



Newsletter

December 2016

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Big Local would like to wish all residents of Distington a very Happy Christmas and an inspiring 2017

Distington Big Local is working in partnership with The Church of the Holy Spirit, Distington Surgery and Age UK West Cumbria



We are looking for **volunteers** to provide companionship to people in our community who may be isolated.
Together we can tackle loneliness

Tel: 01946 834297
ingrid.biglocal@gmail.com
 (Assistant Development Worker)
alanldbl@gmail.com
 (Development Worker)


www.distingtonbiglocal.org



Community Connections Befriending Scheme


If you have some time to spare and would like to help please contact Ingrid on 01946834297



 **Free**
 For Adults & Children (10 years & older)
Free Creche also provided

Learn how to cook good, cheap, wholesome food for the family

Tuesday 10 January 2017, 3:30—5pm
 Then every 2nd Tuesday of the month
 Distington Community Centre

 **Free ingredients provided**

To book a place contact Ingrid or Alan (see above)





Some Big Local Highlights since the last Newsletter



Left to right and top to bottom— new Shelter near Toll Bar roundabout, summer fun day, extra CCTV, digital Club, Grassroads FC, football pitch renovation, transport fund, church toilet and kitchenette (part funded by DBL)

DISTINGTON BIG LOCAL AGM

We held our second AGM on September 16th, looking back on the past year, celebrating what has been achieved and looking ahead as there is so much more to be done. Kathleen Sharpe, John Bowman and Roy Shepherd did not seek re-election to our Board and were warmly thanked for their valuable contributions to Big Local in the last couple of years. Alison Jackson, Paul Tharagonet, Sue Hunter, Karen Hodgson and Gayle Maxwell were elected on to the new Board and we look forward to all that they will bring to our work. Mrs Rhoda Robinson as Chair also announced the recent formation of Distington Big Local Ltd. A not for profit company to enable us to become increasingly independent.

The land for sale on Church Road owned by Royal British Legion



We are currently in the process of purchasing the above land for the village and hope this will be concluded shortly. See our website, facebook or twitter for updates.

Distington Housing Register

We are creating a Housing Register for Distington to help us understand what the future housing needs are in our area. If you are interested in living in a type of housing you are not currently living in, you can register that interest. If you know others who have a connection with Distington and would like to live here, please encourage them to register too. We will use the information to inform any developments with which we might have some involvement in the future, and you will be informed of any plans.

Forms to register your interest are available from the office or download from our website (distingtonbiglocal.org/document-library)

Community Chest and Transport Grants



Since June £3,665 has been granted To nine local groups from the above pots. For information and/or application forms contact Ingrid (see front)

DIGITAL CLUB NEWS

Our Digital Club continues to operate on **Wednesday mornings 10am—12 noon**. You are welcome to bring in your own Digi devices or use our laptops. Get help in setting up and using them, as well as advice on more advanced uses (if we don't know we will find out!). Total beginners and more advanced users welcome. As well as the above we have the following courses coming up -

MS Office Course

A new course to help you get the most out of MS Word and Excel, starting in February 2017. 10 weeks Monday evenings, 7.30 pm till 9, cost only £25 for all 10 nights.

Interested or more info contact Alan or Ingrid (see front)

Course content (to include but not limited to) :-

WORD All aspects of Formatting including - font selection, indenting, tabs, justification, bullets and numbering. Working with templates, styles, headers and footers, tables, charts, graphics, mail merge, labels, business cards, mailing etc.

Excel Basic Spreadsheets, including managing, formatting and charting. Using ranges, sorting and printing data, using lookup tables, working word and excel together, exporting and printing data.

There are 3 places on the course allowing some tailoring to individual needs (first come, first served).

Our computers use the latest version of MS Office.

Raspberry Pi

If you know that this is something you don't eat with cream, maybe you will be interested in being a part of a new group who will explore the boundaries of what's possible with a Pi B. There are millions of them out there now being used for all sorts of things such as :-

- Making a 3D printer
- Home automation
- Robotics
- Logging
- And thousands more



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Looking for 3 or 4 people to join a group (min age 17) who would meet once a week, (one evening for about 2 hours) to explore the fantastic world of Pi. Cost £2 a month. (To cover refreshments and further purchases)

More info contact Alan or Ingrid (see front)

Need help with the small jobs?

Our village maintenance/handyman Ronnie is now available for minor repairs, doing jobs where a qualified tradesman is not necessary. Charges to cover costs are £4 per quarter hour; £8 per half and hour and £15 per hour. No job is too small.

Contact Alan or Ingrid to book Ronnie or for more info (see front)



Free Advice Sessions Tuesday Afternoons in The Community Centre

Working with Citizens Advice we continue to provide the above every Tuesday. To make an appointment ring 01946 693321 asking for a 'Distington Appointment' (appointments are available with Citizens Advice in Whitehaven at other times and days). Help and Advice on a range of issues including



Pull the plug on expensive energy bills

At Citizens Advice Copeland we can help you heat your home for less and save money on your energy bills. Our Energy Best Deal appointments could help you switch supplier, apply for a £140 Warm Home Discount and even help with installing loft and cavity wall Insulation.



Universal Credit

is a benefit for working age people and combines a number of previous benefits in to one package. (e.g. Income Support, income-based JSA, income-related Employment and Support Allowance, Child Tax Credit, Working Tax Credit, Housing Benefit).

If you currently receive any of the above you will move on to Universal Credit when your circumstances change or the Dept. of Work and Pensions 'invites' you to do so.

Advice regarding claiming a benefit or help to budget your monthly payments is available.



Distington Lunch Club



**Distington Community Centre
at 12 noon**

**On the second Friday of each
month**

Home made soup and roll — £2

Mains—£2

Sweets — £1.50

Tea or coffee included

Everyone Welcome



Church Advent and Christmas Services 2016

Wednesday 30th November
CHRISTINGLE SERVICE @ 6pm*

Sunday December 4th
LAZY SUNDAY CAFÉ 11 am —1.30 pm
(in the Community Centre)

Sunday 18th December @ 4 pm
CAROLS BY CANDLELIGHT

Christmas Eve **CRIB SERVICE @ 5.30 pm***
MIDNIGHT COMMUNION @11.30 pm

Christmas Day **FAMILY COMMUNION @ 9.15 am**

New Years Day **COMMUNION @9.15 am**
LAZY SUNDAY CAFÉ 11am -1 pm
(to be confirmed; in the Community Centre)

*Children are welcome at all of our services. Those marked *
are especially suitable for younger children*



Distington Club For Young People

would like to thank funders, volunteers, members, parents and all who have made this another great year. We wish you a good Christmas and a very happy new year



Calling all book lovers

Do you enjoy reading?

Do you enjoy discussing books?

If so why not come along to

DISTINGTON READING GROUP

Every second Monday 2.30pm

Distington Library

More details from



Margaret Hildrop 01946 833351
Maggie Bramley 01946 833241

Distington Family and Local History Society



**Meet on the third Tuesday of the month
at 7pm in**

The Community Centre

Topics for the New Year include:-

What our troops ate in the war

Story of Myers and Bowman

History of local co-ops

Lifeboat service

**We have two outings each year to places of interest
Admission £2.00**

Tina's Fitness For All

Tel: 07776 205 721

**Flex n Firm Thursdays 6-7 pm @
Distington Community Centre**

**Freestyle Yoga 10.10—11.15 am
@Distington Community Centre**

**Beauty Treatments now available
ring for information**

Grassroads Sharks FC

Players wanted from reception to year 4.

Everything we do is based around our love for the game and enabling kids to have fun while they pick up new skills on the pitch.

Please get in touch with Luke if you or somebody you know would like to join us

(07932010844 lukejramsdn@hotmail.co.uk)



**To advertise your community group please
contact Ingrid or Alan (see front)**