



**Churches
Together in
Cumbria
March
2019**

Caring for our Common Home

ECiC was a sponsor, along with Engaging Theology in Cumbria (formerly the Cumbria Theological Society), of this major conference on our Christian response to the mounting environmental crisis. The conference was held at Keswick School on February 2nd 2019, and around 150 people attended, representing a wide range of backgrounds. Its aim was to provide participants with a day to reflect on why and how we should care for the earth, our common home.

Keynote lectures started the morning and afternoon sessions. Professor Keith Ward spoke on 'Deep Ecology: Creation and the Environment' in which he discussed the relation between the concept of Deep Ecology and the Christian faith. Professor Peter Scott's title was 'Sharing Our Common Home?' In his talk, he explored the perceived tension between the interests in life of people and the interests of other creatures and the planet itself. Can we share our common home, and how?

The keynote lectures were complemented by a range of ten different workshops covering a wide variety of practical responses we can make to what we had heard from our keynote speakers. They included a "question time" style discussion with local MPs and other political leaders responding to questions from sixth form students. We learned about the Eco-Church scheme for accrediting environmental action in the local church and the Green Journey scheme pioneered in the Leeds Diocese to enable churches to reduce their carbon footprint and switch to more renewable energy sources. Mountain Pilgrims took the more energetic for a short walk to sample the exploration of the Holy in nature. Other workshops presented the Pope's "Laudato Si" encyclical, the significance of Cumbria's world heritage status, the role of wild processes in nature, the Biblical background to our relationship with the natural world and the work of Christian Aid to combat climate change.

Throughout the day, a "market place" was running. Stalls provided a variety of resources and opportunities for informal discussion with representatives of environmental bodies. The Cornerstone Bookshop from Whitehaven provided a very well stocked bookstall.

Refreshments were provided by members of Keswick St John church, and were much appreciated, especially the cakes.

Huge thanks are due to the many people who contributed their time and effort to the conference and it is not practical to list them all. But especial thanks are due to Nicki Pennington and Karl Möller, who initiated the idea for the conference and drove the organisation and planning from its inception to its successful conclusion.

The prospect of a follow up conference in 2020 is in active discussion.

Ian James

FOCUS ON... PERIOD POVERTY

PERIOD POVERTY NORTH CUMBRIA



What is **Period Poverty**? In a nutshell, '**Period poverty**' refers to having a lack of access to appropriate sanitary products due to financial constraints.

Period Poverty North Cumbria is a community project run by volunteers. We currently cover Carlisle & Eden.

The project started in June 2018 following the realisation that period poverty was prevalent within our own communities. The aim of the project is to allow girls and women within our communities who are struggling to access appropriate sanitary products to have access to sanitary protection through community based services and agencies with dignity and respect. We are a core group of 7 people who run the project on a volunteer basis; we also have a group additional volunteers who support the project as and when needed at awareness events for example; including County Council Colleagues, members of the Youth Parliament, Junior Miss Cumbria finalists & associated youth groups.

The project was successful in a £3,300 grant bid application from Cumbria County Councils Carlisle Local Committee to support 14 community and outreach centres and a women's refuge in Carlisle for a 1 year pilot with period poverty in their communities. It is anticipated that a similar grant bid will be placed to support Eden in the coming months. We are targeting community groups and not schools as the Red Box scheme (www.redboxproject.org) is doing a great job in that field. Saying that, we are already supporting Carlisle College & Newton Rigg.

Feedback from services and agencies that are supporting those in need with the donated products are feeding back regularly that the project is making a huge difference. And we are continually raising awareness of the project through media, rich conversations with colleagues, agencies, family and friends.

We worked recently with Youth Offending Officers and young ladies engaged with the service around what Period Poverty feels and looks like. The photos on the word cloud are amazing and very powerful from a young person's perspective.

Ann Ford the project lead, met with Shelagh Goldie from Churches Together to discuss how the project could best support Eden and its communities. Conversations are continuing as they forge ahead in discussing how the project can be effective and support those in need, raise awareness and seek offers of support through donations and creative ideas.

To date the project has 57 collection points in Carlisle & Eden and more are being added as the project raises profile and momentum. We also have regular donations of products from a total of 15 businesses and individuals including a craft group, a church choir, TESCO, Morrisons & Coop stores and Funeralcare. The donators are so very varied, but shows that people from many walks of life have identified the need to support in any which way they can. Details of collection & donation points can currently be found on our Facebook page "Period Poverty North Cumbria" or by contacting the team directly at periodpovertynorthcumbria@gmail.com or Twitter @PeriodPoverty

If you would like to donate, or set up a collection point please get in touch with Ann Ford at ann.ford@cumbria.gov.uk or Shelagh at shelagh.goldie@gmail.com

'Being Inclusive in Cumbria' has been initiated in response to reports and conversations in the Methodist Church relating to marriage and relationships.

With support from ecumenical partners, material is being prepared in Cumbria under the heading: **'All are welcome?'** to offer resources for worship and conversations in local churches.

There will be 2 streams of resources - one stream to offer a series of five sessions for preaching and one to offer a series of five 'workshop' sessions to engage local church groups in conversation and discussion. These will explore aspects of the Inclusive Church statement:

"We believe in inclusive Church - church which does not discriminate, on any level, on grounds of economic power, gender, mental health, physical ability, race or sexuality. We believe in Church which welcomes and serves all people in the name of Jesus Christ; which is scripturally faithful; which seeks to proclaim the Gospel afresh for each generation; and which, in the power of the Holy Spirit, allows all people to grasp how wide and long and high and deep is the love of Jesus Christ."

Each session will have clear links between the preaching session and the matching discussion session, and resources and parts of the resources could be adapted locally for use in different contexts as appropriate:

1. Scriptural faithfulness - thinking about how we read and apply the Bible
2. Issues of inclusion linked to Economic/Class and Economic Justice -
3. Issues of inclusion linked to Health (including mental health/Disability and Impairment) –
4. Issues of inclusion linked to Race -
5. Focus on Living with difference –

The timescale is to have the resources available to be used from immediately after Easter.

Further details from: Irene McKay, irenemckay80@gmail.com or 07958 605049

Carlisle and Eden Fostering Information Event 23rd February George Hotel Penrith, 2-4pm

- Carlisle and Eden Fostering campaign was launched on 21st January and culminates in an Information Event in Penrith on Feb 23 at the George Hotel from 2-4pm.
- The theme of the campaign is siblings and older children - trying to find more foster carers for harder to place older children and sibling groups. We've had a multi channel approach to marketing which includes sending out leaflets to 24,000 households across the region, radio adverts, outdoors ads in the Lanes Shopping Centre, numerous small drop in events and press Adverts.
- We've also sent out press releases which have generated some valuable coverage online and in print. We also utilise our own Facebook and social media accounts to promote the campaign.

cumbria.gov.uk/fostering

One of the biggest ways to support us is simply by sharing information on our campaigns on social media – so I would urge you to like and follow our pages on Facebook and Twitter. By sharing our posts they can help us increase our reach exponentially:

- Facebook @cumbriafosteringandadoption
- Twitter @FosterAdoptCCC

DAA
Carlisle Dementia
Action Alliance

Rotary 
in Brampton & Longtown

Longtown Dementia Hub
Longtown Community Centre
Next Session - Tuesday 26th February at 1.30pm

We welcome anyone interested in or wanting to know more about living with Dementia.



Hosted by the Rotary Club of Brampton & Longtown
on the 4th Tuesday of every month between 1.30 and 3.30 in the afternoon

The Information Hub is for

- Those living with Dementia
- Their carers or relatives
- Those concerned about living with dementia
- Anyone who wants to find out more about dementia or are worried about their memory

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

Free refreshments are available

Contact rotary.walsh601@outlook.com or 07967 108803 for more information.




“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!

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

Grange over Sands: Third Monday in the month: Grange URC, Kents Bank Road; 2.30pm

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

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.



Course Content

How to Love And Be Loved

Meeting the God who changes lives



Wednesdays at 7.30pm in The Cornerstone
beginning on March 13th

For more information, contact Simon Stewart on
840027, email: simoncornerstonecafe@gmail.com

Week 1: The Good News

(Love without conditions)

Week 2: God's Amnesia

(Forgiveness)

Week 3: The Greatest Commandment

(Passing it on)

Week 4: Love Hurts

(Suffering and difficult times)

Week 5: Creation Groans

(Loving the Planet)

Week 6: Staying in Love

(Community, prayer and practice)

Churches Dementia Project.

I have been in post as Dementia Project Officer for 6 months now. I am constantly challenged and inspired as I meet with Dementia Enablers from across the County who are working to make their Churches and wider communities Dementia Friendly.

I have also spent time meeting with staff from other services whose work brings them into contact with those affected by dementia, the Memory Service Teams and Carers Organisations, so as to raise their awareness about the work of the Project. I have no doubt that the relationships forged with these organisations will be beneficial to all for the longer term.

There is one upcoming date that I'd like to bring to your attention:

On **May 18th 9.30-3.30** we will be hosting a combined Recruitment and Development Day at Cockermouth URC. There will be a varied program for existing Dementia Enablers, and a Dementia Friends training session for prospective Enablers. The full program will be available in due course, but if you would like more information regarding this day or the Dementia Project in general, please do contact me: Yvonne Povey dpotic@outlook.com To book into the Recruitment/ Development Day please contact Emma Brown: ebctic@outlook.com



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

- Workington Fire Station: Friday 8 March 1.30-5pm
- Penrith, Redhills Centre: Wednesday 13 March 1.30-5pm
- Morton Manor, Carlisle: Friday 15 March 9.30-1pm
- Barrow Fire Station: Monday 18 March 9.30-1pm
- Kendal Town Hall: Tuesday 19 March 1.30 -5pm

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



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,
THE HAYDOCK CENTRE PENRITH
Drovers Ln, Penrith CA11 9EL**

Please do not ring Saint Catherine's Penrith directly.

**Instead, to make a booking, though entrance is free, contact the organiser,
Christopher Robson 01524 62465, glospurrblack7@talktalk.net**

Michael Mullett is a graduate of the Universities of Wales and Cambridge and was, until retirement, Professor of Religious and Cultural History at the University of Lancaster. He has published many books and articles on, inter alia, early modern European popular culture and protest, the Radical Reformation, biographies of John Bunyan, Martin Luther and John Calvin, Catholic history and the Counter Reformation and Quaker history. Professor Mullett is currently writing a six-volume history of his beloved Penrith, where he and his wife Lorna took retirement. Of this series, four volumes, covering the history of the place from pre-history to the end of the 18th century, have already been published by Bookcase of Carlisle: obtainable from bookscumbria@aol.com and Hedgehog Books Little Dockray, Penrith.

Professor Mullett, who has always been committed to the cause of ecumenism, and who has considerable respect for and knowledge of both the Anglican and Nonconformist traditions, is anxious that representatives from all the churches in Penrith and its district should attend his presentation, which is about the story of Christianity in this part of Westmorland. Entrance is free, but for administrative purposes it would be helpful if you could contact me, Christopher Robson (01524 62465), and **not** the parish office of Saint Catherine's, which is understaffed and very busy to say you are coming. Father John Winstanley, the Parish Priest of Saint Catherine's, has asked me to be the sole contact and organizer. Father John has consented to a collection at the event for Churches Together in Cumbria, and I suggest that to cover this you put something into a plate when you are given a cup of tea – refreshments will be provided by the ladies of the parish. Entrance is free. There will be refreshments. Professor Michael Mullett will be the only speaker, and his talk should last about an hour.

PAX ET BONUM

Isolation and Loneliness

The Bible Society have teamed up with Krish Kandiah to deliver six weeks of resources in the run-up to Lent. Exploring the theme of loneliness – now a national epidemic – Krish guides us through six sayings of Jesus on the cross, and how these help us to discover a passion for hospitality. These can be downloaded at <https://www.biblesociety.org.uk/get-involved/lent-2019/>.

Isolation and Loneliness will also be the focus of the Social Responsibility Forum Discussion Day in June.

Offer to visit local groups

The Trustees of Churches Together in Cumbria (the members of the Executive Council) are very appreciative of the commitment of the 25 local Churches Together groups around the county, and of the work that they do in outreach and social action and fostering cooperation between churches at local level. We are conscious, though, that there may be scope for helping groups to get a more detailed understanding of the activities run by CTiC itself. We would be happy to receive requests from CT groups that a Trustee come along to a local meeting to give an update and answer questions. If you would like to issue such an invitation, please contact Emma Brown ebctic@outlook.com.

David Richardson, Vice President and Treasurer of CTiC

Emergency First Aid at Work and Fire Marshalling courses

Cumbria CVS are pleased to offer another session on **Emergency First Aid at Work (EFAW)** as follows:

Wednesday 6 March 2019

9.30am – 4.30pm

Stricklandgate House, 92 Stricklandgate, Kendal LA9 4PU

The QA Level 2 Award in Emergency First Aid at Work (QCF) approved course is designed for individuals who wish to act as an emergency first aider in their workplace or anyone requiring a comprehensive one day first aid course. It will equip individuals with essential skills needed to give safe, prompt and effective first aid in emergency situations. Certification is valid for three years.

The syllabus includes:

- Roles and responsibilities of a first aider
- Assessing an incident
- Managing an unresponsive casualty
- Recovery position
- Choking/Seizures/Shock
- Wounds and bleeding
- Minor injuries (cuts, grazes, bruises, minor burns and scalds)

Trainer: Tutor Care

Price includes lunch and refreshments

Early Bird Booking by Wednesday 20 February 2019:

£80 CVS members (£100 thereafter)*

£100 Non-members (£125 thereafter)*

Limited places available. * Cancellation policy applies.

Fire Marshalling

Wednesday 13 March 2019

9.30am – 1.30pm

Ambleside Parish Centre, Vicarage Road, Ambleside LA22 9DH

This session has been designed for any members of staff designated as fire warden for their workplace - or looking to become this.

Delegates will learn about causes and effects of fires, as well as how to prevent their spread and implement necessary emergency procedures. The course complies with the Regulatory Reform (Fire Safety) Order 2005 and covers:

- Relevant legislation and guidelines
- Preventing fires and the spread of them; Fire hazards and causes of fires
- Fighting fires with both fixed installations and portable extinguishers
- Emergency protocol, including evacuation, emergency lighting and assembly points
- Fire alarms and fire drills; Risk Assessment.
- Understanding categories of fire and how they differ
- Meaning of the colour codes on fire extinguishers
- Regular fire safety inspections and keeping a fire log

Delegates may be expected to engage in a number of group activities.

An experienced trainer will be guide participants through the session and a certificate will be awarded upon completion.

Trainer: TutorCare

Price includes refreshments

Early Bird Booking by **Wednesday 27 February 2019:**

£ 50 CVS members (£65 thereafter)*

£ 70 Non members (£90 thereafter)* Limited Places available. * Cancellation policy applies.

To book

Download more information and a booking form from our website: <http://cumbriacvs.org.uk/training-and-events>

Alternatively, email: info@cumbriacvs.org.uk or call 01768 800350

Spirituality, Scripture and Conflict

Exploring how scripture sheds light on conflict, on managing change, and on the spiritual journey.

Thursday 7th March: Kendal

9.30am for coffee, starting at 10am until 4pm

Cost: £15 for those living in Cumbria, with grateful thanks to denominational grants. For those outside Cumbria £45 waged/£35 unwaged. Subsidised places may be available.

For more information contact

Brec Seaton: seatonb@methodistchurch.org.uk

To book your place contact

Place for Hope: info@placeforhope.org.uk



BULLYING & HARASSMENT

MOVING TOWARDS DIGNITY & RESPECT

For all church leaders
Lay and Ordained

Understanding the dynamics of bullying and harassment

Explore ways to respond with dignity and respect

A personal response

Responding when in a group context

Using two case studies

Thursday 14th March: Penrith

9.30am for coffee, starting at 10am until 4pm

Cost: £15 for those living in Cumbria, with grateful thanks to denominational grants. For those outside Cumbria £45 waged/£35 unwaged. Subsidised places may be available.

For more information contact

Brec Seaton: seatonb@methodistchurch.org.uk

To book your place contact

Place for Hope: info@placeforhope.org.uk



Eden South Lakeland Credit Union is a local community bank, with offices in Penrith, Kendal and Alston. They offer savings and loans services, and provide an affordable alternative particularly to those who may struggle to access mainstream lending providers. They need front-of-office volunteers, Loans officers, Board Members and a new Chairperson. **Contact Stephen Thorpe on 01768 890065.**

2019 Northern Conference “Stewards of creation: Christian perspectives on the environment”

Saturday 18 May
St John’s College, Durham



Topics will include nature conservation, sustainability and use of mineral resources

Including the 2018-19 Oliver Barclay Lecture on suffering from an evolutionary viewpoint

Expected cost £20-25 including lunch and refreshments

Further details will be available soon, with an Eventbrite booking page

Organised by the Tyneside & Northumberland CIS local group

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 March for our April 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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Emma Brown

CTiC newsletter