

Manna House Update



January
2018

In this issue:

- From our Chair
- FOMS 2018
- Coffee Morning
- From the Front Line
- New Building news
- Homeless Awareness
- The Big Swim
- The Learning Kitchen
- Dates for your diaries



Thank you to our major funders going forward: the Stephenson Trust, Big Lottery Fund; Lloyd's Bank Foundation; Henry Smith Charity, Clark Foundation, Cumbria Community Foundation, Frieda Scott Trust. You help pay the bills that keep the house warm.

Warm through



Manna House is warm right through

My wife and I attended an evening at a local church in Sheffield entitled "The Christmas Journey". We were invited to make a journey out onto the local estate and at different points various actors portrayed scenes from the account of Jesus coming to earth as a baby.

It was an enjoyable and thought-provoking time to be out in the cold night air. That night was very different to the usual Nativity play staged inside a warm hall or church building, as it gave us a much closer experience of the reality of those days when the Christ child was born as a stranger in a town where his parents were dependant on others to provide a roof over their heads. It was a reminder too of the present-day reality of those homeless who may have to sleep in the cold outdoors. I came back inside frozen to the core and I was glad of the hot drink and mince pie that was offered at the conclusion to "warm me right through".

Thankfully, Manna House has again, this winter, been able to provide the Winter Shelter in church rooms across Kendal which means those who were having to sleep rough can be offered a place to warm right through— a hot meal, and a place to sleep in safety and reasonable comfort.

Many thanks to our staff team who have organised this year's shelter, especially Lois Sparling who is leading this project. Thanks also to the dozens of volunteers who form the teams to run the Shelter, night after night.

Finally, may I wish you all a joyous and blessed New Year. 2018 will be an exciting and challenging time for Manna House as we raise the funds and make the move to our new home at the Stephenson Centre near Kendal Station.

May God bless you all

Colin Greaves, Chair of Trustees

FOMS

Here we are at the end of another exciting year! Thanks to all our Friends and Supporters, Manna House marches on....we are looking forward to 2018 with even more hope and faith due to our move into super new premises. This will give us more scope to offer better services to enable our clients "to move on" with their lives in many ways. Friends of Manna House host two exciting annual events: the Big Swim in February and the Garden Party at the beginning of July. The dates are to be confirmed. We are so grateful when Friends get involved with our fundraising events; it is great to enjoy the teamwork. I will be sending out the usual FOMS Renewal letters in January and will look forward to hearing back from you. Thank you again. Wishing you all a Happy and Peaceful New Year, **Nina Bale Founder and Co-ordinator of Friends of Manna House**

Coffee Morning

Saturday 27th January 2018
9.30am – 12noon

Kendal Town Hall



Cake Stall & Lucky Dip
£1 entry

Join us as a punter or volunteer—proceeds will go towards the sound proofing and lighting of our new building on Ann Street—see page 4.

From the Front Line

By Chris Holland, Manna House Drop In and Client Support



It's been just over a month now since I joined the staff team and feel a lot more settled. It's been an exciting time getting to know the regular clients and staff as well as partner agencies, many of which I worked with in my former role. It's been challenging and ultimately rewarding to provide a helping hand, listening ear and practical support and advocacy—phew! A typical day could see me welcoming clients at the front door, accepting and processing donations, manning the laundry, coordinating the Big Issue

magazine, making Food Bank referrals and plugging all the gaps in between. I also liaise with partner agencies like the police and spend time 1 x 1 with clients so Manna House can give clients the most holistic service possible. I like to be present so I am easy to find - I would like to think you know by now that I am happy to help in any way I can. I'd also like to take this opportunity to thank you all for your kindness and patience as I settle into my new role and look forward to working with you all soon. May I further wish you all a very merry Christmas and a happy, healthy and successful 2018!

IntroducingThe Stephenson Centre @ Ann Street, Manna House's new home by summer 2018!

Thanks to the magnificent generosity and vision of the Stephenson Trust, Manna House will have a new home in 2018. **The Stephenson Centre**, as we're calling the building, is on **Ann Street in Kendal**. That's the little one way road which feeds onto the roundabout by the train station and the County Hotel. The new Manna House at the Stephenson Centre is the former Lowe Alpine building. Refurbishment will begin as soon as all of our funding is secure and will include a purpose built entrance, kitchen and offices. Watch this space for building progress and up to the minute news of our move. Bring on 2018!



Homeless Awareness

While homelessness is a year round problem, January is right in the thick of winter and a time when it isn't too difficult to imagine the danger & horror of sleeping rough.

Homeless Sunday is 28th January. The weeks before and after there will be lots of fund raising and awareness raising 'goings on' in Kendal. Be part of the solution—could you do a sponsored activity? A walk, hair cut, abseil, or zip wire challenge? Or do a small talk to your church or group about homelessness and the services Manna House provides? Let us know.

info@manna-house.org.uk

The Manna House Women's Group,

Sew What?

meets every Monday

10.30am – 12.30pm

@ Manna House.

Kick off 2018 with us on

7th January!

In partnership with Lakeland Arts



The Manna House Men's Group

**1.00 – 3.00pm every Monday
at Manna House**

**Join us for Cake & Conversation,
Chess & a Chat,
Games & a Gab,
Newspapers & a Natter**

Students at Manna House

Manna House benefits greatly from the students we take on each year. UCLAN, U of Cumbria, Lancaster Uni and Kendal College all send us quality learners doing NVQs, BAs and MSCs who work alongside our staff. Some placements bring us an income, most give us extra capacity to serve, and we like to think we send at least some social workers out into the world who have been trained with our ethos (making the world a better place, one student at a time!). Having just said farewell to Penny Mutua, a delightful SW student from UCLAN, we have two new MA students coming in early 2018. Penny Severn, our resident MSW Practice Educator, is supporting our staff to support our students in both what they need to achieve and how to work with them. We know we can count on you to make them welcome when you see them at the Centre or out and about!

Next FOMS FUNdraiser: **The Big Swim!**



In February 2018 Manna House friends, staff, clients, trustees, volunteers, sponsors, funders, partners and the good citizens of Kendal will take to the pool at the Kendal Leisure Centre for our fourth annual Big Swim! We await

confirmation of the date we will be able to set ourselves a challenge—to swim laps, tread water, splash about, flip around, swim underwater, wear the wackiest swimming costume or just get wet—all in the aid of Manna House. Last year FOMS raised £3000 for our building fund. Now that the new building is a reality, we want to make sure it is wholly fit for purpose. To that end, we are raising funds through our Coffee morning (see page 3) and the Big Swim to guarantee sound proofing and confidentiality for our Housing and Benefits Advice service. Watch this space for the exact time and date and details of sponsorship and sign up. Cheering fans in the bleachers are also very welcome!

- Nina Bale

This Winter Shelter season we have over 100 volunteers serving in 6 churches. So far, eight people have accessed the Shelter. From 24th—27th December the Manna House Christmas Get Away will provide a family style holiday for our Shelter guests and for other clients and volunteers of Manna House at beautiful Rydal Hall. Both Manna House and the Winter Shelter will close for those days. The Shelter re-opens on 27th December and Manna House on 2nd January 2018. Happy holidays for everyone!



FROM the Learning Kitchen...

Cooking is all about people. Food universally has the power to bring everyone together—no matter what culture, everywhere around the world, people gather in groups to eat.

Our ethos in the Learning Kitchen is that lunchtime can be a lesson, with emotional and physical wellbeing being the primary aim. Those who come together to donate the food, prepare the food, share and eat the food, are nourished in lots of different ways.

Good nutrition is like a bank account of sorts—we are investing in a healthy future when we eat well and make the right choices. With this in mind, we are aiming for the kitchen to be the hub of the house, where everyone is welcome to lend a hand, try something new and share a healthy meal. Culinary skills, literacy, numeracy, geography, ecology, chemistry, biology and more are all on offer as part of the process, and raising the self esteem of participants is a happy by product of kitchen achievements.

The provision of good food of course hinges on our many friends and donors throughout the local community. We are so fortunate that they share their bounty with us!

The Skills Café happens every Wednesday between 10am – 12 noon and offers a varied programme of arts, exercise, well being and creative activities often supported by local artists, musicians and friends who share their talents and invite us to reawaken existing skills and learn some new ones in a happy and warm environment.

Why not join us? Call Clare or Nela 01539 725534 to find out how.



IMPORTANT DATES

- ⇒ **Saturday 27th January** Coffee Morning at Kendal Town Hall
- ⇒ **Sunday 28th January** Homeless Sunday
- ⇒ **Saturday February** The FOMS Big Swim

Current Programmes at Castle Lodge

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

Next Edition Update

Copy by 26th March for April edition please to the "Editor"
info@manna-house.org.uk or 01539725534

Castle Lodge, Aynam Road, Kendal, Cumbria, LA9 7DE
01539 725534 www.manna-house.org.uk

Manna House (Cumbria)1147785
Company Limited by Guarantee No. 8041948