

# carlisle focus

winter/spring 2014-15



**GET SET...GO**  
Fitness for everyone

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Cllr David Wilson (Lab).....	01228 537472
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Cllr Stephen Higgs (Con).....	01228 560815
<b>YEWDALE</b>	
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winter/spring 2014-15



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A round-up of some schemes to get you healthy

**Plus** an update on Carlisle Healthy City



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**Plus** find out how to access gas safety grants



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#### Focus on Events

A round-up of this year's events, including the Carlisle Pageant, the Fireshow plus some other dates for your diary

**Plus** have your say on the date for the 2015 Lights Switch On event



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**Plus** find out about the Tullie House Christmas Family Fun Weekend



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Have a green Christmas by following some of our recycling tips

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**Plus** how you can volunteer and provide your support to one of our green spaces

### Page 22

#### Readers' Survey

Your chance to **WIN** a £200 gift card for Marks & Spencer's

## For your chance to WIN...

check out competitions on pages 13,19 and 22



## City Council Contact Info



Visit the Civic Centre's Customer Contact Centre, Monday to Thursday, between 9am and 5pm and on Fridays between 9am and 4pm



01228 817200 – council tax bills, housing & council tax benefits, recycling and waste collection  
01228 817000 – general enquiries



customerservices@carlisle.gov.uk



www.carlisle.gov.uk



Follow Carlisle City Council on @carlislecc



Like Carlisle City Council on Facebook

For information on City Council committee dates and times visit [www.carlisle.gov.uk](http://www.carlisle.gov.uk)

## In Focus

In this edition, we provide an update on some of our ongoing projects including the Old Fire Station Arts Centre, Digital Carlisle and Healthy City. There are lots of ways for residents to 'make a difference' to their communities and there are some top tips on how to recycle and have a 'green' Christmas.

We have also included lots of information on upcoming events, including the festive programme and a list of diary dates for 2015. There is also a feature on our Homelife team and the services they provide to some of our most vulnerable residents. Health and wellbeing is also a key priority for us and we have provided some examples of schemes underway in Carlisle. We hope they inspire you to get active too. I hope you enjoy reading Carlisle Focus and have a Happy Christmas and a prosperous New Year.

*Colin Glover*

Leader of Carlisle City Council, Cllr Colin Glover

Front cover photograph courtesy of [www.sjstudios.co.uk](http://www.sjstudios.co.uk)

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[www.carlisle.gov.uk](http://www.carlisle.gov.uk)



## Park Life

Help is at hand for mums wanting to regain their fitness after the birth of their child.

Fitness4Mum sessions are held in Carlisle's Bitts Park. They are held on **Mondays, Tuesdays, Thursdays and Fridays**, starting from The Sands Centre at **1pm**.

The one hour sessions are led by an expert instructor from Younique Fitness in Carlisle and include a range of exercises.

Fitness4Mum sessions have been underway since 2013. You don't need to be super fit to come along; you don't even need to have exercised before. You can even bring your baby so no need for childcare.

The first session is **FREE** and there is no obligation to join in again.

 For further information email [david@fitness4mum.com](mailto:david@fitness4mum.com) or visit [www.fitness4mum.com/postnatal/pramtastic](http://www.fitness4mum.com/postnatal/pramtastic)

## Focus Point

93%

The percentage of Fitness4mum participants who return to work having achieved their target weight

## A New Goal for Cumbria

Cumbria's newest football team, the Cumbrian Blues, want to bring powerchair football to the county but need local support. Powerchair Football, also known as Power

Soccer is a competitive team sport for people with disabilities who use power wheelchairs.

Each powerchair costs around £5,000 to buy and the club has

already received donations from Carlisle City Council, local businessman Brian Miller and the Cumbria Foundation Trust. The Cumbria Wheelchair Sports Club needs more help to sponsor the team.

The club held some taster sessions at Richard Rose Academy Morton this autumn. Weekly training sessions are planned for later on this year, with the hope to enter a league next year. The Cumberland FA and CUFC are supporting the club during its development.

 Telephone Ray McBride on 07827 447274 or email [raymcbride46@hotmail.co.uk](mailto:raymcbride46@hotmail.co.uk)



## Piloxing Hits Carlisle

A new fitness class will be available at Yewdale Community Centre in the New Year.

PILOXING cardio fusion incorporates cutting edge research and fitness techniques to burn maximum calories, build lean muscle, and increase stamina. It blends the power, speed, and agility of boxing with exhilarating dance moves and targeted sculpting and flexibility of pilates.

The sessions will be held each **Monday between 8pm and 9pm**. Places are limited so please pre-book by contacting **07591 594752**.

 To find out what other fitness classes sessions are available at your local community centre, visit [www.carlisle.gov.uk/communitycentres](http://www.carlisle.gov.uk/communitycentres)



## Healthy City

An application to the World Health Organisation for Phase VI Healthy City status for Carlisle has been successful and marks the next steps in our journey to raise the city's profile and continue to make the city a great place to live, grow and work.

A Healthy City is about working together in partnership to prevent ill health, being conscious of health and striving to improve it, for the benefit of residents and local communities. It recognises that health is not only affected by health organisations, but is also influenced by other things we do. Health and wellbeing are important to other sectors including education, planning, transport and housing. Phase VI is about health, equity, reducing inequalities and improving wellbeing, for everyone; from giving our children the best start in life, to creating opportunities for our older residents and building connected communities.

 For further information, visit [www.carlisle.gov.uk/healthycity](http://www.carlisle.gov.uk/healthycity)

## Striding Ahead

Our **FREE** walking for health programmes take place on various routes including parkland and woodland across Carlisle's urban and rural district.

- **Wednesday Walking for Health:** Short walks on good paths. Held every other Wednesday at 10.30am in various locations.
- **Tuesday Trundles:** These walks are more challenging, longer, with varying gradient and surfaces. These are held every other Tuesday, with a 10am start.

 For further information, telephone 01228 817158 or visit [www.carlisle.gov.uk/walking](http://www.carlisle.gov.uk/walking)





## Homelife Carlisle



“Always very nice, polite and helpful; they have helped me and taken a lot of stress and worry away. They have made things so much better.

An excellent Service”

One of our Homelife customers

Homelife Carlisle, a Home Improvement Agency provided by Carlisle City Council, helps householders to repair, improve and adapt their homes.

We provide services, including building work and any odd jobs around the home to keep people warm, well and safe.

Homelife Carlisle was recently shortlisted at the National HIA Awards and was highly commended for their work in partnership with Health and Social Care to help people remain independent at home.

Our membership scheme offers low rates on handyman, gardening and cleaning services. The Managed Repair service can also carry out essential home repairs. Help is also available to keep you warm this winter.



Telephone 01228 817111  
Visit [www.carlisle.gov.uk/homelife](http://www.carlisle.gov.uk/homelife)  
Follow them on Facebook and Twitter

## Keep Warm

Homelife Carlisle is offering gas boiler servicing to all residents of Carlisle and district for only £60.75 and a gas boiler and gas fire service for £74.25.

Homelife Carlisle is also promoting **FREE** gas safety grants including **FREE** gas boiler and fire servicing and **FREE** gas safety checks for eligible customers using funding from the Foundations Independent Living Trust Grant Scheme.

Grants of up to a maximum value of £500 can be awarded per beneficiary. The grants are restricted to home owners who are 60 years or over and disabled home owners who meet certain criteria.

The offers are available until **Tuesday 31 March 2015**.

We also can offer Health Through Warmth grants towards the cost of heating and insulation for homeowners who have a health condition subject to eligibility.



## Support Your Community

Community Neighbours is a volunteer project funded by the Mrs Carlisle project and Riverside. Their volunteers provide a range of opportunities designed to improve the quality of life of elderly people.

Community Neighbours activities include companionship, shopping, transport, accompanied walks, help with correspondence and supporting people to access social and leisure activities. It is a flexible and rewarding volunteer opportunity that can make a difference. Older people can also make referrals for help. To find out more, telephone **01228 817125** or visit [www.carlisle.gov.uk/communityneighbours](http://www.carlisle.gov.uk/communityneighbours)

Below: One of our Community Neighbours



For information on all of these offers, telephone 01228 817111, visit [www.carlisle.gov.uk/homelife](http://www.carlisle.gov.uk/homelife) or follow Homelife Carlisle on Facebook and Twitter

## Need a Handyman, Gardener or Cleaner?

For only £30 per year you can sign up to a new friendly, reliable and trustworthy service.

The Annual Membership Scheme provides great membership benefits including:

- Experienced handymen, gardeners and domestic help at a low cost
- Free home assessment and energy check that highlight any energy saving grants that are available
- Newsletters with updates on grants and offers.

Services are available between 9am and 5pm, Monday - Friday.



## Is your home in need of repair?

Our Managed Repair Scheme offers help with basic and essential home repairs. These include fixing faulty electrics, making your home more secure, upgrading your heating, or adapting your house to make it safer and more suited to your needs. We will also help you with major building works to improve your home.

We will visit you to talk about what needs doing and help you through the whole process to completion.

Right: One of our Homelife visits



## Eventful Year

Carlisle played host to a variety of events in 2014. Highlights included the Carlisle Pageant and other events such as the Fireshow and Fireshow Funday, both supported by CFM Radio. Open-air theatre events were held in Bitts Park and Talkin Tarn. The city centre also played host to Cumbria Pride and the Pirelli Carlisle Richard Burns Foundation Rally.



## Diary Dates

The following events are planned for Carlisle in 2015:

- **Pirelli Carlisle Richard Burns Foundation Rally:** Saturday 25 April (Carlisle start TBC)
- **Easter International Market:** Wednesday 29 April - Monday 4 May
- **Carlisle Music City:** Saturday 23 - Sunday 31 May
- **Upperby Gala:** Monday 25 May
- **Cumberland Show:** Saturday 6 June
- **Crime Writing Weekend:** Friday 12 - Sunday 14 June
- **Pride and Prejudice open-air theatre (Talkin Tarn):** Wednesday 17 June
- **Cumbria Pride:** Saturday 20 June
- **Armed Forces Day:** Saturday 27 June
- **The Sorcerer's Apprentice open-air theatre (Bitts Park):** Friday 17 July
- **Treasure Island open-air theatre (Talkin Tarn):** Thursday 13 August
- **Carlisle Pageant:** Saturday 22 - Monday 31 August
- **Fireshow Funday and Fireshow:** Saturday 31 October
- **Remembrance Sunday:** Sunday 8 November
- **Christmas Lights Switch On:** date TBC

 For further information, visit [www.carlisle.gov.uk/events](http://www.carlisle.gov.uk/events)



## Have Your Say

We want to attract as many people as possible to our events. Looking ahead to next year's Christmas Lights Switch On, which date and time do you think is best:

- On a Sunday**, (as it is now), between 1pm and 5.30pm  <sup>1</sup>
- On a Thursday**, between 4pm and 8pm  <sup>2</sup>
- On a Friday**, between 4pm and 8pm  <sup>3</sup>
- On a Saturday**, between 1pm and 5.30pm  <sup>4</sup>

Please return the survey to: **Communications, Carlisle City Council, FREEPOST CE98, Civic Centre, CA3 8QG** or complete online at [www.carlisle.gov.uk/carlislefokus](http://www.carlisle.gov.uk/carlislefokus) by **Friday 9 January 2015**.



## Supporting Fairtrade

Fairtrade Fortnight is a special two weeks of events and promotions to make sure the message of Fairtrade is getting a national voice.

Fairtrade Fortnight will be held between **23 February and 8 March 2015**. Carlisle Fairtrade Group will be holding a joint coffee morning event with Christian Aid on **Saturday 28 February 2015** at the Border Kirk, Chapel Street, between 10am and 12pm.

The highlight of Fairtrade Fortnight will be a Fairtrade Schools Conference.



 For further information, visit [www.carlislefairtrade.org.uk](http://www.carlislefairtrade.org.uk) or follow on them on Facebook and Twitter

## CRIME WRITING WEEKEND CARLISLE 12-14 JUNE 2015

A Carlisle Crime Writing Weekend will take place at the Old Fire Station Arts Centre between **Friday 12 and Sunday 14 June 2015**.

Crime fiction is the best selling style of writing today and is the most borrowed from public libraries. Book lovers will experience the full range of what the genre has to offer during the Carlisle weekend, with over thirty top writers from around the country appearing. Whether your taste is a period mystery or a modern day Glasgow thriller, there is bound to be something of interest at this exciting festival of crime fiction. For more details on the authors, events and tickets, visit [crimeweekend.carlisle.city](http://crimeweekend.carlisle.city)

## Seasonal Access to Services

### Civic Centre

The Civic Centre will close to the public at 3pm on Wednesday 24 December and will reopen on Monday 29 December 2014. It will also close to the public at 3pm on Wednesday 31 December and re-open on Monday 5 January 2015.

### Crematorium

**Open 8.30am to 4.30pm:**

Monday 22 December, Tuesday 23 December and Wednesday 24 December, Monday 29 December, Tuesday 30 December and Wednesday 31 December 2014.

Open as usual from Friday 2 January 2015.

**Open 1pm to 4.30pm:**

Thursday 25 December, Friday 26 December, Saturday 27 December, Sunday 28 December 2014 and Thursday 1 January 2015.

### Bereavement Services

**Open 8am to 4.30pm:**

Monday 22 December, Tuesday 23 December, Wednesday 24 December, Monday 29 December, Tuesday 30 December and Wednesday 31 December 2014. Open as usual from Friday 2 January 2015.

**Closed:**

Thursday 25 December, Friday 26 December 2014 and Thursday 1 January 2015.

A Christmas Remembrance Service will be held at the Crematorium Chapel on **Saturday 13 December** at 3pm. All proceeds to the Mayor's Charity Fund.



## Festive Refuse and Recycling Collections



There will be some changes to the days you need to put out refuse (wheeled bins or reusable gull-proof sacks) and kerbside recycling over Christmas and the New Year.

### Usual refuse and recycling date      Festive collection date

<b>Monday 22 December</b> .....	<b>As normal</b>
<b>Tuesday 23 December</b> .....	<b>As normal</b>
<b>Wednesday 24 December</b> .....	<b>As normal</b>
<b>Thursday 25 December</b> .....	<b>Saturday 27 December</b>
<b>Friday 26 December</b> .....	<b>Sunday 28 December</b>
<b>Monday 29 December</b> .....	<b>As normal</b>
<b>Tuesday 30 December</b> .....	<b>As normal</b>
<b>Wednesday 31 December</b> .....	<b>As normal</b>
<b>Thursday 1 January</b> .....	<b>Friday 2 January</b>
<b>Friday 2 January</b> .....	<b>Saturday 3 January</b>

Collections return to normal from **Monday 5 January** onwards. Remember to recycle your real Christmas tree using your garden waste bin.

For advice on how to have a green Christmas turn to page 16.

## Collection Info



01228 817200

[www.carlisle.gov.uk/refuseandrecycling](http://www.carlisle.gov.uk/refuseandrecycling)

## Free parking in Carlisle

A special offer is available for shoppers visiting Carlisle this festive season.

We are providing **FREE** parking in some city car parks **after 3pm each Thursday between 13 November and 18 December**, plus **all day on Sunday 7, 14 and 21 December** in the following car parks: Bitts Park; Cecil Street; Civic Centre; Devonshire Walk; Lower Viaduct; Lowther Street; Paddy's Market; The Sands Centre; Town Dyke Orchard; Upper Viaduct and William Street.



To find out more about car parking offers, including our Saver Parking scheme that allows you to park longer and pay less, visit [www.carlisle.gov.uk/parking](http://www.carlisle.gov.uk/parking)

## Dreams Take Flight

The region's biggest Christmas show returns to The Sands Centre, Carlisle this December. The Peter Pan pantomime will include a star cast, impressive music, energetic dance routines and lots of laughter.

Join the Neverland adventure and meet a fantastic range of characters along the way including Tinker Bell, the Lost Children, Tiger Lily, mermaids, pirates including Smee, Starky and, of course, the infamous Captain Hook.

It will run between **Friday 12 December and Wednesday 31 December**, with matinee and evening performances most days. Various tickets prices are available including a Family Group Ticket (four tickets) from £41 and £12.50 each for a group 10+ plus a booking fee of 7% per transaction online (no booking fee in person/by phone).



For further information, telephone 01228 633766 or visit [www.thesandscentre.co.uk](http://www.thesandscentre.co.uk)



## Festive Events in Carlisle

There are lots of festive treats on offer this Christmas:

- An International Christmas Open-Air Market will be held between **Wednesday 3 December and Sunday 7 December** in the city centre.
- Small Business Saturday will be celebrated in Carlisle on **Saturday 6 December** in an event led by Carlisle City Council, with support from the Federation of Small Businesses and Virgin Trains. Local businesses will be showcasing their goods and services at open-air market stalls in the city centre and at the train station **between 9.30am and 4.30pm**.
- A Christmas Carol Parade will be held on **Thursday 11 December**. Starting at 6.15pm at St Cuthbert's Church, this popular event will also include carol singing in the city centre followed by a Hog Roast in the historic Tithe Barn. Tickets for the Hog Roast will be available on the night of the event.
- Carlisle's Victorian Covered Market Hall will be transformed into a winter wonderland on **Saturday 13 December** when it stages its Festive Fun Day. Santa and friends will be there, **between 11am and 3pm**, handing out chocolate treats. There will also be stilt walkers, face painting and balloon modelling.



For further information about festive events in Carlisle, telephone 01228 598596 or visit [www.discovercarlisle.co.uk](http://www.discovercarlisle.co.uk)

# 1 What's On

## NOVEMBER

**Until 14th December**  
**The Shed: One Day in Cumbria** Tullie House. Normal gallery charges apply

**Until 11th January**  
**War Games Exhibition** Tullie House. Adults £3, children free entry (includes admission to Stunning in Silver)

**Until 11th January**  
**Stunning in Silver Exhibition** Tullie House. Adults £3, children free entry (includes admission to War Games)

**Until 29th March** **The Shed: What's in Store?** Tullie House. Normal gallery charges apply

**27th UB40\*** The Sands Centre, 7.30pm. Tickets £28.50



**28th Murder Mystery Dinner** Tullie House, 7pm. Tickets £30

**29th Brussels Philharmonic\*** The Sands Centre, 7.30pm. Tickets £31.50, £30.50, £29.50 plus concessions

**From 29th Santa's Grotto** Old Town Hall, various opening dates and times. Visit [www.discovercarlisle.co.uk](http://www.discovercarlisle.co.uk)

**30th The Band of Her Majesty's Royal Marines in Concert\*** The Sands Centre, 7.30pm. Tickets £16 and £14 concessions

## DECEMBER

**1st The News & Star Community Concert** The Sands Centre, 2.15pm & 7.15pm. Free tickets from News & Star's offices

**2nd Tullie Talk: Helena Thompson** Tullie House, 1pm. Free

**2nd Professor Green\*** The Sands Centre, 7pm. Tickets £18.50



**3rd & 17th Tullie Toddlers Activities** Tullie House, 12.30pm. Tickets £2.50 for the first child, £1 for subsequent children. Normal admission charges apply



**3rd - 7th International Christmas Market** city centre, open daily. Free

**4th Thursday Talks: The History Wardrobe presents Women and the Great War** Tullie House, 8pm. Tickets £15 and £12 concessions

**4th Eden Valley Hospice Light Up a Life Service** St Cuthbert's Church, 6pm. Free

**5th - 6th Recycling Roadshow** city centre, 9am. Free

**6th Small Business Saturday** city centre. Free

**6th - 7th Christmas Family Fun Weekend** Tullie House, 10am. Free

**11th Christmas Carol Service** St Cuthbert's Church, 6.15pm. Followed by carol singing in the city centre and a Hog Roast in the Tithe Barn

**12th Eden Valley Hospice Light Up a Life Service** Carlisle Cathedral, 7.30pm. Free

**12th Carols in the Park** Chance's Park, 6.30pm. Free

**12th - 31st Peter Pan Pantomime\*** The Sands Centre, various times and ticket prices

**13th Market Hall Festive Fun Day** 11am-3pm. Free

**13th Christmas Remembrance Service** Crematorium Chapel, 3pm

**14th Christmas at Talkin Tarn** 11am. Free plus workshops for £5 per session

**15th - 17th Carlisle Christmas Spectacular** St Cuthbert's Church, 7pm. Tickets £10, available from the Carlisle TIC

**15th December - 4th January The Shed: Making a 'Festive' Exhibition of Yourself!** Tullie House. Normal gallery charges apply

**15th December - 18th January Carlisle City Centre Ice Rink** various ticket prices

**21st & 28th Christmas Holiday workshops** Tullie House, 1pm. Free, but normal admission charges apply

**29th Eden Valley Hospice Light Up a Life Service** St Augustine's Church, 2pm. Free

## JANUARY

**3rd Roy Chubby Brown\*** The Sands Centre, 7.30pm. Tickets £20

**5th - 25th The Shed: Come Tek a Deek** Tullie House. Normal gallery charges apply

**8th Thursday Talks: Fashions from the Past Study Afternoon** Tullie House, 8pm. Tickets £15 and £12 concessions

**10th Rue & The Rockets ♦** The Sands Centre, 7.30pm. Tickets £12.50

**11th Tabletop Sale** The Sands Centre, 10am. Entry 50p

**11th Tullie Textiles Group** Tullie House, 2pm. Free, but bring along your own materials

**13th Gallery Conversations: Come Tek a Deek** Tullie House, 1pm. Free

**14th & 28th Tullie Toddlers Activities** Tullie House, 12.30pm. Tickets £2.50 for the first child, £1 for additional children. Normal admission charges apply

**18th Team Quiz** The Sands Centre, 7pm. £26 per team

## Panto Prize

The Sands Centre is offering one lucky reader the chance to **WIN** four tickets for Peter Pan on **Saturday 27 December at 2pm**. For a chance to win, answer the following question correctly to be entered into a free draw:



**Prize Info**  
Name one of the characters taking part in this year's Peter Pan pantomime?



Entries by Friday 12 December 2014



Complete online at [www.carlisle.gov.uk/carlislefocus](http://www.carlisle.gov.uk/carlislefocus)



Communications, Carlisle City Council, Carlisle, CA3 8QG



Remember to include your name, address and daytime telephone number. One entry per household



**22nd Thursday Talks: Winter Tracks and Signs Study Afternoon** Tullie House, 8pm. Tickets £15 and £12 concessions

**23rd Shakespeare 4 Kidz presents A Midsummer Night's Dream** The Sands Centre. Time and ticket prices TBC

**24th Saturday Sessions: Pastel Art with Les Darlow** Tullie House, 10am. Tickets £40

**26th - 27th Collabro\*** The Sands Centre, 7pm. Tickets VIP £99, £38.50, £27.50 and £19.50



**26th January - 15th February The Shed: Great Art Quest** Tullie House. Normal gallery charges apply

## FEBRUARY

**3rd Tullie Talk: Celebrating Cumbria's LGBT History** Tullie House, 1pm. Free

**5th Thursday Talk: Artist Rooms** Tullie House, 2pm. Free

**6th Omid Djalili: Iranalamadingdong\*** The Sands Centre, 8pm. Tickets £23

**7th February - 7th June Anselm Kiefer Exhibition** Tullie House. Normal gallery charges apply

**7th Saturday Sessions: Painted Tales with Celia Burbush** Tullie House, 10am. Tickets £40

**8th Tullie Textiles Group** Tullie House, 2pm. Free, but bring along your own materials

**11th & 25th Tullie Toddlers Activities** Tullie House, 12.30pm. Tickets £2.50 for the first child, £1 for subsequent children. Normal admission charges apply

**13th An Evening With Noel Fielding\*** The Sands Centre, 7.30pm. Tickets £25



**14th St Petersburg Symphony Orchestra\*** The Sands Centre, 7.30pm. Tickets £31.50, £30.50, £29.50 plus concessions

**14th, 15th, 18th, 19th 21st & 22nd Spring Half Term: Your Art Space** Tullie House, 1pm. Free, but normal gallery charges apply

**16th February - 8th March The Shed: Roman Photobomb** Tullie House. Normal gallery charges apply

**17th & 24th Gallery Talk: Anselm Kiefer - Meaning and Materials** Tullie House, 12.30pm. Free

**19th - 22nd Snow White on Ice\*** The Sands Centre, various times. Tickets £25, £22, under 16s £15.50 and £13.50, plus family group tickets £65.50 and £60



**26th Thursday Talks: Small Change Study Afternoon** Tullie House, 8pm. Tickets £15 and £12 concessions



**27th The Russian State Ballet and Opera House present Rigoletto\*** The Sands Centre, 7.30pm. Tickets £33.50, £31.50 plus concessions

**28th Saturday Sessions: Decopatch with Sooz Simmons** Tullie House, 10am. Tickets £40



\* Plus a booking fee  
♦ Plus non commercial booking fees

## Tullie House's Monday Alternative

All screenings start at 7.45pm  
Tickets: £5.50 (concessions £5.00)

### JANUARY

**5th God's Pocket** (15)

**12th Of Horses and Men** (15)  
Icelandic with English subtitles

**19th 20,000 Days on Earth** (15)

**26th Tracks** (12A)

### FEBRUARY

**2nd Mood Indigo** (12A)  
French with English subtitles

**9th All This Mayhem** (15)

**16th Ida** (PG-13)  
Polish with English subtitles

**23rd Lilting** (15)

## Santa comes to Carlisle!



The magical Christmas grotto at Carlisle's Tourist Information Centre will be open every weekend **between Saturday 29 November and Sunday 21 December**, plus **between Monday 22 December and Wednesday 24 December**. The opening times are:

- **Saturdays** between 11am - 4pm
- **Sundays** between 11.30am - 3pm
- **Monday 22 and Tuesday 23 December** between 11am - 4pm
- **Wednesday 24 December** between 11am - 2.30pm.

Entry is £4 per child and will include a special Christmas gift from Santa.

The Tourist Information Centre is also selling charity Christmas cards and other festive gifts, including the 'Santa is Coming to Carlisle' book.

 For further information, telephone 01228 598596 or visit [www.discovercarlisle.co.uk](http://www.discovercarlisle.co.uk)



## Carols at Chance's Park

A Carols in the Park event will be held in Chance's Park on **Friday 12 December**. The festive event will start at 6.30pm and will be held in the grounds outside Morton Manor Community Centre, off Wigton Road. Actor Tim Baker will compere the evening event. Carlisle Musical Society and Yewdale School Choir will be performing accompanied by the St Stephen's Silver Band. Following the carol service, mulled wine, mince pies and other festive fayre will be available inside Morton Manor Community Centre.

 For more information, telephone 01228 531105



## Christmas at Talkin Tarn



A festive event will be held in the tranquil grounds of Talkin Tarn Country Park on **Sunday 14 December**, between 11am and 5pm. The 'Countdown to Christmas' event will include a **FREE** Christmas trail and quiz for children. Local ukulele band 'Ukes Akimbo' will also be performing Christmas tunes on the tearoom balcony from 2.30pm.

Christmas workshops will be held in the wooden cabin at 11am, 12.30pm, 2pm and 3.30pm. Under the guidance of 'Willowpool Designs' you can make your own willow wreaths or Christmas tree decorations using locally sourced materials. The sessions cost £5 per person, including all materials.

Talkin Tarn Boathouse Tearoom will also be serving tasty seasonal treats and mulled wine. Christmas lunches are also available on **10, 12, 17 and 19 December** plus other dates are available for group bookings. To book a place on a Christmas workshop, or to book a Christmas lunch, telephone **016977 41050**.

We'd like to know what you think of Talkin Tarn, please take time to complete a quick survey at [www.carlisle.gov.uk/talkintarn](http://www.carlisle.gov.uk/talkintarn)

**F**ocus Point  
150,000  
The number of  
visitors to Talkin Tarn  
per year

## Christmas Family Days at Tullie House

A Christmas Family Fun Weekend will be held at Tullie House on **Saturday 6 and Sunday 7 December**, between 10am and 4pm each day.

### Saturday only

- Take part in a Cumbrian Christmas cookery and tasting workshop with local chef John Crouch. He will be creating tasty dishes with ingredients supplied by Cranstons, who are celebrating their 100 year anniversary this year.

### Saturday & Sunday

- Christmas film festival – showing a selection of Christmas family favourites.
- Christmas wrapping and mini workshops. Just bought your Christmas gifts in town? Pop into Tullie House on the way home and have them wrapped for you. Pick up some hints and tips along the way.
- Christmas crafts.
- Plus Santa has promised to make time to swoop in during the afternoons between 1pm and 4pm during his busy pre Christmas schedule.

Activities are **FREE** although there will be charges for the film showings. Children under 12 must accompanied by an adult.



 For further information, visit [www.tulliehouse.co.uk](http://www.tulliehouse.co.uk) or follow on them on Facebook and Twitter

## Have a Green Christmas



- If you have a **Greenbox**, you can recycle the following items at the kerbside or at a local recycling point: wrapping paper; Christmas cards; clean and empty glass bottles and jars; clean and empty drinks and food cans; empty aerosol cans.
- You can recycle your real Christmas tree using your **Garden Waste** bin (place it beside the bin, on the day of your collection, if it is too big to go inside). In the New Year, to help speed up your garden waste collections please do not place your garden waste bin out for collection unless it is at least half full.
- If you have **Greenbags** you can recycle the following items from the kerbside or from recycling points: cardboard food and packaging boxes (please place beside your cardboard bag if it will not fit in); hard plastic packaging; plastic bottles, plastic biscuit trays and other plastic trays/food tubs. Please put plastics in one bag and cardboard in the other as we cannot recycle mixed bags.

 For more information, visit [www.carlisle.gov.uk/refuseandrecycling](http://www.carlisle.gov.uk/refuseandrecycling)

## Recycling Roadshow

The amount of wrapping paper thrown away at Christmas in the UK alone would stretch to the moon, according to estimates by recycling advisors WRAP. This, along with around one billion cards and enough tin foil to cover Suffolk, equates to a lot of rubbish generated over the festive period.

Some tips on how to have a 'green' Christmas will be on offer on **Friday 5** and **Saturday 6 December**.

A festive Recycling Roadshow will be held in Carlisle city centre between 9am and 5pm. Residents and visitors will be encouraged to reduce, reuse and recycle this Christmas. At the 'green' event, there will be hints and tips on food storage; how to use up leftovers and tips on how to save money on food shopping and free gifts.

 For more tips, visit [www.recyclenow.com](http://www.recyclenow.com)



## Make a Difference in 2015

We want to work alongside residents to keep Carlisle streets and green spaces free of litter.

### Recycling tips

- If you have a greenbox, please stack your clean paper to the bottom/side of your box or place the heavier items on the paper to stop it blowing away.
- Get a **FREE** cover for your greenbox from Carlisle City Council's Customer Contact Centre.
- Please use a recycling point if you don't have access to all our kerbside recycling schemes and don't dump waste at the recycling sites. This creates fly tipping and unnecessary waste.
- Please make sure you don't place any non-recyclable items into the banks as this contaminates all the contents. Materials such as polystyrene cannot be recycled and should be placed into your household refuse container.

### Refuse tips

- If you have a gull-proof sack, please don't put waste in loose. Please make sure it's put in a refuse bag.
- Don't put extra refuse bags next to your wheeled bin or gull-proof sack. This is 'side waste' and attracts gulls and other pests.

### Bulky waste tips

- If you're getting large items collected, make sure it's collected by a licensed waste collector. If not, you could face a substantial fine if they dump the waste.
- Clean reusable household furniture and electrical items can be donated to Impact Furniture Services in Carlisle (a social enterprise). Telephone **01228 633655**.
- You can take these items for disposal free of charge to Cumbria County Council's Household Waste Recycling Centre on Rome Street, Carlisle (open 8am to 6pm daily) or Townfoot Industrial Estate, Brampton (open 10am to 6pm Wednesday to Monday inclusive).
- We will also collect bulky items for a charge of £18 for up to five items. To arrange a collection please email [customerservices@carlisle.gov.uk](mailto:customerservices@carlisle.gov.uk) or telephone **01228 817200**.

 For more information about your recycling in Carlisle, visit [www.carlisle.gov.uk/refuseandrecycling](http://www.carlisle.gov.uk/refuseandrecycling)



## Your Services, Your Say

Householders in Carlisle are being encouraged to have their say about their refuse and recycling collections. A survey is currently underway and residents are being asked how the service could be made even better.

The short survey should only take a few minutes to complete. Questions include: what household waste do you currently recycle? what would help you to recycle more household waste? and what percentage of household waste do you currently recycle?

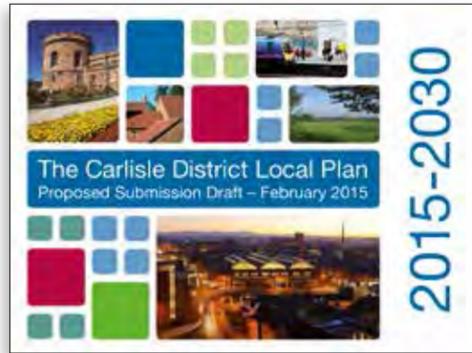
Please complete the survey shown on page 22.



## Planning Carlisle's Future

A consultation gets underway in February on the draft Carlisle Local Plan 2015-2030.

The Carlisle City Council document sets out the key planning issues for Carlisle over the next 15 years and identifies key sites for possible redevelopment. These include areas around the Citadel, Lower Viaduct, Botchergate and Rickergate. No final proposals are in place, but these locations have been identified as key to shaping the city's future as they meet the need for housing, retail and employment.



**i** For further information, telephone 01228 817193 or visit [www.carlisle.gov.uk/localplan](http://www.carlisle.gov.uk/localplan)

## Get Your Skates On!

Carlisle's synthetic ice rink is moving to the city centre this Christmas.

The open-air facility is usually based in Bitts Park, but **between Monday 15 December and Sunday 18 January** it will be outside the Old Town Hall. Children must be at least four years old to skate on the rink and must be accompanied by an adult. Children aged 11 years or older can skate unaccompanied.

**i** To find out more, visit [www.carlisleicerink.com](http://www.carlisleicerink.com)



**i** For further information, visit [www.carlisle.gov.uk](http://www.carlisle.gov.uk)

## Smashing Times



Building work has started on Carlisle's Old Fire Station Arts Centre. Local building company Thomas Armstrong (Construction) Ltd and architect, Day Cummins of Cockermouth are constructing the new facility. Work started in October and the building is set to open in **May 2015**.

Offering entertainment, rehearsal space, workshops and a huge variety of creative opportunities, there will also be an events programme which will include local, national and international artists and performers. Activities will include music, dance, drama, comedy and the spoken word. A cafe and bar will also be on site.

**i** For further information, visit [www.carlisle.gov.uk/artscentre](http://www.carlisle.gov.uk/artscentre)

## Conserving Carlisle

More than £300,000 has been invested in a programme of conservation repairs to some of Carlisle's key historic buildings. Funded by English Heritage and managed by Carlisle City Council, the works included conservation appraisals and improvements to the Methodist Central Hall, the Central Plaza, the Citadel Station, the Market Cross, the former GPO building (now The Halston), the Crown & Mitre Hotel and various other listed buildings.

Work is also set to begin on the second stage of the Old Town Hall improvement works. This will result in the Tourist Information Centre relocating to another site between January and July next year.

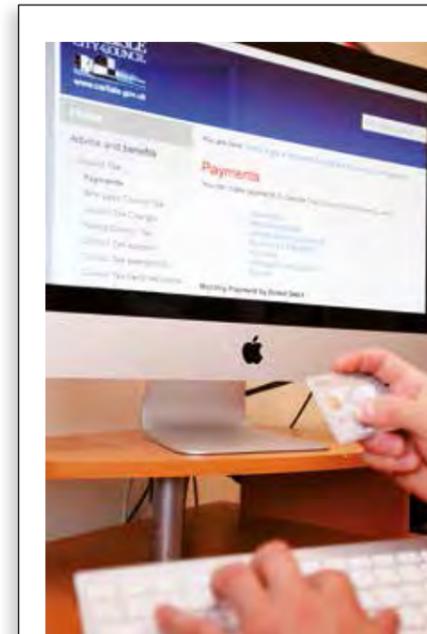
**i** For further information, visit [www.carlisle.gov.uk](http://www.carlisle.gov.uk)

## Sign up for Online Services

For your chance to **WIN** £1,000, sign up to our online services. You'll then be able to:

- Pay your council bills quickly, easily and securely using your own online account.
- Set up a Direct Debit and spread the cost of your council tax. Once you're up and running, you don't have to do anything else.
- See your payments online. This reduces the amount of paper through your letterbox.
- Let us know if you've moved house or if you now qualify for any discounts to your council tax, this should only take a minute to sort.

**i** All you need to do is visit our website, [www.carlisle.gov.uk](http://www.carlisle.gov.uk)





## Digital Carlisle

**FREE** wi-fi is now available in Carlisle city centre and in parts of Longtown and Brampton.

We have been working with BT to deliver the city wide network which provides an easy way to get online. It's a great way to connect your laptop, tablet or mobile device to the internet when you're away from home or your office, without needing a phone line.

You'll just need to connect to CarlisleCityWifi and click on the 'Get online' button. This will take you to a Discover Carlisle webpage confirming that you're online.

Plans are also in place to extend the wi-fi provision to other parts of Carlisle, including community centres.

More information about Carlisle City wi-fi, including a list of frequently asked questions and a map highlighting where the wi-fi hotspots are available on [www.discovercarlisle.co.uk](http://www.discovercarlisle.co.uk)

## Focus Point

21

The number of wi-fi hotspots in Carlisle city centre

## Garden of Memories

A community garden has proved to be a blooming success and will be extended due to popular demand. The Eden Valley Hospice and Jigsaw's Garden of Memories in Bitts Park was officially opened in August after thousands of flowers were planted in memory of loved ones. Work is now underway to make the tranquil garden even bigger.

If you would like to support the Garden of Memories by making a donation, please telephone **01228 817613** or visit [www.evospice.org.uk/garden](http://www.evospice.org.uk/garden)



## On Track

Volunteers are being asked to sign up to a new group to help support one of Carlisle's historic green spaces.

Engine Lonning, off Newtown Road in the west of Carlisle lies next to the River Eden, just downstream from the confluence with the River Caldew. It was once a busy rail yard for the London & North Eastern Railway. The rail yard closed in the early sixties and it is now a wildlife haven and is part of the Hadrian's Wall National Trail.



If you would like to be part of the new Friends of Engine Lonning group, visit [www.friendsofenginelonning.co.uk](http://www.friendsofenginelonning.co.uk) or telephone 01900 825215

## Memorial Repairs

Carlisle memorials were spruced up in time for the centenary of the beginning of the First World War. The memorials, which include stone crosses, plaques, crucifixes and tablets, were put in place in tribute to those who gave their lives in service of their country during the war. The major part of the project involved restoration work to the Cumberland and Westmorland war memorial - the Rickerby Park Cenotaph. The grade II-listed memorial, which was funded by the Carlisle Citizens' League in 1922, is now looked after by the City Council. The restoration work was partially funded by the War Memorials Trust.



## Cutting out Fraud

This winter, we are supporting the Audit Commission's National Fraud Initiative (NFI) campaign to stamp out fraud. This means that computer records held by one local authority are compared to records held by other public bodies. We have a statutory requirement to take part in the campaign and the use of data by the Audit Commission does not require the consent of the individuals concerned under the Data Protection Act 1998.



For further information, visit [www.carlisle.gov.uk/NFI](http://www.carlisle.gov.uk/NFI)



# Readers' Survey

Complete our survey for a chance to **WIN** a £200 Marks & Spencer Gift Card

1. Carlisle City Council is a key provider of public services locally, so we would like your views on some of the services we provide. How satisfied or dissatisfied are you with each of the following services? (Please tick one option only for each service)

	Very satisfied	Fairly satisfied	Neither satisfied nor dissatisfied	Fairly dissatisfied	Very dissatisfied	Don't know
Street cleaning .....	<input type="checkbox"/> <sup>1</sup>	<input type="checkbox"/> <sup>2</sup>	<input type="checkbox"/> <sup>3</sup>	<input type="checkbox"/> <sup>4</sup>	<input type="checkbox"/> <sup>5</sup>	<input type="checkbox"/> <sup>6</sup>
Refuse and recycling collection .....	<input type="checkbox"/> <sup>1</sup>	<input type="checkbox"/> <sup>2</sup>	<input type="checkbox"/> <sup>3</sup>	<input type="checkbox"/> <sup>4</sup>	<input type="checkbox"/> <sup>5</sup>	<input type="checkbox"/> <sup>6</sup>
Keeping parks and open spaces clear of litter and refuse .....	<input type="checkbox"/> <sup>1</sup>	<input type="checkbox"/> <sup>2</sup>	<input type="checkbox"/> <sup>3</sup>	<input type="checkbox"/> <sup>4</sup>	<input type="checkbox"/> <sup>5</sup>	<input type="checkbox"/> <sup>6</sup>
Enforcement activity (around dog fouling, littering & fly tipping) .....	<input type="checkbox"/> <sup>1</sup>	<input type="checkbox"/> <sup>2</sup>	<input type="checkbox"/> <sup>3</sup>	<input type="checkbox"/> <sup>4</sup>	<input type="checkbox"/> <sup>5</sup>	<input type="checkbox"/> <sup>6</sup>

2. What would help to keep your street cleaner and tidier? (please tick all that apply)

Planned cleaning rounds that follow the waste collection..... <sup>1</sup> Responsive cleaning rounds that work to requests for cleaning..... <sup>2</sup> Fewer excess refuse bags left alongside bins or gull-proof sacks..... <sup>3</sup>

3. What household waste do you currently recycle? (please tick all that apply)

Glass..... <sup>1</sup> Cans and aerosols..... <sup>2</sup> Plastic..... <sup>3</sup> Paper..... <sup>4</sup> Cardboard..... <sup>5</sup>  
Vegetable and fruit waste through home composting..... <sup>6</sup> Garden waste... <sup>7</sup>

4. What percentage of household waste do you currently recycle?

0%..... <sup>1</sup> 1-25%..... <sup>2</sup> 26-50%..... <sup>3</sup> 51-75%..... <sup>4</sup> 76-100%..... <sup>5</sup>

5. What would help you to recycle more of your household waste? (please tick all that apply)

Larger recycling containers..... <sup>1</sup> Shared recycling bins (with neighbours)..... <sup>2</sup>  
Shared waste bin (with neighbours)..... <sup>3</sup> More frequent recycling collection..... <sup>4</sup>  
Greater range of waste recycled..... <sup>5</sup> Squashing/flattening recycling..... <sup>6</sup>  
More recycling options at my local recycling site..... <sup>7</sup>  
Kerbside collection (if you don't currently receive a kerbside collection)..... <sup>8</sup>  
Local neighbourhood recycling centre (if you don't currently receive a kerbside collection)..... <sup>9</sup>

As part of our commitment to putting customers first, we would like to contact you in the future about council services.

Please tick this box if you agree that we can contact you

Name.....

Address.....

Postcode.....

Daytime telephone number.....

Email.....

**1** Return completed questionnaires by Friday 9 January 2015

Communications, Carlisle City Council  
FREEPOST CE98, Civic Centre, Carlisle  
CA3 8QG

Complete online at  
[www.carlisle.gov.uk/carlislefocus](http://www.carlisle.gov.uk/carlislefocus)



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