



# carlisle focus

summer/autumn 2014



Where to Contact Your  
Carlisle City Councillor

<b>BELAH</b>		
Cllr Gareth Ellis (Con).....	07984 441329	
Cllr David Morton (Con).....	01228 515486	
Cllr Trish Vasey (Con).....	01228 593568	
<b>BELLE VUE</b>		
Cllr Jackie Franklin (Lab).....	01228 530032	
Cllr Jessica Riddle (Lab).....	01228 521311	
Cllr Dr Les Tickner (Lab).....	01228 539194	
<b>BOTCHERBY</b>		
Cllr Robert Betton (Ind).....	01228 530747	
Cllr Michael Boaden (Lab).....	01228 523366	
Cllr Terry Scarborough (Lab).....	01228 710924	
<b>BRAMPTON</b>		
Cllr Steve Layden (Con).....	016977 46659	
Cllr Mike Mitchelson (Con).....	016977 2871	
<b>BURGH</b>		
Cllr John Collier (Con).....	01228 522510	
<b>CASTLE</b>		
Cllr Ged Caig (Lab).....	01228 511571	
Cllr Elsie Martlew (Lab).....	01228 520077	
Cllr Willie Whalen (Lab).....	01228 490668	
<b>CURROCK</b>		
Cllr Heather Bradley (Lab).....	01228 533162	
Cllr Colin Glover (Lab).....	01228 543042	
Cllr Abdul Harid (Lab).....	01228 591167	
<b>DALSTON</b>		
Cllr Trevor Allison (Lib Dem).....	01228 523923	
Cllr Michael Gee (Lib Dem).....	01228 711798	
Cllr Ann McKerrell (Con).....	07736 855050	
<b>DENTON HOLME</b>		
Cllr Hugh McDevitt (Lab).....	01228 530223	
Cllr Chris Southward (Lab).....	01228 520183	
Cllr Joan Southward (Lab).....	01228 520183	
<b>GREAT CORBY &amp; GELTSDALE</b>		
Cllr Doreen Parsons (Con).....	01228 575191	
<b>HARRABY</b>		
Cllr Rob Burns (Lab).....	07716 842003	
Cllr Lee Sherriff (Lab).....	01228 544168	
Cllr Cyril Weber (Lab).....	01228 539215	
<b>HAYTON</b>		
Cllr William Graham (Ind).....	01228 561513	
<b>IRTHING</b>		
Cllr Syd Bowman (Con).....	01228 561185	
<b>LONGTOWN &amp; ROCKCLIFFE</b>		
Cllr Raynor Bloxham (Con).....	016977 42088	
Cllr John Mallinson (Con).....	07968 251365	
<b>LYNE</b>		
Cllr Judy Prest (Con).....	016977 41319	
<b>MORTON</b>		
Cllr John Bell (Lab).....	01228 530388	
Cllr Elaine Stevenson (Lab).....	01228 550101	
Cllr Colin Stothard (Lab).....	01228 538634	
<b>ST AIDANS</b>		
Cllr Lucy Patrick (Lab).....	01228 591767	
Cllr Anne Quilter (Lab).....	01228 514653	
Cllr Reginald Watson OBE (Lab).....	01228 521676	
<b>STANWIX RURAL</b>		
Cllr James Bainbridge (Con).....	07896 300997	
Cllr Marilyn Bowman (Con).....	01228 561185	
<b>STANWIX URBAN</b>		
Cllr Jacquelyne Geddes (Con).....	01228 672044	
Cllr Elizabeth Mallinson (Con).....	01228 533746	
Cllr Paul Nedved (Con).....	07847 502163	
<b>UPPERBY</b>		
Cllr Donald Cape (Lab).....	01228 547526	
Cllr Ann Warwick (Lab).....	01228 538746	
Cllr David Wilson (Lab).....	01228 537472	
<b>WETHERAL</b>		
Cllr Barry Earp (Con).....	01228 810010	
Cllr Stephen Higgs (Con).....	01228 560815	
<b>YEWDAL</b>		
Cllr Karen Atkinson (Lab).....	01228 490989	
Cllr Steven Bowditch (Lab).....	01228 530159	
Cllr Tom Dodd (Lab).....	07999 073929	

carlisle  
focus

issue 44  
summer/autumn 2014



Pages 4 and 5

Focus Feature

A profile of local  
photographer Chris Mullen  
**Plus** information on the Old  
Fire Station Arts Centre



Pages 6 and 7

Green Spaces

Find out about the  
improvements at Talkin Tarn  
**Plus** find out about the Eden  
Valley Hospice Garden of  
Memories



Pages 8 and 9

Focus on Community

How local students can apply  
for educational grants  
**Plus** advice on how and  
where to report a hate crime



Pages 10 and 11

Eventful Year

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



Pages 12 and 13

What's On

Our Carlisle events listing,  
including Tullie House  
activities and Sands  
Centre entertainment



Pages 14 and 15

News in Focus

Find out about the  
Carlisle Access Group  
and the new open-air  
activities in Bitts Park  
**Plus** the chance to  
**WIN** £1,000 if you  
sign up to our online  
services



Pages 16 and 17

Summer of Sport

Information on how to  
get active this summer  
**Plus** how to sign up to a Sky  
Ride Local cycling event



Pages 18 and 19

Focus on Healthy Food

Food hygiene advice  
and how to check out  
food ratings  
**Plus** information on the  
Fair Food Direct scheme



Pages 20 and 21

Focus on Services

An update on our budget  
savings  
**Plus** the new changes to  
electoral registration

Page 22

Readers' Survey

Your chance to  
**WIN** a £200 gift  
card for Debenhams

For your chance to **WIN...** check out competitions on pages **14 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](mailto:customerservices@carlisle.gov.uk)



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

This edition is packed full of news, activities and events for summer and autumn. We have included lots of information on upcoming events, including the Carlisle Pageant and Armed Forces Day. There are also some other dates for your diary.

Work is now underway on the redevelopment of the Old Fire Station into an arts centre. As part of a pilot period, it was the venue for comedy nights, arts exhibitions and community arts groups. In our Focus Feature we profile the arts centre's resident photographer, Chris Mullen.

We have also featured information on the Eden Valley Hospice Garden of Memories and other developments in Bitts Park, including the new open-air Ice Rink and Urban Adventure High Rope Centre.

There is also advice on food hygiene, hate crime reporting and how to access educational funding.

*Colin Glover*

Leader of Carlisle City Council, Cllr Colin Glover

Front cover photograph courtesy  
of [www.sjstudios.co.uk](http://www.sjstudios.co.uk)  
The new Bitts Park Urban  
Adventure Centre

Images courtesy of: Tanya Bentham;  
Cumbria Life – Phil Rigby; D&H photographers;  
Dave Cummins Ltd; Eden Valley Hospice;  
Chris Mullen; Kate Plumtree; Richard Slee;  
Tullie House Museum and Art Gallery Trust  
and [www.sjstudios.co.uk](http://www.sjstudios.co.uk)

All material printed in this magazine is the  
copyright of the parties mentioned and cannot  
be reproduced in any form without written  
permission. All details correct at time of going  
to print and are subject to change. Editorial  
and advertising:  
Carlisle City Council  
does not accept  
responsibility for  
any goods or  
services offered by  
advertisers.

**CARLISLE  
CITY COUNCIL**  
  
[www.carlisle.gov.uk](http://www.carlisle.gov.uk)





“ It’s been great to be part of the Old Fire Station’s Arts Centre. It’s a really creative space and I can’t wait to see it up and running next year. ”

**Chris Mullen, Carlisle photographer**

## Focusing on the Old Fire Station

Local artists and arts groups have been testing out a new arts centre in Carlisle.

The Old Fire Station on Warwick Street is set to be transformed into a vibrant space for arts and entertainment. Before work got underway, the building hosted a variety of exhibitions, comedy nights and community events.

It also provided a base for budding Carlisle photographer Chris Mullen. After graduating with a photography degree from the University of Cumbria last year, Chris has used the emerging arts centre as an inspiration for some of his work. As well as documenting the development of the building, he’s also captured some of the key activities and events (see right).

To find out more about Chris and his work, follow him on Twitter.

**Comedy Night at the Old Fire Station**  
**Top: Alun Cochrane**  
**Bottom Left: Rob Rouse**  
**Bottom Right: Justin Moorhouse**



## Plans Ahead

The £1million redevelopment of a former Carlisle fire station into an arts centre is underway.

The Carlisle City Council scheme aims to adapt the Warwick Street building into an accessible arts centre whilst retaining its distinctive character.

A local building company, Thomas Armstrong (Construction) Ltd and architect, Day Cummins of Cockermouth have been chosen to design and build the project. Construction works are underway and will be completed by spring 2015.

Proposals include adapting the main building to provide four spaces including:

- A ground floor foyer with box office; cafe-bar, plus a main auditorium for live music, comedy, theatre and exhibitions accommodating around 250 seated or 350 standing



- A first floor studio space for workshops and conferences
- A first floor studio for activities such as dance, cinema, fitness e.g. pilates or yoga
- The remaining space includes smaller rooms which could be used for offices, rehearsal, changing rooms and artists’ studios.

## Art on Show

The Old Fire Station has been open to local arts groups, students, artists and performers since last summer. They’ve used the building to see how it could be best used as an arts centre. The following groups were involved in the pilot programme:

- Soundwave - opera singing workshops
- Creative Wellbeing - arts and crafts and creative writing workshops
- Cumbria Dance - dance, music and movement for pre-school children
- Carlisle Juggling Club
- BlueJam - Jazz Talk Carlisle
- DARTH Audio - digital audio recording studio and workshops.

Comedy nights, exhibitions and dance events have also been held. Future programmes for the venue will be available on [www.carlisle.gov.uk/artscentre](http://www.carlisle.gov.uk/artscentre)

**F@cus Point**

1938

The year the city fire  
Station was built





## Get Active!


From Easter until October half-term rowing boats, canoes and kayaks are available to hire on Talkin Tarn.

Talkin Tarn Activities, a local water sports provider, offer a wide range of outdoor activities to suit all ages and abilities. You can hire rowing boats, canoes, take part in kayak taster sessions, sailing skills, and raft building, and even have a blast on the water-roller.

Wet and wild gorge walking is also available at the nearby Gelt Woods. Talkin Tarn Activities is a small family company focused on providing groups, individuals, locals and tourists a great day out.

**Talkin Tarn Activities is offering Carlisle Focus readers a 10% discount off boat hire between July and October 2014.**

**Quote 'Carlisle Focus' if you make a booking. One discount per customer.**

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



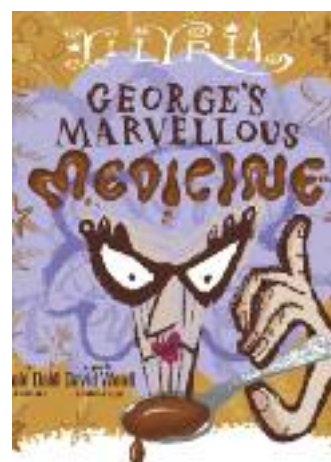
## Marvellous Event

Illyria Theatre Company returns to Bitts Park, Carlisle with another Roald Dahl classic full of (literally) larger-than-life characters, plenty to join in with, and just a twist of malicious fun!

The open-air performance of George's Marvellous Medicine will be held on **Thursday 17 July** at 6pm. Tickets cost £10 for an adult, £5 for a child (under 16) or a family ticket for £25. They are now on sale at the Carlisle Tourist Information Centre.

The family event will be around one hour and 35 minutes (this includes a 20 minute interval). Please bring along your own seating or a picnic blanket, and wear appropriate clothing too. No refreshments will be available to purchase, so bring along a picnic if you fancy a bite to eat.

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



## Tea at Talkin Tarn



A loyalty card is now available for Talkin Tarn's Tearoom. The card has been produced in celebration of recent improvements to the cafe. Pick one up direct from the tearoom and use the bonus point printed below.

Visitors to the tearoom are now able to sample their menu, made up of homemade treats, from the comfort of a new balcony that looks on to the beautiful tarn. There's also a new cafe dining area inside the tearoom with comfy fireside sofas that look on to a TV screen showing a live feed to nearby bird box cameras and a new dining area outside on the waterfront. There is also a new exhibition area showcasing local artists.

Other enhancements to Talkin Tarn Country Park include footpath improvements and the creation of a wader scrape (pond for wading birds), new hedgerow planting, tree planting and new bird boxes, all funded by a Higher Level Stewardship (HLS) grant.

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

**F**ocus Point

165

The number of acres  
Talkin Tarn Country  
Park covers



One extra point on your  
Talkin Tarn loyalty card

Valid until 1 October 2014  
one per customer

## Garden of Memories

A Garden of Memories will open in Bitts Park this summer.

Eden Valley Hospice, supported by Carlisle City Council, has started work on the colourful gardens which will allow the local community to let a loved one's memory blossom throughout the year. The official opening will take place on **Sunday 10 August**.

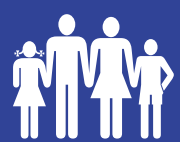
For every loving donation received by Eden Valley Hospice, the Hospice will plant a special flower in their memory for everybody to enjoy in the garden. The Hospice will also send people a seed heart containing 'Forget-me-not' flower seeds for people to plant in their own garden, window box or place special to them or their loved ones.

If you would like to support the Garden of Memories by donating, volunteering or attending the official opening please contact Eden Valley Hospice.

 Telephone 01228 817613 or visit [www.evghospice.org.uk/garden](http://www.evghospice.org.uk/garden)







# Focus on Community



## Grants up for Grabs

Carlisle Educational Charity provides grants to help the further education of young people under the age of 25 on **1 October 2014**. To apply you must be either:

- Due to attend full time courses this autumn at a university or institution of further education
- Be a graduate doing, or wishing to do, higher studies or get professional qualifications
- Be a student who has to travel in this country or abroad as an essential part of your course.

The deadline for applications is **Friday 26 September 2014**.

During 2013, the Carlisle Educational Charity paid out 52 grants, totalling £9,900, to local students.



Telephone **01228 817557**  
or visit  
[www.carlisle.gov.uk/cecharity](http://www.carlisle.gov.uk/cecharity)

## Be Part of the Community

There are 12 Community Centres within Carlisle, all of which are managed and operated by volunteer trustees. Each offers their own unique range of activities, including specialist clubs, summer play schemes and fitness sessions. A sample of what's on offer is as follows:

- A Budgie Club (see below) meets monthly at the Belah Centre. The club is open to new members and costs only £3 a year to join. To find out more, telephone **01228 544747**.
- Exercise and sports activities are available at the majority of the community centres. Family friendly schemes such soft play and Mini Movers are also available at Harraby Community Centre. To find out more, telephone **01228 537831**.
- Summer play schemes are available at Yewdale Community Centre. They run every Monday and Thursday, 10am to 3pm, between **Monday 21 July** and **Thursday 14 August**. A Junior Club also runs during term time. A free summer play scheme is also available at Denton Holme Community Centre between **Monday 21 July** and **Friday 1 August**.
- Free dance theatre classes for people aged 50+ have recently started at Currock Community Centre. To find out more, call Adam on **07882 013964**.

A community kiosk is also available at Yewdale Community Centre. It provides free online access to council services, jobs and careers websites and much more. Kiosks will soon be installed in Greystone and Brampton Community Centres.



For a full list of community centres and how to contact them, visit [www.carlisle.gov.uk/communitycentres](http://www.carlisle.gov.uk/communitycentres)



## Online Support

A series of community websites are now up and running after funding support was provided by the Cumbria Police & Crime Commissioner. Organised by Carlisle City Council, the online projects cover a range of issues and organisations:

- The Friends of Hammond's Pond website includes updates on upcoming events, ongoing projects and opportunities to get involved. Visit **[www.friendsofhammondspond.co.uk](http://www.friendsofhammondspond.co.uk)**
- The Longtown youth website is in the process of being developed. It is being put together by a group of young people with the support of Inspira and Barnardo's. It will include local information, community safety, support services, stories, blogs, pictures and competitions. The developing website can be found at **[www.longtown.info](http://www.longtown.info)**

- Abstract is an online magazine put together by young people in Carlisle. The website will provide information on news stories, fashion and staying safe. Follow them on Facebook and Twitter
- The Friends of Rickerby Park website (see right) provides users with information about the park, community safety info, details of projects and community work and a gallery of photos. Visit **[www.friendsofrickerbypark.co.uk](http://www.friendsofrickerbypark.co.uk)**

Other schemes supported by the Cumbria Police & Crime Commissioner included a painting project at Hammond's Pond; Rosemary Lane (leading from Scotch Street to Fisher Street) - removing graffiti and improving the lighting; St Aidan's flowerbeds - tidying up flowerbeds on Barrock Street, South Street and Brook Street; St James' Park - improvements to the fencing and look of the Multi Use Games



Area; and in partnership with Homelife Carlisle, free home safety checks to anyone who has been a victim of anti-social behaviour (ASB) or may be vulnerable to the threat of ASB.



For further information, telephone **01228 817000**

## Campaign Against Hate Crime

Residents can now report 'hate crimes' at some of Carlisle's community centres.

Hate crimes are any crimes that are targeted at a person because of hostility or prejudice towards that person's: disability; race or ethnicity; religion or belief; sexual orientation or transgender identity.



This can be committed against a person or property. You can report hate crimes by calling **101** or in an emergency call **999**. The majority of Carlisle community centres are reporting centres, with support and guidance available on how to report a hate crime.



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

# F@cus Point

## 20

The number of community buildings in Carlisle where you can report a hate crime



## Fun Festivities

This year's Carlisle Pageant will be held in the city centre on **Saturday 16 August**.

The free community event will celebrate the city's history and heritage and will link in with the ancient proclamation of the Great Fair, to be held a week later on **Saturday 23 August**.

As part of the Pageant festivities, activities are planned within the city centre between 10am and 4pm. The programme will include lots of family friendly fun, including face painting and street entertainers. A community parade including giant puppets depicting key historic characters from the Tudor period, including Henry VIII and Mary, Queen of Scots, will start from the Civic Centre at 2pm making its way to the city centre and the Old Town Hall via Scotch Street.

The Pageant programme will also include Best of Carlisle Market stalls between **Sunday 17 August** and **Wednesday 20 August**, followed by an international market between **Thursday 21** and **Monday 25 August**.




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



## Dates for Your Diary

- There are lots of activities planned this autumn and winter. Here are some more dates for your diary:
- **Saturday 1 November** Carlisle city centre  
Fireshow Funday. A free fun family day between 2pm and 6pm
  - **Saturday 1 November** Bitts Park  
Fireshow. Pre-show entertainment starts at 6.30pm, bonfire lit at 7pm
  - **Sunday 16 November** Carlisle city centre  
Christmas Lights Switch On. Entertainment from 2pm.

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

## CARLISLE TOGETHER WE REMEMBER

This year's Armed Forces Day will be held in Carlisle's city centre on **Saturday 28 June**. The free event will be held from 10am and will include stalls and activities from various military organisations. Music will be provided by the Border Brass Band.

The Royal British Legion will also be offering refreshments in the Old Town Hall between 10am and 12noon. Funds raised on the day will be donated to the Royal Air Force, Army and Royal Navy Benevolent Funds.

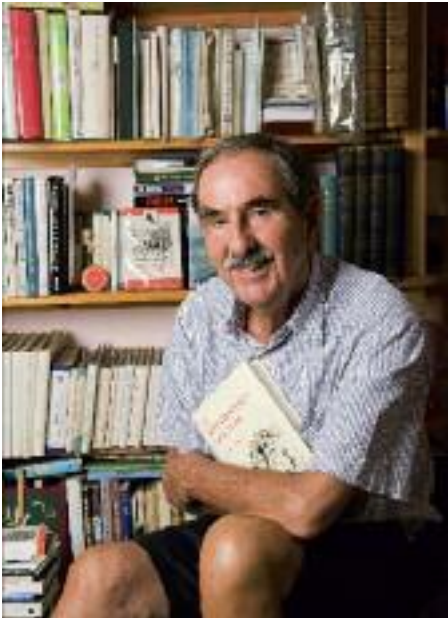


Above: VAD Nurses and patients outside Chadwick Auxiliary Hospital

There will also be a display by the Gurkhas and exhibits by the Carlisle World War I Centenary Committee. Copies of a free Carlisle Commemorative World War I publication will also be available. It includes photographs and historical information about Carlisle during the First World War.



## The Write Stuff



Above: Author, Hunter Davies

Borderlines, a Carlisle Festival of Reading and Writing, will take place at various venues between **Friday 5** and **Sunday 7 September**.

The event has been organised by Bookends, Cumbria Library Service and Tullie House Museum & Art Gallery, in association with Cumbria Life.

There will be the chance to hear and enjoy a wide range of best-selling, well-known names talking about their books. Authors confirmed so far include: Rory Stewart MP, Hunter Davies, Eric Robson, Alan Johnson MP, Matt Hilton and Sheila Quigley.

If you love to write, there will be a Writers' Quarter on **Saturday 6 September**, where you can join workshops on everything from poetry and therapeutic writing, to writing for children. There will also be a creative crime writing masterclass with William Ryan.

Workshops on self-publishing and storytelling, all led by experts in their field, will conclude with a celebration of the written work produced, at a special Litcaff night.

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



## Children and Young People

### JULY

**2nd Tullie Toddler Sessions** Tullie House from 12.30pm. Tickets £2.50 per first child, £1 thereafter



**16th Tullie Toddler Sessions** Tullie House from 12.30pm. Tickets £2.50 per first child, £1 thereafter

**19th, 20th, 23rd, 24th, 26th, 27th, 30th and 31st Summer Holidays – Play and Play** Tullie House. Free.

**Tullie House's Family Friendly Sundays**

Every Sunday during term times, 1pm to 4pm. Free drop in sessions



## Community

### JUNE

**28th Armed Forces Day** city centre, all day. Free

**28th Manor Fest** Morton Community Centre, from 1pm. Free

**29th Royal British Legion Fun Day** Bitts Park from 10am. Free

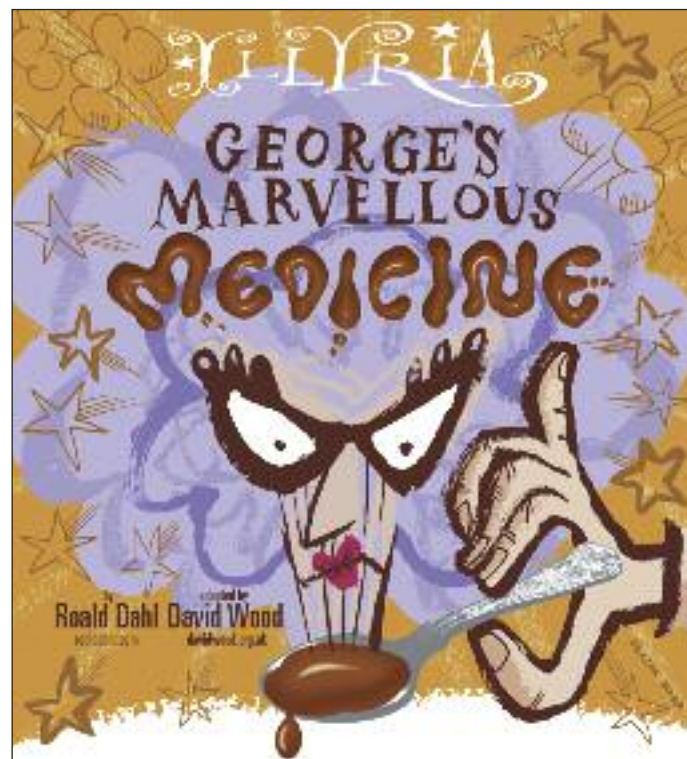
### JULY

**5th Talkin Tarn Rowing Regatta** all day. Free



**13th Race For Life** The Sheepmount Stadium, 11am start

**17th Illyria Open Air Theatre: George's Marvellous Medicine** Bitts Park, 6pm. Tickets from £5 from Carlisle Tourist Information Centre



**Bitts Park, 6pm.  
Tickets from £5 from Carlisle  
Tourist Information Centre**

**20th Patriot Games** (Festival of Sport) various locations. Free



**20th Annual Remembrance Service** Carlisle Crematorium, 3pm. Free

**AUGUST 16th – 25th Carlisle Pageant** city centre. Free



## Creative

### JUNE

**28th Venetian mask-making with Kate Plumtree** Tullie House, from 10am. Tickets £35 per person, including materials, tea & coffee in the afternoon and admission to the museum

**29th June and 27th July Tullie Textiles Group** Tullie House, 2pm. Free, but bring your own materials

### JULY

**12th Quilting with Gill Dearman** Tullie House, from 10am. Tickets £35, including materials, tea & coffee in the afternoon and admission to the museum



**26th Medieval Embroidery with Tanya Bentham**

Tullie House, from 10am. Tickets £35 including materials, tea & coffee in the afternoon and admission to the museum



### AUGUST

**9th Glass Fusing with Marilyn Hale** Tullie House, from 10am. Tickets £40 including materials, tea & coffee and admission to the museum



## Entertainment

### JUNE

**20th Oh What A Night! Featuring The All New Jersey Boys\*** The Sands Centre, 7.30pm. Tickets £17.50

**21st Cumbria Dance\*** The Sands Centre, 6pm. Tickets £14 and £11 concessions

**28th Razzamataz: Summer Showcase** The Sands Centre, 1pm (minis and juniors show) and 7pm (interns and seniors show). Tickets £15 and £12.50 concessions from 01228 550129



**All details are correct at the time of going to press, but may be subject to change**

\*Plus a booking fee

### JULY

**4th - 5th StagedRight Youth Theatre presents Singin' in the Rain\*** The Sands Centre, 7pm (4th) & 2pm and 7pm (5th). Tickets £13.50



**11th Jools Holland & His Rhythm and Blues Orchestra\*** The Sands Centre, 7.30pm. Tickets £34.50



**12th Lakeland Opera: Verdi's Requiem\*** The Sands Centre, 7.30pm. Tickets £20 and £8 concessions

**13th Maria Frances School of Dance: Showtime!\*** The Sands Centre, 6pm. Tickets £13



**18th Sir Ranulph Fiennes: Living Dangerously\*** The Sands Centre, 7.30pm. Tickets £19.50



**19th Dancerz: Live for the Applause\*** The Sands Centre, 7pm. Tickets £13 and £12 concessions

### AUGUST

**21st - 23rd Avenue Q\*** The Sands Centre, various times. Tickets from £20.50

**24th Milkshake!\*** The Sands Centre, 1pm and 3.30pm. Tickets £12 and £10 concessions



### SEPTEMBER

**6th Jimmy Carr: Funny Business\*** The Sands Centre, 8pm. Tickets £25

## Factual

### JUNE

**14th June - 14th September Richard Slee: Work and Play Contemporary Ceramics Exhibition** Tullie House. Normal gallery charges apply



**25th Gallery Conversations: Funny, Quirky, Slee** Tullie House, 12.30pm. Free

**26th Worn to be Wild: An evening with Kate Plumtree** Tullie House, 7.30pm. Tickets £5 and £4 concessions. Supper offer: BBQ served from 6pm. Tickets £14.50 for two courses



**28th June - 12th October Worn to be Wild Exhibition** Normal gallery charges apply

### JULY

**1st Tullie Talk: Contemporary Collecting** Tullie House, 1pm. Free

**10th Quilt Study Afternoon** Tullie House, 2pm. Tickets £12 and £10 concessions

**24th Medieval Carlisle Discussion Afternoon** Tullie House, 2pm. Tickets £12 and £10 concessions

## Monday Alternative

Details for the Monday Alternative film showings are available by visiting [www.tulliehouse.co.uk](http://www.tulliehouse.co.uk)






## Take a Leap

Urban Adventure is an exciting new development in Bitts Park.

The site opened in May this year and includes high ropes courses, a 75m zip wire, climbing wall, and team building area. There's also an innovative kids adventure course for youngsters.

Urban Adventure accepts block bookings for groups of people who want to celebrate a birthday, anniversary or special event. It is also available for corporate bookings and schools.

You can book online up to 24 hours in advance. For less than 24 hours' notice, please call **0845 519 1782**. Visit their website for ticket prices.

 For further information, visit [www.urban-adventure.co.uk](http://www.urban-adventure.co.uk)



## Raising the Bar

The 2014 Best Bar None Scheme is now open for business. The awards focus on safety and customer care with the ultimate aim of finding the best pub, club or bar in Carlisle and Penrith. The awards aim to establish a standard of excellence within the pubs, clubs and bars in both areas. Last year's overall winner was Lloyds No.1.

 For further information, telephone 01228 817523 or email [licensing@carlisle.gov.uk](mailto:licensing@carlisle.gov.uk)

## Sign Up and Win £1,000!

Accessing council services online is easy and if you sign up, you stand the chance of winning £1,000 in our **FREE** prize draw.

By going online you can access council services and make direct payments. Our website [www.carlisle.gov.uk](http://www.carlisle.gov.uk) is easy to use and it's quicker, easier and saves you having to make phone calls or trips to the Civic Centre. By signing up for an account you will be able access your council bills online, set up direct debits, apply for discounts, control your contact details and much more.

The prize draw is open to all Carlisle residents, you simply need to register for an online account giving your email and address details before midnight on **Friday 30 January 2015**. Register online at [www.carlisle.gov.uk](http://www.carlisle.gov.uk)

## Get Your Skates On!

Carlisle's new synthetic ice rink has welcomed thousands of skaters since it opened in March.

The open-air facility is based in Bitts Park next to the tennis courts and is open seven days a week. During term time there is a two-hour open session between 5pm and 7pm, Monday to Friday. On weekends and school holidays, there are four sessions a day: 11am, 12.30pm, 2pm and 3.30pm.

Each session lasts approximately 75 minutes.

Skating costs are £3.50 plus £1.50 for skate hire for a child and £5 plus £1.50 skate hire for an adult. Children must be at least four years old to skate on the rink and be accompanied by an adult. Children aged 13 years or older can skate unaccompanied.

 Visit [www.carlisleicerink.com](http://www.carlisleicerink.com) or call 01228 591628

**Focus Point**

35

The number of people who can use the Ice Rink at the same time



## Access Group

A local group that works together to improve access for disabled people in Carlisle is inviting residents to join up and provide their support.

Membership of the group is open to individuals, organisations, groups and community associations representing disabled people. Carlisle Access Group includes representatives from a variety of organisations including Age UK, Cumbria Police,

Carlisle Society for the Blind, DeafVision, Carlisle Mencap and Cerebral Palsy Cumbria.

The group meets up 10 times a year and deals with a range of issues. If you are interested in joining the group and would like to find out more, a leaflet is available from the Civic Centre and other community buildings.

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





## Cycle in Carlisle

A programme of free, guided bike rides is underway in Carlisle. Part of a national campaign to get more people cycling for fun, Sky Ride Local is a fantastic range of new led bike rides organised by British Cycling and Sky, in partnership with Groundwork UK and Carlisle City Council.

The bike rides are broken down into three categories: Easygoing, Steady and Challenging. They are guided by British Cycling Ride Leaders along scenic local routes. They're pitched at different levels, so there's something for everyone. You can choose a leisurely ride around the city's fantastic parks or traffic-free route around Watchtree Nature Reserve.

If you fancy venturing further afield you'll be spoilt for choice, with rides all over the Carlisle area ranging from three miles traffic-free cycling, up to 30 miles exploring the superb network of quiet roads and paths the area has to offer.

Carlisle's Sky Ride Local programme started in April and will continue until the end of October this year. More than 30 individual events are included and to avoid disappointment book your place soon.

 To sign up to the free cycle events, visit [www.goskyride.com/Carlisle](http://www.goskyride.com/Carlisle)

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



## Festival of Sport

To coincide with the Glasgow 2014 Commonwealth Games, Carlisle is set to stage a Festival of Sport this summer.

A free event is planned to take place on **Sunday 20 July** and will feature a variety of sports taster sessions including hockey, tennis, golf, rugby, American football, rowing machines and much more. There will also be fun runs organised by Carlisle Parkrun and guided cycling Sky Rides. The family friendly activities will be held at a variety of locations including the Sheepmount Stadium, Bitts Park and The Sands Centre.

The Festival of Sport is part of the inaugural Patriot Games, organised by a variety of partners including Carlisle City Council, Carlisle Leisure Limited,

CN Events, Cumbrian Sport and Physical Activity Alliance Foundation (SPAA) and Active Cumbria.



## Take a Chance

Carlisle's Parkrun is open to runners of all abilities and attracts more than 100 participants each week. A 5km run is held at Chance's Park, Wigton Road each Saturday, starting at 9am.

Please come along and join in whatever your pace! It's free to take part but you must register before your first run by visiting [www.parkrun.org/register](http://www.parkrun.org/register)

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

## Get Sporty

Cumbrian SPAA provides a wide range of fun and exciting sports and recreational activities throughout term time and school holiday periods. The Go4it programme offers children aged from 5 to 12 years the opportunity to learn new skills and develop a lifelong love for sport.

Would you like to be the first to receive email alerts when programmes are launched? Email [info@cumbrianspaaf.com](mailto:info@cumbrianspaaf.com) and provide your name and email and you will added on to their database.

 For further information, visit [www.cumbrianspaaf.com](http://www.cumbrianspaaf.com)



## Best Step Forward

There are a variety of **FREE** walks that you can take part in within the Carlisle area.

**Wednesday Walking for Health**  
**10.30am and 1pm**

Take the first steps to a healthier lifestyle with this programme of **FREE**, easy, approximately one hour walks. Join us at various locations throughout the Carlisle district. All are on good paths, but please wear sensible footwear.

**Tuesday Trundles**  
**10am**

These walks are more challenging, longer, with varying gradient and surfaces. Suitable footwear, walking boots or shoes with good grips/soles and appropriate clothing for the weather is required.

If you are interested in becoming a volunteer walk leader and leading walks in your area please contact us on **01228 817158**.

 For a list of walks, visit [www.carlisle.gov.uk/walking](http://www.carlisle.gov.uk/walking)





## Check Before You Book

A national Food Hygiene Rating Scheme provides information on food hygiene standards to help people to choose where to eat out or shop for food.

Food outlets, such as restaurants, takeaways and pubs, are inspected by our Environmental Health Officers, to check that their hygiene standards meet legal requirements. The hygiene standards are rated on a scale ranging from zero at the bottom (which means 'urgent improvement necessary') to a top rating of five ('very good'). Ratings are available at [www.food.gov.uk/ratings](http://www.food.gov.uk/ratings) and individual food businesses are given a sticker and certificate and are encouraged to display these at the entrance to their premises.

If you have any concerns about hygiene at food premises, email [environmentalhealth@carlisle.gov.uk](mailto:environmentalhealth@carlisle.gov.uk) or telephone **01228 817349**.



## Fair Meals Direct

A new service working to get hearty, healthy, locally produced food to some of Carlisle's most vulnerable people is now up and running. Fair Meals Direct is a not-for-profit scheme set up to help ensure that specially prepared, nutritious meals are available to people in the city who struggle to make food for themselves.



The project uses local food, where possible, in the preparation of the meals by a professional chef (see above) based at Carlisle City Council's Water Street Women and Families' Accommodation. Residents based at the accommodation have also been lending their support, helping out with the food preparation.

The food is then delivered to homes across the city by a team of volunteers. The project is run by Sustainable Carlisle, in partnership with MJE Hospitality, Carlisle City Council and Healthy City Carlisle.

Fair Meals Direct is looking for extra volunteer drivers. Expenses are paid and full training is provided.

 For further information about Fair Meals Direct or to order meals, telephone **01228 267167** or email [mark@sustainablecarlisle.org](mailto:mark@sustainablecarlisle.org)



## Local Healthy Options Award

A Carlisle City Council initiative developed with Cumbria County Council and Healthy City Carlisle, is aiming to encourage local cafes, restaurants and takeaways to provide healthier food options.

The new Local Healthy Options Award will be awarded to businesses that have a good Food Hygiene Rating and also provide healthier food choices, techniques and where possible, use locally sourced ingredients. Businesses that get a score of 75% or more will be awarded with a Local Healthy Options Award and those with 100% will achieve a Gold Award.

The scheme is currently being piloted with a small number of businesses.



 To find out more about the scheme, visit [www.carlisle.gov.uk/healthycity](http://www.carlisle.gov.uk/healthycity)

## Stay Safe at Home

To coincide with National Food Safety Week, local residents are being reminded about the importance of good food hygiene in the home.

There are more than a million cases of food poisoning in the UK each year. Help keep you and your family safe by following this advice:

- Wash hands thoroughly with soap and warm water before cooking. Wash or change dish cloths, tea towels, sponges and oven gloves regularly and let them dry before you use them again
- Cross contamination occurs when harmful germs are spread between food, surfaces and equipment. Wash worktops before and after cooking
- Make sure your fridge is set below 5°C, using a fridge thermometer to check. This is to prevent harmful germs from growing and multiplying. Store raw meat and poultry at the bottom of the fridge and properly wrap or cover it to avoid raw juices contaminating other foods
- Cook food thoroughly until it is steaming hot in the middle. This will kill any harmful bacteria that may be present.



 For more advice on food hygiene in the home, visit [www.food.gov.uk](http://www.food.gov.uk)





## Scrutinise the Council

Carlisle residents are being invited to put forward their suggestions for Carlisle City Council policies or services that they want to see put under the microscope.

The scrutiny process acts as a check and balance on the City Council's Executive and scrutiny councillors can investigate areas of policy or service they feel should be improved, carry out service reviews or look into areas of specific public concern.

Over the past year reviews have been undertaken on a number of issues. The Recycling Task Group looked at other councils with higher performing recycling rates and surveyed a selection of residents to find out what people thought about the service and what they recycled. The issue of hate crime was also reviewed and recommendations put forward to raise awareness of the issue.

 To see a copy of their 2013/14 annual report or to put forward your suggested scrutiny topic, visit [www.carlisle.gov.uk/scrutiny](http://www.carlisle.gov.uk/scrutiny)


## Your Vote Matters

The way to register to vote changed in June 2014. The new system is called 'Individual Electoral Registration'. The new system means:

- You can register online at [www.gov.uk/register-to-vote](http://www.gov.uk/register-to-vote)
- Everyone has become responsible for registering themselves. Under the old system the 'head of every household' could register everyone who lived at their address
- You need to provide a few more details to register – including your National Insurance number and date of birth. This is to make the electoral register more secure.

Look out for your letter between August and September. Most people who are already registered to vote will be registered automatically under the new system and won't need to do anything. Your letter will tell you whether you are on the register or whether you need to take action. It will tell you what to do.

You need to register in order to be able to vote in elections and referendums. It may also affect your ability to apply for credit because credit agencies use the register to check details.

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



## Council Savings

We continue to provide key services but because of spending pressures have to make significant savings to our budget.

Since 2010/11 we have made more than £5million worth of savings and during this time have reduced staffing by 30%, the majority through voluntary redundancy. We need to make a further £3.9million in savings between 2015/16 and 2018/19.

We will continue to look at how services could be improved to make them even more efficient and how we can increase revenue through better use of our assets. We remain focused on the priorities in our Carlisle Plan and will be consulting on our new saving plans in the summer.



 For further information on the Carlisle Plan, visit [www.carlisle.gov.uk/carlisleplan](http://www.carlisle.gov.uk/carlisleplan)

## Sign Up

Private landlords in Carlisle are being encouraged to sign up to a new Accreditation Scheme.

Membership of Cumbria Landlords Accreditation Scheme is entirely voluntary, however incentives offered through the scheme will only be available to members. Landlords who are members of existing Carlisle City Council landlord accreditation schemes are being encouraged to transfer to the Cumbria scheme, before the City Council scheme formally ends. The new scheme will go live this October.



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

## Planning Ahead



The draft Carlisle Local Plan 2015-2030 has taken another step forward, following further consultation earlier this year.

The Carlisle City Council document sets out the key planning issues for Carlisle over the next 20 years. Consultation comments continue to influence the content of the plan that will shape the future development of Carlisle.

Following last year's consultation, further development sites were identified, the annual housing target changed and a number of policies were updated in response to comments.

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



1. Which Carlisle City Council services are most important to you? (tick all that apply)

- Recycling & waste services .....

☐ 1
- Street cleaning .....

☐ 2
- Parks & open spaces .....

☐ 3
- Planning & building control .....

☐ 4
- Licensing .....

☐ 5
- Environmental health .....

☐ 6
- Sport & recreation .....

☐ 7
- Housing & homelessness .....

☐ 8

2. Where do you get information about local events, exhibitions and performances (tick all that apply)?

- Discover Carlisle What's On Guide .....

☐ 1
- Discover Carlisle website .....

☐ 2
- Carlisle Focus What's On listing .....

☐ 3
- Carlisle City Council website .....

☐ 4
- Civic Centre banner site (displayed on the side of the building) .....

☐ 5
- Local media .....

☐ 6
- Social media .....

☐ 7
- Other .....

☐ 8
- If other, please specify .....

☐ 9

3. How would you prefer to get information about local events, exhibitions and performances?

.....

.....

.....

.....

.....

4. Do you agree that Carlisle Focus is interesting to read?

- Strongly agree .....

☐ 1
- Agree .....

☐ 2
- Neither agree or disagree .....

☐ 3
- Disagree .....

☐ 4
- Strongly disagree .....

☐ 5
- Don't know .....

☐ 6

5. What information would you like to see included in future editions of Carlisle Focus?

.....

.....

.....

.....

.....

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

Your details will not be forwarded to any other parties, and will be held by Carlisle City Council for the specified purposes, namely for communicating with you about City Council services and events.

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

Name .....

Address .....

.....

.....

Postcode .....

Daytime telephone number .....

.....

Email .....

- Return completed questionnaires by Friday 15 August 2014
- 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)



# COMING SOON

## Digital and Creative Arts Centre

### The NEW Art College

To get your prospectus text  
CCPROSPECTUS and your  
name and address to 88020

Smart  
move!



# Your Council, Your Services

## A

Abandoned vehicles ..... 01228 817200  
Access for disabled people ..... 01228 817000  
Allotments ..... 01228 817200

## B

Benefit Advice Service ..... 01228 817400  
Free confidential advice on all aspects  
of the benefits system. Monday to  
Thursday, 2pm to 4pm  
Benefits claims ..... 01228 817200  
For all enquiries about Housing and  
Council Tax benefits.  
Benefit fraud hotline ..... 0800 783 9120  
Bereavement Services ..... 01228 817000  
Bitts Park Tennis and Recreation Centre 01228 591628  
Building Control & Building Regulations 01228 817000  
Business rates ..... 01228 817000

## C

Carlisle Ice Rink ..... 01228 591628  
Cemeteries and crematorium ..... 01228 817000

### Community Centres

Belah Community Centre ..... 01228 548748  
Botcherby Community Centre ..... 01228 596992  
Brampton Community Centre ..... 016977 45023  
Currock Community Centre ..... 01228 591868  
Denton Holme Community Centre ..... 01228 528692  
Downagate Community Centre ..... 01228 560810  
Greystone Community Centre ..... 01228 558602  
Harraby Community Centre ..... 01228 537831  
Longtown Community Centre ..... 01228 791876  
Morton Community Centre ..... 01228 531105  
Petteril Bank Community Centre ..... 01228 530190  
Yewdale Community Centre ..... 01228 591270

Complaints about City Council services 01228 817200  
Conservation areas ..... 01228 817000  
Contaminated land ..... 01228 817000  
Council Tax ..... 01228 817200

## D

Dangerous structures ..... 01228 817000  
Disc parking ..... 01228 817200  
Dog Fouling and Dog Control Orders .... 01228 817000  
Dustbin emptying ..... 01228 817200

## E

Elections/Electoral Registration ..... 01228 817000

## F

Fly posting and Fly tipping ..... 01228 817200  
Food safety ..... 01228 817000  
Freedom of Information Act requests 01228 817000

## G

Graffiti ..... 01228 817200  
Guildhall Museum ..... 01228 618718

## H

Health and Safety at work ..... 01228 817000  
High hedges ..... 01228 817000  
Historic Building Grants ..... 01228 817000  
Housing and Homelessness ..... 01228 817000

## I

Industrial estates/units ..... 01228 817000

## L

Land charges ..... 01228 817000  
Licensing ..... 01228 817000  
Listed buildings ..... 01228 817000  
Littering ..... 01228 817200  
Local Plans ..... 01228 817000

## M

Mayor's Office ..... 01228 817007

## N

Noise nuisance ..... 01228 817000

## P

Parking fines ..... 01228 817200  
Parking permits ..... 01228 817200  
Parks and Green Spaces..... 01228 817200  
Pest control ..... 01228 817000  
Planning applications ..... 01228 817000  
Play areas ..... 01228 817200  
Pollution ..... 01228 817000

## R

Recycling ..... 01228 817200  
Refuse and special waste collections .... 01228 817200

## S

Sands Centre ..... 01228 633766  
Sheepmount Stadium ..... 01228 591241  
Shopmobility ..... 01228 631564  
Stony Holme Golf Course ..... 01228 810570  
Street cleaning ..... 01228 817200  
Swifts Golf Course ..... 01228 539527

## T

Taxi licensing ..... 01228 817000  
The Boathouse Tearoom at Talkin Tarn 016977 41050  
The Pools Swimming and Health Centre 01228 810881  
Tourist Information Centre, Carlisle ..... 01228 598596  
Tullie House Box Office ..... 01228 618700  
Tullie House Museum & Art Gallery ..... 01228 618718

## W

Workshops for business use ..... 01228 817000

