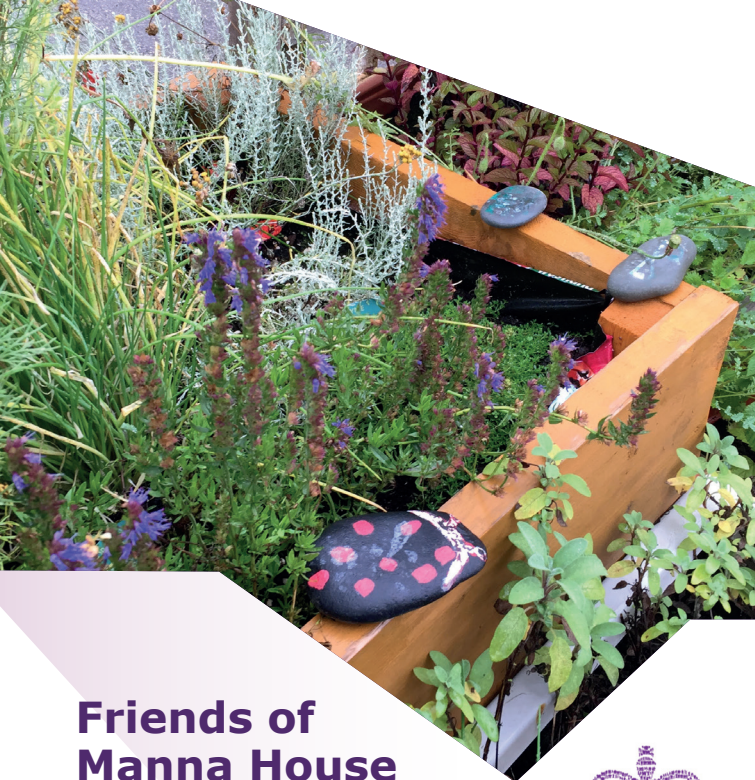




Friends of Manna House

Volunteer Nina Bale set up our League of Friends in 2007 to support clients in hardship and the more general work of Manna House.



You can get involved with this lovely group. Come along to get-togethers and meet other members to exchange fundraising ideas. Get stuck into joyous events like our annual Big Swim and Garden Party. Or attend our interactive AGM and help shape the way we support the work of Manna House.

Why not join us? Membership is £10 (min) per year. For more info please visit: www.manna-house.org.uk

We're here to help...

Get Advice, join our Skills Café or come along to a Drop In session.

Manna House, at the Stephenson Centre in Kendal, is open to the public:

Monday:

Women's Group, 10am-12noon
Rough Sleepers, 12noon-1pm
Conversation Café, 1-3pm

Thursday:

Rough Sleepers,
1pm-2pm

Friday:

Drop In Session, 10am-2pm
Yummy Lunch, 12noon-2pm

Tuesday:

Drop In Session, 10am-2pm
Scrumptious Lunch, 12noon-2pm

Wednesday:

Skills Café, 10am-12noon
Delicious Lunch, 12noon-2pm

If you have anything you would like to talk to us about, please do make an appointment. There are lots of ways you can contact us:

-  Facebook: [mannahousecumbria](https://www.facebook.com/mannahousecumbria)
-  WhatsApp: 07598758373
-  Website: www.manna-house.org.uk
-  Phone: 01539 725534
-  E-mail: info@manna-house.org.uk

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

MANNA HOUSE

*Housing Advice,
Advocacy & Support*



There's always a warm welcome at Manna House!

We're a safe and positive space for anyone in South Lakeland who is homeless, vulnerably housed, lonely or needing support.



Manna House (Cumbria)
Registered Charity
Number: 1147785
Company Limited by
Guarantee: 08041948

What Manna House does

We offer lots of help and support alongside our regular Drop In, lunches, and Skills Café sessions.

- ✓ Tenancy and eviction advice
- ✓ Benefits advice
- ✓ Advocacy
- ✓ Shower and laundry facilities
- ✓ Budgeting help
- ✓ CVs and job searches
- ✓ Computer use
- ✓ Letter reading and bills explained
- ✓ Volunteer opportunities
- ✓ Mental health support
- ✓ Referrals to specialist services
- ✓ Food Bank referrals
- ✓ Gardening and allotment
- ✓ Women's group
- ✓ Lunches
- ✓ Skills Café
- ✓ Nurse Practitioner
- ✓ Emergency Homeless POD
- ✓ Hairdresser
- ✓ Office and training spaces to rent



The Manna House Community

We are here for EVERYONE in South Lakeland. It's an area where many people are surprised that Manna House is needed as homelessness and vulnerable housing are hidden issues. But we are very much in demand.

In all that we do, staff and volunteers bring compassion and acceptance and offer positive role modelling for social and emotional wellbeing.

Housing & Benefits Advice Service

Clients get as much support for the process of finding and keeping a home as they need, according to their own circumstances, abilities and wishes.

They can access advice and guidance on their housing options in the local and surrounding districts. We help people return to their own home county – even country – if necessary.

Clients can also access up-to-the-minute information on the benefits they are entitled to, advocacy for appeals, and as much or as little help as needed filling in the right forms, in the right way, at the right time.

Email info@manna-house.org.uk if you want to make an appointment for you or someone you know.

Client Support

Support is the frontline of our services for homeless and vulnerably housed people, and those with mental health and addiction issues.

Our Client Support Workers make initial assessments which lead to goal setting and referrals. This work produces important results such as clients getting the healthcare they need, taking on pro-social roles within our service, and keeping important appointments in the community.

Drop by: 1pm-3pm Monday or 10am-2pm Tuesday, Wednesday or Friday. Or make an appointment via email: info@manna-house.org.

Conversation Café

It's good to talk. Our staff and volunteers support clients' mental health through both 1x1 and facilitated peer support groups every Monday 1 – 3pm. The kettle's always on. No appointments necessary.

Learning Kitchen

The kitchen is the heart of the house, where everyone is welcome to lend a hand, try something new and share a healthy meal. It's a place where people come together in donating, preparing, sharing and eating the food. In the process, kitchen participants experience raised self-esteem and are nourished with added skills and learning.

Many friends throughout the local community gift us good food to make our lunches incomparable.

Skills Café

Our Wednesday Workshops are volunteer-run and help clients work on life skills such as budgeting, IT, punctuality, patience, teamwork, and self-care. Our Skills Café motivates people to try new things and have a go at learning in a safe and encouraging atmosphere. The focus has been wellbeing, ensuring people are able to keep their mood up without "self-medicating" and have the resources they need to take better care of themselves – from sunscreen to suicide hotlines. We also emphasise community participation to foster a sense of belonging in our neighbourhood.

Women's Group

Join us on Monday mornings 10am-12 noon at the Stephenson Centre for a bit of crafting, sharing, stitching, and tea drinking!

Sew What? is a supportive, safe space for women of all ages and backgrounds to be creative and share experiences. Drop in to create something new or bring in a project you've been meaning to finish! All materials are provided.

Volunteering with Us

Manna House's volunteers are the backbone of our service and are amongst the most dedicated and warmhearted people we know.

Many volunteer with us weekly for a few hours at a time. Others give us their time and energy by working on events, focussing on specific tasks in the community, or doing behind the scenes organising. To get involved, email: volunteers@manna-house.org.uk