

Inspiring Communities News Issue #64

Items are roughly in date order and new items are **all in blue**

Barrow Society of Artists
'Art Show'
at the forum, Duke Street
last day 15th October 11-3pm

Barrow Male Voice Choir - 'With a Voice of Singing'

Saturday 15 October 7.30pm at the forum, Duke St
Tickets £7.50/£6.50 concessions

Barrow Male Voice Choir returns to the forum celebrating its 80th anniversary in style. With many awards to its credit and prestigious appearances with massed choirs at the Royal Albert Hall, the choir has helped to raise hundreds of thousands of pounds for local and national charities. To make the concert very special they are joined by St. James C of E School Choir and guest artistes.

What's on at Barrow Library

Young Peoples Reading Group

Saturdays 15 October, 12 November, 10 December 2011. Are you aged 7 to 11 years? Do you enjoy reading? Why not join our reading group where you can meet other people who love books, try different authors and discuss their work.

Sessions are relaxed, informal and fun. From 10.45pm-11.45pm at Barrow Central Library, Ramsden Square, Abbey Road, Barrow.

Teenage Book Club Monthly Meetings

Monday 14 November and Monday 12 December at Barrow Central Library, Ramsden Square, Abbey Road, Barrow-in-Furness at 4pm. For ages 13-18 years.

Rhyme Time

Tuesday 1 November, Tuesday 29 November and Monday 12 December at Roose Library, Roose Road, Barrow-in-Furness from 2pm-2.30pm. For under fives and their grown-ups for rhymes and stories.

Story Time

Monday 17 October, Monday 14 November, Monday 12 December, Monday 23 January 2012, Monday 20 February 2012 and Monday 19 March 2012. At Dalton Library, Nelson Street, Dalton-in-Furness from 11am-11.30am for under 5's and their grown ups.

Ghosts for Halloween

Storytelling with Maggie Norton for ages 7-11 years. **Free** tickets available from the Libraries.

Tuesday 25 October 2011. 11am-11.40am at Barrow Central Library.

Tuesday 25 October 2011. 3.30pm-4.10pm at Roose Library.

Wednesday 26 October 2011. 11.30am-12.10pm at Walney Library.

Monsters & Goblins for Halloween

Storytelling with Maggie Norton for Ages 4-7 years. **Free** tickets available from the Libraries.

Tuesday 25 October 2011. 10am-10.30am at Barrow Central Library.

Tuesday 25 October 2011. 2.30pm-3pm at Roose Library.

Wednesday 26 October 2011. 10.30am-11am at Walney Library.

Grants to support projects with young people

Cumbria County Council's Barrow Children and Young People's Working Group have a grants scheme aimed at supporting projects and work with young people aged 0 - 19 year olds.

Please click here for more information on this 0 -19 grant and here for the application form.
Once you have completed the application form, and submit it to the address on the form.

If you have any questions please contact Graham Bassett on 01539 713135 or by email at graham.bassett@cumbria.gov.uk

Barrow AFC

Blue Square Premier League games at home
Saturday 15th October v Hayes and Yeading 3pm
Saturday 22nd October v Kidderminster 3pm

'PROJECTOR-IN-FURNESS' - A **FREE** film education programme for local students

Signal Films is partnering with Manchester's Cornerhouse to bring a sample of their successful 'Projector' film education programme to Barrow. 'Projector-in-Furness' uses world cinema to introduce the latest concepts in visual art and film to students and young people, whilst also supporting teachers and youth leaders in bringing creativity and innovation to their sessions.

Each screening will be led by visiting specialists such as Roy Stafford, author of the popular classroom resource 'The Media Student's Book,' and will include activities with specific links to the education syllabus, concentrating on key concepts whilst providing participants with a broad range of films to encourage personal study.

Workshops complimenting the screenings will explore themes including production and distribution, genre theory and storytelling techniques. The programme features film across a range of genres, budgets and age ranges, from low budget British film and Independent American teen comedy, to Swedish horror and Japanese animation - this programme offers something for any film enthusiast!

This free programme began on 5th October with 'Shifty,' a 2008 British film made under the acclaimed 'Microwave' low budget production scheme. Films will be screened on a high-definition system with surround sound at the new Cookes Studios creative centre on Abbey Road.

For more information or to book, contact May on 01229 838592 or may@signalfilms.co.uk The full programme can be downloaded at <http://www.signalfilms.co.uk/>

Exhibitions at the Forum, Duke Street

An exhibition of photography - 'Coast' by Gary Pennington

This exhibition highlights the beauty and diversity of the Furness coastline from Aldingham to Walney Island. September and October.

ADMISSION FREE

'Here and There' by David Campbell

November and December

Admission Free

David's interest in art began at a very early age, he then went on to college and gained a National Diploma in Art & Design.

Street Rugby with Barrow Raiders

Ormsgill Kickabout Area term time - Wednesdays 4pm to 6pm starting

Wednesday 7th September.

Hindpool Urban Park term time - Thursdays 4pm to 6pm starting Thursday 8th September.

Free for 6 to 16 year olds (participants will be split into groups as appropriate)

For more details contact Al Goodings on 07794914938 or by email at alan@barrowlfc.com

<http://inspiringcommunities.blogspot.com/2011/08/new-street-rugby-with-barrow-raiders.html>

During half term

Ormsgill kick-about area

Wednesday 26 October 3pm to 5pm

Hindpool Urban Park

Thursday 27 October 3pm to 5pm

Street Soccer

Mill Lane Kickabout area

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!

Cumbria Wildlife Trust

14 October 7.30-9.15pm '*Land Management in the Duddon Valley*'
Methodist Church, Broughton in Furness. Talk by Nicola Evans from Natural England. £2 entry, children free. Contact David Hussell 01229 716663 for more info.

'Ospreys' and Annual General Meeting

The Parish Church, Ulverston. Tuesday 18 Oct 7.45-9.15pm.

There will be a short local group AGM immediately before the talk by Neil Harnott, Senior Conservation Officer of the Trust. £2 entry, refreshments included.

Me and My Girl - Walney Amateur Operatic Society

Tues 18 - Sat 20 October 7.30pm. Tickets £8.50/£7 concessions at the forum, Duke Street.

Cumbria CVS Barrow Local Forum

Wednesday 19 October 2011 at the Dock Museum, North Road, Barrow in Furness from 12-2.00pm with lunch and refreshments provided.

This is an invitation to all Third Sector groups active in South Lakes and Barrow.

The Local Forum is important to anyone interested in finding out about local issues and working with other groups and organisations to find local solutions. The Forum is a useful link with your Local Strategic Partnership and with Cumbria

CVS. It will help keep you informed and ensure that your views are properly represented. It is your opportunity to let us at Cumbria CVS know how you feel about our services, and make suggestions of ways we could be working with you.

By Third Sector we mean voluntary and community, sport, faith, environmental and social enterprise groups and organisations.

Agenda Items:

Welcome

Rebecca Rawlings – Barrow Crime & Disorder Reduction Partnership

Jackie Denny – Cumbria Mentor Point

John Harington – The Shaw Trust

Kay McGregor - Local Involvement Network News (LiNk)

Information sharing and networking for attendees. **For further information or**

**to confirm attendance, contact: Lisa Millard on 01229 825630 or email:
lisam@cumbriacvs.org.uk**

Lectures at the forum

'The Ormonde Project Revisited'

Thursday 20 October 7.30pm

Admission Free

Speaker: Matthew Green

Project Manager Ormonde Offshore Wind Farm

Organised by BDAE

'Olympic Stadium-Engineering to Enhance Human Performance'

Wednesday 2 November 7.30pm

Admission Free

Speaker: Dr Marco Cardinale PhD., ASCC Head of Sports Science & Research
British Olympic Association

Organised by IMechE

'Trends in Ship Design & Propulsion'

Wednesday 9 November 7.30pm

Admission Free

Speaker: John Barnes, Editor of Marine Engineering Review

Organised by IMechE, RINA, PESC, IMarEST

'Bashers, Gadgets & Mourners LNWR Steam Locomotive 1054'

Wednesday 23 November 7.30pm

Admission Free

Speaker: Peter Skellon, Collections Manager Bahamas Locomotive Society Ltd.

Followed by AGM

Organised by IMechE

October Half Term Activities at The Dock Museum

Wildlife Craft Workshops

Free fun family activities. Saturday 22 October 2011 11.30am-12.30pm,
1.30pm-2.30pm, 3pm-4pm

Come along and help celebrate Barrow's wildlife!

Make models and masks of your favourite animals to be displayed in Barrow town
centre during the half term week.

All activities are FREE numbers are limited so arrive early to guarantee your
place.

Creepy Crawlies Workshop

Wednesday 26 & Thursday 27 October 2011

Join us if you dare for our creepy crawlies workshops. Get friendly with scorpions,
tarantulas, black rats, giant cockroaches and loads more to scare you!

Workshop times: 11am-11.45am, 12-12.45pm, 1.45pm-2.30pm, 2.45pm-3.30pm

Admission £2.50 Tickets available at The Dock Museum. North Road, Barrow.

Shoresearch

Sunday 23rd October 2011 at Roosebeck, Barrow-in-Furness from 1pm-3.30pm.

Meet in the car park area by the sea wall. GR SD 262 384.

An opportunity to explore your local beach to discover more about the wildlife we
have in our waters and on our coast. Come and see what you can find with us
and help gather valuable information. Make sure you wear footwear you don't

mind getting wet, and clothing for our beautiful, but changeable British weather.
We also have an exciting new opportunity to volunteer with Cumbria Wildlife Trust on a more regular basis along the coast, where you can learn how to collect data to help us understand and monitor a vitally important local habitat.

For more information visit our website www.irishsea.org or Facebook, 'The Wildlife Trust Living Seas – Irish Sea' or call 01229 471066
<http://inspiringcommunities.blogspot.com/2011/08/shoresearch-with-cumbria-wildlife-trust.html>

Free Holiday Sports run from 24th - 28th October

Furness Academy South Site for 8 to 15 year olds
Football, touch rugby, cricket, orienteering, tennis....@ Furness Academy South Site, 2 - 4pm Monday 24th October - Friday 28th October

Hindpool Urban Park for 8 to 15 year olds
Football, touch rugby, basketball and more at Hindpool Multi-use Games Area, Weds 26th October, 11am- 12noon

Walney & Dalton

Walney & Dalton sessions to be confirmed soon! Keep a look out on www.barrowsportscouncil.org.uk for more details.

Free for 6 to 15 year olds - Monday 24th October - Friday 28th October
Table Tennis @ **Barrow Table Tennis Centre 2** - 4pm

Dance Mats @ the Park Leisure Centre, at 2pm and 3pm
Please Note any 6 Year olds coming to Dance Mats or Table Tennis, must be accompanied by an adult (parent/carer) at all times or they wont be able to take part in the session.

For more information on any of the sessions above, please contact Dan on 01229 845929 or by email to dmyles@barrowbc.gov.uk

Barrow's Wildside

Barrow's Wildside is an exciting project that aims to improve green spaces in Barrow for wildlife and the local community. Being outside and closer to nature improves your well being too! Loads of exciting plans are being planned for young and old alike. You and your family can get involved in walks, training, practical conservation work.

Tuesday 25 October 10.30am-1pm - *'Terrific Trees and Ancient Tree Surveying'* - help survey trees and make a natural art sculpture in the woods. Suitable for accompanied children aged 6 and over. Meet Abbey Mill cafe car park, Furness Abbey. Grid reference SD 220 717. **Ring 01229 471066 for more info**

Sing it Out! Workshops for young people

at the forum, Duke Street
Wednesday 26 to Friday 28th October – 3 sessions for £9
10-11.30am 8-11 yrs
12-1.30pm 12-16 yrs
Sessions include warm-ups and games, singing songs from all over the world and looking at basic vocal techniques. No experience necessary – just the urge to have fun and give it a go.

Spooky Tours

Thursday 27 October to Saturday 29 October 2011. The Mayor's Charity Event is Back!! Spooky Tours is Bigger and Better than ever.

Come and brave the tour and find out spooky and interesting facts...but remember there's only one way in and ... NO WAY OUT!!!

Venue: Town Hall, Duke Street, Barrow-in-Furness, LA14 1HU

Dates: 27th October, 28th October & 29th October 2011

Time: 7.30 pm, 8.30 pm and 9.30 pm

Tickets available from Forum 28

Adults £5.00 Concessions £3.50

Spooky Tours - Enter if you dare!!! **For more information please ring, Town Hall Stewarts on 01229-876467 or Mayor's secretary on 01229-876503.**

'Winter birds of the Duddon Estuary'

Friday 28 October 2011. Approximately 3 - 4 miles guided walk. The route will take us through the dunes to the western beach to view waders such as dunlin, grey plover and sanderling. We will then return along the beach scanning for eider and other sea ducks and finally view the wading bird roost at Roanhead point. Please note that the length of the walk and route may be altered due to weather conditions.

Warm clothing, boots and waterproofs if required. Please also bring binoculars, telescopes if you have them. One telescope will be provided for the group's use. Meet at: Sandscale Haws car park - Roanhead, Hawthwaite Lane, Roanhead (SD 200 756). Time: 10:30 a.m. (finish approx. 1.30 p.m.)

Children must be accompanied by an adult. The recommended minimum age is 8 years.

Due to the nature of the terrain and length of the walk all participants must have a reasonable level of fitness.

Booking Not Needed.

For further information contact Neil Forbes, Ranger Supervisor, National Trust – Sandscale Haws National Nature Reserve on 01229 462 855.

'The Human history of Sandscale Haws'

Sunday 30 October 2011. Pristine wilderness or post-industrial site? The hidden history of a nature reserve. Approximately 3 - 4 miles. Sandscale Haws is well known today for its abundant wildlife and natural beauty. However, there is also a hidden history to the site including an industrial and war time past. This walk, led by a Ranger, examines the human stories that have helped to shape the site as it is today as well as those that have left no trace. Warm clothing, boots and waterproofs if required. Meet at Sandscale Haws car park, Hawthwaite Lane, Roanhead (SD 200 756). Children must be accompanied by an adult. The recommended minimum age is 8 years.

Well behaved dogs on leads are welcome. Due to the nature of the terrain and length of the walk all participants must have a reasonable level of mobility and fitness. Booking Not Needed

For further information contact Neil Forbes, Ranger Supervisor, National Trust – Sandscale Haws National Nature Reserve on 01229 462 855.

Feet First in Furness Get on Track Coastal Railway Walks

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

Wednesday 9 November 2011– Kirkby to Askam by the saltmarsh and Dunnerholme beach.

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 email: richardsc@cumbriacvs.org.uk

What's on at the Dock Museum

'What Lies Beneath?'

2nd November to 29th January 2012 – FREE ADMISSION

This exhibition provides a fascinating beginner's guide to archaeology, showcasing the ancient history of the Furness peninsula with a special emphasis on the consequences for Britain of the Roman invasion.

The exhibition looks at:

- why did the Romans invade Britain?
- how do archaeologists date objects?
- changing habitats over the millennia
 - how people used to live

Assumptions about Iron Age societies and Romans are challenged and we'll display the oldest man-made objects found in Cumbria.

Cumbria Takeover Day 2011

Giving children and young people the chance to work with adults for the day and be involved in decision-making

The Children's Commissioner for England is launching the 5th Takeover Day on Friday 11 November 2011.

This year's event coincides with Remembrance Day and will focus on encouraging inter-generational and community relationships. In Cumbria there are many examples of exciting and inspirational community activities involving children, young people and adults, and I would like to use this opportunity to encourage us all to get involved by building on what's already taking place and creating new and innovative opportunities.

A Cumbria wide calendar of Takeover Day events will be freely promoted and publicised on our www.watson4u.com children and young people's website.

If you would like to take part in this year's Takeover Day events; require support, information, advice or inspiration; then please contact: graham.bassett@cumbria.gov.uk or rebecca.whent@cumbria.gov.uk for a registration form and inclusion on the website.

Cumbria CVS Volunteer Workshop

Wednesday 16 November 2011 from 10am to 11.30am. Free refreshments provided.

Do you want to improve your skills and get a job in administration, youth work, health & social care, retail, driving, teaching, nursing, environmental work?

Whatever job you are looking for why not gain some experience first by volunteering? Try volunteering to expand and enhance your CV and improve your job prospects. It is a fantastic opportunity to meet new people, improve your skills, try a new challenge and it also helps to improve your confidence.

In Barrow our Volunteer Centre at Lesser Kings Hall Hartington Street is now holding monthly 'Introduction to Volunteers'. The sessions cover the wide range of volunteering opportunities, organisations that are needing volunteers, the benefits of volunteering and state benefits, training opportunities, courses and NVQ's available to volunteers. This is a fantastic opportunity to find out what is available to you. No skills or qualifications are necessary.

**To book your place Tel: 01229 825630 or e-mail:
lisam@cumbriacvs.org.uk**

Bluebirds Study Centre - Bluebirds Community Education Services @ Barrow AFC

Study Club: Aimed at Primary pupils, to raise attainment in the core subjects, maths, literacy and ICT - Developing self esteem, confidence and team work.
Mondays, Tuesdays 4.00-5.30pm £20 per session

Explorers Club - Enrichment activities for Primary able pupils, providing stretch and challenge and developing independent learning
Wednesdays 4-6pm £20 per session

QCF Teaching Assistant Course available from September 2011

**To book - Contact Gill Jepson - 07527 996432 or email
gilljep@hotmail.co.uk**

What is 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.

www.parkrun.org.uk/barrow/

Are you interested in joining a new Credit Union for the Borough of Barrow-in-Furness?

A Credit Union is a way of giving all members of our community the chance to save small or large amounts of money and to borrow money at affordable rates. A Credit Union is not run to make a profit. Any money made by the Credit Union is either paid out as a dividend to members, or kept, and used to expand the credit union's services, thus benefiting all its members.

Before the new Credit Union can open we need to find out how many people in the area are interested in becoming members. We do this by asking you to sign a Pledge form. Signing the Pledge Form doesn't commit you to anything. It just shows us how many people in the community are interested in joining the Barrow & District Credit Union. It's very important for us to understand the level of interest that there is in Barrow & District. The Credit Union can only open if enough people want it to happen.

For more information and to sign the pledge, please visit the Credit Union Study Group website at <http://www.barrowdistrictcu.org.uk/>

What's on at Children's Centres around the area ...

Bram Longstaffe Children's Centre

Mondays: 10am-11.30am Toddler Time (walking to 3 years).

Tuesdays: 1pm-2pm Child Health/Baby Clinic.
Wednesdays: 9.30am-11.30am Information and support around being a parent.
1.30pm-3pm Baby Time (0-walking).
Thursdays: 2pm-3pm Play Max, a drop-in for children with additional needs in the sensory room at the Park Leisure Centre (0-8 years).
Fridays: 9.30am-11.30am play session full of activities (except 14 Oct).
For further enquiries and bookings contact Lisa Cassley on 01229 824602.

Hindpool Children's Centre

Mondays: 9am-12noon Positive You.
Tuesdays: 1pm-2.30pm Play2Learn. 3.30pm-4.30pm All of Us for children aged 5-8 years with additional needs.
Wednesdays: 10am-12noon Messy Play from 18monthw to 5 years. 12.30pm-1.30pm Baby Massage & Baby Café. 2pm-4pm Baby Clinic.
Thursdays: 11.30am-12.30pm Toy Library.
Fridays: 10am-12noon Baby Wiggles, for babies 0-12 months.
For further enquiries and bookings contact Gail Graham on 01229 829320.

Brisbane Park Annexe

Mondays, Tuesdays and Wednesdays: 10am-1pm Young Mums to be Course.
10am-1pm Parents with Prospects.
Saturdays: 12noon -3.30pm Barrow Dads Club.
For further enquiries call 01229 832894.

Greengate Children's Centre

Mondays: Messy Play 10am – 11.30am. Fun with paint, sand, gloop & stuff (term time only). Baby Massage 1pm – 2.30pm.
Ring Centre for half term activities
Tuesdays: Baby Explorers 10am – 11.30am. A rolling programme (birth to mobile) includes Baby Rhythm, Baby Talk, Messy Time. Art Club 1pm – 2.30pm (Age 1-3years). Armchair Aerobics 1.30pm. Aerobics 3.30pm – 5pm.
Wednesdays: Midwife Drop in Clinic 10am – 12noon. Single Parents Group 1pm – 2.30pm. Love 2 Learn 3.30pm – 5pm.
Thursdays: Baby Clinic 9.30am – 11.30am. Young parents to be 3.30pm – 4.30pm. Weaning Party (20th October only) 1.30pm – 2.30pm.
Fridays: Mini Movies (term time only) 9.30am - 11am. Physical fun for pre-school children with some craftwork. Breastfeeding Workshop 1pm – 2pm 1st Friday of each month. Dads Club 4pm – 6pm.
Saturdays: Parentcraft (Antenatal Day) 8 October 10am – 4pm. Ring 820049 to book 10am Prompt.
Furness Breastfeeding Helpline, each evening 6pm – 11pm 01229 582464
For more information please contact Carol Budge 01229 820049

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**

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 407319 for more information.**

'Heartstart' in partnership with Cumbria Fire and Rescue
Tuesday 13 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

"He who knows others is wise; he who knows himself is enlightened." Lao Tzu

Subscribe - If you wish to receive this as an e-bulletin please email

neighbourhoodmgt@barrowbc.gov.uk

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'Working together for a safer, cleaner, stronger neighbourhood'