



## Churches Together in Cumbria July / August 2023 Newsletter

### **Actively Promoting God's Love for Everyone**



### **Index: In this month's newsletter:**

- Delivering Collaborative Ecumenical Working across Cumbria - Bishop Rob's address
- Anna Chaplaincy Update
  - Commissioning News
  - Barrow's Holiday at Home

- Anna Chaplaincy Lead advert
- Dementia Friendly Heritage Network Conference 2023
- Rent a Room to a Refugee flyer
- Monthly Update from Jo Phillips (Ecumenical Social Responsibility Officer)
- Linking Lives Scheme Co-ordinator Vacancy
- Mental Health First Aid
- Carlisle Faith in Action Event
- Vice-President Required.
- Quote
- CTiC Trustees & Staff

## “Delivering collaborative ecumenical working across Cumbria”



*Bishop Rob Saner-Haigh gave the address at the CTiC Annual Gathering on 10 June 2023*

The CTiC's **Annual Gathering and AGM** was held on Saturday, June 10<sup>th</sup> at Penrith Methodist

Church, attended by representatives of CT groups in Ambleside, Barrow, Brampton, Cockermouth, Grange & District, Kendal, Kirkby Lonsdale, Levens and Penrith. We also welcomed Church Leaders and Denominational Ecumenical Officers from Methodist, Roman Catholic, Quakers, Baptist and Anglican denominations, as well as our Trustees, our Ecumenical Social Responsibility Officer and an Anna chaplain.

We were particularly pleased to welcome Bishop Rob Saner-Haigh, Bishop of Penrith, who spoke to us on a theme of 'Delivering collaborative ecumenical working across Cumbria'

## **A Summary of Bishop Rob Saner-Haigh's address**

1. **Pay attention to difference**  
e.g. geography, industry/farming, population.
2. **Work locally**  
We understand the soil in the area in which we live.
3. **Pay attention to the history of ecumenism in Cumbria**
4. **Hold the vision for all working together, NOT four plus add-ons.**
5. **Nurture friendships.**  
There is difference in our structures in our decision making, and in our theology.  
Friendship keeps us together when we differ.
6. **Realism**  
Recognise the level of energy and capacity that we have, as we live in an age of great weariness.  
Be realistic about what we take on.
7. **Avoid being driven by anxiety.**  
This may lead to many reports, but little real work on the ground.
8. **Consider what brings us joy.**  
Joy brings energy.  
Name the things which bring life.
9. **Spiritual Disciplines**  
Prayer  
Find ways of praying together  
Pray for each other when not together  
Prayer changes US!  
USP (Unique selling point)  
Jesus offers grace, forgiveness, life and hope.  
This should permeate all we do.
10. **Avoid taking offence.**  
Extend grace.

11. **What does it mean to give ourselves away?**

We die so that others may live

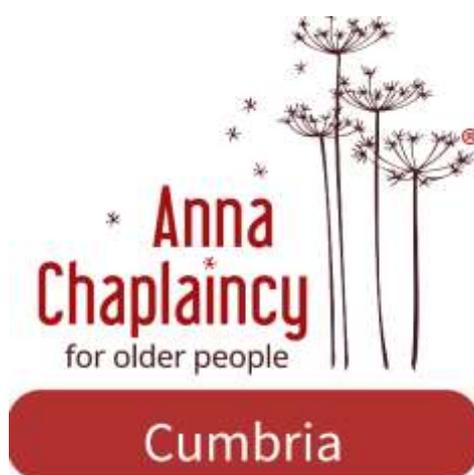
12. **Image of garden.**

Prune – encourage – eliminate.

There are seasons (activity – rest). The seasons are out of our control. Name the season, and consider the work for the season.

[Download your copy of the Annual Report Here](#)

## Anna Chaplaincy Update

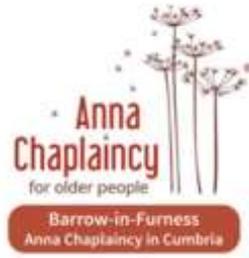


Methodist Church.

### Commissioning services for new Anna Chaplains

On Sunday 11th June 2023, at Skelton Church, a Commissioning service was held to welcome Kathryn and Jim Mills as Anna Chaplains who will be based in East of Eden Mission Community.

And on Sunday 2nd July, Gill Williams was welcomed as an Anna Chaplain at Penrith



## Barrow's 'Holiday at Home'

The Anna Chaplains in Barrow in Furness pulled off a remarkable feat this year by organising a 'Holiday at Home' at not just one... but FOUR different churches... in a single week!



Babs Lowes is an Anna Chaplain and works across the churches in Barrow. Those links meant a 'movable feast' from Monday to Thursday at St Paul's CE church, Emmanuel Community Church, Holy Trinity Roman Catholic Church and Spring Mount Independent Church.

'It was almost a year of planning' said Babs. As well as the Anna Chaplaincy team there were many other volunteers involved. 'There were 20 from my own church alone.' she said.

When Babs totted up everyone who had helped in some way - big and small, but all significant - she reached a total of 144 people!

The overall theme was 'All Our Yesterdays' and everything was free for the more than 30 'holidaymakers'. One church imagined it was a holiday 'cruise' on the Good Ship Emmanuel, and there was even a ship's spa for nail painting and hand massages.

Activities in the different venues ranged from watching classic comedy clips (with popcorn), chair exercises, sing-alongs, carpet ten-pin bowling, local history slide shows, worship with 'thoughts for the day', visits from local school children and choirs... to making (and drinking) 'mocktails', tucking into a Sixties-style buffet (complete with cheese and pineapple on sticks, jelly and blancmange), watching Indian dancers putting on a vibrant show, and even some dancing among the guests as some took to the floor sporting specially-made bow ties for the gents, and heavily sequined and

feathered party head-dresses for the ladies.



There was some great feedback from the holidaymakers:

'A great day had by all. Lovely food and good company, with singing and a bit of dancing at Spring Mount.'

'Nice to have friendly banter and company.'

'It was wonderful.'

'Thursday was a beautiful day with plenty of party songs. I also enjoyed making mocktails.'

'Playing pool on Tuesday was really exciting. Well done and many thanks to the volunteers, behind the scenes, that made it possible.'

'Everybody was really nice. Well done to all who made this so special.'

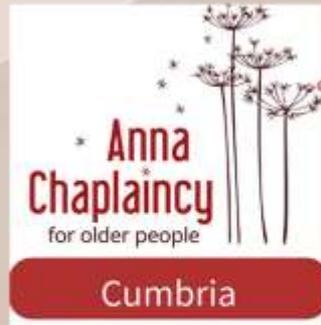
There were lots of details to be thought through, from invitations and publicity, transport, disabled access, supplying food and being aware of individuals' allergies, to heaving chairs to and fro, cleaning up afterwards and planning the final 'thank you event' in order to round off the whole project well.



Despite the inevitable exhaustion following such an ambitious 'Holiday at Home' it has been declared 'a resounding success' and the team is already turning their thoughts to next year...



Photo credits: Robin Ham and Babs Lowes



# Anna Chaplaincy Lead Wanted

## Join Our Team:

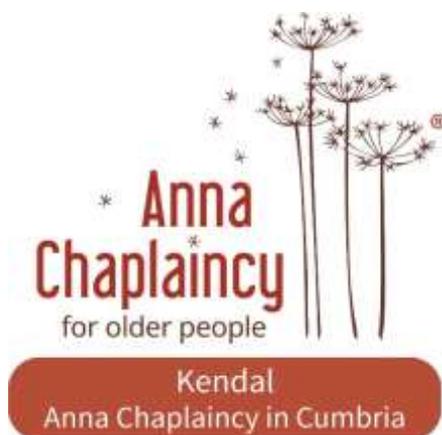
Vacancy: Anna Chaplaincy Lead (lay or ordained) to manage, coordinate and extend Anna Chaplaincy across Cumbria.

Anna Chaplaincy is as a distinct ecumenical ministry serving the spiritual well-being of older people.

Advert to be posted later in July, start date in the Autumn.

**For an informal conversation contact Diana Armstrong,  
Chair of the Advisory Committee  
[diarmstrong25@gmail.com](mailto:diarmstrong25@gmail.com)**

# Dementia Friendly Heritage Network Conference 2023



The Dementia Friendly Heritage Network (DFHN) was set up in 2016 as a way of supporting peers to share knowledge and skills to develop and deliver initiatives at heritage sites for the growing number of people affected by dementia.

In 2018, the DFHN published a best practice guide **Rethinking Heritage: a guide to help make your site more dementia friendly**. The network has largely been “paused” due to the pandemic and subsequent return to work. This conference was the first in-person event since 2019. It was held in the

Community and Learning Hub, ZSL (London Zoo).

Beverley Moore, Anna Chaplain in Kendal said “I was privileged to be invited to deliver a 20-minute presentation at the conference on The Kendal Tea Service, following a successful proposal to them”

## **Beverley’s report**

The day began with talks from the Dementia Friendly Heritage Network and London Zoo.

Elizabeth-Ann from Age UK Camden was the first guest speaker. She is living with dementia, and spoke about why dementia-friendly heritage matters ie helping people live well with dementia; helping people stay independent; improving accessibility for the whole community and reducing social isolation. The key attributes for a day out include - an attractive day out, parks gardens, historic buildings; a relaxed and uncrowded environment; being looked after in a secure environment with clear boundaries and manned entrance/exit points; provision of a café and accessible toilets; places which prompt memories of the past.

The second presentation was from The Royal Air Force Museum, London who shared the RAF Museum’s journey to becoming an accredited dementia-friendly venue.

Professor Stephen Page spoke about how the Enliven project is pushing forward the dementia-friendly agenda in relation to nature and outdoor spaces.

Then it was my turn to share my experience in providing and adapting dementia-friendly services within a specific heritage setting ie the church.

I began by introducing myself and set the scene of Kendal as a vibrant market town in South Cumbria with a rich heritage but also distinct challenges such as an ageing population accompanied

by limited healthcare infrastructure (and dementia forms part of this). The wider network of churches also serve a predominantly rural area.

Our church is an important heritage and civic space within the town with a thriving church community and a key tourist site for visitors and an important space for weddings, baptisms, and funerals.

I then spoke about the **Kendal Tea Service** and explained its content and what we have learned since we began in 2016. The idea began when I became a Dementia Enabler through the Churches Together in Cumbria project, which aimed to make all churches in Cumbria Dementia Friendly by 2020. Each church was to appoint a Dementia Enabler. I have a background in nursing and experience of working with PLWD in hospital and nursing and care home settings and so took up the mantle!

Our aim was to provide a short church service designed specifically for PLWD (Person Living With Dementia) but is inclusive for all. I then conducted a health check of our church with one of our church wardens, looking at trip hazards, loop system, accessible toilets, ramps, the nature and use of pews and wheelchair spaces. Unfortunately, we soon discovered many difficulties not just for PLWD but elderly people too.

There are also other challenges to engaging those PLWD in church services eg service is too long; hard to follow; too noisy; not loud enough; low concentration span; short term memory loss; difficulty in processing verbal communication; too wordy.

The service has adapted and evolved over the last 7 years and with experience has led to changes.

However, broadly speaking, the service is monthly, lasts no more than 25 mins, and typically includes 3 older type hymns, a bible reading, a poem, prayers, and we end with the blessing. There is no sermon, but a very short reflection.

We then enjoy refreshments, fellowship, and have recently introduced simple craft activities - colouring and planting seeds. The services are each themed eg Christmas, Advent etc and are mainly held in the Bellingham Chapel where chairs can be moved to accommodate wheelchairs and other mobility aids.

The whole service is supported throughout with printouts and visual aids through the form of large TV screens. This allows those with less supple hands and people with dexterity issues to be involved.

We close the service with much jollity with an action song which everyone can join in with, such as 'He's got the whole world in his hands'. At a typical service we see around 35 people, and up to 100 at Christmas.

### **Key Learning**

In the beginning we were required to build a team of volunteers and to learn about safeguarding procedures and 'safer recruitment' We are a team of volunteers which comes with its obvious opportunities and challenges.

The Tea Service required lots of networking and publicity to first setup, including radio interviews, production of leaflets and banners, working with other churches, people who work with PLWD and

their carers, care homes and other partners - Age UK, Dignity in Dementia, South Lakes Carers.

We have learned more about the pre-existing barriers to inclusion within the church, and this has made us take stock of equality, diversity, and inclusion issues.

We learned about the power and potential for intergenerational activities which involves older members of our congregation interacting with pupils of local schools. Some examples are Messy Vintage and the Christmas Tea Service (Sedbergh Songsters, Kids from School).

We are learning about the opportunities for better partnership-working with local and regional organisations and networks such as South Lakes Dementia Hub, as well as the NHS (through the Integrated Care Community and social prescribers).

We are also busy sharing learning, such as feeding into the Reimagining Care Commission and through this taking part in broader conversations about the future of health and social care.

We see that there are also opportunities and further scope to engage with the education, housing, and heritage sectors as well as the local authority (e.g. guided tours, connecting with museum) and to join-up activities.

#### **What Next for The Kendal Tea Service?**

We are - continuing to adapt as required; looking to develop our intergenerational activities with schools and nurseries; working with networks of rural churches our 'Mission Communities' to promote the Tea Service; encourage new members and volunteers; to foster the growth of new Tea Services across the region. Ultimately, continuing to ensure that PLWD, their friends and family members are spiritually and pastorally supported and nurtured so that they can enjoy being a part of a worshipping community in every sense. PLWD should be encouraged to participate in the community that is the body of Christ.

For further information about the Tea Service or volunteering with us please contact: Beverley Moore - [bevmoore.annachaplaincy@gmail.com](mailto:bevmoore.annachaplaincy@gmail.com)

For any enquiries about Anna Chaplaincy in Cumbria do contact Diana

Armstrong at [diarmstrong25@gmail.com](mailto:diarmstrong25@gmail.com)

Don't forget to follow us on [Facebook](#) for ongoing news.



# RENT A ROOM TO A REFUGEE

PEOPLE WHO HAVE RECENTLY BEEN GRANTED REFUGEE STATUS NEED A PLACE TO LIVE. COULD YOU RENT THEM YOUR SPARE ROOM AND EARN SOME TAX FREE INCOME?

People living in the Carlisle Hotels are now being granted refugee status. A new refugee is free to make a new life in the UK (work, pay tax, get welfare benefits) and needs to find a place to live.

Have you got a spare room that you could rent to a new refugee while they build their life in the UK? You can earn tax free income up to £7500 a year.

## You need:

A spare room you are willing to rent  
To live on a good public transport network

## INFORMATION SESSION:

**MONDAY 17TH JULY 2023 (7PM)**

**AT ST MICHAEL'S CHURCH COMMUNITY CENTRE**

*Church Street, Stanwix, Carlisle, CA3 9DJ*

**AND ON ZOOM**

**CONTACT [HELLO@PERN.ORG.UK](mailto:HELLO@PERN.ORG.UK) TO EXPRESS YOUR INTEREST**

No commitment is necessary at this stage



**PENRITH AND EDEN REFUGEE NETWORK  
REGISTERED CHARITY NO: 1202270**



# Monthly Highlights from your Ecumenical Social Responsibility Officer



## June 2023

- Our CTiC AGM on Saturday 10<sup>th</sup> June was an obvious highlight. It was great to have people gathered and to hear from Bishop Rob and various others from across the region.
- Another wonderful gathering was the Cumbria and Lancashire Denominational Ecumenical Officers Day at Rydal Hall. We were able to hear from:
  - Phil Gough and James Tebbutt, Chairs of Lancashire and Cumbria Methodist Districts
  - CTiC Chair, Andrew Dodd
  - County Ecumenical Officer for Lancashire, Anton Muller
  - Paul Burden, concerning ecumenical activity in Barrow
  - my good colleague Sue Grubic (Faith & Justice Worker, Catholic Diocese of Lancaster) and myself, on social action in an ecumenical setting
- I attended a National Salvation Army Anti Trafficking and Modern Slavery Unity Roadshow event in Newcastle and was able to hear more about the wonderful they work they do, both here in the UK and internationally
- Finally, I met with one of the lovely Cinnamon Network team to learn more about the

ways they support churches to learn about and develop social action projects.

I look forward to updating you on the rest of the summer in September and in the meantime, I hope you have a wonderful summer, with plenty of opportunities to enjoy the season and time with loved ones.

Blessings,

**Jo Phillips – ESRO**

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UPPER EDEN LINKING LIVES

## Scheme Coordinator—Part time 15hr/week starting at £11.50/hr

Linking Lives UK is a national Christian charity that supports the setting up and development of befriending schemes across the UK. At its heart is the connection between local, volunteer befrienders and people who are experiencing loneliness with a weekly visit. These are usually face to face but can be online or on the phone.



In Upper Eden we are preparing to launch a scheme that will cover the towns of Appleby and Kirkby Stephen and the surrounding villages. We are looking to recruit a coordinator to help us organise the day to day running of this scheme but also help with the initial set-up of the scheme.

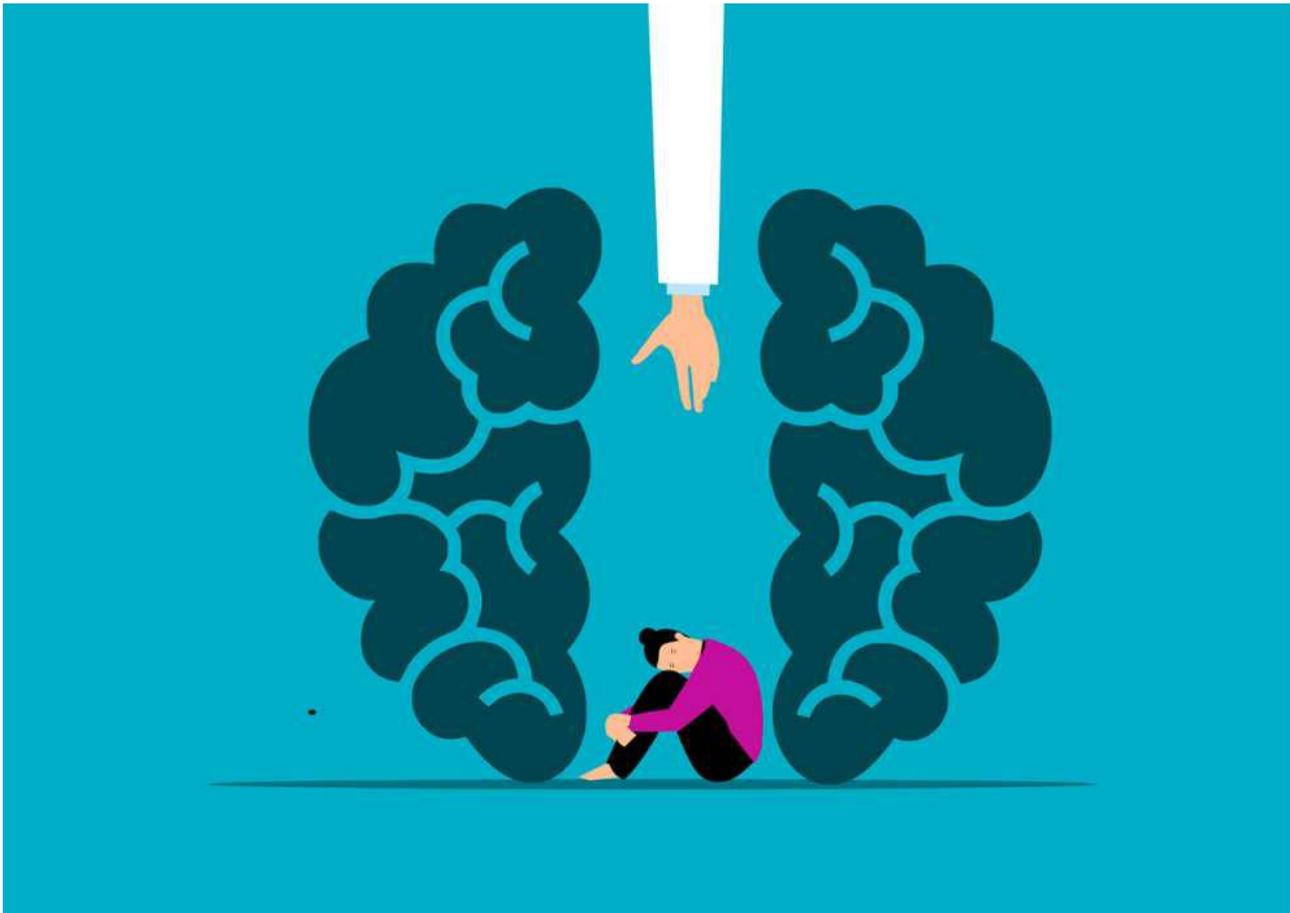
Further details and an application pack are available from Ashley Liston at [ashley.liston@gmail.com](mailto:ashley.liston@gmail.com)

Closing date for applications Friday 21<sup>st</sup> July

We are grateful for the generous support from the following organisations.



# Mental Health First Aid



Mental Health First Aid (MHFA) is a nationally accredited training course which teaches people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis.

This course is being delivered by trainers from the Methodist Church who are accredited Instructor Members approved by MHFA England to deliver the Adult Mental Health First Aid course.

This is a practical skills and awareness course designed to give you:

- - A deeper understanding of mental health and the factors that can affect people's wellbeing, including your own;
- - Practical skills to spot the triggers and signs of mental health issues;
- - Confidence to step in, reassure and support a person in distress; Enhanced interpersonal skills such as non-judgmental listening;
- - Knowledge to help someone recover their health by guiding them to appropriate support

This Adult course was updated in September 2022, and on completion of the course participants receive three years support from MHFAEngland in the form of an App and access to ongoing resources from MHFAEngland.

For more information visit [MHFA England](#).

The courses are either in person over two full days, or online over 4 sessions.

Usually the course costs £325, however if you are a member of the Methodist Church, or connected

to the Methodist Church in other ways, for example ecumenical colleagues and projects connected to a Methodist Church, this course has been subsidised to £50 (non- refundable). A further financial contribution is available for Methodist members living in the NW&Mann Region. Please contact Brec Seaton to discuss this at [seatonb@methodistchurch.org.uk](mailto:seatonb@methodistchurch.org.uk)

**Upcoming courses that Brec Seaton is leading:**

In Person:

Wednesday 18<sup>th</sup> and Thursday 19<sup>th</sup> October, 9am to 5pm at Church House, Penrith.

Booking is essential: <https://MHFA181023.eventbrite....>

On Line:

Tuesday 7<sup>th</sup>, Wednesday 8<sup>th</sup>, Tuesday 14<sup>th</sup>, Wednesday 15<sup>th</sup> November

Sessions run from 9am to 1pm.

Booking is essential: <https://MHFA071123.eventbrite....>

Other course can be found at:

<https://www.eventbrite.com/cc/mental-health-first-aid-200349?utm-campaign=social&utm-content=creatorsshare&utm-medium=discovery&utm-term=odclsxcollection&utm-source=cp&aff=escb>

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# **CARLISLE**

## ***FAITH IN ACTION***

**We invite you to a networking event  
for all churches offering welfare  
activities to the people of Carlisle**

**Come and share what you do  
with each other,  
and the new Local Authority**

**TUESDAY 11 JULY AT 7PM**

**THE NEW WATERTON HALL,  
WARWICK SQUARE, CARLISLE**

**Refreshments will be provided.**



The present Vice President, Sheila Goodliffe, stands down at the end of September this year at the end of her 3 year period, and a new Vice President is required.

Those interested in applying for this post should have a demonstrable commitment to the aims of CTIC and be from any denomination. They should have experience of charity governance.

This is a voluntary post but expenses incurred will be reimbursed and with the post holder also being a Trustee of CTIC.

The Vice President reports to the President, who is Rev Andrew Dodd at present until January 2024 when his period of office finishes.

As well as deputising for the President when required, duties include:

- Ensuring the provision of admin. & secretarial services by an external secretarial agency which includes
  - Admin. & secretarial support for Trustees, Denominational Ecumenical Officers, the Chair of the Social Responsibility Forum and the Ecumenical Social Responsibility Officer (a part-time appointment), the Chair of the Anna Chaplaincy Advisory Committee and the Anna Chaplaincy Lead person (a part time appointment)
  - Arranging and minuting relevant meetings in person or via Zoom
  - Keeping the CTIC website updated
- Editing the monthly Newsletter sent out widely.
- Liaising with CT groups across Cumbria as required especially as the review and development of

Mission Communities continues

- Co-ordinating the production of the Annual Report for the AGM and as required by the Charity Commission, ensuring appropriate reports are received, including the Annual Financial return, in conjunction with the Honorary Treasurer.
- Being the designated Trustee to ensure the Charity Commission is kept up to date of any changes within CTiC.

For an informal chat and further information about this post, please contact Sheila Goodliffe on [\(016977 41211\)](tel:01697741211) and/or [sheilafg@btinternet.com](mailto:sheilafg@btinternet.com).

*“As long as the earth endures, seedtime and harvest, cold and heat, summer and winter, day and night will never cease.”*

**Genesis 8:22**



**CTiC Trustees and Staff**



#### **Our Trustees:**

Revd Andrew Dodd - CTiC President - [andrew.dodd1@btinternet.com](mailto:andrew.dodd1@btinternet.com)

Revd Kath Dodd - CTiC Treasurer - [kath.dodd@btinternet.com](mailto:kath.dodd@btinternet.com)

Sheila Goodliffe - CTiC Vice President - [sheilafg@btinternet.com](mailto:sheilafg@btinternet.com)

Derek Lacey - Social Responsibility Forum Chair

Bill Bewley - Church Leaders Representative

Revd Nicola Reynolds - Denominational Ecumenical Officer Representative

Revd Richard Snow - Denominational Ecumenical Officer Representative

Paul Burden - Churches Together Group Representative

Brian Pateman - Churches Together Group Representative

#### **Our Staff:**

Jo Phillips - Ecumenical Social Responsibility Officer - [jo@churchestogethercumbria.org.uk](mailto:jo@churchestogethercumbria.org.uk)

Gwen Backhouse - Virtual Assistant / Administrator - [admin@churchestogethercumbria.org.uk](mailto:admin@churchestogethercumbria.org.uk)

[Find out more about us here](#)

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Please remember to keep looking at the CTiC events page which is regularly updated with all the events we are notified about.

**Please send your news to us by 25th August for our September newsletter: [admin@churchestogethercumbria.org.uk](mailto:admin@churchestogethercumbria.org.uk)**