

Distington Big Local

March 2015

Things are happening in Distington as Big Local begins to deliver some of the things in The Big Local Plan read on!

Support for an Advice Centre in the Community Centre

Significant support for The Club for Young People over 2 years

Vacancy for the new post of Community Caretaker / Handy-person

Distington wins award for its generosity towards the poppy appeal



more inside



Follow us

We now have a Facebook page and a Twitter account so please follow us and keep up to date with what's going on at Distington Big Local:



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



<https://twitter.com/DistingtonBL>

Alan's Big Local Ramblings

I am really pleased to be working for Distington Big Local. If you don't know me as yet I arrived in Distington last June and live in the Rectory on Church Road (my wife is a curate at the Church). I trained as a Church Community Worker 20 years ago and have worked in all sorts of settings since then for both church and Charities. My wife Heather and I have been amazed at how quickly we have felt part of life here in the village and have really appreciated the welcome we have received.

As for the projects Big Local hopes to support in the coming years they are built around five headings –

Health and Well Being

Community and Community Safety

Employment and Training

Young people and Families

Environment and Housing



If you would like to be involved in any of these areas please do talk to me informally about that. The priority of Big Local is that all decisions are resident led so do please have your say as we work together to make Distington an even better place to live.

All the best

Alan Lowe (Development Worker)



We are delighted to be able to support the great work of Distington's Club for Young People over the next 2 years.



Copeland Citizens Advice Bureau

We are pleased to partner with CAB. One of the things that was highlighted by local people was the need for free advice as had been available at the surgery in the past. Advice available includes—Debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other Problems.



Distington Big Local Job Vacancy

We are looking for a Community Maintenance and Handyperson for 30 hours per week.

Would you like to improve the area where you live and support your local community? If you have skills in DIY, gardening and repairs this could be the Job for you!!

For more information or to collect an application form please contact Distington Big Local on:
01946 834297

Or pop in to our office based in Distington Community Centre open Monday to Wednesday 10-4

Closing date 23rd March 2015 at 4.pm

Coming To Distington
Beginners Welcome



Tina's Fitness 4 All

Weekly, Wednesdays at the Boys Club
(Beginning Wednesday 4th Feb)

High Intensity, 30 min session, £3, 6:30 - 7 pm
Legs, Bums & Tums, 50 min session, £3, 7:10 - 8 pm

Weekly, Thursdays at the Rugby Club
(Beginning Thursday 5th Feb)

Box Circuit, 60 min session, £3.50, 6 - 7 pm
Gentle Stretch & Tone,
40 min session, £3, 7 - 7:30 pm

Price per single session as above,
£5 for 2 different sessions
10% discount for each block of 10 sessions booked

Book your place now with Tina:
07776 205 721

Facebook: Tina's Fitness 4 All

First class free trial!



Need advice?

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



Advice sessions available from Tuesday
17th March every Tuesday from 12.00pm
at [Distington Community Centre](#).

For an [appointment](#) please contact
Copeland CAB on 01946 693321

We are proud to announce that Distington has won the George Coward award for our fundraising efforts for the Royal British Legion Poppy Appeal.

