



**Churches
Together in
Cumbria**
July 2019

Churches Together in Cumbria AGM

You are invited to the Annual General Meeting of Churches Together in Cumbria for 2019. This will be held on Saturday July 20th at Penrith URC (Lowther Street, Penrith CA11 7UW).

We welcome the Bishop of Penrith (the Rt Revd Dr Emma Ineson) as our keynote speaker for the AGM. There will also be opportunity to hear of the work of CTiC and of local Churches Together groups over the past year, and to receive an update on initiatives taken by CTiC in the field of social responsibility, particularly Modern Slavery and Period Poverty.

The programme will run from 10.15 to 12.45, with tea and coffee available from 9.45. You are invited to bring your lunch and stay on at the end of the meeting; there will be a further serving of tea and coffee.

Everyone is welcome. If you are able to attend, it would be helpful, for catering purposes, if you would let Emma Brown know (ebctic@outlook.com) by 12th July.

I look forward to seeing you in Penrith.

David Richardson
Vice President & Treasurer, Churches Together in Cumbria



Administrator for Churches Together in Cumbria

We seek to appoint an Administrator to support the work of the Board of Trustees. Excellent organisational, minute-taking and computer/IT skills are essential.

This post is for 12 hours a week, and is for 12 months (maternity cover) from 15 September 2019
It is home-based, with some travel to meetings, and office equipment will be provided.

Salary: £10.76 per hour

Job description, person specification and application form can be downloaded from www.churchestogethercumbria.co.uk

For enquiries about this post email dardesk@aol.com

Closing date: 6 July 2019

FOCUS ON... Loneliness

When I was interviewed for the post of Social Responsibility Officer just over a year ago, one question I was asked was, "which social issue do you feel drawn to for a Churches Together response?" Without hesitation I answered isolation and loneliness.

This is a growing and prevalent issue across all sectors of our society, and one I have become very aware of through previous job roles. When working in legal practice, I worked with many offenders and victims, each of whom were very isolated and lonely people, often drawn into making unhealthy life choices. My work with Restorative Justice aimed to help people understand the consequences of their behaviour, and sometimes this led to victims having a much greater understanding of the isolated lives their perpetrators led. Whilst this does not condone poor behaviour, it often led to reparative and successful work which integrated lonely people into their communities.

Whilst leading a mentoring programme for a Christian charity, we recruited volunteer mentors, some of whom were themselves lonely and were looking for something to establish a sense of community for themselves. Those they mentored were vulnerable and isolated, often within a challenging situation.

At Churches Together, we have the opportunity to engage with and support communities to reach out to those people from all sectors who are isolated and lonely.

One way we are doing this is working with Linking Lives, a Christian charity who work with churches and Christian agencies to set up befriending schemes along with social events and activities which have a significant impact on the lives of all who take part.

www.linkinglives.uk

CTiC also works with ACT (ACTion with communities in Cumbria www.cumbriaaction.org.uk) who are developing a neighbourliness programme aimed at raising awareness within our own communities to respond to our own neighbours who may be feeling isolated.

The Op Shops (www.opshops.co.uk) provide a setting where everybody is welcomed to browse, chat, have coffee and feel they belong somewhere. They engage with people in the local community with financial, emotional and spiritual needs, and that interaction between volunteers and customers builds relationships through which support and encouragement are provided.

Linking Lives and ACT are both presenting at the Social Responsibility forum discussion day on Isolation and Loneliness on 29th June. We hope this day will raise awareness of the developing epidemic within our region, and suggest ways we can become more involved.

For further information on any of these organisations please contact me, and read the August issue of this newsletter for a report on our day.

Shelagh Goldie

Social Responsibility Officer

Churches Together Cumbria.

Shelagh.goldie@gmail.com

The Churches Together in Cumbria Dementia Project: Dementia Enabler Recruitment and Development Day. May 18th 2019.

This year we held our Recruitment and Development Day for Dementia Enablers at the United Reformed Church in Cockermouth.

Forty seven people gathered, a mix of those who were existing Dementia Enablers and those who attended either knowing that they wanted to become Dementia Enablers in their churches or because they were unsure and wanted to find out more about this vital role.

The day began with registration and coffee followed by updates from Yvonne Povey, Dementia Project Officer and David Richardson, Chair of the Dementia Reference Group.

The group then split into two: those wishing to explore the role of Dementia Enabler attended a training session hosted by David, covering a Dementia Friends session and training more specific to the role of the Enabler within the church setting. The existing Dementia Enablers attended a session facilitated by Yvonne and Karen Dutton (member of the Dementia Reference Group) in which we heard from several people involved in various initiatives in their churches and wider communities stemming from their Enabler role, as well as from Enablers quietly getting alongside those affected by dementia in their churches, supporting in whatever way is needed.

Lunch provided a valuable opportunity to talk together, building relationships and sharing stories.

After lunch we again split into two groups, this time a mix and match of existing and new Dementia Enablers for two workshops. Jeanette Main and Lauren Stockton from Lancaster told us about 'Lyrics and Lunch' which gives opportunity for those affected by dementia to come together, sing, engage in a short act of worship and share a hearty lunch. (More information can be found at www.st.tees.org.uk). During the workshop we sampled some of the songs used in a typical 'Lyrics and Lunch' session, along with percussion instruments and scarves! We were encouraged to think about whether this might be an initiative we could adopt in our own settings.

The second workshop, 'Biblical Yoga' was facilitated by Yvonne Myers, MHA Chaplain. We were able to sample a typical session of Biblical Yoga, in which we listened to a Bible passage, and were encouraged to think about what movements we might use to bring this alive. Yvonne then helped us draw out feelings evoked by the passage and used these to develop conversation.

Both the workshops were an inspiration and we're grateful to Jeanette, Lauren and Yvonne for joining us.

The closing plenary was a time to reflect on what had been a very full day and to engage in a short act of worship lead by Rev Tony Taylor (DRG member) before going our separate ways.

If you would like to become a Dementia Enabler in your church please do get in touch with me for more information. Yvonne Povey Email:dpovtic@outlook.com

“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, second Tuesday of the month	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.

Lancaster Faith and Justice Commission Parish News Bulletin

The June Faith & Justice newsletter can be downloaded at <https://tinyurl.com/y4vpuzwt>

Reports and newsletters mentioned in this issue and previous newsletters are also available at <http://www.lancasterfaithandjustice.co.uk/newsletter/>

**Cumbria CVS
West Funding Fair
Thursday 11 July 2019
10am – 3pm**

Whitehaven Golf Club, Red Lonning, Whitehaven CA28 8UD

Speak directly to funders; access essential funding information, advice and support; network with other local organisations.

Funders include: ACTion with Communities in Cumbria, Arts Council, BBC Children in Need, Coalfields Regeneration Trust, Copeland Community Fund, Charity Bank, Cumbria Community Foundation, Cumbria Exchange, Cumbria Youth Alliance, First Ark Social Investment, Francis C Scott Trust, The Hadfield Trust, Heritage Lottery Fund, The National Lottery Community Fund

This event is aimed at local voluntary and community groups, especially those new to the funding arena in West Cumbria.

Please book to attend one of these two sessions:

10am – 12noon Registration from 9.45am

1pm – 3pm Registration from 12.45pm

You do not need to attend for the full two hour session, but it is advised for you to allow at least one hour to make best use of your time and speak to all relevant funders.

This event is **FREE*** - **Book your place today!**

Download a booking form at www.cumbriacvs.org.uk

Complete and return a booking form to:

Shaddongate Resource Centre, Shaddongate, Carlisle, CA2 5TY OR
info@cumbriacvs.org.uk

Any queries or for further information, call 01768 800350

Please note:

CVS member organisations will get priority when booking

*All places must be booked in advance or a £10/person fee will apply on the day

*A £10/person cancellation fee will apply for non-attendance or places not cancelled at least five days in advance.

First Steps to Grant Funding for Small Groups

Thursday 27 June 2019

9.30am – 12.30pm

Penrith Parish Centre, St Andrew's Place, Penrith, CA11 7XX

This introductory session is aimed at groups and individuals who are new to writing grant applications and funding bids or have not applied for some time and would like a refresher. As the funding pot gets smaller, groups need to be able to write more effective bids to help fund their projects.

The session will give an overview of the best practice in writing and submitting grant funding applications and will provide guidance on:

- What to do before writing a bid
- How to find funders
- What to include in an application
- Common pitfalls to avoid

There will also be an opportunity to exchange ideas and concerns with other groups.

Price includes refreshments.

Early Bird Booking by **Wednesday 19 June 2019:**

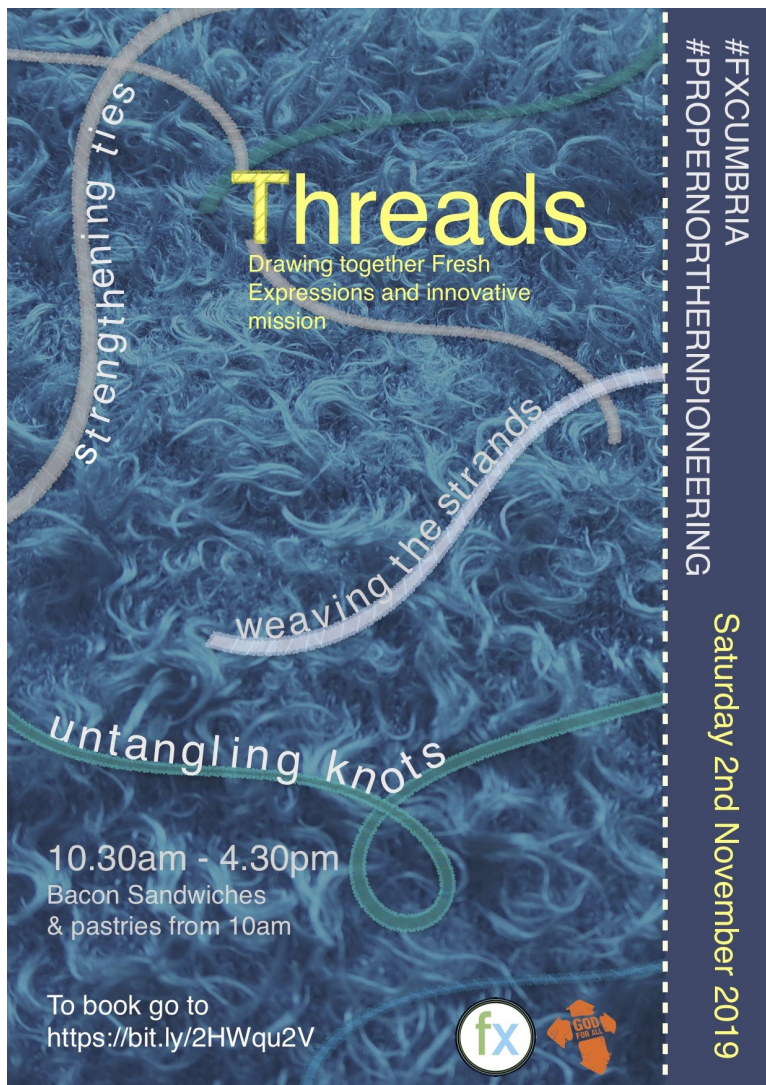
£30 CVS member* (£45 thereafter)*

£35 Non CVS Member (third sector)* (£50 thereafter)*

£50 Non CVS Member* (£65 thereafter)

To book: visit <https://cumbriacvs.org.uk/training-and-events/first-steps-grant-funding-penrith/>

Limited Places available. * Cancellation policy applies. Visit www.cumbriacvs.org.uk



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

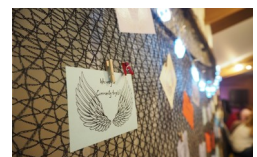
Saturday 2nd November 2019

fx
GOD FOR ALL

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.




PART-TIME YOUTH WORKER

Do you ...

- **Enjoy** working with young people?
- **Have a desire** to share your Christian faith with teenagers?
- **Have what it takes to create** spaces for young people to relax and discover who they are and who God is in their lives?

To take on this exciting challenge you will ...

- Have a strong personal faith in Jesus Christ
- Be able to both lead and be part of a team
- Be an excellent communicator

This exciting part time post builds on existing work of the network youth church in the Grange-over-Sands area. The post holder will work with the Network Youth Church Leader and an intern.

Salary: £9,446.91 pa
Hours: 18 hours per week (negotiable).

Further details from: Chris.Mason.ignitewindermere@hotmail.com

Application form and job description available from
www.carlisle-diocese.org.uk/our-diocese/jobs/current-vacancies.html

Closing date: 1st July 2019
Interview date: to be confirmed



Climate Emergency petition

It is hoped to present the Climate Emergency petition to the next full meeting of Eden District Council on 11th July, therefore any outstanding petition signatures need to be retrieved. Please can any completed petitions be returned to Ali Ross, Fell Cottage, Matterdale End, Penrith CA11 0LF. Many thanks.



Free self-harm & suicide alertness training for professionals working with children & young people

Workshop includes case studies, videos and group discussion

Learning outcomes include:

- Examining the local and national context and being aware that self harm and suicide are major public health issues
- Seeking to dispel some myths about self-harm and suicide and looking at our own and societal attitudes
- Helping colleagues to identify issues, discuss and help a young person to seek further support
- Understanding and using the Cumbria Self-Harm Guidance & Pathway and being aware of other support available
- Understanding the importance of asking directly about thoughts of suicide and the importance of safety planning

- Carlisle, Morton Manor: Friday 28 June 9.30-1pm
- Barrow Fire Station: Monday 1 July 1.30-5pm
- Penrith Fire Station: Friday 12 July 1.30-5pm
- Kendal Fire Station: Wednesday 24 July 9.30-1pm
- Workington Fire Station: Friday 26 July 9.30-1pm

For more details please email: training@cemind.org or to book a place go to www.eventbrite.com and search for 'FREE Self Harm and Suicide Alertness.'

FREE in house sessions can also be arranged. Please contact us via: training@cemind.org to discuss.

These FREE courses are funded by



Carlisle Vue Cinema

Carlisle Vue cinema is showing an excellent Christian film **BREAKTHROUGH (12A)** for a one-off Senior (aged 60+) Screen on Thurs. 27th June at 1pm. For trailer and details see www.breakthrougtickets.co.uk <<http://www.breakthrougtickets.co.uk/>>

It's well worth going if you can - and good-value admission! Take some friends.

"Tremendously inspiring...A highly compelling movie" - CBN.

"'Breakthrough' is skilful enough to stir strong emotions in both devout and sceptical audiences" - Hollywood Reporter

"You don't have to believe in divine intervention to be moved by 'Breakthrough'" - New York Times

Thank you for your interest. May the Lord richly bless the showing at your cinema.

Kendal Parish Church



We are looking for volunteer welcomers to help visitors get the most out of their visit to this beautiful medieval building. If this appeals to you, please go to <https://www.kendalparishchurch.co.uk/wp-content/uploads/2019/02/Role-description-Welcomer-FINAL.pdf>

DID YOU MISS THE AD4E EVENT IN EDINBURGH??
AD4E is coming to Cumbria! This will be our 17th event!
DATE & TIME: Thursday 18th July 2019 9am – 5pm
VENUE: Newton Rigg College, Newton Rigg, Penrith, CA11 0AH

"A Disorder for Everyone! - is a dynamic & challenging event touring the UK. At each event we welcome dynamic and passionate speakers who challenge the mainstream narrative of 'diagnosis and disorder' in favour of non- pathologising, trauma-informed alternatives.

The day is of interest to wellbeing facilitators, mental health professionals, students and trainees, academics, people with lived experience of human distress pathologised as psychiatric diagnosis, activists, carers, supporters, survivors and anyone interested in current debates about 'mental health.'

All events offer as many free places as possible to people with lived experience, as well as discounted rates for other groups (see link /tickets)

Speakers / contributors confirmed so far include....

- **Dr Lucy Johnstone**
- **Sally-Ann**
- **Dr Julie Carter**
- **Marion Brown & Beverley Thorpe**
- **Jo McFarlane**
- **Alistair Dobbin**
- **Jo Watson**
- **Nollaig McSweeney**

Wendy Burns – President/Royal College of Psychiatrists

Contact jo - jowatson03@aol.com if you would like to negotiate a cheaper rate for group bookings of more than 5 people. Also contact jo if you are an organisation that supports a trauma informed, non pathologising message and would like a stall at the event to display your publicity and information.

Please click on the link below and select 'read more' for full details...

https://www.eventbrite.co.uk/e/a-disorder-for-everyone-challenging-the-culture-of-psychiatric-diagnosis-exploring-non-tickets-53206384729?utm_term=eventurl_text

Fostering and Adoption Information Event – CARLISLE

June 26 @ 7:00 pm - 9:30 pm

As Christian families consider fostering or 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.

This event is hosted by our partners Home for Good. Members of our adoption and fostering services will be also be there to talk to you our services and the different options and routes available to you.

Fostering and Adoption Information Event - CARLISLE - Caritas Care iAdopt Adoption North West



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 .

We see you... in Cumbria!



SPOT THE SIGNS OF MODERN SLAVERY



Report anything suspicious via the Unseen App.

Download from www.unseenuk.org



APPEARANCE

Show signs of physical or psychological abuse and untreated injuries.
Look malnourished or unkempt, or appear withdrawn and neglected.
Seem under the control or influence of others.
Wear the same clothes every day.
Wear no safety equipment even if their work requires it.

Living in dirty, cramped or overcrowded accommodation.
Living and working at the same address.
Appear unfamiliar with their neighbourhood or where they work.

TRAVEL

Rarely allowed to travel on their own.
Collected and dropped off on a regular basis early in the morning or late at night.
In a crowded minibus with other workers.
Have no control of their identification documents such as their passport.

SEEKING HELP

Reluctant to seek help and avoid eye contact.
Appear frightened or hesitant to talk to strangers.
Fear of police, don't know who to trust or where to get help.
Afraid of deportation, and of the risk of violence to themselves or their family.

WHO TO CONTACT

If someone is in immediate danger then call the police.

999

Ask for advice by calling:

The Modern Slavery Helpline **0800 121 700**

Report non-emergency suspicious activity to your local police on:

101

The Salvation Army **0800 363 8151**

NSPCC CTMC (in cases of children) **0800 033 5000**



www.thechurchinitiative.org



101 www.cumbria.police.uk

