

Manna House Update



Summer
2020

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How few there are who have courage enough to own their faults, or resolution enough to mend them. -Benjamin Franklin



Courage



The Queen's Award
for Voluntary Service



Two brave role models, Chris R & Chris H, who come to work everyday, willing to do what's needed. They are both wonderful fathers, so well mannered and good humoured.

As the saying in the Manna House yellow toilet reminds us:

"Courtesy is as much a mark of a gentleman as courage. " - Theodore Roosevelt

From our Chair

We have been quite forcefully reminded during this pandemic that life is never certain. None of us knows what is round the next corner. Sickness, unemployment, homelessness, not having enough to live on, having to take care of someone unexpectedly and sadly death itself, the only certain uncertainty. Faced with these things we need courage. Courage to face the fear that threatens to overwhelm us, courage to face the uncertainty, and courage to do what is necessary to win through.

It's not easy to "summon up our courage" however hard we try. To activate courage we need the support, **encouragement** and sometimes the practical help of others. Courage means hearing someone else say "I'm with you through this!"

I'm proud of the team at Manna House, as despite the challenges of these times they continue to be there for others and they too need our **encouragement**. With words or actions their support, encouragement, and determination to press on is a challenge to all of us in our own circumstances. They are saying loud and clear to those who still seek us out "take courage". So, even if at the moment we can't physically be alongside, we say to them "we're with you in this". Be strong, be courageous, and together we'll move forward whatever uncertainties the future holds.

-Colin Greaves, *Chair of Trustees*

The Memory Garden

The Manna House Memory Garden is absolutely chock full of edible and sensational delights. Chris and Penny have worked really hard to improve the garden's infrastructure, creating tables, benches and seating. In the hot days of the past months we have had clients and staff

watering, weeding and clearing out—all at a social distance. When Manna House re-opens we expect the Memory Garden to play a large role in healing Corona wounds and honouring those we have lost. Watch Penny's joyous Garden Tour on www.manna-house.org.uk!





The Phased Unlock....

Staff, volunteers and clients alike have been operating under weird and unsatisfying constraints for just about three months now. We're still begging all our stakeholders to stay safe in correspondences, wiping surfaces to within an inch of their lives and foregoing those all important hugs. And that looks set to stay, at least for the foreseeable future.

But this summer (?) we are planning to re-open Manna House so that we can get back to that critical community of support we all need right now. Too many of our number are growing apathetic in isolation, complacent about our health and forgetting that actually, we **do** like people. Some are afraid to venture out, having become accustomed to what people are mistakenly calling the 'new normal'. Isolation isn't normal, and Manna House is not about to let its friends suffer alone.

So armed with government guidelines and risk assessments in hand(s), staff, trustees, volunteers and clients alike will be summoning the courage to re-open service at Manna House. It won't look exactly the same— there will be new systems in place for getting teas and coffees, for instance, but here's the promise: it will be fun, sensible, fair, safe and delivered in the spirit of compassion and acceptance that everyone expects from Manna House.

So what if we have to use a one way system to navigate the building? It won't be a problem to sit on the 2 metre spaced seating. Big deal if we have to park our cars elsewhere, wipe the phone after we use it and wear spaceman visors. We'll get over it because we've seen worse - anything is possible if our friends are with us.

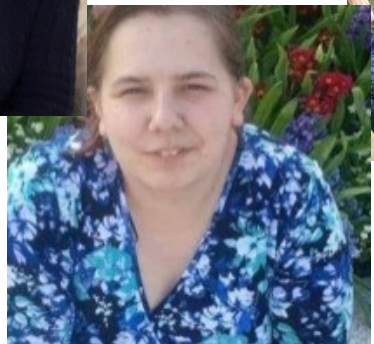
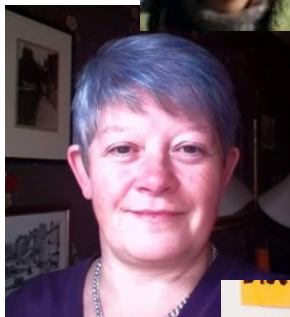
So with all this in mind, we hope you will regularly check in with our website and with our FaceBook page where up to the minute details will be posted—as soon as we are able to open you can be amongst the first to know.

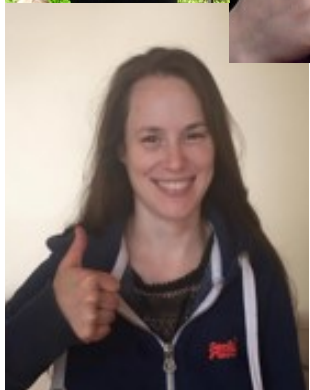
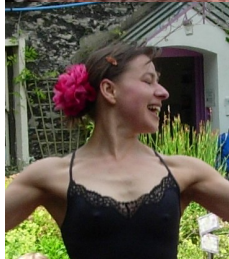
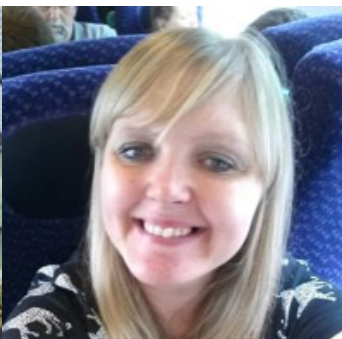
Stay safe and keep your courage up; we'll soon be together again!

-Andrea Aldridge, *Chief Officer*

WHAT'S APP WITH SEW WHAT?

Here are just some of the beautiful ladies of our Manna House Women's Group, Sew What? who have been keeping in touch through a What's App group, sharing encouragement and supporting each other through lockdown. Our thumbs are up, even if our spirits are not always.





You can join
the Manna
House Sew
What? Group,
too!

If you are a
woman, have
Mondays from
10—12 noon
free, and enjoy
either all or
some of the
following:

*A good laugh

*Friends who
care

*Getting
crafty

*Hot teas &
coffees

then contact
Clare Neal,
who runs the
group. We'll
be starting up
again soon, so
get in touch to
let us know to
expect you!
[clare@manna-
house.org.uk](mailto:clare@manna-house.org.uk)
01539725534

Friends Of Manna House News

How things have changed since the last Update. All our lives have altered due to this virus and everyone is rallying round to help one another! The work at Manna House has continued to meet the needs of those who most need it. Our wonderful Staff have shown determination and courage in working under a very difficult and risky situation. Our many supporters have continued to help with food and clothes donations, finances, prayer, and advice. In a crisis time like this, it is a comfort to have such support.

Our Trustees and Staff are discussing how we can all get back to normal gradually over the future months and these will be very complicated decisions to make, but it will happen when it is right and safe for everyone. We all need to be there to support the Team at Manna House. We are still signing up new members (please spread the word!) and this is important, as we will face challenging and expensive times ahead, making necessary compliance changes to the way we work and the layout of the workplace. Manna House are determined to carry on supporting those who need us here in Kendal and the surrounding area, whatever happens !

Thanks and Blessings,

Nina Bale, Founder and Coordinator of Friends of Manna House

My name is Ruth Clayton. I am a volunteer at Manna House and this is my Gratitude Mandala. I designed this for an art project which called all Cumbrian artists. I've decided to make some cards from it as quite a few people showed an interest. They'll be 7x5 inches, I think. I'm not making any money from these, as I would like to give the proceeds (minus costs) to Manna House. The cards would be £2 each, excluding the postage it takes to deliver the order, and £1 of each card will go to Manna House. If you would like to place an order, please email Anna Evans, Volunteer Coordinator, with details of how many you would like. volunteers@manna-house.org.uk



We'll get back to you as soon as possible with prices and delivery times.

HAPPY VOLUNTEERS' WEEK!!!

During 1st – 7th June we celebrated Volunteers' Week, appreciating the over 120 volunteers connected with Manna House. More than 50 people regularly come to Manna House giving something like 5500 volunteer hours each year – they work in the kitchen, preparing and serving meals, washing-up, listening and chatting with clients, cleaning, cutting hair, working on reception, completing admin and updating our website. Others support our Men's and Women's groups on a Monday and still others help out at our fundraising events during the year or run Skills sessions. We put together a little thank you goodie-bag for each one, delivered to their doorstep!

This is the time to really appreciate our Winter Shelter volunteers, as well, who give up three months of their time each year to provide a safe place for homeless people to sleep in the coldest months. You are treasures!

The coronavirus pandemic has meant that volunteers have not been able to help over the last few weeks in Manna House proper, but some have been busy making face masks and raising money for us in their own spaces. We look forward to welcoming all our volunteers back as soon as possible and if anyone else is interested in volunteering, do contact Anna Evans, our Volunteer Coordinator, on volunteers@manna-house.org.uk

Getting the Food Out!

Update from the Manna House Learning Kitchen during Lockdown...

As we cautiously prepare for the “unlocking” of Lockdown, it is worth looking back on what has been achieved so far in house. The doors of Manna House may have been shut, but our services have remained open. The overarching principle that “Food is Love”, given generously to our clients and anyone in need, has been upheld. Chris Ryan, our Porter, has tirelessly picked up the food donations as part of our Neighbourly and Fare Share association with the main supermarkets. He personifies ‘meals on wheels’ in his trusty white van! Much of this produce is short dated and we have worked hard to redistribute fresh fruit and vegetables and store cupboard essentials to free school meal families in our locality; we have heard how much appreciated these food bags have been. If we have prevented existing clients, or people who have found themselves struggling in the last few months, from going hungry or feeling alone, we have fulfilled our mission.

We have worked closely with the Food Banks and the Sandylands Association to ensure that our bountiful donations have been bagged up, utilised and never wasted. We have shared our food—in a nutshell, **we have shared the Love**—too often in short supply in times like these.—Clare Neal xx



IMPORTANT TO KNOW

CANCELLED for this year:

Annual FOMS Garden Party Saturday 4th July

COMING SOON:

further information on our “Phased Unlock”

www.manna-house.org.uk

We are available

Phone contact for any needs at all
Monday—Friday
9.30am—3pm

01539 725534

With grateful appreciation to The Stephenson Trust, Cumbria Community Foundation, Lloyd's Bank Foundation, CAF, Morrison's, The Frieda Scott Trust, CCC, SLDC, Cumberland Building Society, Homeless Link, Help the Homeless, The Fore Foundation, Seba Trust, Irving Memorial Trust, Henry Smith Charity, Aperta Menta & many generous private donors.

You can donate to us by clicking the link below

<https://www.justgiving.com/mannahouse>

OR

By BACS to Manna House (Cumbria)

Sort code 16-52-21

Account number 53190423

The Stephenson Centre, Ann Street, Kendal, LA9 6AA

**Manna House (Cumbria) Registered Charity No 1147785
Company Limited by Guarantee No 08041948**