

# Carlisle focus

winter-spring 2017/18

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CITY COUNCIL



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Welcome to our winter-spring edition of Carlisle Focus. As part of the build-up to the festive season, we have listed some Christmas events. This year's programme, shown on pages eight and nine, includes a Carlisle Christmas Market made up of local traders and a Winter Wonderland and Santa's Grotto. There are lots of other events and we hope you can join in the fun.

Our campaign to Keep Carlisle Clean continues and we need your help to tackle litter, fly-tipping and dog fouling. Contact us with any information that can help us target our enforcement patrols or prosecute enviro-criminals. See more on page four.

This year an archaeological investigation has unearthed some stunning Roman discoveries. Find out more about this on page five. Information on how to get winter ready is featured on page 12. There are also grants available for home owners who need help making their property safe and warm.

I hope you have a Happy Christmas and best wishes for 2018.

Leader of Carlisle City Council, Cllr Colin Glover

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## Get in Touch

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

**Email:** [customerservices@carlisle.gov.uk](mailto:customerservices@carlisle.gov.uk)

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**Follow:** @CarlisleCC on Twitter and like our Facebook page

**Visit:** our Customer Contact Centre during normal office hours

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## Where to Contact Your Carlisle City Councillor

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Cllr Gareth Ellis (Con)	07984 441329
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Cllr Pam Birks (Lab)	07452 969522
Cllr Jessica Riddle (Lab)	01228 521311
Cllr Dr Les Tickner (Lab)	07784 186043
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Cllr Robert Betton (Ind)	01228 530747
Cllr Jeffrey Bomford (Ind)	07754 764529
Cllr Jack Paton (Ind)	07805 805627
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Cllr Steve Layden (Con)	016977 46659
Cllr Mike Mitchelson (Con)	016977 2871
<b>BURGH</b>	
Cllr John Collier (Con)	01228 818828
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Cllr Joanna Coleman (Lab)	01228 540935
Cllr Anne Glendinning (Lab)	07807 895706
Cllr Stephen Sidgwick (Lab)	01228 672081
<b>CURROCK</b>	
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Cllr Colin Glover (Lab)	01228 543042
Cllr Abdul Harid (Lab)	01228 591167
<b>DALSTON</b>	
Cllr Trevor Allison (Lib Dem)	01228 523923
Cllr Nigel Christian (Con)	07854 374006
Cllr Ann McKerrell (Con)	07736 855050
<b>DENTON HOLME</b>	
Cllr Ruth Alcroft (Lab)	07862 254575
Cllr Hugh McDevitt (Lab)	01228 530223
Cllr Chris Southward (Lab)	01228 520183
<b>GREAT CORBY &amp; GELTSDALE</b>	
Cllr Doreen Parsons (Con)	01228 575191
<b>HARRABY</b>	
Cllr Rob Burns (Lab)	07580 387893
Cllr Lee Sherriff (Lab)	01228 544168
Cllr Jo Williams (Lab)	01228 819774
<b>HAYTON</b>	
Cllr Raymond Tinnion (Ind)	07801 531262
<b>IRTHING</b>	
Cllr Syd Bowman (Con)	01228 497636
<b>LONGTOWN &amp; ROCKCLIFFE</b>	
Cllr Raynor Bloxham (Con)	016977 42088
Cllr John Mallinson (Con)	07968 251365
<b>LYNE</b>	
Cllr David Shepherd (Con)	07720 906976
<b>MORTON</b>	
Cllr John Bell (Lab)	01228 530388
Cllr Therese Sidgwick (Lab)	01228 672081
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>	
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Cllr Marilyn Bowman (Con)	01228 497636
<b>STANWIX URBAN</b>	
Cllr Elizabeth Mallinson (Con)	01228 533746
Cllr Paul Nedved (Con)	07745 302097
Cllr Fiona Robson (Con)	07765 502949
<b>UPPERBY</b>	
Cllr Niall McNulty (Lab)	07979 551999
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>YEWDALE</b>	
Cllr Steven Bowditch (Lab)	01228 530159
Cllr Christine Finlayson (Con)	07951 889452
Cllr Maureen McDonald (Lab)	01228 535772

## Budget Consultation

You will soon be given the chance to have your say on the draft 2018/2019 City Council budget. The budget consultation will start on **Monday 18 December** and a copy of the draft budget will be available to view at the Civic Centre's Customer Contact Centre.

Information will also be available online at [www.carlisle.gov.uk/Council/Council-and-Democracy/Budget](http://www.carlisle.gov.uk/Council/Council-and-Democracy/Budget)

Please email your comments to: [communications@carlisle.gov.uk](mailto:communications@carlisle.gov.uk) or write to: The Chief Executive, Carlisle City Council, Civic Centre, Carlisle, CA3 8QG by 9am on **Monday 15 January 2018**.

The final budget proposals will be discussed at Carlisle City Council's Full Council meeting in **February 2018**.



# News in Focus

## Keep Carlisle Clean

We need your help to Keep Carlisle Clean by working alongside us to tackle litter, fly-tipping, dog fouling and other anti-social behaviour. We need communities and businesses to work alongside us to tackle enviro-crimes.

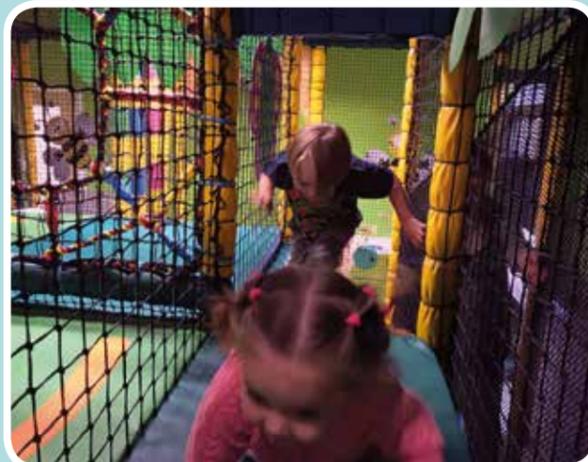
- It is an offence not to clean up after your dog has fouled. If you are caught, prosecution could result in a fine of up to £1,000. Bag it and bin it! Any bin will do. Dispose of your bagged waste responsibly.
- Fly-tipping is illegal and offenders can receive a fixed penalty fine of up to £400. Before you pay a contractor to take away your waste, check it is being disposed of the right way. If they dump the waste, you could face an unlimited fine and a prosecution through the courts. You can recycle your waste using household waste recycling centres or arrange a bulky waste collection by visiting [www.carlisle.gov.uk](http://www.carlisle.gov.uk)
- No ifs, no butts - if you drop litter, even a cigarette butt, you could face a fine of up to £2,500.

Report enviro-crimes to [customerservices@carlisle.gov.uk](mailto:customerservices@carlisle.gov.uk) or call **01228 817200**. Please provide as much detail as possible - dates, times and locations. To find out more, visit [www.carlisle.gov.uk/keepcarlisleclean](http://www.carlisle.gov.uk/keepcarlisleclean)



## Botcherby Community Centre

Based on Victoria Road, Carlisle, Botcherby Community Centre has recently re-opened after extensive repairs following Storm Desmond in December 2015. The centre offers a wide range of facilities for the local community, plus meeting rooms and conference facilities for hire. They also host an array of local and regional events, clubs and activities. They have a large on-site kitchen, a video conference room, office space to hire and a consultation room ideal for sports or complementary therapy. There's also a gym and a soft play area. Visit [www.botcherbycommunitycentre.org.uk](http://www.botcherbycommunitycentre.org.uk)



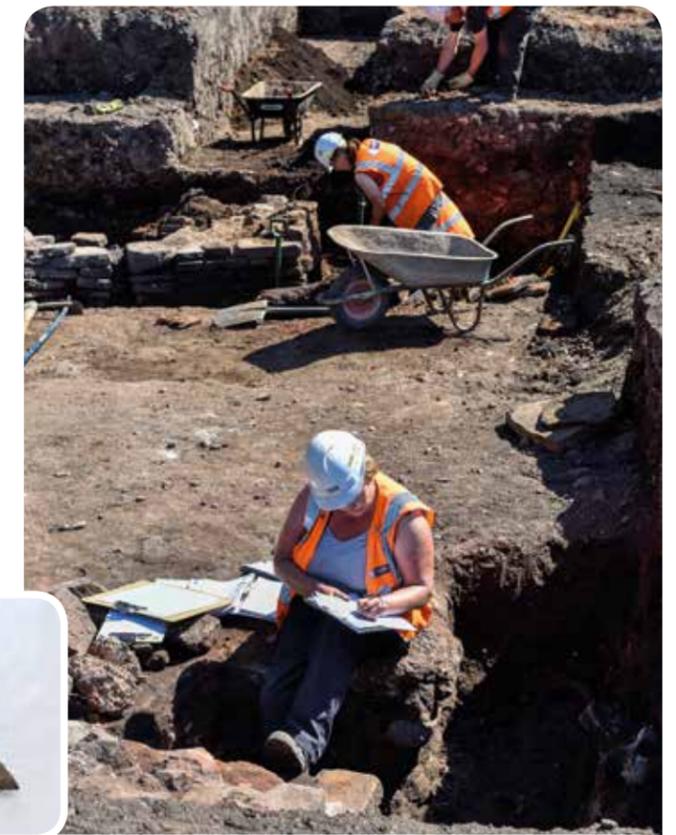
## Carlisle Cricket Club Roman Bathhouse

Following an archaeological investigation at Carlisle Cricket Club, the remains of a possible Roman bathhouse or mansion, an official stopping place for travelling Roman officials, has been discovered. The bathhouse is believed to date to the 3rd-4th century AD. Archaeologists have described the site as "simply stunning" and "premier league standard".

In May, a team of archaeologists uncovered the remains of three rooms all equipped with a Roman underfloor heating system known as a hypocaust. Vast quantities of pottery, bone and metal objects were found as well as an exceptionally engraved stone fragment with an inscription dedicated to Julia Domna, the mother of the most Holy Emperor Alexander Severus.

A high quantity of ceramic vaulted nozzle tubes were also recovered, these would have been specifically used to construct curved roofs, a traditional method of building bathhouses in the late Roman period. Personal effects such as a small copper alloy etched pendant and a woman's bone pin were also recovered. Archaeologists also uncovered evidence of medieval activity with the discovery of a small belt buckle dating to 1350-1450 AD.

This autumn, a team of volunteers led by professional archaeologists, undertook further excavations to gain a greater understanding of the extent of preservation of the bathhouse and any associated buildings and structures relating to earlier phases of Roman occupation. The second dig was funded jointly by Carlisle City Council and Fred Story, owner of Story Contracting and Story Homes. The project is also supported by Carlisle Cricket Club, who owns the site. For updates on the dig, visit [www.carlislecricketclub.co.uk](http://www.carlislecricketclub.co.uk)



## Boundary Commission

The Boundary Commission's revised proposals for new parliamentary constituency boundaries were published on **17 October 2017**. To see the new proposals visit [www.bce2018.org.uk](http://www.bce2018.org.uk) and compare them with current boundaries and tell them what you think. This will be your last chance to give them your views on their proposals before they make recommendations to Parliament next year. The deadline for consultation responses is **Monday 11 December 2017**.





# News Round-Up

## Have Your Say

We need your support to help us provide the best services we can. Tell us what you think and make suggestions on how we can improve them by taking part in our online customer satisfaction survey.

We want to keep you up to date with our news and give updates on our services. Tell us how you would like us to keep you informed by taking part in our communications online survey.

Have your say and take part in both surveys at [www.carlisle.gov.uk/consultations](http://www.carlisle.gov.uk/consultations)

## Free Walking Events

Explore and discover Carlisle with our programme of guided day, evening and weekend walks. The programmes include **Wednesday Health Walks**.

Future dates are:

January	3, 17 and 31
February	14 and 28
March	14 and 28
April	11 and 25
May	9 and 23
June	6 and 20 (summer surprise coach trip)
July	4

Other programmes are available, including a weekly walk around **Chance's Park on Mondays at 2.30pm** and **Tuesday Trundles (9 and 23 January; 6 and 20 February; and 6 and 20 March)** over more challenging routes. To find out more, call **01228 817158** or visit [www.carlisle.gov.uk/walking](http://www.carlisle.gov.uk/walking)



## St Cuthbert's Garden Village

Work is underway with partners to develop options for future growth to the south of Carlisle. St Cuthbert's Garden Village is an ambitious proposal that could include the development of up to 10,000 new homes, new employment opportunities, community facilities and a new southern link road.

Of the 14 sites included in the Government's Garden Village programme, St Cuthbert's is by far the largest in terms of its potential capacity. It is also one of only two Garden Villages north of Manchester and easily amongst the most ambitious development projects being actively progressed within the north of England.

The Garden Village is named St Cuthbert's after the parish in which it is predominantly located. There will be plenty of opportunities for the public and landowners to get involved and help shape the future of the area, with the first such opportunity being early next year, where we will be looking for help drawing together a vision for the area. To find out more, visit [www.carlisle.gov.uk/planning-policy/Carlisle-South](http://www.carlisle.gov.uk/planning-policy/Carlisle-South)



## Cracker Packer Statue

The countdown has started for the unveiling of a Cracker Packer statue next to Paddy's Market car park on International Women's Day - **Thursday 8 March 2018**.

Privately funded, the bronze statue will depict two biscuit factory women workers - one from past times and one from the modern day dressed in their respective factory uniforms. Award-winning artist, Hazel Reeves has been working with current and former Cracker Packers to develop the statue, with the support of Carlisle City Council, pladis and Cumbria County Council Archives.

The two Cracker Packers, the name given to workers at the (then-named) Carr's biscuit factory, will be standing on a bronze Carr's Table Water biscuit, with the distinctive Carr's signature logo embossed into it. An exhibition, drawn together with the support of Tullie House and the University of Cumbria, will depict the story and development of the Cracker Packer statue. It will open at the Old Fire Station soon after the unveiling.



## Freedom of the City

RAF Spadeadam, Cumbria's only Royal Air Force base, is to be awarded the Freedom of Carlisle in 2018. The base was built in the late 1950s as part of the Blue Streak programme and RAF Spadeadam will be awarded the honour in recognition of the historic connection between itself and the city. A ceremony will be held to commemorate the event next year to coincide with the RAF's centenary celebrations.

## Cutting out Fraud

We are supporting the National Fraud Initiative (NFI) 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. The use of data 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)



## Tullie House Festive Events

### Late Night Shopping Club

**Thursday 30 November, 7 and 14 December:**  
5pm - 7pm

Got some late-night Christmas shopping to do? Why not leave your little ones with the elves at Tullie House? They will have lots of fun Christmas activities, games and crafts to keep them entertained while you do your shopping uninterrupted.

6 to 12 years old: £3.50 per child.

### White Christmas Weekend

**Saturday 9 and Sunday 10 December:**  
11am - 4pm

Enjoy a White Christmas at Tullie House. They will be opening their doors to a whole weekend of festive fun! Activities include Santa's Grotto, face painting, storytelling, Christmas trail, craft activities and real life arctic animals including a snowy owl and Alaskan Malamute dog.

Visit [www.tulliehouse.co.uk](http://www.tulliehouse.co.uk) for admission prices.

### Christmas Holiday Crafts

**Tuesday 19, Thursday 21 and Saturday 23 December:**  
1pm - 4pm

Get yourselves in the festive spirit with their Christmas craft drop-ins. They will be making a range of crafts to decorate your home this Christmas - prepare to be glittered! All children must be accompanied by an adult. Sessions are free to those families with an annual ticket.

## Festive Events

A packed programme of events is planned in Carlisle this Christmas. Highlights include a showcase of local producers and businesses in the city centre - our Carlisle Christmas Market will be held between **Thursday 23 November and Sunday 3 December**. A Carlisle Winter Wonderland and Santa's Grotto will be held between **Saturday 16 and Thursday 21 December**. A city centre festive marquee will include the chance to get your photo taken on a ski lift!

### Other events include:

- Late Night Christmas Shopping Launch  
The Lanes Shopping Centre - **Thursday 23 November**
- Late Night Christmas Shopping  
**Thursdays: 23 November; 30 November; 7 December; 14 December and 21 December**
- Carols in the Manor  
Morton Community Centre - **Friday 1 December**
- Carlisle Farmers' Market  
Carlisle city centre - **Saturday 2 December**
- Carlisle Market Hall Festive Fun Day  
Market Hall - **Saturday 9 December**
- Santa Dash  
Start from Carlisle Castle - **Sunday 10 December**
- Christmas Carol Parade  
St Cuthbert's Church - **Thursday 14 December**.

All events are subject to change. For more information on these events and other festive activities, visit [www.discovercarlisle.co.uk](http://www.discovercarlisle.co.uk)



## LATE NIGHT SHOPPING FREE Parking

A special offer is available for shoppers visiting Carlisle this festive season. We are providing FREE parking after 3pm on the following **Thursdays: 30 November and 7, 14 and 21 December** in the following city centre car parks: Bitts Park; Caldew Riverside; Castle; Civic Centre; Lowther Street; Paddy's Market; The Sands Centre; Viaduct and West Walls.

## WIN A Panto Family Ticket

The Sands Centre's panto is a must see every Christmas and this year Sleeping Beauty, starring Lee Brennan, Cheryl Fergison and Robbie Dee is no exception! The show opens on **Monday 11 December** and runs until **Sunday 31 December**, with matinee and evening performances. For more information visit [thesandscentre.co.uk](http://thesandscentre.co.uk) or call the Box Office **01228 633766**.

For the chance to WIN a family ticket for the 6pm performance on **Tuesday 19 December**, answer the following question correctly to be entered into a free draw. Entries by **Wednesday 13 December 2017**.

**Q.** Which Carlisle-born popstar will have a starring role in this year's Sands Centre panto?

Enter online at [www.carlisle.gov.uk/carlislefocus](http://www.carlisle.gov.uk/carlislefocus) or send your answer (remember to include your name, address and daytime telephone number) to: **Communications, Carlisle City Council, Civic Centre, Carlisle, CA3 8QG**. One entry per household.

## old fire station

The OFS's winter programme includes a 90s Explosion on **Thursday 7 December** featuring top music from the 1990s featuring Cappella, Rozalla, Urban Cookie Collective and local DJ Paul Gordon (Buskers and Pagoda).



Bad Manners, Ska n B specialists, will be at the arts and entertainment venue on **Tuesday 12 December**. Family entertainment will be provided by the NTC Theatre Company on **Wednesday 13 December**. Their performance of The Princess and the Goblin will include song, dance and some fun along the way. For ticket information, visit [oldfirestation.carlisle.city](http://oldfirestation.carlisle.city)

Follow them @ofsCarlisle on Twitter or like their Old Fire Station Facebook page for information on new events and promotions.



# Christmas in Carlisle

## Christmas Tree Recycling



Do you need help recycling your real Christmas tree this year? Do you live or work in the CA1, CA2, CA3, CA4 8, CA5 6 or CA5 7 postcode area?

Hospice at Home is organising a festive fundraising initiative that not only recycles trees after the festive season but will also raise funds for the local charity.

Book your tree collection at [www.charityxmastreecollection.com](http://www.charityxmastreecollection.com) and make a donation of your choice to Hospice at Home. On **Monday 8 January** the charity team and volunteers will collect the trees and take them to be recycled locally. Just leave the trees in your front garden or outside your property and Hospice at Home will do the rest. For more information about the Charity or the Christmas Tree Collections please visit [www.hospiceathome.co.uk](http://www.hospiceathome.co.uk)

## Food Safety

Our food hygiene rating scheme is run in partnership with the Food Standards Agency and is designed to help you choose where to eat out or shop for food by providing information about food hygiene standards. Included in the scheme are restaurants, pubs, cafés, takeaways, hotels, supermarkets and other shops selling food directly to consumers. Each business is given a rating following an inspection by a Food Safety Officer, which is based on how well the business is meeting the requirements of food hygiene law at that time. The rating reflects the conditions found at the time of the last inspection and does not reflect the quality of food or the standards of service the business provides. To check out a local food rating, visit [ratings.food.gov.uk](http://ratings.food.gov.uk)

For general advice on Christmas food safety, visit the NHS Live Well website at [www.nhs.uk/Livewell/healthychristmas](http://www.nhs.uk/Livewell/healthychristmas)



## Civic Centre

The Civic Centre will close to the public at 3pm on **Friday 22 December** and will reopen on **Wednesday 27 December**. It will also close to the public at 3pm on **Friday 29 December** and will reopen on **Tuesday 2 January**.

## Crematorium

**Open 8.30am to 4.30pm:**  
Wednesday 27 December, Thursday 28 December and Friday 29 December.

**Open 1pm to 4.30pm:**  
Saturday 23 December, Sunday 24 December, Monday 25 December, Tuesday 26 December, Saturday 30 December, Sunday 31 December and Monday 1 January.

**Open as usual from Tuesday 2 January.**

## Bereavement Services

**Open 8am to 4.30pm:**  
Wednesday 27 December, Thursday 28 December and Friday 29 December.

**Closed:**  
Monday 25 December, Tuesday 26 December and Monday 1 January.

**Open as usual from Tuesday 2 January.**

A Christmas Remembrance Service will be held at the Crematorium Chapel on **Saturday 9 December** at 3pm. All proceeds to the Mayor's Charity Fund.

## Festive Refuse & Recycling Collections

There will be some changes to the days you need to put out your refuse and recycling over Christmas and New Year.

### Usual refuse and recycling collection day:

### To be collected:

Monday 25 December	Wednesday 27 December
Tuesday 26 December	Thursday 28 December
Wednesday 27 December	Friday 29 December
Thursday 28 December	Saturday 30 December
Friday 29 December	Sunday 31 December
Monday 1 January	Tuesday 2 January
Tuesday 2 January	Wednesday 3 January
Wednesday 3 January	Thursday 4 January
Thursday 4 January	Friday 5 January
Friday 5 January	Saturday 6 January



## Charity Christmas Cards

The festive season is underway in Carlisle with the Cards for Good Causes charity cards on sale in the Tourist Information Centre, Old Town Hall. They are perfect for those wanting to support a range of national charities.

It represents more than 250 charities including Cancer Research UK, Barnardo's, NSPCC, Alzheimer's Society and RNLI. In the past ten years, charities have received more than £40million from Cards for Good Causes.

Visit [www.cardsforcharity.co.uk](http://www.cardsforcharity.co.uk)



# Get Winter Ready

Information on how to be winter ready is now available. Advice on general flooding, winter driving, how to be prepared for emergencies and much more is at [www.cumbria.gov.uk/winter](http://www.cumbria.gov.uk/winter)

Support is also available from ACTion with Communities in Cumbria (ACT). They are encouraging households across the county to consider how to be better prepared in the event of an emergency and has produced a simple Household Emergency Plan leaflet to help.

Families and households can better cope with emergencies by preparing in advance and working together as a team. The leaflet suggests practical action you can take at home, including: having a plan; what to put in an emergency 'grab bag'; how to stay informed; and responding to an incident.

The Household Emergency Plan leaflet is available online at [www.cumbriaaction.org.uk](http://www.cumbriaaction.org.uk) or for free copies to distribute in your community, or for more information, please contact ACT on **01228 817224** or email [info@cumbriaaction.org.uk](mailto:info@cumbriaaction.org.uk)

The Cumbria Strategic Flood Partnership includes the Environment Agency, Cumbria County Council, Carlisle City Council (and other district councils), United Utilities and a wide range of representatives from



other organisations and community groups. Alongside recovery work, communities and organisations came together to produce the Cumbria Flood Action Plan. This aims to make Cumbria better prepared to manage flood risk for the future. The Cumbria Flood Action Plan identifies 102 actions across Cumbria to reduce flood risk and increase resilience to flooding. To find out more, visit [www.cumbriastrategicfloodpartnership.org](http://www.cumbriastrategicfloodpartnership.org)

## Free Home Improvements

Safe and Warm grants up to £7,500 are available to Carlisle home owners who need work such as new heating or repairs, energy efficiency measures, work to rectify hazards or other improvements to their home to help keep them safe, warm and healthy. You can apply if a member of your household has a health condition, is a carer, aged over 50 or on a low income. You do not necessarily have to be in receipt of welfare benefits to qualify and we will consider all applications.

Home improvements can include central heating systems, insulation, electrical upgrades and replacement doors and windows. Deep cleans of properties can also be funded. The aims are to minimise the effects of poor health, to help people remain independent in their homes and to prevent hospital admissions. If you are admitted to hospital and need work to help you return home safely you will be eligible to apply.

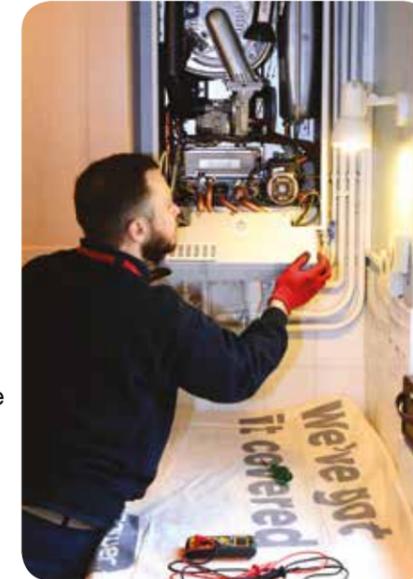
Minor Measure grants up to £500 are also available which can be used for free key-safes, electrical condition reports and various minor repairs and measures that help with home safety and health.

Visit [www.carlisle.gov.uk/homelife](http://www.carlisle.gov.uk/homelife) email [homelife@carlisle.gov.uk](mailto:homelife@carlisle.gov.uk) or call **01228 817111**.



## FREE Gas Safety Grants

Homelife Carlisle has grants up to £500 available to provide preventative services that address risks to health caused by dangerous gas work and appliances. Funded by the Gas Safe Charity, we can offer FREE gas appliance servicing for boilers, cookers, water heaters and fires, gas repairs and replacements and carry out gas safety checks through our approved contractors. Grants are up to £500 and are available to all Carlisle home owners who are either 21 years of age or older and are disabled or are aged 60 years of age or older and receive means-tested benefit whilst funding lasts. This scheme has been running for several years and we are keen that more people should apply so please email us at [homelife@carlisle.gov.uk](mailto:homelife@carlisle.gov.uk) or call **01228 817111**.



## Help Towards Independent Living

Do you need to make changes to your home to provide a safer environment for yourself, or a family member? Then we might be able to help you.

Disabled Facility Grants (DFGs) are available to pay for adaptations such as stairlifts, level access showers and ramps to support people with disabilities to live more independently in their homes. Grants of up to £30,000 are available.

We will help you get an Occupational Therapist (OT) report from Cumbria County Council Adult Social Care or from a private OT service where necessary. It is necessary to complete a "means test" in most cases unless the aids and adaptations are necessary for a child or the applicant receives certain benefits. Where a contribution is required we will investigate alternative support funds.

If you are interested, we would be pleased to hear from you. Call **01228 817320**.



## Live Well

Cold and damp weather can aggravate some existing health problems, but there are things that you can do to stay well over winter. One of the easiest things to do is to get a flu jab. The injected flu vaccine is offered free of charge on the NHS to people who are at risk.

In general the cold winter weather can be bad for our health, especially for people aged 65 or older, and people with long-term conditions. Being cold can raise the risk of increased blood pressure, heart attacks and strokes. Try to keep your home or at least one room at a steady temperature of 18°C (65°F) or higher if you can.

You can help prevent catching a cold by washing your hands regularly with warm soapy water. This destroys bugs that you may have picked up from touching surfaces used by other people, such as light switches and door handles. It's also important to keep the house and any household items such as cups, glasses and towels clean, especially if someone in your house is ill.

If you get a cold, use disposable tissues instead of fabric handkerchiefs to avoid constantly re-infecting your own hands. For more advice on how to stay well this winter, visit [www.nhs.uk/Livewell/winterhealth](http://www.nhs.uk/Livewell/winterhealth)



# Are you Sugar Smart?

Sugar Smart UK was set up by the Jamie Oliver Food Foundation and Sustain with an aim to help areas across the UK tackle excessive sugar consumption.

Did you know...?

**Nationally:**

- Tooth extraction is the largest cause of admission to hospital in 5-9 year olds.
- Over 15% of children under three years of age have some dental decay.
- Worldwide, there are more than 42million children under the age of five who are either overweight or obese.



**In Carlisle:**

- During 2013-15, 68% of Carlisle adults were recorded as having excess weight.
- During 2014-15, 32% of five year olds had dental decay.
- During 2015-16, 35.3% of Year 6 children in Carlisle district were recorded as overweight or obese.

Visit [carlislepartnership.carlisle.city/projects/sugar-smart-carlisle](http://carlislepartnership.carlisle.city/projects/sugar-smart-carlisle) and take part in our Sugar Smart questionnaire.

## Recommended maximum daily allowance



<b>4 - 6 year olds:</b> 5 sugar cubes or 19g of sugar	<b>7 - 10 year olds:</b> 6 sugar cubes or 24g of sugar	<b>11+ year olds and adults:</b> 7 sugar cubes or 30g of sugar
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Some people eat as many as 40 teaspoons of sugar every day, which is more than five times the recommended daily allowance.

## Sugars to be avoided

It's confusing! There are free sugars, natural sugars and total sugars. However, the real danger comes from what's known as 'free or added sugar'. This means sugar, most commonly table sugar and syrups, which is added by manufacturers to food and drinks while they are being made. Some foods in which you might find added sugar are fizzy drinks, breakfast cereals, chocolate, cake and ketchup. However, added sugar is lurking in all sorts of surprising places so we need to make sure we know how to spot it and read the labels.

## How much sugar are you drinking?



Source: Oral Health Foundation 2017  
Correct at time of print

# GO SUGAR SMART!

Support us to make Carlisle district SUGAR SMART!

Help us raise awareness, educate and highlight the effects sugar has on health.

## WE NEED YOU!

- Are you interested in promoting a healthy lifestyle in your workplace?
- Could you set sugar challenges in your community?
- Could you feature some information in a newsletter?
- Could you encourage local people and colleagues to consume less sugar?
- Can you help us inform our young people?
- Would you be interested in working with us to help make the Carlisle district Sugar Smart?

We want to raise awareness and get as many people as possible to **GET SUGAR SMART!**

To find out more:

Visit [carlislepartnership.carlisle.city/projects/sugar-smart-carlisle](http://carlislepartnership.carlisle.city/projects/sugar-smart-carlisle)

Email [CarlislePartnership@carlisle.gov.uk](mailto:CarlislePartnership@carlisle.gov.uk)

@SugarSmartCA

# SUGAR SMART

Carlisle

# Apply for Benefits Online

eClaim is now available using the Carlisle City Council website.

Customers who are not currently claiming a Council Tax Reduction or Housing Benefit can apply online by using eClaim.



To apply, or to find out more about eClaim, visit [www.carlisle.gov.uk/eclaim](http://www.carlisle.gov.uk/eclaim)

Before starting your eClaim, please use our online Benefit Calculator. To see if you qualify visit [www.carlisle.gov.uk/benefits](http://www.carlisle.gov.uk/benefits)

