



**Churches
Together in
Cumbria**
June 2019



Community of Prayer






'putting prayer first'



Festival of Prayer
Saturday 15th June 2019
at Rydal Hall
10am to 4pm
All welcome

On Saturday 15th June you are invited to join with the network of Cumbria's Community of Prayer for a day exploring prayer. The day will have a series of presentations, stands and workshops to experience the different styles of prayer regularly practiced in Cumbria. The day is being hosted by the Cumbria Ecumenical Spirituality Group.



-  Pilgrimage and Prayer Walking
-  Contemplative Prayer
-  Northumbria Community
-  Prayer through movement and music
-  Meditation and Reflection

To book your place please send an email to:

Cameron Butland, cdsao3@gmail.com

Carlisle Diocese Spirituality Adviser and CESG member

by Friday 7th June.

*Cost £10, payable in cash or by cheque on the day.
Refreshments will be provided,
but please bring your own packed lunch.*



**Healing Encounters
with the God who
Speaks**

Sat 29 June

9:30am-1pm

Sands Methodist
Church, Appleby.

CA16 6XR

Learning to hear God's
voice for ourselves and
others in healing and
pastoral ministry.

Further info & booking

see <https://>

[www.cumbriachristianlearning.org.uk/event/
healing-june-2019/](https://www.cumbriachristianlearning.org.uk/event/healing-june-2019/)

FOCUS ON... Integrated Care Communities (ICC) and Social Prescribing

Developing joined up health & care in communities

An integrated care community works together to improve the overall health and wellbeing of the community by:

1. Joining up health and care services to work better together
2. Providing more care out of hospital where possible
3. Supporting people to have information about their health conditions.

Health and social care professionals, GPs, the voluntary sector and the community will work as one team to support the health and wellbeing of local people.

West, North & East Cumbria has been divided into eight Integrated Care Communities (ICCs) based on groups of GP practices and their patients. Community and Third Sector organisations are represented at each ICC to help understand the challenges each area faces. It is hoped the community will work together with health and care organisations to improve the health and wellbeing of local people.

Related to this, a Wellbeing Service has now started in Eden and Keswick & Solway Integrated Care Communities (ICCs), a new service to help more people look after their health and wellbeing.

There are two new staff roles based in GP practices in Eden and Keswick, and Solway ICCs. They are working to support the non-medical and psychological needs of adults with Long Term Health Conditions (LTCs), including Frailty, have multi-comorbidities or have had a recent change in life circumstances.

These new roles comprise:

13 Living Well Coaches - seeing patients tasked to them by a GP or practice nurse, undertaking a holistic assessment, Providing one-to-one support, group support and/or connecting people to community activities and other support available to them.

3 Well-being Activators – working across the whole ICC area to supervise the Living Well Coaches and provide a programme of group sessions for adults to attend to provide information and strategies to improve their health and wellbeing. Group topics include: sleep, psychological wellbeing, healthy choices, loss, menopause.

This service recognises that people's health is affected by a range of social, economic and environmental factors so takes a Social Prescribing approach to promote the engagement of people with, and acting as a proactive 'link' to, third sector organisations and community resources.

It aims to:

- promote self-management of long term conditions, including frailty
- help people feel more confident in the management of their health
- support people to set personalised goals to improve their quality of life
- take a Social Prescribing approach by encouraging people to make use of voluntary and community services
- help people feel more in control of their health, life and goals and activated.
- release GP capacity allowing GPs to work with more clinically appropriate patients.

If you have any questions about Integrated Care Communities please contact Ashley Liston GP Lead for Eden ashley.liston@gmail.com

If you have any questions about the Wellbeing Service please contact Tracey Williams – Clinical Lead Tracey.Williams@cumbria.nhs.uk / Amy Newbery, Project Manager Amy.newbery@cumbria.nhs.uk

People often visit their GP feeling "unwell" when the underlying cause is isolation and loneliness. They do not know where else to go. In Cockermouth in West Cumbria, a new Linking Lives project is being set up which also hopes to address some of these social issues, and will link in to their ICC.

Linking Lives is a Christian organisation which helps churches and other organisations support socially isolated people in communities by setting up visiting projects.

www.linkinglives.uk

Social isolation is at an all time high. The recent BBC report on a survey of over 55,000 people, found the age group 16-25 as reporting highest rates of loneliness. In an effort to address loneliness, joining clubs, finding activities or even just speaking to somebody are some of the suggestions made in this report.

ICCs, the Wellbeing service, Linking Lives are but a few of the ways we are tackling isolation in Cumbria, and the Social Responsibility Forum is dedicating a day to this topic next month to engage more fully in our response to this epidemic.

If you wish more information about anything mentioned above please contact Shelagh Goldie.

Social Responsibility Officer Churches Together in Cumbria.

Shelagh.goldie@gmail.com

07941836477

“Tea Services”

As part of CTiC’s dementia-friendly churches project, there are now a number of “tea services” being held across the county. These are short services, followed by refreshments, which have designed with the needs of people affected by dementia uppermost, but which are open to everybody. Come and see!

Kendal: Third Thursday in the month: Kendal Parish Church, Kirkland; 2.30pm

Millom: Third Friday in the month: Lapstone House, Lapstone Road; 10.30am

Milnthorpe: Third Thursday in the month: St Thomas’ Church (2.00pm short Prayer Book service; 2.30pm tea, coffee, cake & chat)

Penrith: Every Friday: Christ Church, Penrith; 2.30pm

Carlisle: Third Tuesday of the month: St. George’s URC, West Walls, Carlisle CA3 8UF; 2.00pm

Name	Location	Frequency	Time	Contacts	Additional information
The Dementia Café	The Hub, Penrith Hospital	Last Tuesday of the month	1.30pm - 3.30pm		Everyone welcome
The South Lakes Dementia Hub	Abbot Hall Social Centre, 1 Dowkers Lane, Kendal LA9 4DN	Monthly, Tuesday	2pm-4pm	KendalDAA@gmail.com	Kendal Dementia Action Alliance– working together to help improve the lives of people affected by dementia. A chance to chat and have a cup of tea in a relaxed setting.
Longtown Dementia Hub	Longtown Community Centre	4 th Tuesday of every month	1.30-3.30pm	rotary.walsh601@outlook.com 07967 108803	The Hub will provide a relaxed and friendly atmosphere where members of the local community can share their thoughts, concerns and ideas; spend time with those in a similar position to themselves; take advice from a range of local organisations and professionals.

Praise on the Lake



Sunday 30th June

**Enjoy a "Sail & Sing" on
Lake Windermere
with**

Preston Salvation Army Band.

Board the boat at Lakeside

6.30pm

Tickets - £7.50

from 01539 737305

Angels are heading to Kendal Calling later this year

Teams of Festival Angels will be a feature at the popular music festival held each year in the grounds of Lowther Castle, Penrith.

The teams, many from local church communities, will be highly visible in yellow tabards and Festival Angel t-shirts. They will be manning safe hubs in several of the campsites as well as patrolling the camp areas and main arena offering support and advice to the 25,000 festival goers.

Festival Angels started in 2011 at Leeds Festival and has grown in size at Leeds with 190 volunteers offering a prayer cafe, detached teams, lost property, left luggage and safe hubs. Festival Angels has since spread its wings to other festivals including Royal Ascot, Boardmasters and, for the first time in 2019, Kendal Calling. Festival Angels have also developed a trendy 'Jesus Loves Festivals' design that is featured on banners with special copies of Mark's Gospel made available.

Paul Blakey MBE, the coordinator of Kendal Calling Festival Angels and CEO of CNI Network who oversee the work, comments, "Festival Angels is a great way for Christians to engage in these major events that attract thousands of people each year. Our volunteers are amazing people who work with the staff team towards ensuring that the festival is a safe, fun and welcoming place for those attending."

To volunteer as a Festival Angel at Kendal Calling or a number of other music festivals visit festivalangels.org.uk.



Music & Laughter

An open mic evening in aid of local mental health services



7.30-9.30pm Friday May 31st

**The Cornerstone, Sulyard Street,
Off Dalton Square**

*Bring your voice, your musical instrument, your
spoken word, your comedy... Hot drinks, non-
alcoholic drinks and food available*

For more details:

simoncornerstonecafe@gmail.com, tel 840027

Cumbria Ecumenical Spirituality Group

A RESOURCE DAY FOR SPIRITUAL DIRECTORS



Saturday, 6 July 2019

Keswick Quaker Meeting House (CA12 5NZ)
(Some parking is available in the grounds)

THE ROLE OF QUESTIONS IN SPIRITUAL DIRECTION

*Questions that Jesus asked
Questions that help in Spiritual Direction
Questions that Jesus might ask us
Questions around the SD role, admin and support
Books that we might recommend*

10.00am - Arrivals and coffee; 10.30am - Start; 3.30pm - Finish

Please bring your own lunch. Hot drinks will be provided throughout the day.
Contribution £10.

Bookings: contact Ruth Lee on 01768 898604 or sd.cesg@gmail.com

Godly Play

Cumbria: 3-Day Accredited Training Course

This practical, hands-on course is open to all, and will develop your ability to use the Godly Play approach in your own church or community.

Kirkoswald Methodist Chapel, Kirkoswald, Cumbria, CA10 1EF

Thursday 20th - Saturday 22nd June 2019, 8.30am - 6.30pm (final day ends at 5pm)

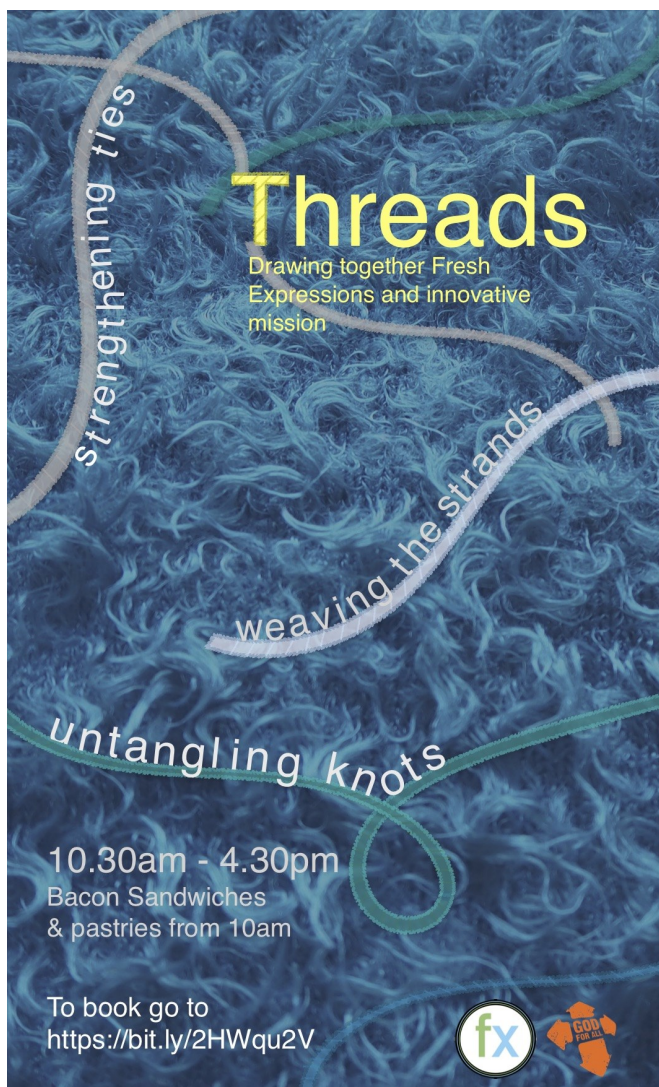
Trainers: Mary Cooper and Sian Hancock

Cost: £315 (includes handbook, lunches and refreshments.)

Book on line. To check availability contact admin@godlyplay.uk, Bursaries are available in cases of need.

More than 1500 people in the UK have completed our accredited 3-day training course.

Godly Play UK is a registered charity [No 1116846]



Threads
Drawing together Fresh Expressions and innovative mission


strengthening ties
weaving the strands
untangling knots

10.30am - 4.30pm
Bacon Sandwiches
& pastries from 10am

To book go to
<https://bit.ly/2HWqu2V>

#FXCUMBRIA
#PROPERNORTHERNPIONEERING


Saturday 2nd November 2019

fx 


There are now 112+ registered Fresh Expressions in Cumbria. Saturday 2nd November 2019 sees the third annual Fresh Expressions Day at Stoneybeck Inn, Penrith. The day entitled 'Threads' will explore how we can: **strengthen ties**: with each other, our local communities and Fresh Expressions, **weave the strands**: through co-operative learning and **untangle the knots**: of difficulties we may encounter.

The day is for those interested in Fresh Expressions, or already running them, and is a great way to network and learn together. Don't just trust us, this is what some of our previous participants had to say: "Wow - what a fantastic day! Thank you! Fantastic ideas, thoughtful, encouraging and inspirational!" "Opened my eyes to what is a Fresh Expression. Making me think about what I could do, and what needs to happen beforehand..." "Good balance of listening stuff and practical stuff. I feel challenged but ready to go for it."

If you are interested in coming along you can book through <https://bit.ly/2HWqu2V> prices are £25pp for those in Cumbria and £30pp for those outside of Cumbria and includes refreshments and lunch.

The Western Fells Methodist Circuit
Children's and Church Outreach Worker



Are you looking for an opportunity to put your Christian faith into action in a variety of contexts?
Are you comfortable and passionate about working with children and families?

You will enable us to build upon our existing work among children and families across the Keswick and Cockermouth area of Cumbria. You will also help us to identify and pursue opportunities to extend the outreach of our churches in their communities.

The focus will be on working alongside our minister and volunteers, ecumenically where possible; to develop more faith based activities and fresh expressions of church.

Part time - 20 hours a week, flexible, for a fixed term of three years. Salary £10500 pa. Home based.
Starting 1st September 2019.

There is a genuine occupational requirement for the post holder to be a Christian. An enhanced DBS Disclosure will be required for the successful applicant

For full details and application form please email Richard North at lymewalker@gmail.com

Closing Date: Applications must be received by email by Tuesday 18th June. Interviews are expected to be held in week beginning 24th June.



PHILIPPA HANNA
AWARD WINNING SINGER-SONGWRITER AND AUTHOR

tour 19
Known
WOMEN'S EVENING

Saturday 29th June
7 for 7.30pm
The Border Kirk, Chapel St, Carlisle, CA1 1JA
Tickets £10 from Sarah: 07428153807
Please Book


PROCEEDS FROM THESE EVENTS WILL
GO TO THE MOTHERS AND CHILD SURVIVAL INTERVENTION PROGRAM IN TOGO

Explore
Mindfulness
From a Christian Perspective

*Stressed? Anxious? Depressed?
or simply a frazzled parent or overworked worker?
Do you feel Spiritual but not Religious?*

Mindfulness is scientifically proven to help us find solutions for the everyday stresses and anxieties we feel.

Come and learn how to find some peace in a busy world.

SUNDAYS 4:00-5:00PM Beginning 2nd June	TUESDAYS 10:30-11:30AM Beginning 4th June
'EXPLORE MINDFULNESS' A community of people learning together. Learn about Mindfulness Meditation, how it helps with stress, anxiety and spirituality. <i>All welcome- of all faiths and non</i> Facilitated by Penny Severn	'MINDFUL MOMENTS' A relaxed 'drop in' time for a mindful moment and a coffee. Facilitated by Rev. David Stretton

@ M:HUB, BEETHAM ROAD, MILNTHORPE
Email: mindfulness@mhub.org.uk for more information or just turn up at any session

Sessions facilitated by Penny Severn, Social Worker and Pioneer for the Methodist Church and Rev David Stretton, Minister in the Methodist Church. Penny and David are not accredited Mindfulness teachers (although use it in personal practice) therefore sessions will be a supportive community with everyone learning as we go.



FREE MENTAL HEALTH AWARENESS COURSE

SATURDAY 22ND JUNE 2019
9.30 AM – 1230

HIGH NEWTON VILLAGE HALL

With statistics of one in four adults being affected by mental health issues, we need to know more.

Help us to spread the Mental Health awareness and understanding by attending this course presented **free** by MIND South Lakes. **Places are limited to 16** and will be operated on a first come first served basis.

This course will provide you with an accredited qualification: **NCFE Level 1 Award in Mental Health Awareness** which is part of the Qualifications and Credit Framework (QCF).

Please contact Tricia Calway <mailto:tcawlay@me.com>
07949 140108 for bookings and further information

Mindful Christians: does Mindfulness meditation have anything to teach us?

Mindfulness meditation is very popular at the moment, as Christians should we worry about it or can we learn anything from it? Penny Severn, Local Pioneer for the Methodist Church in Milnthorpe thinks we can. As a social worker, her work with vulnerable adults at Manna House (Kendal's homeless charity) has taught her that the practice is invaluable for good mental, physical and spiritual health. Although the practice has its roots in Buddhism, it was brought into the medical world in the 70's through pioneering work in the field of chronic pain and since the 90's has been used in the context of CBT to help those with anxiety, depression, addiction and also those with stress. It is now seen as a very affective treatment which you can receive through the NHS as well as good practice to help 'every day people' with the every day stresses of life.

"Its main themes are learning to still our busy minds, being compassionate and non judgmental to ourselves, practicing forgiveness and reducing stress and worry by being in the present moment. The parallels with the Christian faith are surprising and indeed it has a lot to teach us about our faith journey with God. In stilling ourselves we de-clutter our busy minds to be more fully open to the presence of God, by practicing being non judgemental and compassionate with ourselves it helps us to do it for others, and it opens up new perspectives on just how much God loves us."

The Pioneering work at M:Hub is beginning two sessions per week from June:

'Explore Mindfulness': Every Sunday from 2nd June, 4-5pm. Penny will be facilitating us to explore mindfulness meditation and how it helps with stress, anxiety and how it can give us fresh perspectives on how we see God and our faith journey. Anyone can join at any time, feel free to just drop in.

'Mindful Moments' every Tuesday 10:30-11:30 from 4th June. Rev. David Stretton will be facilitating relaxed drop-in sessions, M:Hub's café will be open for coffee and a chat and there will be a space in the adjoining room to have a brief meditation or do a meditative activity so you can find some stillness in your busy day.

If you would like any more info contact Penny on Mindfulness@mhub.org.uk



Journey of the Magi – A festive, light-hearted, joyful event with a moving and profound message. Share the joy and wonder of Christmas with your church and local community through this exhilarating, critically acclaimed performance. The show offers a bridge between contemporary life and Jesus's birth, comparing our own personal journey to Christmas day with the journey that the wise men took. With sparkle and songs to keep the children engrossed and bags of good humour for the grown-ups, **Journey of the Magi** delights audiences of all ages and offers a chance to reflect and refocus.

"Absolutely fabulous show. Wonderful mix of fun, wit, and meaning. It made me laugh and it made me cry all in a couple of minutes. (Hope you'll come back.)" Richard, Poynton Methodist Church

Springs is inviting churches to host a performance of **Journey of the Magi**, which will be available nationally from 23rd November to 23rd December 2019.

Further information can be found on the Springs Dance Company website page <https://springsdancecompany.org.uk/productions/journey-of-the-magi/>, by emailing touring@springsdancecompany.org.uk or by calling 07876 752 91.

Caritas Care

As Christian families explore adoption, we work with our partners at **Home for Good**, to journey with them & ensure that they are valued, respected & that their faith motivation is understood.

If you have ever thought about fostering or adoption this is an opportunity for you to come and find out more about both. There will be a chance to hear from experienced carers and adopters and to ask questions too.

These events are hosted by our partners Home for Good with members of our adoption team will be on hand to talk to you about adoption. Join us in Ulverston on Friday 17 May between 12-2pm at the Vista Coffee Shop, Emmanuel Christian Centre, Mill Street, Ulverston and in Whitehaven on Wednesday 29 May between 12-2pm and 7.30-9.30pm at Moresby Church Hall, Rosehill, Whitehaven.

You'll also find our Adoption Information Vehicle at Tesco Annan on Friday 31 May and at Country Fest on Saturday 1 & Sunday 2 June.

Don't worry if you can't make it, you can contact us on 0800 652 6955 and our Recruitment team will be happy to talk with you or alternatively you can chat with us online from 11am to 3pm Mon- Fri. To find out what we're up to and about future events we're holding in your area visit our website <http://www.caritascare.org.uk/events/>



homeforgood.org.uk/events

**Interested in
Fostering or
Adoption?**



Wednesday
29 May 2019



Moresby Church Hall,
Rosehill, Whitehaven, CA28 6RR



12pm-2pm
& 7:30pm-9pm

God's Lone Country: Film about low income rural Britain

This film from the RSA Food, Farming & Countryside Commission explores issues in low income rural Britain. Interviewees include a farmer who has considered using a food bank, a student nurse who waited many years to be able to afford a house in her home village, and a cook who lives in a rural estate with poor access to services such as public transport.

<http://www.thersa.org/discover/publications-and-articles/rsa-blogs/2019/04/ffcc-film/>

Reminder

Please remember to keep looking at the CTiC events page which is regularly updated with all the events we are notified about. Please send information before 15th June for our July newsletter: ebctic@outlook.com

All the information in this newsletter is published in good faith and for general information purpose only. Churches Together in Cumbria does not make any guarantee about the completeness, reliability and accuracy of this information. Nor does inclusion herein imply our endorsement of events or organisations.

Charity Registration Number: 1147833

www.churchestogethercumbria.co.uk



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