



The Queen's Award
for Voluntary Service

The MBE for volunteer groups

SKILLS CAFE



MANNA HOUSE

Housing Advice, Advocacy and Support



Wednesday Workshops@ Manna House

Super Summer 2019

June 26th

10am—12noon

Beach Clean news!

Learn about our beach clean this Summer

July 3rd

10am—12noon

Beach Clean at Walney

Picnic and litter pick on the costa del Barrow

July 10th

10am—12noon

Wednesday walk

Walk and talk and seize the day!

July 17th

10am—12noon

Festival food

Colourful food to feed your soul

July 25th

Sports picnic at Abbot hall

In memory of our pal Paddy

July 31st

10am—12noon

Merewood chefs present...

"A taste of Summer"— a lovely light lunch

Please let Manna House staff know if you plan to attend.

01539 725534 or clare@manna-house.org.uk