



**Churches
Together in
Cumbria**
April
2020

Hvem er min nabo?

Nothing like this has ever happened before. There have been plagues – but none affecting every continent at once. There have been restrictions imposed on the lives of ordinary people – but none so universal.

The crisis has brought out the best and the worst in people. The latter makes for bolder headlines and more striking images of panic buying and of those who chose to interpret ‘you must self-isolate’ as ‘other people ought to self-isolate, but we are going to the seaside’. It is however the former that should encourage us and challenge us. It is heart-warming to read of acts of imaginative unselfishness. Two have registered with me in particular: one of the person who handed every household in their street a green card and a red card, and asked that they display the first if all was OK and the second if any help was needed; the second is of the gentleman who called to ask his neighbours – both in their 70s – if all was well (he is in his 90s).

We are all used to describing the gospel as ‘good news for the whole world’. We readily and gratefully quote John 3:16 and celebrate the truth that it conveys. But what do we have to say to a world where the only news appears to be bad news – where a reduction in numbers of fatalities or confirmed cases is more than matched by an increase elsewhere? Each of us will know how we ourselves might best react or take an initiative.

Let me suggest five things that might be considered:

Active engagement in prayer – for swift and safe progress in the search for an effective treatment and a cure; for resilience, strength and good health for all who involved in the treatment of patients; for good judgement on the part of those who have to take decisions at central government and local levels

Discernment as to how best we can assist – in caring for others and keeping in contact with friends and family members

Alertness to the need to spread news of imaginative initiatives and to encourage their adoption locally

A sense of perspective – that ability to recognise that, while one cannot set a time frame for it, this will pass. The world will not always be in lockdown. Someday, ‘normal’ will once again be a word that can be used with the present tense.

A sense of humour – let us not lose the ability to laugh (even if humour may currently appear rationed)

Let me end with a word of explanation for the title of this piece. For any who have resisted the temptation to Google the wording, it translates as ‘Who is my neighbour?’ As ‘neighbour’ is Scandinavian in origin, it seemed appropriate to give the piece a Danish heading. This may serve to remind us – though surely no reminder is needed – that the challenges we face find an echo elsewhere. Let not our praying or our concern be limited in any way. Who is my neighbour? The world is my neighbour – as never before.

David Richardson
Treasurer of CTiC



Social Responsibility Report

We remain very focussed on our four priorities: modern slavery, homelessness, loneliness and the environment.

We have engaged with the rough sleeper coordinators, please see the further information about their role in the separate article. Rough sleeping is a serious, but hidden issue in Cumbria, and requires us all to notice, and report if we see somebody in need. Please see the chart with information on how to do this.

Loneliness and isolation cuts across much of the work we do, not least the Green Health Cumbria project – please see the February newsletter for further information. If you are interested in learning more, please do get in touch.

Environment matters generally are at the heart of our work and we continue to meet with other organisations such as Cumbria Action For Sustainability (CAFS) and Cumbria Community for Voluntary Service (CVS) and the Lake District National Park to develop a combined county wide approach to tackling this issue.

Indeed, we are developing closer working relationships with other third sector organisations generally to support one another and enhance our work. David Allen CEO of Cumbria CVS recently wrote:

This month I just wanted to reflect on a single meeting I had in Keswick. I am fortunate to know Bishop James Newcombe from other roles I have had in London: James is (amongst many other things) the Church's lead on Health in the House of Lords – and had previously supported the All-Party Parliamentary Group on "Health in All Policies" which my charity had established.

It also happens that he is a lovely man: warm, welcoming, appreciative, humble and confident to share what and who he knows. Our meeting probably lasted a couple of hours – but we covered a lot of ground. James knows I am an atheist but recognises that the values that drive us both (and I suspect, many others in the voluntary sector) are similar and attuned. On the health and wellbeing side, he described some of the initiatives currently pursued by the Church of England, a couple of which I wanted to share:

- "Green Health": using the Church's land resources to develop gardening/agricultural opportunities for disadvantaged and vulnerable people. There resources are considerable: in Cumbria alone, there are over 600 Churches (with Churchyards) dotted across towns, villages and remote rural locations. At a national level – approaching 16,000 churches. This facility links with NACRO (care and rehabilitation of offenders) helps support good mental health – and encourages both sustainable living and independence through growing and cooking the produce!

- In a similar vein, the "Coalition of Christians against Loneliness" run a number of programmes identified as targeting the lonely: several groups established in Cumbria; many different "chaplains": "Anna" Chaplains providing support to the elderly; "GP Chaplains" and "parish nurses" – doing home-visits to listen, comfort and provide non-medical support; voluntary "Deacons" supporting the interface between Church and Community – and (most surprisingly to me – "Rural Chaplains" based at Auction Marts. After becoming a permanent fixture at the regular animal markets – members of the farming community will approach them for advice and support – helping support a profession with one of the highest suicide rates.

Overall, the Church is moving to a more modern approach. Plans to adapt half of all Church buildings to enable the community to use throughout the week: clearing the pews and providing a safe space; improving toilet and kitchen facilities; increasing accessibility for pushchairs and those with mobility challenges.

Why focus on this? Well – for me personally – after 30 years to the day this week of working in the voluntary sector – this was a revelation. My own (non)-religious position has clearly made me pretty ignorant of both the scale and capability of the various religious communities, organisations and volunteers to help tackle exactly the same issues as those we in the "non-religious" voluntary sector tackle on a regular basis. Effectively, it feels like a parallel universe – but one which we need to know about and engage with if we are to truly capitalise on the co-ordinated efforts of society.

Shelagh Goldie—Social Responsibility Officer shelagh.goldie@gmail.com



ANNA CHAPLAINCY

'Anna Chaplaincy' is the name for an important initiative which Churches Together in Cumbria are launching in the county in 2020. It has been endorsed by the Anglican Bishops of Carlisle and Penrith, the Roman Catholic Bishop of Lancaster, the Chair of the Cumbria Methodist District and by other Church Leaders.

What is it about?

Anna Chaplaincy (AC) is a ministry to older people, and its purpose may best be summarised as follows:

"AC seeks to accompany older people at this age and stage of their lives. It is an ecumenical, community-based, chaplaincy promoting the spiritual welfare of older people. AC is a person-centred and non-judgemental ministry for people of strong, little or no faith at all. It involves visiting older people wherever they may be living, whether in residential and nursing homes, sheltered housing, retirement complexes or other private homes. The emphasis is on spiritual support but, clearly, people's practical struggles will also play a part in their overall well-being."

AC comes under the aegis of the Bible Reading Fellowship. The pioneer of AC was Debbie Thrower, a Reader in the Diocese of Winchester, who first took on the role in Alton, Hampshire in 2010. Anna Chaplains are so named after the widow Anna who appears in St Luke's Gospel (chapter 2:36-38), along with Simeon, both being examples of faithful older people. There are now 100 Anna Chaplains nationwide.

Might I be eligible?

Yes! Anna Chaplains can be lay or ordained. They are appointed by, and accountable to, their local church; they work in care homes, private homes, churches and community settings with people of strong, little or no faith, Anna Chaplains are asked to give a day (or more) each week to their role and have a strategic focus, raising awareness of needs in ageing and dementia and taking a lead in worship and group activities. Training will be offered, as needed, and this will take account of an individual's experience and interests.

How does this relate to Cumbria's dementia-friendly churches project?

The dementia-friendly churches project comes to an end, in its present form, in September 2020. AC will both sustain and foster the churches' engagement with older people in general and also help to ensure that ministry for and with people affected by dementia remains centre stage. A number of current Dementia Enablers may wish to become Anna Chaplains, but the role of the local DE will continue in any event.

AC will formally be launched on September 19th at the fifth annual Cumbria Churches' Dementia Conference at the Border Kirk in Carlisle.

Anna Chaplaincy

The first Anna Chaplaincy Enquirer's Day on March 14th was able to go ahead before the current lockdown.

Eleven of us gathered at the Westmorland Hotel Tebay with Debbie Thrower, Founder and Pioneer of Anna Chaplaincy.

Rev Andrew Dodd, chair of CTiC, began the morning with a very helpful look back at the origins of the Social Responsibility Forum of Churches Together in Cumbria, of which the current Dementia Project is a part, and how this provides both a platform and context for the development of Anna Chaplaincy.

Yvonne Povey, Dementia Project Officer spoke briefly about 'How we have got to this point', giving more detail about the current Dementia Project, the work of the Dementia Enablers and how the Project is providing a springboard into Anna Chaplaincy which, it is hoped, will be a vehicle through which the work of the Project is expanded and sustained into the future.

Debbie Thrower then told us about Anna Chaplaincy, how it began in 2010 in Alton in Hampshire and how it has grown, and continues to grow, into a national network of Anna Chaplains and Anna Friends all concerned with the spiritual care of older people.

Yvonne concluded the morning outlining 'Next Steps' that anyone present interested in pursuing ministry as an Anna Chaplain might take.

Whilst we hope that some of those who are currently Dementia Enablers with the current Project will want to become Anna Chaplains, we hope too that some who have not been involved with the current Project will also wish to explore this as an area of ministry that God may be calling them to.

Not surprisingly the second Anna Chaplaincy Enquirer's day planned for May 2nd has had to be cancelled, but if you would like to explore this further please do contact me, Yvonne Povey, Dementia Project Officer /Temp Anna Chaplaincy Lead dpoctic@outlook.com





As all of our thoughts are on the Covid-19 situation, we wanted to share an update on Christian Aid's response. We value our volunteers enormously and want to ensure you all keep safe when fundraising for Christian Aid Week. The health and safety of our community, including loyal supporters like you, is of the utmost importance to us, and we are monitoring the situation on a daily basis.

Many of you will have been planning house-to-house collections and events. Under the current circumstances, sadly, house-to-house collections should not go ahead. In particular, along with many churches, events such as Big Brekkies or Lent lunches, where food is shared, cannot go ahead. We are looking at alternative ways to virtually meet, share and pray with supporters over the coming months in the likely absence of physical church services.

We are working on alternative plans that will allow people to take part in Christian Aid Week in different, creative ways – by post, by text and online that strengthen our communities during this challenging time. In addition, we will be providing advice on managing risks with smaller sponsored activities, street collections and delivery-only envelopes. Christian Aid Week is our single-most important fundraiser, so we would welcome your ideas on how we can creatively show love for our neighbours at home and abroad, as a community.

Christian Aid and our partners already have experience of limiting the spread of infection during the Ebola crisis, and we will build on this experience to continue to stand together with communities living in poverty during this period. If infection rates start to develop as they are in Europe, then people in poorer countries will be hit even harder. Many are already living with reduced health resilience because of extreme poverty, or in overcrowded humanitarian camps and in countries which do not have the healthcare infrastructures needed to combat widespread disease. We will be working on the ground to help prepare communities to limit the impact of Covid-19. Please pray for us in this vital work, and support us by [making an online donation](#).

We are praying for all those affected by this new virus, both in Britain and overseas, for all those working on the frontline and for wisdom for our leaders. We will continue to monitor the situation as it evolves. During this challenging time, we all need to take seriously the science and advice being offered, remaining calm but vigilant. If you have any specific concerns or questions please email us at info@christian-aid.org or call our helpline on **020 7620 4444**.

I am keeping you all in my prayers.

With every blessing,

A handwritten signature in black ink, appearing to read "Amanda".

Amanda Khozi Mukwashi
Chief Executive
Christian Aid

HELP KEEP YOUNG PEOPLE SAFE FROM EXPLOITATION

Young people are being exploited and trafficked through **public transport**. We need your help to look out for young people and ensure they are protected from harm.

Look for the following behaviour and remember that exploited children don't always look like victims.

- The young person is travelling alone – particularly in school hours, late at night or frequently.
- They seem anxious and frightened or angry and aggressive.
- They are unkempt or appear under the influence of drugs or alcohol.
- They are avoiding ticket checks, or don't have a ticket or money to pay the fare.
- They are carrying large amounts of cash.
- They do not seem familiar with the location they are travelling to.
- They are using more than one phone, or their phone is always ringing.

Help us protect children and young people from exploitation.

Don't wait. Report it:

If you are concerned about a child and think it's an emergency, dial **999** or **101** if it's not an emergency.

If you are on a train text British Transport Police on **61016**.

Otherwise contact Crimestoppers on **0800 555 111**.

childrenssociety.org.uk/stop-exploitation



Cumbria-wide Rough Sleeping Initiative:

- ◆ part of the government's ongoing Rough Sleeping Strategy which sets out the vision for halving rough sleeping by 2022 and ending it altogether by 2027.
- ◆ seeks to support people sleeping rough off the streets and develop their wellbeing and stability - we know rough sleepers experience poor health and cost our public services more
- ◆ links in with the Homeless Reduction Act which placed new duties on the council to prevent and relieve homelessness, incl. single people who are at greater risk of sleeping rough.
- ◆ developing a Rough Sleeping Strategy for Cumbria

Rough Sleeping Co-ordinators in post in each District in Cumbria

- ◆ Researching and developing successful interventions and referral pathways; Signposting, advice and co-ordinating Services
- ◆ Identifying needs and issues affecting Rough Sleepers in our districts and capturing gaps and trends to identify future provision
- ◆ Speaking to services and voluntary organisations; what is provided, improving relationships and partnership working; what the problems are for rough sleepers they work with, what could be done in the local districts to reduce rough sleeping.
- ◆ Speaking to Rough Sleepers; seeking opportunities to meet with people who are rough sleeping, find out their stories, past experiences, what would help them.
- ◆ Collecting data about rough sleepers in our districts
- ◆ Duty to Refer; whilst speaking to services we are reminding/educating services on the duty to refer process – also finding out about experiences and limitations of DTR
- ◆ Supporting each district with their own priorities relating to rough sleeping

If you would like to find out more or discuss how we could work together:

CARLISLE AND EDEN

HELEN GIMBERT – 07805805630

ALLERDALE AND COPELAND

MARTIN ADAIR - 07779416288

SOUTH LAKES AND BARROW

ZOE QUICK - 07779416301

Cumbria CVS



Cumbria CVS is a countywide charitable organisation with a range of office and meeting room spaces available to hire at Shaddongate Resource Centre in Carlisle, which may be of interest to you.

Shaddongate Resource Centre (Carlisle) is a modern, accessible community building with a range of excellent facilities, perfectly suited for the provision of training, hosting meetings, conferences, and 1:1s. We also have a range of office spaces and so whether it's a single desk or an entire office – we have the space to accommodate you.

Rooms can accommodate 15 - 100 people and are available for casual hire, regular hire and/or block bookings and include:

- ◆ Community Hall
- ◆ Training/Meeting Rooms (for 15 – 40 people)
- ◆ Commercial Kitchen

These spaces are supported by a range of excellent facilities including:

- ◆ Disabled Facilities
- ◆ Changing Place Toilet
- ◆ Lifts to all floors
- ◆ Breakout/networking spaces
- ◆ Commercial Kitchen
- ◆ Wifi
- ◆ Reception Service
- ◆ Equipment* including screen, projector, laptop, flipchart (paper and pens), PA systems and microphone, and photocopying
- ◆ Staff are on-hand to answer queries/provide help if needed
- ◆ Refreshments and Catering available.
- ◆ *Additional charges may be payable.

If you would like to know more about hiring these facilities, or would like to view the spaces, please contact us on 01768 800350 or info@cumbriacvs.org.uk – we would be delighted to show you around.

Alternatively, full details are on the attached leaflets and can be found on our website: www.cumbriacvs.org.uk/office-space-room-hire/

Please note: we currently have a limited free offer on spaces, which may be of interest to you – please contact us for further details.

We look forward to working with you and to hosting you at Shaddongate

Please note – we have a range of other services that may be of interest to you or other local voluntary groups including:

- ◆ DBS (Disclosure and barring Service) disclosures - standard and enhanced
- ◆ Office Space/Hot Desking Space (Carlisle and Barrow)
- ◆ Volunteering – information, advice and support to help you recruit, retain and manage volunteers
- ◆ Training – for staff, volunteers and Trustees
- ◆ Funding advice, support and information for local organisations to survive and thrive
- ◆ Networks – to help represent your organisation and give you a voice

Please find full details on our website: www.cumbriacvs.org.uk or call us on 01768 800350

Coronavirus—Prayer Diary

Please use and share as widely as possible this prayer which has been composed for Cumbria:

Loving God, as your Son healed the sick

And brought good news to the needy

Be with us this day.

Loving Jesus as you taught us to

'Do unto others as you would have them do to you'

Be with all the medical staff this day.

Loving spirit, your gift is healing,

Bring your healing fire to our homes, our hospitals and our country,

But most of all, be with us this day. **Amen**

GREEN HEALTH CUMBRIA

CTiC is developing a "Green Health" project using churchyards and other community spaces for therapeutic horticulture. A group of interested people met recently with Bishop James who gives this work his full support. We are working closely with the NHS, whose interest in this comes from Social Prescribing and Integrated Care Communities. These agendas aim to use communities to work together to address isolation, loneliness and other issues which do not need specific medical intervention.

If you are interested in finding out more, please do get in touch.

Shelagh Goldie

CTiC Social Responsibility Officer

07941836477

shelagh.goldie@gmail.com



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 May for our newsletter: ebctic@outlook.com

Find out more about the work of CTiC in our overview paper, available on the website: https://www.churchestogethercumbria.co.uk/Groups/318434/About_Us.aspx

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



Revd Andrew Dodd

CTiC President

e: andrew.dodd1@btinternet.com

Jenny Andrews

CTiC newsletter

e: ebctic@outlook.com