

# Distington Big Local

July 2015

Chair: Mrs Rhoda Robinson

## Hello Distington!

Welcome to our  
Big Local Summer 2015 Newsletter

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Our new village maintenance project

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Citizens Advice comes to Distington

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Join us for food and fun on 18th July

#### Healthy Distington

Beginning our footpaths development

#### Building Community in Distington

Assisting local community groups




### Follow us



[www.facebook.com/DistingtonBigLocal](http://www.facebook.com/DistingtonBigLocal)



[www.distingtonbiglocal.org](http://www.distingtonbiglocal.org)

in person 

at our **AGM**  
**THURSDAY 27TH AUGUST 6.30**  
pm Distington Community Centre  
Church Road

### Contact us

#### Telephone

Our office at Distington Community  
Centre 01946 834297

#### Email

General Enquiries  
[laurendistingtonbiglocal@gmail.com](mailto:laurendistingtonbiglocal@gmail.com)  
Development Worker Alan Lowe  
[alanldbl@gmail.com](mailto:alanldbl@gmail.com)



## Alan's Big Local Ramblings

Well its been a very busy few months since our last Newsletter. A number of things have begun happening to fulfil the Big Local vision for the village.

Do read on the following pages about some of these things, and if they inspire you with ideas for the village give me a ring, pop in to our office at the Community Centre or come along to our AGM in August.

At the AGM, and also at our Summer Fun and BBQ in July, there will be opportunities for local people to express their ideas as to what you would like Big Local to achieve in future years. Please take a minute to help us in that, as we are committed to listening to residents.

Big Local is truly resident led so if you want to influence what happens do get involved!

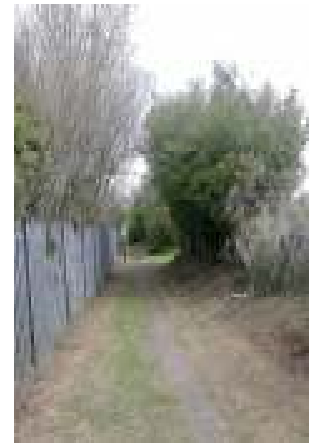
*Alan Lowe Development Worker (for the partnership Board)*

### Upgrading Distington



Before

In our last newsletter we advertised For a handy-Person for Distington. We had many good candidates and took on local man Ronnie Hewer who has begun sorting out those things which no one else does. We hope to expand this service further in the future.



After

We have also purchased a new mowing machine to help keep the village looking good!

### Advising Distington

Since March we have been pleased to have the services of Whitehaven and District Citizens Advice Bureau offering support to Distington Residents every Tuesday 12-3 pm



Katrina Lazonby of Copeland CAB  
Our Advice Officer

Whoever you are, whatever your problem .....  
To make an appointment please ring 01946 693321

Our first Big Local Summer Event for the village  
Free to Distington residents. See over for details

## Summer Fun and BBQ

### VOLUNTEERS NEEDED!

If you are able to help make our Summer Event excellent please contact Alan on 834297 or email alanldbl@gmail.com or pop in to the office.

**Stewards** (instruction given of course)  
**Refreshment servers** (tea, coffee, juice and cakes)  
**'Smaller Activity attendants'** e.g. bouncy castle, coconut shy etc.

You can offer to help from 12.30-2.30 or 2.30-4.30 (or both). Clearing up 4-6 pm.

We are pleased to offer support to some of our locally gifted **rugby players and coach** who have been selected to tour Serbia with The English Lion Hearts Team (Selected from Cumbria Men's League)

We are also pleased to support Aidan Worthington who has been selected to tour South Africa with the British Amateur Rugby League Association.

More details in the next Newsletter



### DISTINGTON CLUB FOR YOUNG PEOPLE

Summer Programme now out!



This year is slightly different. It is called Rewards for Action and is funded by Awards for All and Distington Parish Council.

Young people sign up to do jobs and tasks at home or in the community to get hours/points in order to go on the trips or enjoy activities. Our programme covers Educational, Recreational and Sporting Activities.

### Healthy Distington

Working with our local Rural Access Officer with support from Distington Surgery Big Local is embarking on creating a series of healthy walks round and about the village. Work began in July on creating a moderate circular health walk utilising part of the Cycle Path (with thanks to Sustrans who manage that).



We hope to create walks which are as interesting as they are healthy and scenic!

The contractors get to work!

### Building Community — Helping our local Community Groups

Big Local offers grants of up to £500 from our Community Chest Fund to help local groups to set up or run their groups activities. We are pleased to have assisted the following groups in 2015

Church of the Holy Spirit Baby and Toddler Group  
Distington in Bloom  
Distington Community Centre  
Craft Club



Big Local has 5 groups which meet to share ideas and plan our work. The 5 groups deal with the following issues:

- Community and Community Safety
- Young people and families
- Housing and environment
- Health and well being
- Employment and training

If you have a specific interest in any of these areas do give Alan a ring. We need as many people in the village involved as possible.

## Want more?

If you require further information or want the contact details of any group mentioned in the Big local Newsletter please ring  
**01946 834297**



## Need advice?

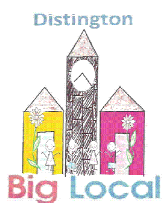


We're here to help. Whoever you are. Whatever your problem.



Advice sessions every Tuesday from 12 pm

At Distington Community Centre  
For an appointment ring  
01946 693321



PRESENTS ...

# Summer Fun and BBQ



Saturday July 18th

1-4 pm behind the Community Centre  
(also at the school and church)

Bouncy Castle



Animal Zoo



Birds of Prey



roundabouts

refreshments

Rodeo ride!

BBQ

Clip n climb  
Climbing wall



Displays and demos

Circus skills

Make your self  
a Bird Box

**and other stuff too!**