

Inside: Free A-Z Guide to council services



COUNTY COUNCIL
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Summer 2004
YourCumbria



A 'golden oldie' going places

You're never too old to learn

Meet the guv'nor

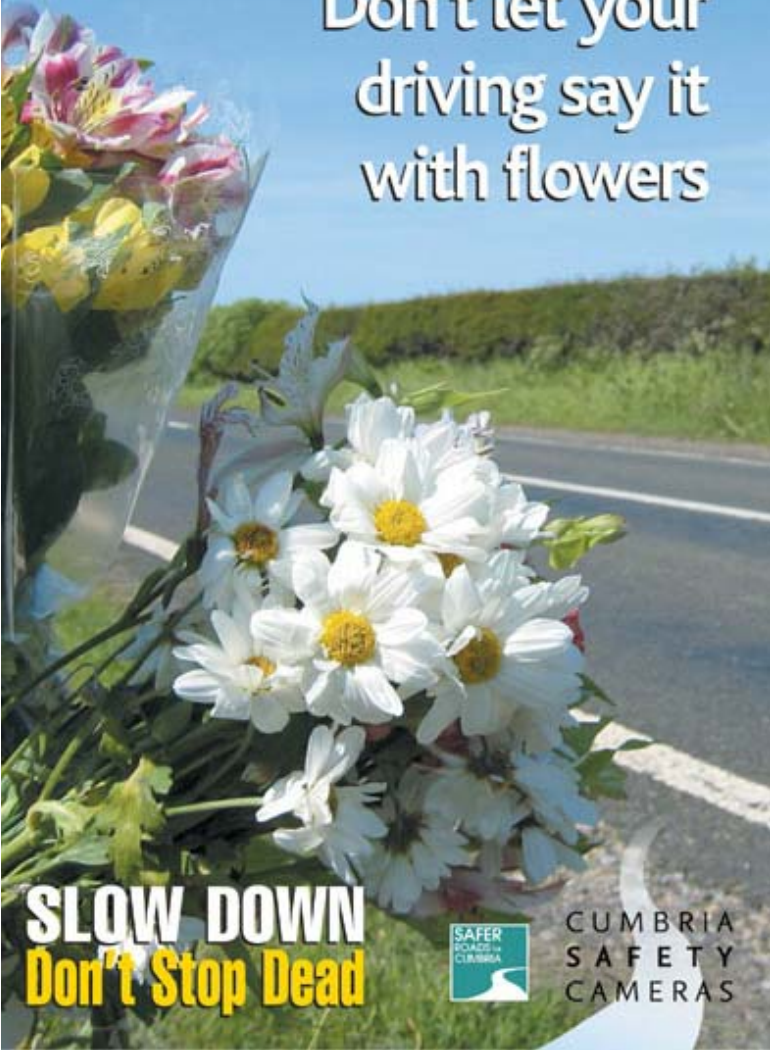
Supporting your local school could change your life

Poacher turned gamekeeper

A fresh start with new skills

This issue: Promoting learning in Cumbria

Don't let your driving say it with flowers



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Don't Stop Dead



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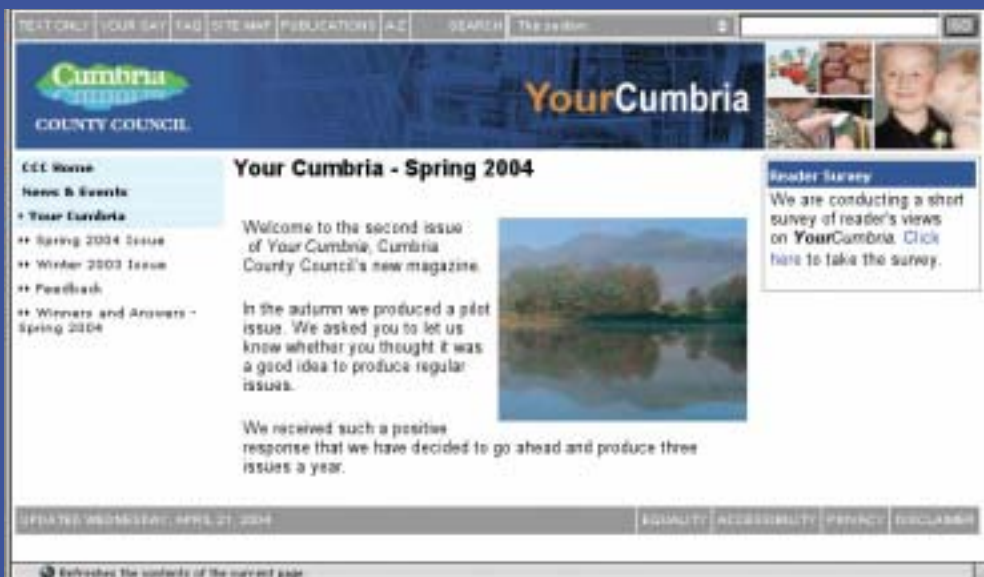
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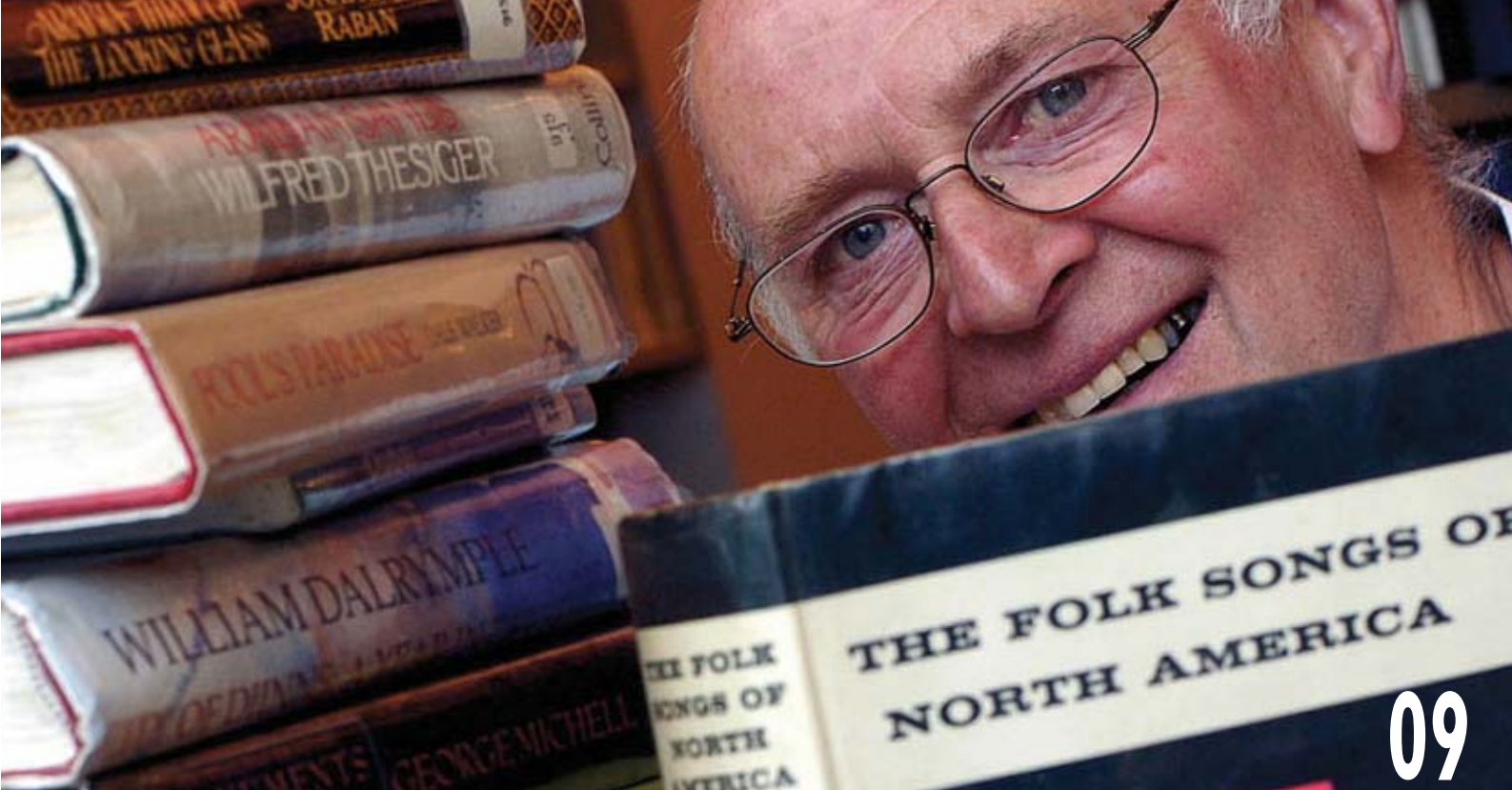


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YourCumbria news

Check out job vacancies
at the council

Find the information
you want with the A-Z
of council services

Discover more with cumbria.gov.uk



09



06



17



18

Contents

- 05 Rolling back the years**
How Cumbria has changed over the last 30 years
- 06 Meet the gov'nor**
How supporting your local school can change your life
- 09 Booking the trend**
Why local libraries are in your good books
- 10 Dodging disasters**
How a bit of planning can go a long way

- 11 Your A-Z guide**
Everything you need to know about council services in Cumbria
- 15 Driving deaths down**
Find out how Cumbria is reducing the number of accidents on its roads
- 17 Grow your own**
Why social care is top of the council's agenda

- 18 A 'golden oldie' going places**
Find out why you're never too old to learn
- 21 Have you got some spare time?**
How volunteering can help your career
- 22 Poacher turned gamekeeper**
How learning turned one woman's life around

YourCumbria

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Welcome



YourCumbria.
As always, inside you'll find a wide range of local stories and features that I hope will be of interest to you.

Cumbria County Council delivers a wide range of services such as schools, libraries, highways and social services. We also work very closely with partners in the voluntary sector and with our rural and urban regeneration companies.

I know many residents are confused over which services the county council delivers, and which services the district/borough councils provide.

We would like to help you understand who delivers what and make sure that you always have the right contact number. So, in this issue there is a free pullout and keep four-page guide to local services. Keep it with your phone book so you can quickly find the right phone number next time you need to contact us.

On the back page is an article about the government's proposal for a referendum this autumn on whether the people of the North West want a new elected regional assembly.

If there is a "No" vote then the structure of local government in Cumbria will remain as it is. If there is a "Yes" vote then Cumbria's present councils will be abolished and new unitary councils will replace them.

It is really important that those who vote "no" also vote for which council they would prefer in the event of the majority voting "Yes" for a regional assembly.

This is an important issue for everyone. I hope you will take the time to read the article to find out more about the issues. Whatever your views, it is vital that you vote in the referendum when it comes.

Rex Toft Leader of Cumbria County Council

Social services online 24/7



Welcome to the new online referral form for Cumbria social services. The electronic service allows members of the public and professionals to make non-emergency referrals through the website 24 hours a day, seven

days a week. All the information recorded in the on-screen form will be dealt with confidentially.

Check out the website at cumbria.gov.uk/socialservices/referrals

Don't forget you can...

- Catch up on the winners of the competitions
- Tell us what you would like to see in future issues
- Download previous copies of **YourCumbria**

YourCumbria.org.uk

In the last edition of **YourCumbria**, there were two errors. On the poster displaying county councillors - Bill Cameron, a **Labour** councillor, was shown as Conservative and Bob Edgar, a **Conservative** councillor was shown as Labour. We sincerely apologise for this.



Maryport West

Bill Cameron - 01900 812783
bill.cameron@cumbriacc.gov.uk



Wigton

Bob Edgar - 016973 43159
bob.edgar@cumbriacc.gov.uk

It has been 30 years since the county of Cumbria was created and the papers proclaimed: "Hail Cumbria... farewell Cumberland and Westmorland" and "Welcome to the new Cumbria". Since its creation much has changed and two county councillors, Bill Cameron and Peter Phizacklea, have been on hand to witness developments. Here Bill and Peter talk about some of their own memories.



Bill Cameron and Peter Phizacklea



Articles courtesy of Cumbrian Newspapers

Thirty years of change

Entertainment

1974 was the year that Bagpuss was born, Abba won the Eurovision song contest with Waterloo, and Ceefax was transmitted for the first time. And, of course, Radio Cumbria has been serving the people of Cumbria over the last 30 years, too. Radio Cumbria is a local community radio station for the people of Cumbria which has been a mainstay over the years. For instance, the BBC Cumbria lamb bank came over the air in February 1974, to find homes for orphaned lambs. And, of course, there was their sterling work in keeping the county up-to-date during Foot and Mouth.

Sport

Carlisle United were doing well in 1974 when they were promoted to Division One. Although the England football

team didn't qualify for the 1974 World Cup. But this didn't stop our councillors being big sports fans! Bill Cameron is a rugby league fan, having played quite a bit, and was also a Cumberland and Westmorland wrestler. It was through his love of sport that led Peter Phizacklea, a former North of England Lightweight Judo champion, to become a councillor and work towards gaining more sporting facilities for his community.

Transport

VW Golf was introduced in 1974 and proved hugely popular when it was launched. There weren't as many cars on the roads then. But more than two in three Cumbrian households now have access to a car. Nationally, in the last 20 years, the use of public transport has almost halved. Peter and Bill both have fond memories of transport projects over the last 30 years.

Bill has a keen interest in trains and was chairman of West Coast Rail 250 for 10 years. At the opening of the Crosby-on-Eden bypass, Bill dug the first sod with 25 school children, who then proceeded to have races up and down the road with him. Peter worked hard to keep the Dalton bypass at the forefront of the highways agenda and feels proud that he played a part in the building of the bypass.

IT and communications

There were no such things as mobile phones in 1974, nor home computers. Now half of Cumbrians have access to the internet. Peter and Bill both find it easier to work for their communities by having access to good communications. Although they'd probably both be the first to admit that learning and keeping up with today's IT is perhaps one of the biggest challenges of all.



School governor George Seward

School is not just a place where children can learn - you too could benefit from developing your skills and help put something back into your community as a school governor.

Meet the gov'nor

Father-of-two George Seward decided to do just that when he and his family moved into the Hethersgill area, near Carlisle, more than eight years ago.

Today he is a governor at two local schools and is a member of the Cumbria Advisory Group on Governance.

George said: "My wife had been a teacher governor at her school in Carlisle and I thought it was a good way of putting something back into the local community where we had just moved to.

I became a parent governor at my local school, Fir Ends Primary School, Smithfield, for four years. I was then co-opted on again for a further four years, and for the past three years I have also been a parent governor at Brampton Infant School.

"As a governor you are there to contribute positively to the

management of the school for the benefit of the children. You are working as part of a team, with the staff and the wider school community.

"It is a management role, supporting the school in its aims and vision and to ensure that the school, through the head teacher, reaches levels of educational attainment, as well as the financial running of the school. We are responsible, amongst other things, for the budget, staffing, curriculum delivery and buildings, all of which are monitored and evaluated against the school development plan.

"The management of both schools is very different, as one is a foundation school and the other is a community school. They take different routes to reach the same aim - helping the staff to create the best possible learning

environment for each individual child to reach their full potential."

As a construction site manager, George's work experience is useful in his role of caring for the premises side of both schools. But he has also found the role of governor has helped him develop skills that have benefited his career and personal life.

George said: "The training you receive benefits you as a person in other areas of your life. You are giving and gaining lots of strengths. But at the end of the day, being a governor is about being there for the children first of all, staff, parents and the wider school community."

For more information about becoming a school governor, contact Jacqueline Pelham on 01228 606925 or visit cumbria.gov.uk/education/governors

Go wild at school



Councillor Lawson Short presents Cumbria Wildlife Trust with their grant

Improvements could include planting vegetable gardens, introducing composting, and providing bird and bat boxes and feeders.

Helen Haydock of Cumbria Wildlife Trust said: "The school building itself may provide breeding sites for a variety of birds and animals, including barn owls, swifts, swallows, and bats. As well as creating new and important habitats for wildlife, the scheme will provide a superb educational resource not only for the schools, but the wider community."

For more information, contact Rachel Osborn at Cumbria Wildlife Trust on 01539 816300 or check out cumbriawildlifetrust.org.uk

You can find out more about grant funding at cumbria.gov.uk/planning-environment/sustainability/grants

A three-year project to improve school grounds for wildlife has been given a boost by Cumbria County Council.

The authority's Local Agenda 21 fund has made a grant of £5,000 to Cumbria Wildlife Trust for its grounds for wildlife scheme.

The project has also received funding from the Lake District National Park Authority and Heritage Lottery Fund. It will work with schools, parents, teachers, children and other community organisations to make the school grounds friendly for wildlife.



On your bike!

Wheels 2 Work is an innovative way of helping young people in Copeland overcome transport barriers access employment, training and education opportunities.

Through Wheels 2 Work, 10 motorbikes have been bought in a joint venture between

Cumbria County Council, the Countryside Agency, Connexions Cumbria and Copeland Local

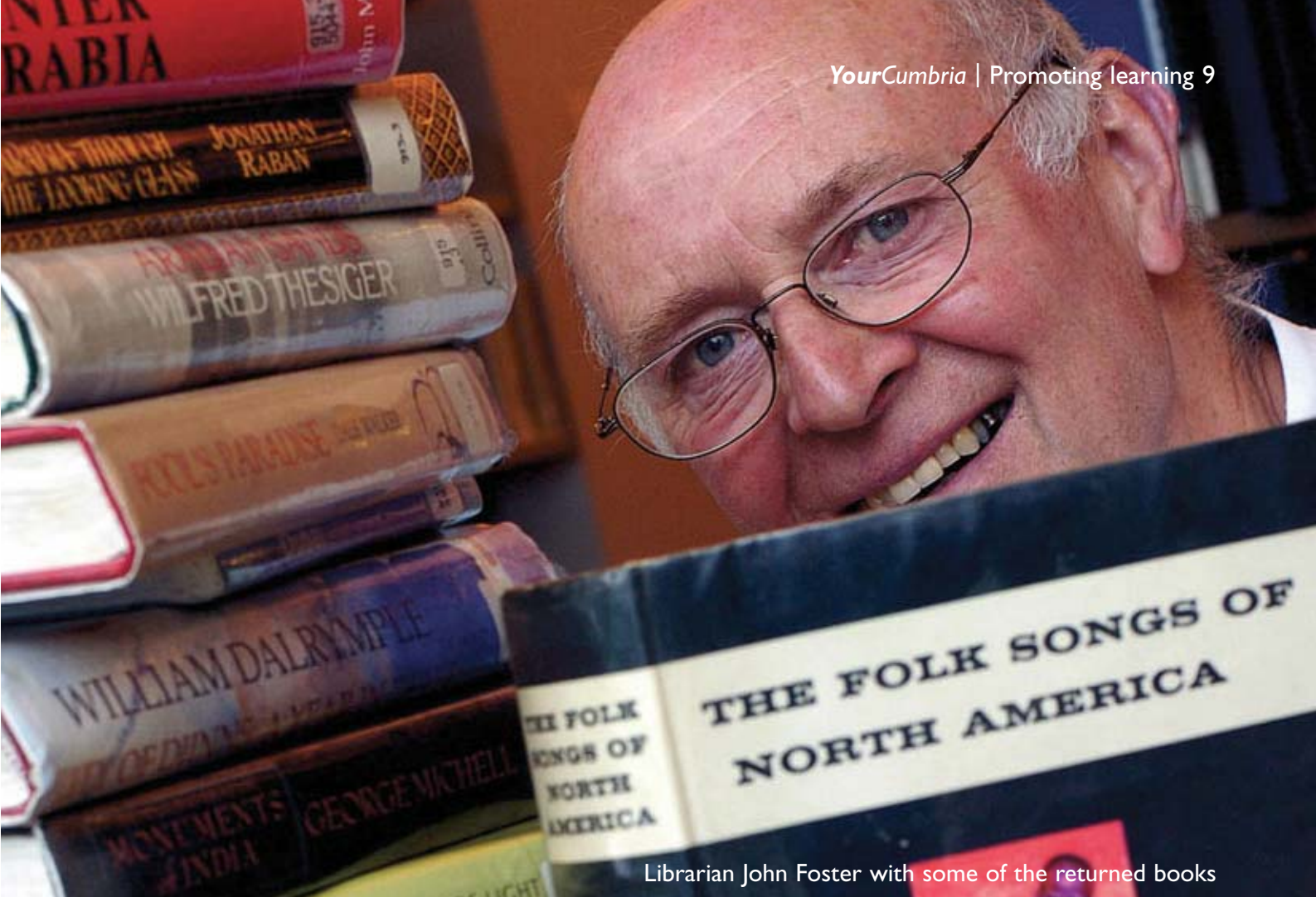
Management Committee. The bikes provide transport for 16 to 20 year olds who have difficulties in travelling to work, college or to training opportunities.

Two bikes are based in south Whitehaven, one in central Whitehaven, six in rural villages and one in the Millom area.

Young people are given compulsory basic safety training and full protective clothing and

helmets for use on the bikes. They are also given a handbook, which tells them how to look after their 50cc scooter including basic maintenance and general care instructions.

For further information about Wheels 2 Work, please do not hesitate to contact Julia Mullarkey at Egremont Youth Centre on 07799 798 278 or email julia.mullarkey@connexionscumbria.co.uk



Librarian John Foster with some of the returned books

Libraries in your good books

Apparently Cumbria County Council's libraries are in your good books. In many other parts of the country, fewer people are going to libraries, but in Cumbria the number of visitors is increasing.

Government inspectors found a high level of satisfaction with users. Scoring it as a "good" service, although recommending further developments. They found people made good use of the libraries. Sometimes very good use indeed.

During a fines amnesty in April at Carlisle library, a borrower returned a book, Folk Songs of North America. This book hadn't been seen since it was taken out in 1969.

Presumably the borrower has learned all the songs by now!

Library services manager Alan Welton said: "Our service is successful because we have kept up with the times. Twenty years ago there were no videos in the library, no CDs, no DVDs and no computers for public access. Now we have them all.

"We are always looking to improve the service. We are keeping many branches open later and piloting Sunday opening in some areas.

We are also piloting Library Links, which will provide computer terminals to let people access the library system from local shops, post offices and pubs."

Remote areas are set for further improvements. The new access mobile library van will soon hit the road. A purpose-built vehicle, designed to tackle steep, winding, narrow lanes, stocking a selection of books.

Much more than a mobile- it will have a seating area, foldaway table and display space. Sure Start and children's information service, as well as the librarians, are keen to take projects out into far-flung communities in the access mobile and Cumbria adult education service is thinking that it could take evening classes to places they've never been before.

For more information contact 01228 607294 or visit cumbria.gov.uk/libraries

Dodging disasters

the 'emergency planning' way



Practising the emergency plans on Windermere

Did you know that every year, hundreds of people take part in emergency exercises in Cumbria? And when the time comes those hours of practice pay off.

When an unexploded bomb was unearthed in Barrow, it could have been chaos, but an emergency plan was quickly put into action to protect local residents.

Gillian McNamee, of social services in Barrow, was one of the team called into action. Gillian said: "I was called out of a meeting by the police to attend a briefing session. The emergency action plan was put into force and it was a good combined team effort.

"Social services provided details of vulnerable people in the exclusion zone. Within two hours

we had the list of vulnerable people with the police. We had checked more than 68 pages of data."

Cumbria County Council's emergency planning officer David Humphreys said: "The plan ran very well and it highlights why we do practice exercises. We carried out a simulated accident on Windermere this spring as a training exercise and test run of equipment.

"We don't look at these exercises as a demonstration of the emergency plans. We are looking for things to go wrong so we can learn from the mistakes. And following the Barrow bomb, we gained feedback from a real situation and are using that information to further improve future plans."

For more information on emergency planning, telephone 01228 815700 or email emergency.planning@cumbriacc.gov.uk

Life through the lens

The number of people killed or seriously injured on Cumbria's roads has fallen since the launch of the safety cameras initiative in April 2003.

More importantly, when compared to the previous 10 years, fatal and serious injury accidents are maintaining a consistent all-time low.

Between January and the end of April 2003 there were 19 deaths

and 122 serious injuries recorded in Cumbria. In the first four months of 2004 there were 14 deaths and, more significantly, just 65 serious injury casualties. This is a drop of almost 50 per cent.

Cumbria safety cameras spokesperson Kevin Tea said: "We cannot claim this drop is purely down to the safety camera initiative. But we do know that casualties who are killed or seriously injured across the 47 hotspots we have been monitoring



Spot the safety cameras van!

since last April have been reduced by around 40 per cent.

"After just 12 months we are encouraged the message is getting through to drivers. But we cannot be complacent and hard work is needed to ensure this trend continues."

For more information about Cumbria safety cameras contact Kevin Tea on 01768 217791.

Council services in Cumbria



COUNTY COUNCIL
cumbria.gov.uk

Your A-Z guide



Your free pull-out and keep guide to council services in Cumbria

Putting the public *first*



Your A-Z guide to council services in Cumbria

Important: For all services highlighted in **blue** please see district/borough map for your local council number

A

Abandoned vehicles advice line	see map
Adult education	01228 607304/607303
Allotments	see map
Animal health and welfare	01539 773137
Archaeology	01539 773428

Archives

Barrow	01229 894377
Carlisle	01228 607285
Kendal	01539 773540
Whitehaven	01946 852920

B

Beach cleaning	see map
Benefits advice centre	see map
Bereavement services	see map
Birth, registration	01228 606359
Bus timetables	0870 6082608
Blue badge scheme	01228 607000
<i>or see social services for local numbers</i>	
Building regulations	see map
Building planning applications	see map

C

Car parks	see map
Car park permits and tickets	see map
Cemeteries and crematorium	see map
Children's information service	08457 125737
Christmas lights	see map
Coast protection	see map
Community centres support	see map
Community events	see map
Complaints about council services	see map
Concessionary fares	see map
Consumer advice	0845 3303313
Contaminated land	see map
Councillors details	01228 606368
Council meetings	01228 606368
Council tax	see map
Council tax benefit	see map
Council tax/electoral registration	see map
Countryside office	see map
Cumbria contract services	01228 607607

Cumbria care	01228 607633
Cycleways	01228 606968

D

Dangerous structures	see map
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Day care services, older adults

North	01228 601701
South	01229 894548

Deaths, registration	01228 606359
Derelict land	see map
Development control	see map
Development control planning	01539 773066
Dogs - barking and fouling	see map
Dustbin emptying	see map

E

Economic development services	see map
Education, general	01228 606877

Education welfare

Barrow	01229 894400
Carlisle	01228 606789
Kendal	01539 773456
Penrith	01768 242072
Whitehaven	01946 852703

Emergency planning	01228 815700
Energy efficiency advice centre	see map
Environmental issues	see map
pest control, food safety, dog control (dirt), health and safety at work, noise pollution	
Environmental protection services	see map

F

Fire service	01900 822503
Fly tipping	see map
Food inspection control	see map
Furniture removal	see map



Unsure which number to call?



Try our main switchboard 01228 606060



Your A-Z guide to council services in Cumbria

Important: For all services highlighted in *blue* please see district/borough map for your local council number

G

Grants, student	01228 606777
Gritting icy roads	0845 6096609

H

For health care related matters contact	
NHS Direct (24hrs)	0845 4647

Highways hotline 0845 6096609

email: cumbriahighways@capita.co.uk

24 hours a day - 7 days a week

Ring Cumbria highways hotline if you want information on, or are experiencing problems with:

Potholes and road defects
 Pavements and cycleways
 Street lighting
 Road signs
 Flooding of roads
 Traffic management
 Traffic signals
 Skips
 Scaffolding
 Road closures
 Snow, ice and road gritting
 Grass verges
 Overhanging trees and hedges
 Highway improvements
 Rights of way
 Windermere ferry enquiries

Homelessness	see map
Housing advice	see map
Housing benefit	see map
Household recycling	see map

L

Land charges	see map
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Libraries

(Cumbria has 54 libraries around the county - the main six are listed below):

Carlisle	01228 607310
Barrow	01229 894370
Workington	01900 325170
Kendal	01539 773520
Whitehaven	01946 852900
Penrith	01768 242100

Licences	see map
Litter and street cleaning	see map
Local plans	see map

M

Markets	see map
Marriages, registration	01228 606359
Meals on wheels	see social services
Minerals and waste planning	01593 773066

N

Neighbourhood development:	
Workington	01900 325011
Barrow	01229 894312
Carlisle	01228 606315
Eden	01434 382128
Kendal	01539 773180
Ulverston	01229 894100

O

Outdoor activities	017687 72816
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P

Parks, open spaces and play areas	see map
Pest control	see map
Planning - applications/enforcement	see map
Police HQ	01768 891999
Pollution	see map
Print services	01228 606420
Product safety	see trading standards
Property	see map
Public conveniences	see map
Public rights of way	01228 673084
Public transport	0870 6082608

R

Recycling	see map
Refuse and special collections	see map
Registration of births, deaths & marriages	01228 606359
Residents parking permits	see map
Respite care	see social services
Road safety	01768 242336
Roads	0845 6096609
Residential homes	01228 607633

S

School governor support services	01228 606921
School places	01228 606999 / 606888
School meals	01228 607617
School transport north	01228 606008
School transport south	01228 606006
Shopmobility	see map
Sport and recreation	see map
Strategic planning	01228 606758
Street cleaning	see map
Street lighting	0845 6096609
Student support services	01228 606777
Sustainability	01228 606314
Swimming pools	see map

Your A-Z guide to council services in Cumbria

Important: For all services highlighted in **blue** please see district/borough map for your local council number

Social services
 (For all services including meals on wheels, blue badges, fostering and adoption)

Barrow	01229 894894
Carlisle adult services	01228 607000
Carlisle children's services	01228 607002
Kendal	01539 773377
Penrith	01768 242242
Whitehaven	01946 852852
Workington	01900 325325

Out of office hours 01228 526690
Typetalk 0800 959598

T
 Tourist information centres *see map*
 Town twinning *see map*

Trading standards

Animal health licensing	01539 773137
Consumer advice	0845 3303313

(For other trading standard issues contact your local office)

HQ	01539 773594
Barrow	01229 894520
Carlisle	01228 607447
Cockermouth	01900 325980
Kendal	01539 773577

Traveline 0870 6082608
 Traffic lights 0845 6096609
 Tree maintenance *see map*

U
 Unsafe goods *see trading standards*

V
 Voting *see map*

Hard of hearing?
 Contact us via *typetalk* 01228 606060

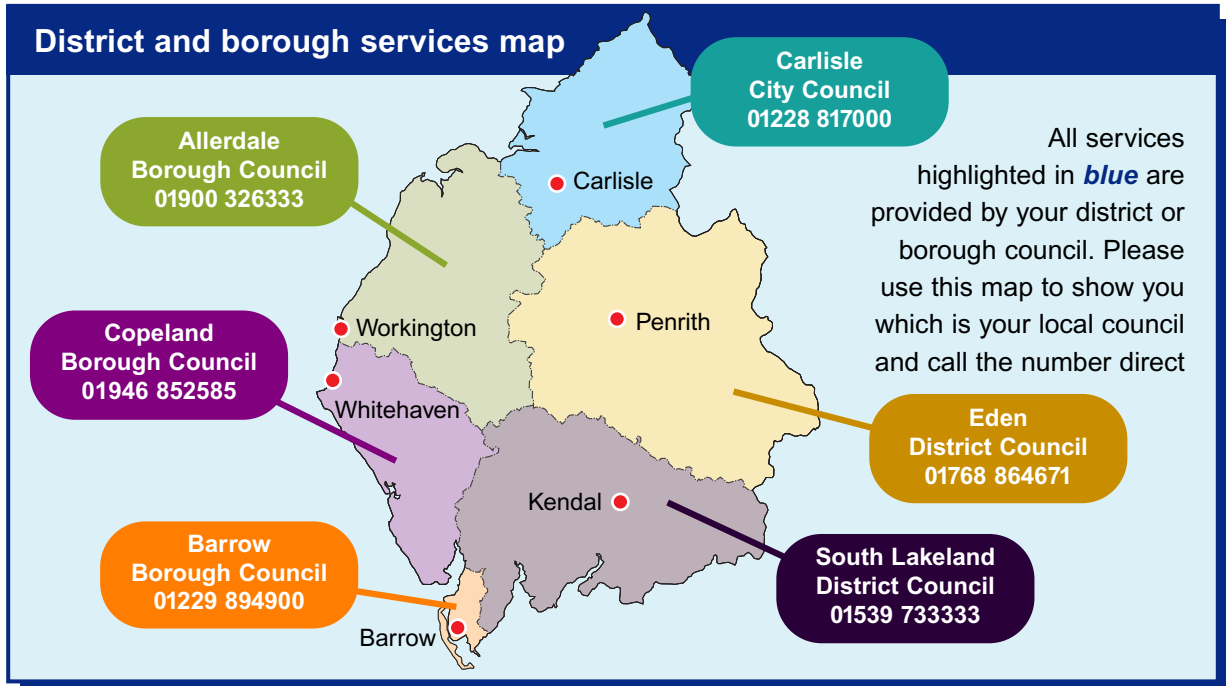
W
 Waste management 01228 606708
 Website 01228 606325

Y
 Youth forum *see map*

Youth offending team north 01228 607090
 Youth offending team south 01229 826080
 Youth offending team west 01900 813531

Visit our website...
 ...for further information about
 Cumbria County Council - cumbria.gov.uk

Prefer to write?
 Write to: Cumbria County Council,
 The Courts, Carlisle, Cumbria, CA3 8NA
 or email: information@cumbriacc.gov.uk





Driving deaths down

Cumbria is taking a new approach to cut the number of deaths and serious injuries on the county's roads.

Safer Roads For Cumbria brings together Cumbria County Council, the Highways Agency, Cumbria Constabulary, Capita, the Chamber of Commerce, the Primary Care Trusts, the Freight Transport Association and Cumbria Safety Cameras. It aims to change attitudes to road safety in the county.

Their first road safety campaign - It Wouldn't Kill You - is not an alternative to existing road safety initiatives, but a joint approach to reinforce and strengthen the road safety message in Cumbria.

It Wouldn't Kill You highlights many of the factors affecting road accidents, including drink and drugs, use of mobile phones,

road conditions, and inappropriate speed. This is an overall approach to road safety, which will target all road users with the single aim of reducing deaths and injuries on the roads.

The campaign also highlights Cumbria Chamber of Commerce's initiative to get businesses to sign up to the safe driver scheme, which provides on-line road safety tests.

Cumbria County Council wants to see the number of people killed and seriously injured on our roads dramatically reduced. We believe the Safer Roads for Cumbria partnership is crucial to achieving this goal.

It Wouldn't Kill You will help all road users change their attitudes to road safety and help reduce the number of accidents on Cumbria's road network.

Cumbria Constabulary's chief superintendent, John Taylor said: "Road collisions are the main killer in the UK. The UK is a relatively safe place to live - until you get onto the roads.

"This is a major problem that needs a partnership approach to tackle the real issues and cut the number of people killed or seriously injured on our roads.

"There are things that can be done working in partnership through Safe Roads for Cumbria. Everybody has a role to play as well as statutory agencies."

For more information, or to get involved in road safety issues in Cumbria, call the highways hotline on 0845 609 6609. Or why not test your driving skills online at cumbria.gov.uk



Working children a law unto themselves

It's a long time since children were sent up chimneys and down mines. But many school pupils these days want to earn their own money, and parents need to know that their children are safe at work.

YourCumbria spent a day with Mary Johnson and Janet Poultney, the county council's child employment and entertainment officers, to see how they help you to protect your children.

First job for Mary is a school assembly to talk about the jobs and hours that 13 to 16 year olds can work. Then it's back to the office to deal with queries from parents and schools. A parent telephones to ask if he has the right to ask an employer for the risk assessment for his child.

Another parent has expressed concerns about a restaurant where her son is a waiter, so Janet meets up with the local environmental health officer to check out the restaurant. The restaurant owner complies with



Protecting children at work

health and safety and child employment laws - a good result. But Mary and Janet can take legal action against employers that are exploiting young employees.

After lunch, Mary and Janet meet with their admin team. The team processes the work permits that are required by all working children. Over 1000 permits were issued last year.

The last job of the day is to visit a local theatre. A dance school is involved and children will be performing in the show. Mary and Janet do a spot check to ensure the theatre has sufficient

chaperones, or matrons, for the number of children performing.

For more information

contact Mary Johnson, child employment and entertainment officer at the Education Office, 19-24 Friargate, Penrith, CA11 7NX. Telephone 01768 242072. Or Janet Poultney, child employment and entertainment officer at the Education Welfare Service, Melbreak House, Main Street, Hensingham, Whitehaven, CA28 8TH. Telephone 01946 595346.

Or visit cumbria.gov.uk/education/welfare

Personal service

People on Alston Moor who want to register a birth or death will be provided with a new service this summer.

The impending retirement of the registrar who serves the area part-time - and who lives in Alston - meant a new registrar was needed. The area's population of less than 3,000 means that only four births

and less than 40 deaths have been registered in the last two years, making it an expensive service to continue.

To make sure all options are considered, the county council applied its new rural proofing policy, which takes into account the effect of its decisions on rural areas, and came up with the

solution: registration by appointment.

Residents wanting to register births or deaths from the beginning of July will be able to ring the Penrith office on 01768 242120 and book a day and time with a registrar, who will travel to Alston for a personal appointment. Now that's service!



Cumbria

where your care is top of the agenda



Grow your own trainee Carol Holt

Cumbria, like the rest of the country, is facing a real problem recruiting qualified social workers. But Cumbria is doing something about it!

Cumbria County Council is offering selected people, who already work for its social services department, the chance to retrain as qualified social workers. An initiative appropriately called grow your own.

Carol Holt is one of the first people to take part in the scheme. Carol currently works as a family support worker in Carlisle. She has lived in Cumbria for the last 30 years, so feels she

is about as close as you can get to being Cumbrian, without actually being born here. Carol thinks this new initiative is right for Cumbria and for the people who live here.

She said: "I think this is a great scheme and a really innovative way for the county council to get qualified social workers. People who not only know their job, but who also know and understand the area and the people who they work for. This is really important, especially in a place like Cumbria.

"Living in Cumbria for over 30 years means I have a real understanding of the areas where I work. And my 3½ years in social services means I have a wide

network of contacts. Training as a social worker at work means all of my experience and skills don't get lost. I get to do my job, which I love, and at the same time I get to plan for my future and train for a career that keeps me in Cumbria. All of which adds up to a great deal for the people of Cumbria."

For more information about this scheme, contact Margaret Carus on 01229 894018 or Phil Hartley on 01229 894019. For details about becoming a social worker, please contact Jeanette Maye on 01228 607166 or visit cumbria.gov.uk/socialservices



Marion Houston and one of her masterpieces

Marion Houston, 64, is about to start a degree in Fine Arts at St Martin's College, Lancaster, proving it's never too late to learn! For the last two years she studied at Dallam Training and Education Centre, Milnthorpe.

Marion managed the Spar shop in Arnside with her husband until they retired. The long hours meant she never had time to pursue her own interests. But she always loved art and as soon as the chance arose she grabbed it. She completed short courses in calligraphy, pastels and mixed media on the Dallam summer programme in 2002. Then she took the plunge and did an access course in art.

Two years later, after studying life drawing, stone carving, sculpture and drawing and painting, Marion still wanted to learn more. The centre arranged a visit to St Martin's College and she opted for a degree course.

Marion said: "It will be a challenge and I am a bit scared but I'm delighted I have been accepted. The young people are wonderful and they really encourage me. I am going with two other mature students but I am certainly the golden oldie!"

Marion pays tribute to her Dallam tutors for supporting her and says she has enjoyed every minute of her time at Dallam. She thinks the range of courses is fantastic and the fact they are local has been a real bonus.

On top of her success in art, Marion has been studying Italian for four years. She will visit Italy in July and spend two weeks in Carrara learning carving in marble. This will give her the opportunity to develop her skills in sculpture while steeping herself in Italian life and culture.

So Marion - how about a statue of 'A Golden Oldie who is Going Places'?

If you're inspired to take an adult education class, then look out for the leaflet coming through your door in August. It will list the centres in your area and courses starting in September. You can also pick up a leaflet at most libraries and education offices or visit cumbria.gov.uk/education/adult-education

I am a 'golden oldie' says Marion!

Win a free class!

Enter our competition and you could win a free class of your choice at your local adult education centre.


C F A R G H Y C A R E M U N
 P O P D O R O A B I E B P D
 H O M H S A G L O L T D L P
 R D R P O C A P C O A T I K
 G H Z T U T M X H F E C T J
 H Y E W S T O T R D B O E M
 W G B N I O E G T S V R R Y
 P I Y T N F S R R E O C A P
 L E D R A T U I S A L M C H
 O N O P M U N A L K P N Y O
 U E R T F A C T N M I H V E
 M H R O I T A C E V U L Y B
 S T S P A N I S H B R E L A
 L O C A L H I S T O R Y N S

Computer skills
Yoga

Photography
Literacy

Spanish
Numeracy

Food hygiene
Local history

 CUT ALONG THE DOTTED LINE

Complete this wordsearch of courses, which may be offered at your local adult education centre, and send your answer to Moyra Fisher, **YourCumbria** adult education competition, The Courts, Carlisle, CA3 8NA, by 31 August 2004.

name:

address:

postcode:

telephone:

The prize consists of course fees for one term of an adult education class of the winner's choice at their local adult education centre. The winner is the first name pulled from the correct entries received by the closing date.



Home care assistant Janice Brown

Career in caring

Janice Brown wanted to care for a living after watching her granda's carers at work. And since starting her job, her career has gone from strength to strength. Today, almost a quarter of the Cumbrian population is over 60, so more and more social care staff are needed. Janice proves that caring isn't a dead-end job, but a smart career move.

Janice started work as a home care assistant for Cumbria County Council's in-house care provider, Cumbria Care. Her job involved going into people's homes to help them with their care needs. Today she has worked her way through the ranks to become supervisor. She said: "I'm responsible for the

whole of the north Carlisle area. This involves managing the area teams and their caseloads, payroll and staff training. I'm also a key worker for manual handling. This means that I train and supervise staff to lift properly, ensuring their comfort and safety and that of their clients."

Janice is also a National Vocational Qualification assessor but sometimes she still needs to get back to the floor to cover a shift or two.

Janice said: "It's important that I still have a feel for what's happening on the ground so I can understand the difficulties home carers experience. But I love the job and still thoroughly enjoy the times when I

go out and visit people in their own homes. Home carers do a vital job keeping people independent for longer. Caring as a career gives a tremendous sense of satisfaction."

Janice could further progress her career by becoming district co-ordinator, which would mean managing the whole district. Then who knows! There are lots of other career development opportunities within Cumbria Care.

Anyone who is interested in a career in care with Cumbria Care should call 01228 607788. For general information on caring as a career go to socialcarecareers.co.uk

Who wants to be a volunteer?

According to research, we would appear to be a charitable nation, with around 22 million adults carrying out some kind of voluntary activity for an organisation. However, in reality this is really just a ripple in the sea. And the voluntary sector, who rely as much on the time that people give as they do the funds, are always looking for more volunteers.

Michelle's story

Volunteering was a great way for Michelle Fillingham to get some exposure to other professions and find out what alternative opportunities were on offer.

Michelle had to give up her job as a personal assistant in London when she moved to Cumbria. And she wasn't sure whether the move was a good time to try a change of career. With the help and advice of staff at the volunteer centre South Lakeland, and after searching through many opportunities, Michelle became a volunteer with Age Concern.

Michelle said: "Volunteering gave me the opportunity to open my mind to what possibilities were out there, and gave me the chance to discover what I'm passionate about.

"I chose to work with Age Concern because people are fascinating and elderly people have the best stories. The work stretched me as a person and gave me the opportunity to 'think outside the box'. I found out more about job opportunities that were



A volunteer helping the aged

available with Age Concern and built up a knowledge of the organisation. It also allowed me to give something back to the community.

"Volunteering is quality time. Society needs volunteers. You give your time, but you receive so much."

Volunteering provides an opportunity to:

- Have fun
- Increase self-confidence
- Develop new skills
- Be taken seriously by taking on responsibility
- Gain hands-on experience
- Find direction in your career
- Get your skills and experiences recognised
- Become involved in your local community
- Make new friends
- Pass on your skills and experience to others.

Taking the next step

So if you think you can tweak your daily routine by reducing your hours of soap-watching or limiting the amount of time you spend on the internet, then how about becoming a volunteer. Local volunteer centres provide impartial information on a wide range of volunteering opportunities to match your interests and available time.

To find out more about volunteering opportunities in Cumbria, contact your local volunteer bureau:

Barrow	01229 823144
Carlisle	01228 512513
Eden	01768 866966
West Cumbria	01900 819191
South Lakeland	01539 742636

Information about volunteering in Cumbria can also be obtained through the internet at do-it.org.uk

Poacher turned gamekeeper

Joan Armstrong, 47, from Kirkoswald near Carlisle, found that taking up learning again as an adult helped turn her life around - and now she is helping others in the same position as she was.

Joan started learning after setbacks in her personal and professional life, having lost her business which she had built up over 20 years.

Joan also found that learning opportunities, living in a rural area, were limited. With two children to support Joan found the opening of the Community Development Centre (CDC) in the village the perfect chance to change her life. The CDC helped her develop new IT skills and to rediscover her confidence.

She now works on the BBC bus touring rural areas talking to people and helping them develop their IT skills.

Currently working towards a

Joan Armstrong receiving her Adult Learners award from paralympic athlete Tanni Grey-Thompson



BA honours degree at St Martin's College, Carlisle campus, she is passionate about the availability of learning in Cumbria. Joan said: "Taking up the opportunity to return to lifelong learning has provided me with a new life."

Joan's achievements have been recognised by winning the Adult Learners award at the Learning and Skills Council's Excellence in Cumbria Awards.

For more information contact cumbria.gov.uk/education

Dishing up a treat

For his new TV show, celebrity chef Jamie Oliver, is heading back to the classroom to try to tempt children away from junk foods to more nutritious school dinners.

But the kitchen team at St Mary's CE Primary School in Kirkby Lonsdale has already beaten Jamie to the challenge with their new OvenFresh foodservice.

Kitchen team leader Louise Ramwell, and team member Julia Davenport, enjoy creating healthy meals for the needs and tastes of

the children at their school. They no longer have to rely on transported meals and are able to prepare food on-site.

Louise said: "We've introduced salads as a choice on the menu and these are popular, particularly with the older children.

"And it's nice to look after those with special diets. I'm now using vegetarian alternatives such as Quorn, which has been a huge success."



Kitchen team leader
Louise Ramwell

And by introducing favourites with the children, such as lasagne and chicken curry, the number of children taking school meals has increased.

If you are interested in creating healthy meals and becoming part of a school kitchen team, contact Michelle Rook on 01228 607729.

Cumberland loin of fellbred lamb

The following recipe was sent to us courtesy of Viv Spedding from the Eltermere Country House Hotel and Restaurant.

Ingredients

- 1 boned and rolled loin of fellbred lamb - approx 1kg
- 350g Cumberland sausage
- 2 cloves of garlic, crushed with salt
- 1 tsp parsley, chopped
- 1 tsp mint, chopped
- 1 tsp rosemary, chopped
- 50g butter

Directions

Pre-heat oven to 200C (400F/gas mark 6).

Spread lamb on a board, run a knife down the Cumberland sausage to split the skin and remove the skin.

Place Cumberland sausage along the length of the fellbred lamb and roll up. Tie with string at 2cm intervals. Place in a roasting tin.

Melt butter and add parsley, mint, rosemary and garlic.

Stir together. Spread over skin of the lamb. Put a drop of water in the bottom of the tin.

Cover with foil and roast in oven for 1½ hours, or less if you like it pink. Serve with gravy made from juices in pan.

On the sausage trail




The famous Cumberland sausage is considered to be the meatiest British sausage. It is a chunky sausage spiced with black pepper and made in a continuous spiral. And don't we Cumbrians love it!

To celebrate the great Cumberland sausage, Made In Cumbria, along with other agencies, have produced a leaflet to take you on a sausage trail around the north west. As well as featuring some of the best pork producers of sausage in Cumbria, the 'Serious about Sausages' guide gives banger fans some really tasty facts.

Pick up your free 'Serious about Sausages' leaflet at any Made In Cumbria outlet or email office@madeincumbria.co.uk

Did you know...

- Sausages are called bangers because they were seasoned with saltpetre, which was also used for gunpowder?
- Sausages were introduced to Britain by the Romans and can be traced back to 500AD?
- The British eat 300,000 tonnes of sausages a year, approximately 12lb per head, to the value of some £600 million - the most frequently consumed food in the home?
- The world's biggest recorded sausage measured 36.75 miles and used over 16 tonnes of meat? It was created in Sheffield in October 2000.

 CUT ALONG THE DOTTED LINE

Competition

The show season is now well underway once more and Made In Cumbria is offering you the chance to win a delicious food hamper, valued at £55, packed full of tasty Cumbrian produce and delivered to your door.

To enter the competition have a go at guessing how many shows and farmers markets Made In Cumbria organise or attend each year. To give you a handy hint it is well over 100. A draw from entries guessing within 10 of the correct number will be made on 31 August 2004.

Please leave your entry at one of the following shops:

- Spirit of Cumbria Shop, 91 Lowther Street, Carlisle.
- Food From The Fells, Forton/Lancaster Services M6 North.
- Food From The Fells, Church Bridge, Grasmere.
- Or post to Moyra Fisher, Corporate Management, The Courts, Carlisle, CA3 8NA.

number of shows/farmers markets:

name:

address:

postcode:

telephone:

Your Chance to Have your Say



The people of Cumbria will soon have the opportunity to make a historic decision. One that will affect their life for decades to come.

Later this year the government is proposing a referendum about whether the North West should have an elected regional assembly – which gives local people influence over key decisions in the North West.

At the same time as voting about whether they want a regional assembly, or not, Cumbrians will also be asked to decide on the future shape of local government in their area.

If the answer in the referendum is 'yes' to a regional assembly, then unitary authorities will replace the current two-tier structure of county and district councils. Whichever unitary option Cumbrians vote for will be put into place.

Regions Minister Nick Raynsford said:

“ The Government wants the people of Cumbria to decide their own future and we hope that there will be a high level of participation when the referendum takes place. That is why we are running the ‘Your Say’ campaign to ensure that the people of Cumbria can make a fully informed judgement on the facts. ”

? What happens next?

The referendum will take place in autumn, giving every one in the North West the chance to vote.

There will be two options on the ballot paper.

1 Do you want an elected regional assembly for the North West and

2 If an assembly does become established what model of unitary local government should replace the current county council and districts – at the moment the government is considering options A and B, as described opposite.

If there is a 'no' vote in the referendum on an elected regional assembly the government has said there will be no local government restructuring.

*this article was correct at time of going to press

Option One ▼

A single unitary authority comprising the whole of the Cumbria county area.

All the districts in Cumbria would be abolished and their functions, assets and staff transferred to Cumbria County Council, which would be renamed 'Cumbria Council'.

Option Two ▼

Two unitary authorities based on combinations of existing districts.

Cumbria County Council and all Cumbria districts and Lancaster City would be abolished.

Their functions would be transferred to two new unitary districts, to be named 'North Cumbria' (comprising Allerdale, Carlisle City, Copeland and Eden) and 'Morecambe Bay' (comprising Barrow-in-Furness, South Lakeland and Lancaster City).

If you want further information about elected region assemblies log on to

yoursay-northwest.odpm.gov.uk