



**Churches
Together in
Cumbria
May
2019**

Cockermouth Rotary Domestic Abuse and Modern Slavery Conference



Friday 24th May 2019

Christ Church, Cockermouth,

1pm-4pm

No booking required.

For further information please contact Rev Wendy Sanders, revdwes@gmail.com

TALK ON THE HISTORY OF CHRISTIANITY IN PENRITH AND ITS SURROUNDING AREA

Given by Professor Emeritus Michael Mullett

2.00 pm SATURDAY 11TH MAY 2019

Saint Catherine's Parish Centre, Penrith

Drovers Ln, Penrith CA11 9EL

Phone: 01768 862273

Professor Mullett, who was educated at Cambridge, held the Chair of Early Modern Religious History at the University of Lancaster. He is highly regarded as an expert on Martin Luther, the Quakers, and other aspects of Reformation theology. Currently he is at work on the effect of religious change on the life of people in Penrith and its surrounding area in the 16th century. Michael plans a trilogy, of which one volume has been published. In fact, in terms of both articles and books, he has an impressive record of scholarly publications, all of which are accessible to the lay reader. His long experience as a stimulating lecturer means that he will certainly be worth listening to. Professor Mullett, who has always been committed to the cause of legitimate ecumenism, and who has considerable respect for both the Anglican and Nonconformist traditions, is anxious that representatives from all the churches in Penrith and its district should attend his presentation. Entrance is free, but for administrative purposes it would be helpful if you could contact Saint Catherine's (01768 862273) or me, Christopher Robson (01524 62465), to say you are coming. No collection for any charity or cause will be taken, unless anybody wishes to organize one for Churches Together in Cumbria, which we all support. To assist the Parish Priest, Father John Winstanley, I shall make a donation to Saint Catherine's Church myself. It is probable that the event will last over an hour. There will be refreshments.

PAX ET BONUM

FOCUS ON... OpShops



It's not uncommon to hear the Opshops referred to as a 'lifeline'. They provide a space at the heart of the community for people to drop in, chat, have a cuppa and share life with each other and mainly engage with people with whom the local church typically has little connection.

Good quality second hand furniture, clothes and bric-a-brac are available to purchase at low cost helping people's money to go further and the shops seek to offer volunteering opportunities to all especially those who are struggling to find opportunities elsewhere.



Central to all we do is our faith and the Opshops are places where people can ask questions about God and where Christian community can develop.

Having been opened by the Diocese of Carlisle in 2009, this year marks a special year as the Opshop Network celebrates its 10th birthday! It has expanded over the last ten years to encompass a large warehouse and six shops, five in Carlisle and one in Penrith, all made possible by a wonderful team of volunteers and the support of local churches and communities.



Rev Chris Harwood, Opshops Pioneer Minister, at an Opshop community meal

We are in need of additional volunteers across the network both at the warehouse and in the shops as well as somebody to help with eBay and another to help with gift aid. We'd also greatly appreciate any donations of furniture, clothes and bric-a-brac and collection can be arranged for larger items. To find out more, please contact Jon Greenwood on 07523 778723 or jon@opshops.co.uk



Christian Aid Week: 'All mums should live'

Sierra Leone is the world's most dangerous place to become a mum. Every day 10 women die from giving birth. In Sawula district, the community struggle with a clinic which has no electricity and only two delivery beds.

Jebbeh is heavily pregnant but as her baby grows, it's not joy that fills her heart, but fear. When Jebbeh's sister Fatmata went in to labour, there were so few ambulances that Fatmata had no choice but to walk for three hours under the baking sun, to the nearest hospital. The journey was long and with every step Fatmata struggled to keep walking. Jebbeh told us: 'My sister was crying out with hunger. She died on the side of the road. She never gave birth.'

This Christian Aid Week, together, we can make childbirth safe for mums and babies. Through our gifts and prayers, we can help give the world's poorest mums a chance to live.

For every church that raises £300, it could help provide a new delivery bed so more mums like Jebbeh can deliver

A prayer for more happy birth days

Happy Birthday today to over 1,000 people in Cumbria, a time of celebration and reflection. We thank God for our life and opportunities.

Today more than 10 babies will be born in Cumbria, a moment of joy and new life. We pray for all new parents, especially those facing challenges and sadness.

Today 10 mothers will die in Sierra Leone during childbirth. We pray for those who have died, and those who have lost wives, daughters, sisters and mothers, when joy and hope turned to sadness and loss.

Ten per cent of healthcare workers in Sierra Leone were killed by Ebola. We pray for their families and thank God for the skill and compassion of all healthcare workers.

Today, in Sierra Leone, Christian Aid and its local partners are changing things for the better. We thank God that they are turning pregnancy from a time of fear and sadness to one of joy and hope.

Today, with every gift, every Big Brekkie, we can save lives. We thank God that by giving, acting and praying we can stand together to bring a new era of health and life in Sierra Leone and around the world.

There will be workshops, a walk of witness and of course the opportunity to lobby your MP. Contact Laura to find our more or go online to register at <https://www.christianaid.org.uk/campaigns/climate-change/thetimeisnow> (this can be found in the campaigns section of the Christian Aid website if you don't like long urls). Laura will assist with coordinating meetups, lift shares and travelling together.

Laura IkJones@christian-aid.org.uk

Mob: 07778 110113



Jebbeh Konneh lives in Sierra Leone and is heavily pregnant. She comes for a check up with nurse Judith Lassie in the temporary health clinic. Tragically, there was no health clinic or nurse for Jebbeh's sister, who died recently in childbirth. Jebbeh says "I pray, when that day comes, God will help me deliver safely, so that I can have a bouncing baby and I will be healthy." With nurse Judith by her side she has every chance



Free Mental Health Awareness Course



Saturday 22nd June 9.30am

High Newton Village Hall

It is estimated that one in 4 adults experience mental distress of some form at any one time. Owing to the negative perception of mental ill-health, many people are reluctant to approach the issue or discuss their needs with others. Many organisations work to raise awareness of the stigma attached to mental healthcare users in the community. Raising awareness of mental health can promote a more positive approach and give people the knowledge to challenge the negative attitudes and stereotyping that can reduce access to services for those affected by mental ill-health.

Come and join us on this 3 hour course and help increase our understanding of mental health issues.

Aims

The aim of the course is to raise awareness of the issues surrounding mental health difficulties, dispel some of the myths and misconceptions frequently linked to mental health issues and develop individual knowledge of the rights of those with mental health issues so that participants are better able to improve their own wellbeing and also to support others. Specifically the course covers what is meant by the term mental health, the definition and causes of mental health difficulties, common perceptions of mental health difficulties and how stereotyping can affect people's perceptions, where appropriate support can be sought and cultural diversity within mental health issues. 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).

At the end of the session you should have knowledge on:

- what is meant by the term 'Mental Health'
- the definition and causes of mental health difficulties
- common perceptions of mental health difficulties and how stereotyping can affect people's perceptions
- where appropriate support can be sought
- cultural diversity within mental health issues.

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.



FREE MENTAL HEALTH AWARENESS COURSE

SATURDAY 22ND JUNE 2019
9.30 AM – 12.30

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

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]

The Churches Together in Cumbria Dementia Project is now in its fourth year. 120 Dementia Enablers at 96 locations across the County are working to help ensure that their Churches are Dementia Friendly by 2020. If you would like to be a part of this vision and vital work, please come to our **Recruitment Day for Dementia Enablers on May 18th 9.30-3.30 at Cockermouth United Reformed Church, Main St, CA13 9LU**. For more information or to book a place, please contact CTiC administrator Emma Brown, ebctic@outlook.com or the Dementia Project Officer Yvonne Povey, dpctic@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	The Brewery Arts Centre, Highgate, Kendal	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.

Dementia Action Week May 20-26th 2019: ‘unites people, workplaces, schools and communities to take action to improve the lives of people living with dementia’ (www.alzheimers.org.uk)

As part of the Churches Together Dementia Project there will be a dementia friendly **Service of Preparation for Dementia Action Week** to which all are invited.

On **Thursday 16th May 2019 at 2.30 at Kendal Parish Church** followed by refreshments. For more information please contact Yvonne Povey, Dementia Project Officer dpotic@outlook.com/ 01768 897138.

Holding Effective Performance Reviews

Wednesday 26 June 2019

9.30am – 4.30pm

Cumbria CVS, Lesser Kings Hall, Hartington Street, Barrow LA14 5SR

Using Appraisals and other reviews effectively to help boost employee motivation and performance.

By the end of the session the delegates will be able to:

- Explain the impact of effective performance reviews on the employee and organisation
- Identify how official reviews, alongside supervisions and 1-2-1's, form a key part of the ongoing, year-round development of employees, aligned to organisational goals
- Understand how to positively engage employees in the review process
- Structure reviews to ensure that maximum value is gained from the time invested
- Demonstrate effective questioning, listening and feedback skills
- Identify the key behaviours and motivations required from them as reviewers
- Understand how to create reviews that are not purely retrospective but also future-focused

This session is aimed at anyone who conducts performance reviews/appraisals including Supervisors, Team Leaders and Managers.

Trainer: Deborah Clark from Get Real Training

Price includes refreshments and lunch

Early Bird Booking by **Wednesday 12 June 2019:**

£80 CVS members* (£100 thereafter)*

£100 Non members* (£125 thereafter)*

To book visit <https://cumbriacvs.org.uk/training-and-events/holding-effective-performance-reviews-3/>

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

Next West Cumbria Volunteering Fair

Thursday 6 June 2019 , 12noon until 4pm

The Solway Hall, Lowther Street, Whitehaven CA28 7SH

The aim of the event is to promote **local volunteering opportunities and recruit new volunteers in West Cumbria.**

Cumbria CVS has received funding from Sellafield Ltd to host this event in partnership with Cumbria Exchange in order to encourage their staff to volunteer as well as the general public. We would like to promote your volunteering opportunities to Sellafield staff and the public before and at the event. We ask organisations to submit their volunteer opportunities on the Cumbria Exchange website. Cumbria Exchange is a web-based initiative which was launched in February 2018 for community organisations and businesses to connect with each other to offer free or in-kind support for mutual benefit www.cumbriaexchange.co.uk

We ask organisations to arrive for set up **from 11.20am, with the event promptly starting at 12noon.** Anyone interested in volunteering will be able to drop in at any time in order to have one-to-one informal chats with organisations. Each organisation will be allocated a table so we ask you to bring a volunteering display and information. In order to involve as many organisations as possible some organisations may be asked to share a large table.

Tea , coffee and lunch will be provided. We are aware the timing of the event is over the lunch time period and until 4pm, but we have done this to try and capture potential volunteers who may be working but can pop in on their lunch break or who can attend after they finish work at Sellafield. We want to attract as many possible potential new volunteers to this event.

If your organisation is interested in attending this event and to be included in the West Cumbria Volunteering opportunities promotion, please contact judiths@cumbriacvs.org.uk /01768 800350 **no later than 15 April 2019.** This will allow time for posters, promotion materials and publicity to be produced in advance of the event.

Priority bookings will be given to CVS members, those organisations who have submitted their opportunities on the Cumbria Exchange website and those organisations that were added to our reserve list for previous Volunteering Fairs. Please note places are limited . Confirmation emails will be sent after the closing date so book early to avoid disappointment.

A cancellation fee of £10 will apply for each table cancelled within one week of the event and/or for non-attendance.



Home for Good is a Christian charity who aim to make a positive difference for the vulnerable children in our society. Many children cannot live with their birth family for a whole host of reasons and we believe the Church is ideally

placed to ensure that every child and young person has the loving home they need, and every family who cares for vulnerable children is drawn into a committed supportive community.

Throughout the Bible we are reminded of God's heart for the vulnerable, and particularly those without a family to love and protect them.

"A father to the fatherless, a defender of widows, is God in his holy dwelling. God sets the lonely in families."

Psalm 68:6

The Bible uses the terms 'fatherless' and 'orphans' to describe children who did not have the stability and protection of a family. In contemporary culture we do not use these terms, but we recognise that children coming into care are also in need of stability and protection.

As God's children, adopted into His great family, we are called to care for the vulnerable as part of our worship, to defend those unable to defend themselves, and to seek justice on their behalf.

"Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress."

James 1:27

"Learn to do right; seek justice. Defend the oppressed. Take up the cause of the fatherless."

Isaiah 1:17

We want to see Christian families foster or adopt, particularly the children who wait the longest. We help families care for vulnerable children get the support they need through peer support, group support and encouraging you as church families to offer them continual support too. If you are interested in fostering or adopting we have some information events coming up in May. You can also pray for the thousands of children in our country needing Homes for Good and for those interesting in fostering or adopting or already doing so. For more information visit www.homeforgood.org.uk or contact Safi Newton on safi.newton@homeforgood.org.uk

Fostering and Adoption Information Event in Ulverston

17.05.2019, 12 – 2pm

If you have ever thought about fostering or adoption this is an opportunity for you to come and find out more. We will have exclusive use of the Re:Vista Café at Emmanuel Christian Centre so that you can drop in anytime between 12 – 2pm to gather more information, ask any questions that you may have and enjoy a cuppa and some cake. safi.newton@homeforgood.org.uk

Re:Vista Coffee Shop, Emmanuel Christian Centre, Mill Street

Ulverston,

Cumbria,

LA12 7EB

Fostering and Adoption Information Events in Whitehaven

29.05.2019

Information drop in 12 – 2pm, Information Evening 7.30 – 9pm

If you have ever thought about fostering or adoption this is an opportunity for you to come and find out more. You can come and chat anytime between 12 – 2pm to gather more information, ask any questions that you may have and enjoy a cuppa and some cake. If you would prefer to find out in more detail about the different types of fostering and adoption, the processes and hear presentations from those already caring for vulnerable children then we would love to see you at our information evening at 7.30pm. jon.stockley@homeforgood.org.uk

Moresby Church Hall, Rosehill, Whitehaven CA28 6RR



Place for Hope and Partners invite you to a

Gathering in Glasgow on Conflict and Faith

The Glasgow Royal Concert Hall and Adelaide Place Baptist Church, Glasgow
 Thursday 31st October, 10:00 – Saturday 2nd November, 12:30, 2019
 (registration available from 09:00 on Thursday)

The Aviemore Conference in 2009 drew together over 200 participants on the theme 'Christianity, Conflict and the Soul of the Nation.' In 2013 the Coventry 'Faith in Conflict' conference brought a similar number together. Practitioners, church leaders and members engaged at both events to explore responses to conflict from a faith perspective. You are invited to gather with us in Glasgow to continue and deepen this exploration.

The aim of the Gathering is

- to respond to the hunger for reconciliation and peace in our churches and communities
- to develop and sustain the art of conflict transformation, reconciliation and peace building
- to nurture the network of skilled practitioners that supports this work
- to strengthen the unique contribution churches and faith communities make to the work of conflict transformation
- to discover peace-making skills you never knew you had

The Gathering is intended for ...

All interested in the art of faith-based conflict transformation including local church members, church leaders, practitioners in faith-based mediation.

Expert input/skills training offered by:

Place for Hope, St. Ethelburga's Centre for Reconciliation, The Blackley Centre for Reconciliation, St. Michael's House, Bridge Builders Ministries, The Corymeela Community, The Rose Castle Foundation, The Archbishop of Canterbury's Reconciliation Ministry, Centre for Good Relations, Scottish Mediation and others.

Keynote input confirmed from

David Brubaker, Associate Professor of Organizational Studies at the Centre for Justice and Peacebuilding, Eastern Mennonite University.

Sarah Hills, Vicar of Holy Island, Honorary Canon for Reconciliation at Inverness Cathedral, and Canon Emeritus of Coventry Cathedral.

Brendan McAllister, Corymeela Member, Senior Mediation Advisor with the UN and a Senior Associate of 'mediatEUr.'

Place for Hope/Ruth Harvey, a leading Mediation and Conflict Transformation provider amongst church communities in Scotland and beyond.

Costs will be kept to a minimum, and will include various accommodation and low-income options. More details and bookings will be available in early April 2019.

This event is eligible for Study Leave funding for ministers in the Church of Scotland.

Confirmed Keynote input:

David R. Brubaker is Director of the MBA and OLS Programs and Associate Professor of Organizational Studies at the Centre for Justice and Peacebuilding, Eastern Mennonite University, Harrisonburg, Virginia. David is a Mennonite, and an experienced mediator and conflict transformation practitioner. Having led at the Place for Hope inaugural Aviemore Conference in 2009, we are delighted that David will be joining us in Glasgow, and continues as a Patron of Place for Hope.

Place for Hope with Ruth Harvey: Place for Hope was founded in 2009 in response to a need amongst church leaders in Scotland for help and support in times of change, crisis and transition. A mediation service was launched after the Aviemore Conference. Initially under the auspices of the Church of Scotland, Place for Hope is now an independent charity with a team of 35 trained, 'Scottish Mediation' accredited volunteer mediators. We offer mediation in situations of conflict, training, coaching and facilitated conversations. Ruth has extensive experience since 1990 in leading faith-based spiritual formation training across Europe and in the UK, and has been an accredited Mediator and Facilitator with Place for Hope since 2012. She has been the Director of the charity since 2016. Ruth lives in the NW of England, commutes almost daily to Scotland, and is both an active Quaker and Minister in the Church of Scotland.

Rev'd Canon Dr Sarah Hills: Sarah was brought up in South Africa and moved to Northern Ireland. She studied medicine in Sheffield and worked as a Psychiatrist, until ordination as a priest in 2007. She has recently moved from the position as Canon for Reconciliation at Coventry Cathedral to be Vicar of Holy Island. She completed her PhD in the theology of reconciliation at Durham University in 2014. She is Visiting Fellow at St John's College, Durham, and Visiting Practice Fellow at the Centre for Trust, Peace and Social Relations, Coventry University. She is Honorary Canon for Reconciliation at Inverness Cathedral, and Canon Emeritus of Coventry Cathedral. Sarah is married to Richard, a GP, and they have two sons and a Labrador.

Brendan McAllister has been involved in peace activism in Northern Ireland over the past 45 years. Originally a probation officer, he led Mediation Northern Ireland for 16 years and served as a Neighbourhood Renewal Advisor in North West England. In 2008 he was appointed as a Commissioner for Victims and Survivors of the Northern Ireland conflict. He has worked in the international peace mediation field since 2012. He is now a Senior Mediation Advisor with the UN Department of Political and Peacebuilding Affairs and a Senior Associate of the Brussels-based 'mediatEUr' which provides mediation support to the EU. Brendan is a member of the Corymeela Community.

The values of Place for Hope will be reflected in the Gathering in Glasgow:
Courageous and compassionate: Being bold and working with loving kindness.
Challenging and trusting: Unafraid to go to the difficult, uncomfortable places – going there with care, humanity and empathy.
Inspirational and affective: Fostering prophetic and creative voices alongside workable approaches.
Integrity and fairness: Honouring our differences and diversity and enabling respectful processes.


The Gathering in Glasgow is a partnership between



For more information join the Place for Hope Peacemakers Network at <http://www.placeforhope.org.uk/peacemakers/join> where you will be the first to hear when bookings are open. Or contact us via info@placeforhope.org.uk or 07884 580 359. Scottish Charity No SC045224

Place for Hope acknowledges the financial support of Glasgow Convention Bureau for this event.

Caritas Care will be holding an Adoption and Fostering Information event in the Methodist Hall, Kirkby Stephen on Thursday 2 May between 5.30pm – 7.30pm. Our mobile information vehicle will be in Carlisle City Centre on 3 May from 10am to 4pm; Tesco Barrow on 10 May from 10am – 4pm and Tesco Annan on 31 May from 10am – 4pm. We're keen to talk to people who are interested in Adoption or Fostering. Please drop by and see our friendly team to find out more about the services and different routes to adoption we can offer. 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/>.



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 June 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.
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