

Inspiring Communities News Issue #66

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

From our blogs ...

Winter safety advice for your home from Cumbria Police

<http://chnmt.blogspot.com/2011/11/winter-safety-advice-for-your-home-from.html>

Green Heart Den - community grow your own scheme

<http://greenheartden.blogspot.com/2011/11/currently-we-have-limited-number-of.html>

Love Barrow Awards 2012 – nominations open

<http://inspiringcommunities.blogspot.com/2011/10/love-barrow-awards-2012-nominations.html>

'Share a Smile'

<http://1000smilingfaces.blogspot.com/>

The Magic of Christmas - Switch on of Barrow Christmas Lights

Saturday 19th November 2011. Experience the magic of Christmas and feel the excitement come alive in Barrow Town Centre when the Christmas lights are switched on by Councillor John Murphy, Mayor of Barrow-in-Furness and guests. Taylor's Amusements will have children's roundabouts and funfair stalls on Dalton Road.

The switch on itself will be hosted by Tony "Cooky" Cookson and Danny Matthews of Bay Radio. The Bay live stage will feature The Steps Experience, the UK's leading tribute act to Steps and also tribute act Jessie Jay. Festivities will commence at 3.30 pm, the lights will be switched on at just after 5pm and music will continue until 5.30pm.

For safety reasons Duke Street from Schneider Squarer to its junction with Market St will be closed from 4-6pm. Lawson St and Market St will be open to access to Market St car park only. All bus services coming off Walney and Barrow Island will be diverted at Schneider Square roundabout to Cornwallis Street bus stops.

Walney Musical Theatre Company

'The Producers' at the forum, Duke Street

Mon 14 to Sat 19 November 7.30pm

Barrow AFC games at home

Saturday 19 November v York 3pm

Tuesday 29 November v Alfreton 7.45pm

Cumbria Wildlife Trust events

'South Walney Beach Clean'

20 November 10.30am-4pm

Come and help clean the litter from the beaches at South Walney Nature Reserve. Booking essential. Call Trish Chadwick 01229 471066. Minimum age 10. South

Walney Nature Reserve, Walney Island.

CADAS Barrow training and events

... is currently recruiting new volunteers to work with our clients in 2012.
For information on the 18 week Understanding and Working with Addictive Behaviour Course and an application pack please **contact Kristie or Nik on 01229 811111** or Facebook CADAS to request an information pack to be sent out.

Please find attached up and coming events from CADAS.

Street Soccer back at Hindpool - ***see poster attached***

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!

With Barrow AFC community team

Contact Craig Rutherford at craigrutherford@barrowafc.com for more information.

What's on at the Dock Museum

'What Lies Beneath?' exhibition

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.

FREE Lectures at the forum, Duke Street

'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

'The Kursk - A Personal Narrative '

Thursday 19 January 7.30pm

Admission Free

Speaker: Alan Hoskins

Organised by BDAE

'Haematology'

Wednesday 8 February 7.30pm

Admission Free

Speaker: David Ryder
Organised by PESC, IHEEM

'Submarines in Service'
Thursday 16 February 7.30pm

Admission Free

Speaker: Dennis Gilbert
Organised by BDAE

'Small Hydro Power Plants'
Wednesday 29 February 7.30pm
Admission Free

Barrow & District Disability Association Presents - 'Some Enchanted Evening'

Friday 25 November 2011. At St James Church, Barrow in Furness, at 7.30pm.

This special charity concert is supported by three well known local musical groups and a charity who this year are all celebrating anniversaries. Featuring Dalton Town Band, The Ghyll Singers and Barrow Male Voice Choir.

Tickets £6.00 each and are available from Members of the choir, Band, and from Barrow District Disability Association, 71 – 77 School Street, Barrow-in-Furness or call 01229 432599.

What's on at Barrow Library

Young Peoples Reading Group

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

Rhyme Time

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 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.

Barrow 0-19 Grant

The deadline for the Barrow Children and Young People Working Group 0-19yrs grant applications is Thursday 24th November 2011.

There is not a set limit for the funding but the funding pot is not that large so the recommendation is up to £2,000. They are also encouraging people and organisations to have raised funding from other sources.

The focus for this grant is to make a difference to the lives of young people, so the elected members are looking for projects that show how this will be met.

If you have any questions do please contact me on 01539 713135,

graham.bassett@cumbria.gov.uk

We encourage you to forward this e-mail on to relevant organisations.

Exhibitions at the Forum, Duke Street

'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.

'The Walk to Ireleth' by Pete Last

January and February

Admission Free

This exhibition takes the viewer from Walney Jubilee Bridge to Ireleth Church, with 'rest' stops at Sandscale, Askam Pier, an optional diversion to Dunnerholme, then back to Askam Village and finally on to Ireleth.

Barrow's Wildside – new events November '11 to March 2012

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.

Talks - over the winter there are some interesting talks to tempt you out on the dark evenings. These inspiring talks are being held in the Studio at Forum 28 and cover a range of wildlife topics.

Thu 1 December 7.30pm-8.30pm

'Living seas'

Marine Conservation Officer for the Northwest, Cheryl Nicholson, talks about The Wildlife Trusts' vision of how to make wildlife thrive from the depths of the ocean to the coastal shallows. Find out what there is and what should be protected in the Irish Sea. No need to book but seats are allocated on a first come first-served basis.

Where; Forum 28, Duke Street, Barrow

Tue 24 January 7.30pm-8.30pm

'Conservation grazing with native cattle'

Grazing animals are increasingly being used to manage nature reserves to improve habitats and promote bio-diversity. Rare Breeds Survival Trust's Field Officer, Ruth Dalton, talks about her first hand experiences of conservation grazing and her current work with the 'Rare Breeds Survival Trust'. No need to book but seats are allocated on a first come first-served basis.

Where; Forum 28, Duke Street, Barrow

Walks - join a guided walk and learn something new about local wild places and the wildlife on your doorstep.

Sun 8 January 1.00pm-3.00pm

'Twigs, buds and bark'

A guided walk to unlock the mysteries of how you can tell apart different trees in winter.

Call Sue Thurley on 01229 471066 to book or for further information. Booking not required but preferred.

Where Abbots Wood, Barrow. Meet at the Mill Café car park, Furness Abbey. Grid Ref: SD 220 717

Sun 22 January 11.00am-12.30pm

'Winter wildlife walk'

A guided walk looking at the winter wildlife found at Cumbria Wildlife Trust's fantastic South Walney Nature Reserve. The walk is approximately 3 miles along a rough track and footpaths. Dogs are not allowed on the nature reserve.

Call Jon Haines on 01229 471066 to book or for further information. Booking is not required but is preferred.

Where South Walney Nature Reserve. Grid Ref: SD 215 621

Volunteering - fancy doing something different? Volunteering is a great way to meet new people, learn about wildlife and help to make positive improvements for wildlife. No previous experience is necessary, and tools and training are provided.

Wed 23 November 10.00am-3.00pm

'Making it wild at North Walney'

We will be installing a special nesting box for shelducks on one of the islands at North Walney Nature Reserve, to help protect these ground nesting birds from predators. If there's time we will also be clearing low growing dwarf willow to maintain the open dune grassland habitat. Call Sue Thurley on 01229 471066 to book or for further information. Booking not required but preferred.

Where North Walney Nature Reserve, Barrow. Meet at 9.30am outside The Ferry Pub, The Promenade, Walney. Grid Ref: SD 187 688

Sat 26 November 10.00am-3.00pm

'Making it wild at Sandscale Haws'

We will be cutting trees and shrubs (mainly hawthorn and willow species) with hand tools. This is essential work to preserve the rare coastal grassland habitats and the wealth of plant species that they support on the nature reserve. If conditions are good we may also have a bonfire to burn the brash material. Bring a packed lunch and drink. Wear old clothes, stout boots or wellies and bring waterproofs if needed. Call Neil Forbes on 01229 462855 for further information.

Where; The National Trust's Sandscale Haws Nature Reserve. Meet at The National Trust car park, Hawthwaite Lane, Roanhead. Grid Ref: SD 200 756

Thu 1 December 10.00am-3.00pm

'Making it wild at North Scale Pond'

The pond at North Scale is being shaded by willow. We will be coppicing some of this to benefit the pond life on Walney. Please bring suitable outdoor clothes and footwear, wellies if you have them, and a packed lunch.

Call Sue Thurley on 01229 471066 to book or for further information. Booking not required but preferred.

Where North Scale Pond, Walney. Meet at the car park off The Promenade, Walney. Grid Ref: SD 183 696

Thu 15 December 10.00am-3.00pm

'Making it wild at South Walney'

Part of the nature reserve is being invaded by Japanese rose, an invasive non-native species. We need your help to eradicate it for the benefit of the ground nesting birds and other native flora. Christmas lunch of homemade soup and a sandwich, and mince pies will be provided.

Call Sue Thurley on 01229 471066 to book or for further information or if you need help with transport. Booking is not required but preferred. Where South Walney Nature Reserve, Walney. Grid Ref: SD 215 621

The Mayor of Barrow's Charity Christmas Concert

With Special Guests VOCE

Friday 2nd December 2011

in Barrow Town Hall - Banqueting Hall

Tickets £5 including Tea, Coffee and a Mince Pie.

Join the Mayor of Barrow for a special celebration of Christmas. Performing on the night will be the fantastic local group: Voce.

All funds raised will go towards the Mayor's defibrillator fundraising campaign to provide businesses, clubs and organisations with defibrillators, which are used to treat people following cardiac arrest, as Barrow has one of the highest rates of heart disease in the Borough.

Family Christmas party at the Forum, Duke Street

The Mayor of Barrow, will be hosting a Family Christmas Party to be held on **Saturday, 3rd December, commencing at 7 pm at the Forum.** The evening will include fun and games, a disco and a very special guest.

Tickets are now on sale at the Forum, £5 adults, £3 children (including hot dog and party bag), £15 family ticket.

All proceeds will be donated to the Mayor's defibrillator fundraising campaign.

'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

Cumbria Mental Health Group

Have arranged an informal forum where you can drop in for a coffee and a chat.

This will be held on Wednesday 14 December 2011, 1pm-3pm at St. Mark's Halls, Rawlinson Street, Barrow-in-Furness.

If you would like additional information about the above meeting or you would like to discuss another issue with please contact Wendy Kolbe on 07879 990956 or email wendy.kolbe@cmhg.org.uk.

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 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 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.**

A590 Junior & Senior Youth Theatre Group

Meeting on Monday nights at The Nelson Street Centre, Nelson St, Barrow. All are welcome and our purpose is to make theatre affordable to all. Juniors (ages 7 to 13) 6pm to 8pm. Seniors (13+) 8pm to 10pm.

Junior and senior shows are performed every year at Forum 28. Also numerous other events, which include International Theatre (Class in Action, Prague). So come and join in the fun at our musical drama group and learn, singing and dancing, and drama, and enjoy working and appearing in our productions throughout each year.

For more information ring Maureen Pearson on 01229 828553.

“Live lightly on the earth.” Tsunesaburo Makiguchi

Disclaimer: The information contained in this email is sent in good faith. Whilst every care is taken to ensure that it is correct we cannot accept liability for any omissions or inaccuracies and are not responsible for the quality of any services or products mentioned.

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