

Inspiring Communities News Issue #63

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

Ten Grand? A Helping Hand! - Furness Youth Council Youth Fund

The Furness Youth Council would like to announce the 'Ten Grand? A Helping Hand!' youth fund provided by Cumbria CVS. The Furness Youth Councillors have designed the application forms, written the information sheet and will be managing the allocation of the fund. This fund is aimed at not-for-profit groups and organisations whose work benefits children and young people from across Barrow. The application should be youth-led with the ideas for the activity or project coming from young people. For more information please see the Furness Youth Council web site www.furnessyouthcouncil.co.cc or if you have any questions or need further information please contact Barbara Dowdall at Barbara.Dowdall@nacro.org.uk

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

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

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>

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 CVS Volunteer Workshop

Wednesday 5 October 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

Moving Forward for a Healthy Future in Furness

Thursday 6 October 2011. Join us for a morning of news and discussion at The Forum, Duke Street, Barrow-in-Furness

This half day event will provide and update on development in the NHS, locality commissioning and Public Health, and an opportunity to discuss important issues that will help shape the future of health care in Furness.

We will begin with registration and coffee at 9.30, followed by presentations to bring us up to date with all of the latest news of health services for the area. This will be followed by an opportunity for debate and discussion, and the event will conclude by 12.30.

Further details of the programme for the morning will follow, but to reserve your place please email furnesspartnership@barrowbc.gov.uk with the full contact details of all delegates.

Explore! With Paul Rose

At the forum, Duke St, Barrow

Friday 7 October 7.30pm Tickets £13/£11 concessions

BBC presenter Paul Rose talks about a lifetime of remarkable adventures from Antarctica to Everest. Visit www.paulrose.org for more info

Barrow AFC

Blue Square Premier League games at home

Saturday 8th October v Telford 3pm

Saturday 15th October v Hayes and Yeading 3pm

Saturday 22nd October v Kidderminster 3pm

Annual Furness Model Railway Club Exhibition

Saturday 8 and Sunday 9 October 2011. At Barrow Sixth Form College, Rating Lane, Barrow. A free shuttle bus service will run to the venue. The free bus will run from the Town Hall and the station, entry is Adults £4, Seniors £3 and Children £2, a family ticket is available.

The show runs from 10am to 5pm on both days and is open to people of all ages.

More details of the exhibits can be found at our website
<http://furnessmrc.webs.com/>

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.

Events and activities

Sunday 9 October 2-4pm *'Seed Gathering Sunday'* -. Find out more about woodlands and collect local seeds that will be propagated and planted on sites in Barrow as part of 'Barrow's Wildside' project. At Park Rd, Sowerby Woods - meet at the car park near the owl centre off Park Rd. Grid reference SD 199 736. Ring 01229 471066 for more info.

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

Barrow Society of Artists

'Art Show'

At the forum, Duke Street

11-15 October

Tues-Fri 11-5pm

Saturday 11-3pm

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 12 October 2011- Barrow Station circular walk to Cocken and Channelside

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

Work Ready

13, 14, 20, 21, October and 3, 4, 7, 8, 17, 18, 21, 22 November 2011 at Cumbria CVS, Lesser Kings Hall, Hartington Street, Barrow from 9.30am – 4pm

This qualification will help to demonstrate to employers that you are 'work ready' by:

- Developing your skills, behaviours and values that employers increasingly seek during recruitment
- Building your confidence and motivation to seek and secure meaningful employment
- Achieving a qualification that is nationally recognised.

During the course you will:

Look at career options

- Complete job application forms
- Prepare a Curriculum Vitae (CV)
- Learn how to prepare for an interview
- Discuss further opportunities for Job Training / Career development
- Gain a Maths and/or English qualification

This course is £90 or Free if you are in receipt of Job Seekers Allowance; Work Related Employment and Support Allowance or if you do not have 5 GCSE's Grades A-C (Full Level 2). Please note: On Day One you will need to bring proof of your benefits. If you are not on means tested benefits, a confirmation letter will be sent regarding the £90 payment. **For Bookings contact Jackie Boustead on 01228 512513 or e-mail: jackiebo@cumbriacvs.org.uk**

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 10 October, 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

Monday 10 October, 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.

See posters attached

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 it's 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.

Cumbria Wildlife Trust

'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.

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.

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>

October Half Term - Free Holiday Sports run from 24th - 28th October

Free Sports at **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

Free Sports at **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

Free Sports at **Walney & Dalton**

Walney & Dalton sessions to be confirmed this week! 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 845929 or by email at dmyles@barrowbc.gov.uk

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.

CSV Make a Difference Day

Saturday 29 October 2011. This autumn make sure you get involved in Make a Difference Day, the UK's biggest day of volunteering! If you are part of a local community group, organising an event is a great way to raise the profile of what you do and encourage first-time volunteers to get involved. With activities between 22 October and 6 November. **For more information call 0800 284**

533 or visit www.csv.org.uk/difference

Prince's Trust is now recruiting ...

... for new team members running from the end of September until the end of December. This is a great 12 week course aimed at people aged between 16 – 25 years and are unemployed.

Information/enrolment sessions are being held at Connexions, Barrow Monday, Wednesday and Thursday afternoon 1.30pm – 4pm.

For more information please visit <http://www.furness.ac.uk/school-leavers/copy-of-princes-trust>

Adult Education Health courses in September

Would you like to gain up to date qualifications recognised by REP's? (Register of

Exercise Professionals)

Are you looking for skills for employment and career progression in the health and fitness industry?

Do you have an interest in improving your own healthy lifestyle?

The following courses are planned for the Furness area starting in September:

Entry level Award in the Principles of Health and Fitness - £122.00

Level 1 Award in Active Healthy Living - £159.00

Level 1 Award in Assisting Health Related Activity Sessions - £86.00

Course fees are free to anyone in receipt of:

Job Seekers Allowance

Work Related Employment and Support Allowance

or – if you do not have 5 GCSE's Grades A-C (Full level 2)

For further details and application form

<http://www.barrowsportscouncil.org.uk/userfiles/file/Activeiq.pdf>

The Woodland Trust offers **free trees** to schools and community groups - more info here <http://www.woodlandtrust.org.uk/en/moretrees-moregood/advice-centre/Pages/packs-of-trees.aspx>

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.

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.

Green Heart Den membership - join and grow together!

Marsh Street Arches and Gardens CIC are looking to recruit new members to the company. If you would like to join, further information visit

<http://greenheartden.blogspot.com/2011/06/please-join-usand-we-can-grow-together.html>.

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/>

Doorstep Walks in and around Barrow

Doorstep Walks is a county-wide initiative through Active Cumbria, NHS-funded, providing a high-quality folder of eight varied walks in a pack for independent walkers. To pick up your **FREE** Walk Pack, please call in at CVS, Lesser Kings Hall, 57 Hartington Street, Barrow or contact Richard on 01229 825630 for further details.

"People become what they expect themselves to become." Mahatma Gandhi

Please circulate this information to partners, colleagues and friends and display information where possible. Thanks very much for your support.

If you do not wish to receive these email alerts please let us know by return of email and you will be removed from the list.

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www.inspiringcommunities.blogspot.com

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www.twitter.com/CHNMTBarrow

www.flickr.com/photos/chnmt

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