

Manna House Update



July
2017

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↑
The magic of
Ninebarrow

Skills Café participants
achieve satisfying results.



In Full Colour

The products of our
Wednesday
Workshops



↑
Tie Dyeing: just
one of many
exciting sessions!

Manna House In Full Colour

Colour is all around us, and as spring becomes summer, our gardens and hedgerows start to blossom and bloom with all the colours of the rainbow. If we have eyes to see it, life too is full of colour. When things are difficult we speak of going through dark times, but do we see colour in the bright times of our lives? I must admit that I fall into the trap of too often seeing life only in black or white.

In my contact with the team and the clients whom we meet at Manna House, I realise that if I only took the trouble to look and listen carefully, I would see our work "in full colour". This variation of colour is seen in a range of personalities, in the way different people communicate, in the way they dress and present themselves, and their regional accents. As someone gets a friendly welcome, chats to a volunteer, receives help or support, has some advice that creates a change in their outlook or circumstances, or when they get a place of their own that they can begin to call home, they begin to see and respond to life more vividly. If we look carefully, all this "colour" gives Manna House a beauty all its own.

So once again, thank you to everyone who makes Manna House the colourful place that it is.

*May the beauty of the Lord our God rest upon us; establish the work of our hands for us-- yes, establish the work of our hands.
Psalm 90:17*

Colin Greaves, Chair of Trustees

Thanks to everyone (URC, musicians, raffle donors and volunteers!) who made the Ninebarrow concert in May a great success. We raised £550 profit and enjoyed a delightful evening of folk music and delicious cakes!

From the Front Line

By Lesley Campbell, Manna House Housing Advisor

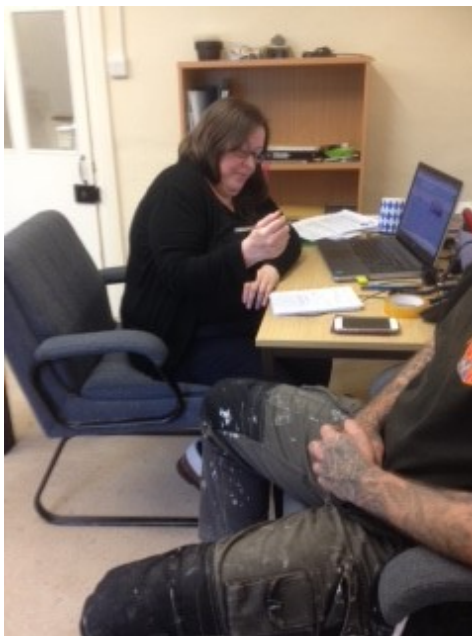
Working at Manna House is a joy and a burden. There are many days when we all question if what we are doing day in and day out is actually helping anyone. Why do Benefits sanction our clients so quickly? Why won't the crisis team respond to us? How could prison let our client out without a home to go to? What could possibly be in the way of our client just turning up for his appointment like he said he would?!

Then there are days when comes partners really are asking for get what they money comes to support properly; yes.

Appreciating really makes a someone asks tells me he's today (hooray! start of a trust!); returns and making a scene someone benefits letter deadline to things let us

making in roads, even as we struggle against the same systems which our clients are subject to, which keep them down and sadly keep our form filling and advice business in business.

It will be a great day when these systemic problems are gone from society and my fine colleagues—staff, volunteers and clients alike— can spend our time enjoying stress free meals and one another's company. I like to think we'd have nothing else to complain about, but something tells me the weather would not let us down there!



those magic everything just together— get what we and our clients need; grant in just in time someone landlords say

small gains difference: how I am and glad I am in forming the relationship of someone apologises after yesterday; brings in their well before the respond. These know we are

Remember we were looking for an energetic, compassionate individual with a rich life history and great communication skills to be a positive male role model and provide holistic and practical support to our clients? Well, **meet Michael Donald, Manna House Drop In & Client Support Worker...**



LOTTERY FUNDED

Oliver Borthwick Memorial Trust

The Cumbria Fund

I'm a mature man with a positive disposition, very much looking forward to the challenges ahead working with Manna House.

The experience I have gained during military service and 20 plus years working in prison service health care—with particular experience in mental health, substance abuse, alcohol abuse and men's sexual health—will, I am sure, provide me with a sound base from which to develop my role.

Other interests which I hope to bring include, growing organic vegetables, upcycling and cooking.

Potholes and Promises - Jenny's Update May 2017

Editor's Note: *Jenny Ottewell, long time Editor of Manna House's Update and energetic, talented and enthusiastic volunteer, was diagnosed earlier this year with terminal cancer.*

First and biggest news is that from June 3rd I will have a resident helper, friend, supporter, message taker and giver, breakfast maker, fender offerDiana who was for a time a colleague in Uganda , is coming to stay, "as long as it takes". I am now almost completely adjusted to the changes; I have had a few visitors to stay and they have been immensely useful in getting to know new routines and able to bring up and down what I need. I am still very agile but I am warned that may not continue. It takes time to rouse myself and get downstairs each day, best after a breakfast brought up so that I can take tabs "with food". I have sat out in the sun so many days in the wonderful shelter of my garden, yesterday even too hot! My wonderful NHS Palliative care team have supplied the right drugs, so pain is pretty well under control .

I have had friends to: Stock the freezer, clean the stairs, tidy and water the yard, clean silver (souvenir) spoons, sort electrical & computer systems, wash & iron, root out dead clematis and plant new, water in drought, clean my car! Fetch prescriptions, supply home cooked rice pudding, short visits out to see bluebells, give birds food, set up Skype (not quite mastered!), supply note lets, post, plant beans to watch grow, supply amazing, inspiring encouraging books (Try Terry Waite's "Out of the Silence").

Visitors welcome, but not too many at once please Diana will see to that ! People have assured me they are praying and I believe the gifts above are the answer, as well as how all these wonderful personal contributions are so amazingly well timed.

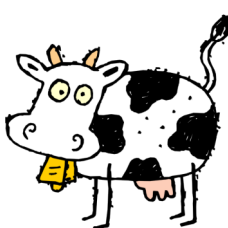
If you are inclined then read in the New Testament Paul's letter to the Ephesians, chapter 4 verses 11 and 12. In Uganda we used this chapter many times when taking day release courses for teachers. Isn't amazing how every one of us have such different gifts to offer!

Jenny

Another book that is helping me and might help you along the way? "Our Last Awakening" poems chosen and unveiled

by Janet Morley

**Manna House
spends over £500 a
year on milk for our
Drop In. Udderly
expensive! Could
you help with a
donation?
info@manna-house.org.uk**



**Watch this space in the next
edition of Update for news of
our new building (!) and hear
how we intend to spend
Jenny's generous donation
towards its refurbishment...**



It is hard to believe, in the relative warmth and light, that preparations need to begin now for Winter Shelter 2017/2018!

This year our Winter Shelter & Volunteer Coordinator will be funded by the Big Lottery Fund. S/he will begin full preparations when hired this summer.

So for now please begin thinking about what involvement you can manage in the coming season.

Will your church be able to host a night of the Winter Shelter this year? If so, please get in touch (info@manna-house.org.uk) as soon as you can to declare your interest and make known your building's availability.

Will your church be able to recruit a volunteer team? If so, please let us know if you need any more information (info@manna-house.org.uk).

Know any potential volunteers? Please see below!

At Manna House we look forward to working with you - some for the first time and many for another successful year!

Calling all volunteers! Manna House, the housing and benefits advice charity based in Kendal, in partnership with many churches in the surrounding area, is now recruiting volunteers to provide shelter during the winter months for homeless people. We are looking for dedicated teams of volunteers to run a night shelter in local church buildings. We are hoping for seven teams who would each run the shelter one night per week. It would mean cooking an evening meal, creating entertainment for the evening, sleeping in the building overnight, working in partnership with the police and with Manna House. Do you have a heart for the homeless? Do you feel you have the right stuff to undertake this amazing service for your community? Let your church leaders know and find out more by emailing : info@manna-house.org.uk

Have you considered becoming a member of **Friends of Manna House** ? We support the work of this local charity who offer housing advice to the homeless, advocacy and support, a drop in facility with free meals 3 days a week, skills café, activities days, mentoring and befriending. Friends are able to meet Manna House service user needs with financial support, and by volunteering, praying, and mentoring. We have exciting fund raising events like the Big Swim and the Garden Party. We started this support group over 10 years ago and have about 300 members. Membership costs £10 per year (roughly 20p per week) and can be set up on standing order or by cash paid annually. Friends have a separate bank account overseen by a Trustee and hold an AGM producing the accounts for inspection. We come in all ages, shapes and sizes and there is a wonderful feeling that we can make a difference to those who need help and support in this area. **Email info@mannahouse.org.uk or ring 01539 725534 for an application form.**

Looking forward to hearing from you,

Nina Bale Founder & Coordinator of Friends of Manna House

Clients say:

"Nice food, you get help when you need it you can get a shower and wash your things."

"The staff & volunteers are fantastic. The Food is good, given what we have...."

"Manna House has helped me greatly & inspired me on my views on Life and has helped me achieve so much more in Life..."

"Its Helpful with people and they will help you with forms and will get nice food and the staff are friendly."

"It is a good place to come and do things and meet other people who are in similar situations and get advice about all Manna of things."

IMPORTANT DATES

FOMS Garden Party

Abbot Hall Park

Saturday 1st July 2017

10.30am—3pm



Current Programmes at Castle Lodge

- Monday :** Women's "Sew What" 10.30-12.30 pm
Men's group 1-3pm
- Tuesday:** Advice surgery & Drop In lunch 10-3pm
- Wednesday :** Drop-in, Skills cafe & lunch 10-3pm
- Thursday:** Closed except for rough sleepers
- Friday:** Drop-in, advice & lunch 10-3pm

Next Edition Update

Copy by 25th September for October edition please to the "Editor"
info@manna-house.org.uk or 01539725534

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