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Summer 2016

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# The Heathlands Project

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[www.lbtuk.org](http://www.lbtuk.org)    [www.facebook.com/The.Heathlands.Project](http://www.facebook.com/The.Heathlands.Project)

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Welcome to our latest newsletter!

We'd love to know what you think or if you have anything you would like to add to the newsletter, please get in touch.

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## The Simon Ward Memorial Trophy

This year's individual boccia tournament was held at the Sands Centre on 22<sup>nd</sup> June and had its biggest ever turn out with around 40 competitors. This year the cup was newly named the 'Simon Ward Memorial Trophy' in honour of Simon Ward, one of our members who sadly died last year. One of our members, Simon Murray won the competition and another member, Brian Jefferson, came in third. Simon Ward's father, Bill Ward, presented the trophy. Congratulations Simon and well done to everyone who took part and made it a great day.

## Summer Celebrations: Save the Date

We're having a celebration event this summer on Saturday 30<sup>th</sup> July in memory of Simon Ward. There will be music, snacks and general merriment. More information soon!

## Heathlands Blog

We now have a [blog](#)! We've set it up to share some of our projects and activities with you all, you can find out more about what we've been up to and the kitchen team have also shared some delicious recipes! You can find the blog online at [www.heathlandsproject.wordpress.com](http://www.heathlandsproject.wordpress.com)

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If you have any comments or something you'd like included in the next [helen.walsh@lbtuk.org](mailto:helen.walsh@lbtuk.org) by September 20<sup>th</sup> 2016

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## Upcoming Events

### Summer Celebration

The Heathlands Project

Saturday 30<sup>th</sup> July

### North West Regional Boccia Tournament

Greenbank, Liverpool

Sunday 17<sup>th</sup> July

### The Festival of Quilts

NEC, Birmingham

11<sup>th</sup>-14<sup>th</sup> August



**Simon Murray won the Simon Ward Memorial Trophy**

## News from our Sections...

### Drama

The group has worked on stories, emotions and how we can use body language to convey them. We've also had fun dressing up!

### Film

The group has studied and used various film making and editing techniques to allow us to produce some high quality work over the next few months. We plan to show these in the near future together with a small presentation.

### Bakery and Kitchen Groups

A huge well done to all the kitchen teams for all the work they put into the very successful Health Mela in Carlisle in May. The gluten free treats were very well received!

Rotakids from Warwick Bridge Primary School got a hands on demo from the kitchen team of making gluten free sticky toffee pudding. The demo was the prize they won for Carlisle Health Mela Healthy Living banner competition

The ever popular kitchen groups continue to produce delicious meals, breads, cakes, snacks and savoury goods for members and staff alike. Each group prides itself on its output and likes to experiment with new recipes and methods, usually successfully!

### Art and Textiles

We've been busy putting together our quilt over the last few months. Every year we make a quilt and enter it into the Festival of Quilts at the NEC in Birmingham. This year we chose the theme 'On the Beach' and made felt patches which we've sewn onto a cotton background. We'll include some finished pictures in the next newsletter!

## Our News in Pictures...



Filming in Carlisle



Heathlands volunteers and members at Carlisle Health Mela



Rotakids from Warwick Bridge Primary School



This years 'On the Beach' quilt in progress

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If you have any comments or something you'd like included in the next newsletter please email it to [helen.walsh@lbtuk.org](mailto:helen.walsh@lbtuk.org) by September 20<sup>th</sup> 2016

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