2011/12

Monthly breakdance masterclasses & jams for young people aged 10-18 years

10th December 2011 & 14th January 2012

All sessions are 12noon to 5pm Booking is essential £5

Ring 07584 251352 or [email](#)

For more information, please [click here](#).

Walks

Feet First in Furness Walk Programme

Please [click here](#) to view the new Feet First in Furness walk programme leaflet.

Feet First in Furness Get on Track Coastal Railway Walks

Feet First in Furness Get on Track Coastal Railway Walks 2011-12

Join a group of people enjoying trips out to walks, accessible from Barrow Station and timed to start around 10.30am.

Wednesday 14 December 2011- Cark circular taking in Sandgate and Cowpren Point

Wednesday 11 January 2012- Dalton Station to Furness Abbey circular walk.

Wednesday 8 February 2012 - Askam Station to Dunnerholme.

For further information contact Richard Scott, Cumbria CVS Barrow on 825630 or by [email](#)

Training / Coaching Courses

Heartstart in partnership with Cumbria Fire and Rescue

Tuesday 13th December 2011, 9.30am - 12.30pm at Forum 28, Duke Street, Barrow LA14 1HH

More than 270,000 people suffer a heart attack every year. Your help could be vital - but do you know what to do?

This 3 hour course will give you the skills to try to help save another person's life including:

*general care of a casualty including the procedure for obtaining help

*dealing with an unconscious person

*giving rescue breaths

*performing cardiopulmonary resuscitation (CPR)

*dealing with choking, serious bleeding and a suspected heart attack casualty

The above courses are free and are funded by the Skills Funding Agency in partnership with Cumbria Adult Education (Volunteering Works)

To book your place contact Monique Rebanks on 01768 800350 or email

moniquer@cumbriacvs.org.uk

Barrow AFC



Bluebirds fans are urged to get online and vote to try and win a £100,000 makeover for the toilet facilities at Holker Street.

Voting started last week and we are in second place behind Ebbsfleet United, so given such a good start, if all fans get on and vote and encourage family and friends to do so, we could be in with a chance. It will take a monumental effort as we are up against a host of clubs with a bigger fan base, but if the whole town gets behind this venture, we can do it.

To vote click on [the link](#)

Tuesday 29th November v Alfreton 7.45pm

Birthday Party offer at Barrow AFC

Have a birthday party with a difference at Barrow AFC. Kids parties are £15 per head and for bookings of 10 or more if you visit [bestofbarrowandfurness](#) and download the voucher, the birthday boy (or girl) goes free!

Party packages include time training with the players on any match day, plus a meal from KFC or MacDonalds for all guests, seats for the game (incl 2 free places for Mum and Dad), plus a signed birthday card from your favourite Barrow team member!

All for £15 per head and one free place for the Birthday Boy or Girl!

Funding

Furness Youth Council Fund

Details of 'Ten Grand, a helping hand' - the Furness Youth Council fund

What is the FYC Youth Fund?

The FYC Youth Fund is a £10,000 (yes, ten thousand pounds!) funding pot which youth groups in Furness can apply to. It is being run and managed by Furness Youth Councillors - you apply to us and we will decide which applications are successful. The funds have been donated by the Community Learning Action Forum, which is part of Barrow CVS.

Who can apply?

Youth groups in Furness can apply to the FYC Youth Fund. The application should be youth-led from a not-for-profit group (eg charities, voluntary and '3rd sector' groups). Any youth groups across Furness can apply, although SOME of the funding MUST benefit children and young people in the Central and Hindpool areas of Barrow.

How much can you apply for?

You can apply for anything between £500 and £2000.

What kinds of project or activity can be funded?

That's up to you! Your application should aim to benefit children and young people aged 0-19 in the Furness area.

What's the timescale?

The deadline for applications is Friday 25th November 2011. The Approval Panel will be held on Wednesday 7th December, and you will be informed by letter whether or not your application has been successful. If successful, a cheque for the full amount will be sent to you. Your project should aim to be complete (and all funds spent) by Friday 30th March 2012.

How do you apply?

For more information and an application form, visit the Youth Council website [here](#).

Useful websites

Sign up to download lots of free manuals at

runningsports

Sport England supporting clubs and volunteers

Register to receive free funding bulletins

FUNDING CENTRAL

The smart guide to over 4,000 grants, contracts and loans

New players welcome

Are you looking for new players? Tell us and we'll promote your club in our email and on [our website](#).

Furness Catholic Amateur Boxing Club

If you want to experience the thrills of Amateur Boxing, come and see TEAM RYAN at 'Pat's Gym' Lyceum Hall Dalkeith St Barrow.

Monday, Wednesday and Friday.

Juniors 7:30pm - 8.15pm,

Seniors 8.15pm - 9pm.

Sessions are completely FREE!

For more information ring 01229 470704 or find us on facebook!

Furness Firecrackers Roll on up!!!

Furness Firecrackers - Roller Derby League are looking for women over 18 to help us build a bout-tastic team! Roller Derby is the world's fastest growing contact sport and offers everything in terms of fitness and fun!

We train three times a week - twice on skates (quad skates) and once off-skates.

Want to know more? Check out our [Website](#) or drop us an [email](#)

Sports Equity

Christmas Activity Programme: Starts 19th December

All activities in bold have limited places please book with Michelle on 407312. Bookings for Sunbeams please ring Sunbeams direct on 017684 83035. For further details see below.

Monday 19th December

•Christmas Party @ The Park Leisure Centre 12:00 -2:00pm (There is a £2.00 contribution on the day)

Tuesday 20th December

•Aqua Max @ Park Leisure Centre 10:00 - 11:00am

•Trampoline @ DASH, Dowdales School 3:00 - 4:00pm

•Trampoline @ DASH, Dowdales School 4:00 - 5:00pm

Wednesday 21st December

- Storytime @ Barrow Library 11:00 - 11:30am
- Sunbeams @ Ormsgill Children's Centre 1:30 - 3:30pm
- Aqua Max @ The Park Leisure Centre 6:30 - 7:15pm

Thursday 22nd December

- Play Max @ The Park Leisure Centre 12:45 - 2:30pm
- Multi Max @ The Park Leisure Centre 2:00 - 4:00pm

Friday 23rd December

- Climbing @ The Park Leisure Centre 1:15 - 2:15pm

Wednesday 28th December

- Aqua Max @ The Park Leisure Centre 10:00 - 11:00am
- Sunbeams @ Ormsgill Children's Centre 1:30 - 3:30pm

For the following there is no need to book, just turn up, family and friends welcome

- Multi Max - Bouncy Castle, fun games in the main sports hall
- Play Max - Soft play and sensory room
- Aqua max - Fun session in the main pool & fun pool. Family and friends welcome.
- Storytime - A story time session in Barrow Library, Ramsden Square

Apollo Sunday Cinema Club: 8th January 2012

Film and exact start time to be confirmed. It will be a top Children's film, starting around 1:00pm - 1:30pm. Children £3.50, parent and carer free. Apollo Cinema, Hollywood Park, Barrow-in-Furness Please ring 407312 to obtain free membership.

Engaging disabled people in sport

The English Federation of Disability Sports (EFDS) has just produced a free booklet to help clubs to engage with disabled people.

Visit the EFDS website here or download the document as a pdf file [here](#).

New Wheelchair sessions a huge success

Barrow Sports Council has been running multi sports sessions for children with a disability at Hoops Basketball Centre for several years.

This term we have added wheelchair sessions with Furness Wildcats

Our first few wheelchair sessions have been a huge success so we are having some more. For the wheelchair session, you don't have to be a wheelchair user. All young people with a disability are welcome and we will provide chairs. And if we have enough chairs left over, parents, carers and siblings can join in.

The sessions are free. The times are 5:30 - 6:30pm (term time only) at Hoops Basketball Centre, Thornccliffe Road. If you would like like more information please contact [Michelle](#).

New indoor disability football sessions

Barrow Sports Council and Barrow AFC are now running weekly football sessions for young people with a disability.

The sessions at DASH @ Dowdales are every Tuesday from 5pm to 6.30pm and will cost £1 per person.

Coaching will be provided by the Barrow AFC Community team.

There is no need to book but if wish to book in advance or want more information, please contact Craig Rutherford on 07816163346 or [by email](#)

New Leaflet Showing Term-Time Activities for Children with Disabilities

Please [click here](#) for the new leaflet containing all the information about Autumn term time activities.

Horse Riding for Children with a Disability

New Horse Riding sessions at Seaview Riding School, Biggar Village

After the success of our school holiday horse riding sessions, Seaview has set up a new weekly session for children with a disability. These will take place every Wednesday at 5pm

Each session will cost £12 and someone will have to be available to lead the horse. Depending on the needs of the child, additional assistance may be required. We hope to be able to provide additional assistance if required by developing a group of volunteers.

For bookings and further information please ring Claire Hayton at Seaview on 07766402757.

Parents/Carers of Disabled Children Forum

Parents and carers of disabled children getting together for support and change

We welcome all parents/carers of disabled children to come and join us.

We meet every few weeks to discuss how to improve the lives of our children and ourselves.

We work with providers of services to ensure they meet the needs of our children.

We help to promote positive opportunities available for our children and we provide support to each other.

If you are the parent or carer of a child with a disability, please feel free to join us. Call 01229 407312 for more information.

Support group for families caring for a child with Autism and/or ADHD

Do you care for a child with Autism and/or ADHD? Come and have a coffee and a chat with other parents and carers. It will give you a chance to chat freely with people who know exactly what you are going through.

The group has just been meeting for coffee but plans to do lots more as a group to help and support each other.

For more details, contact Deborah Brownson on 07908 256942 or by [email](#)

Sunday MAX Inspiration at the Youth Gym at the Park Leisure Centre

10.30 to 11.30am @£2.50 a session

Please note 'Max Inspiration Sensory Room' sessions are for children with a disability.

PlayMAX is the indoor play soft arena at the Park.

It's a safe environment for all children, including those with disabilities and with challenging behaviour.

The soft play area contains various wedges, waves, logs and steps, slide, ball pool, trampoline,

illuminated cabin and interactive musical hopscotch, upturned mushroom which rocks from side to side, sensation trail and funky slouch pods.

All of us Afterschool Stay - FREE!

[An afterschool stay and play session](#) for children with additional needs.

Come along to our stay and play session and have fun, with the opportunity to take part in a variety of wonderful sensory experiences.

Hindpool Children's Centre Every Tuesday with Stacey & Laura

3.30pm - 5.00pm Open to children aged 5 - 8 years. For further details, please call 01229 829320

Health & Well-being

Community Health Champions

What can Community Health Champions offer you?

You may want to give up smoking, get fit and improve your health or want advice on healthy eating but don't know where to start.

Community Health Champions can

- provide you with information
- point you in the right direction for services to support you
- work with you to come up with a plan of action that will help you achieve your health goals, however small they may be.

Community Health Champions work with individuals and groups and have knowledge and experience of the local area.

For further details please download the Health Champions leaflet [here](#) or contact Marie Blackburn, Project Co-ordinator, Tel 01228 512513

Free Tai Chi Classes

Fridays from 3pm - 4pm at CADAS, 52 Paradise Street, Barrow.

The Nutrition and Lifestyle Service at CADAS is holding free Tai Chi classes as part of its New Years Resolution initiative, to help people bring in 2011 with a healthy start. Tai Chi is a gentle exercise that can be adapted to all ages and fitness levels.

- Exercise Introduction • Moving meditation • Meet new friends • Find out more about the Nutrition and Lifestyle Service • Build up confidence towards exercising regularly • Find out about the history of tai chi • Get an introduction to Taoist philosophy • Improve balance, co-ordination, posture and flexibility • Learn gentle adapted exercises for your fitness needs or physical requirements.

For further information and bookings call 01229 811111.

Parish Nurse FREE Fitness Classes

Parish Nurse Ruth McDonald is running a free fitness class every week during term time. The weekly session includes aerobics to lively and uplifting music. Ruth is also available to talk about weight loss, diet and healthy living.

Sessions are every Wednesday at 6 - 7pm at Emmanuel Community Church (opposite Morrison's

Supermarket) during term time.

For further information contact Ruth McDonald by [email](#) or give her a call on 07796645247

Chair Exercise Sessions

Run by Ruth McDonald - Parish Nurse, Ida Ferguson - Physiotherapist and Helen Wallace - Physiotherapist who are all chair exercise leaders with an approved Level 2 qualification.

Children's Centre, Greengate Street

Tuesdays 1.30 -3 .00 pm (free of charge, inc. tea/coffee)

Askam Methodist Church

Fortnightly Fridays 1 .00 - 2.30 PM (£1.50, inc. tea/coffee)

This type of exercise programme is recommended for people with limited mobility or who are chair bound themselves.

The aims of the exercise sessions are to :

Improve posture

Strengthen important muscle groups

Improve performance of daily activities (getting in/out of bath)

Promote circulation

Promote sense of rhythm

Improve coordination and balance

Increase daily activity level

Increase interaction with others (have fun)

Ring 07796645247 for more information

Phase IV cardiac rehab sessions at [DS Training](#)

The first month is FREE.

The sessions are held every Tuesday and Thursday at 1.30pm at DS CENTRE in Abbey Road, Barrow

The sessions include a drink of tea or coffee at the end and a social.

For further details, please contact [Diane Singleton](#) on 01229 877770

Join us and help to develop sport

We welcome new nominations for members of the Sports Council from local clubs all year round. You can nominate a member now. [Click here to open the nomination form!](#)

If you want to know who we are and what we do, have a look [here](#) or ring Emma on 407319 .

Emma



KICKIT OUT



Together we can kick racism out of sport



[Kick it Out](#) aims to remove racism in sport and to increase the participation in sport by the black and minority ethnic community.

Report any incidents of discrimination, abuse or harassment to your local Police on **0845 330 0247**