

Training: Volunteering: Funding

Become a member of Cumbria CVS and take advantage of excellent members' rates for our training, events and services. Call us on 01768 800350, email info@cumbriacvs.org.uk or visit www.cumbriacvs.org.uk

Events

- **South Lakes Volunteering Fair**
Wednesday 5 June 2019
12noon - 1.30pm Kendal Town Hall, 9a Lowther Street, Kendal, LA9 4DL

Volunteers can chat to a large range of different organisations that are looking to recruit volunteers and drop in at any time to this event. The event is informal for anyone who would like to find out more about local volunteering opportunities and becoming a volunteer – open to all.

Organisations attending the Volunteering Fair include:

- National Trust
- Animal Rescue Cumbria
- Cancer Care
- Victim Support
- Royal Voluntary Service
- St John Ambulance
- Oaklea Trust
- Brathay Trust
- Alzheimer's
- CADAS
- Blind Veterans UK
- People First Independent Advocacy
- Lake District Foundation
- British Red Cross
- South Lakes Citizen Advice
- Cumbria CVS and more!

For further information contact Judith Smale on 01768 800350

- **South Funding Event 2019 Date for Your Diary**
Thursday 13 June 2019
10am to 12 noon or 1pm to 3pm Kendal Town Hall, Highgate, Kendal, LA9 4DL

This event is aimed at **small local voluntary and community groups** in **South Lakeland** looking for funding, **especially those new to the funding arena**.

Speak directly to funders; access essential funding information, advice and support; network with other local organisations.

Funders include:

- ACTION with Communities in Cumbria (ACT)

- Charity Bank
- Cumbria Community Foundation
- Cumbria Exchange
- Cumbria Youth Alliance
- First Ark Social Investment (NEW FUNDER)
- Francis C Scott Trust
- Frieda Scott Trust
- Hadfield Trust
- Heritage Lottery Fund
- National Lottery Community Fund
- Sir John Fisher Foundation

Please book to attend one of these two sessions:

- **10am – 12noon** Registration from 9.45am
- **1pm – 3pm** Registration from 12.45pm

You do not need to attend for the full 2 hour session, but it is advised for you to allow at least one hour to make best use of your time and speak to all relevant funders.

Tea/coffee provided upon arrival

This event is **FREE*** - **Book your place today:**

Complete and return the attached booking form and return to:

- Shaddongate Resource Centre, Shaddongate, Carlisle, CA2 5TY OR
- info@cumbriacvs.org.uk

Any queries or for further information, call 01768 800350

Please note:

- CVS member organisations will get priority when booking
- *All places must be booked in advance or a £10/person fee will apply on the day
- *A £10/person cancellation fee will apply for non-attendance or places not cancelled at least 5 days in advance

- **CancerCare's Kendal Drop In
Thursday 2, 9, 16 and 23 May 2019**

10am – 12noon The Lakes Centre, Blackhall Road, Kendal

For people facing cancer, loneliness and various other issues CancerCare's Kendal Drop In is a lifeline.

There's always a warm welcome and a listening ear at the Kendal Drop CancerCare is encouraging new people to go along to the Drop In and see what it can do for them.

For some people the Kendal Drop In is a social gathering and for others it has proved to be a life-saver.

Everyone affected by cancer and other life-limiting conditions is welcome to go to the Kendal Drop in which takes place at the Lakes Centre on Blackhall Road every Thursday from 10am to noon.

For any enquiries about the Drop in or CancerCare's free services for people of all ages who are affected by cancer, please call The Lakes Centre on 01539 735800 or go to ww.cancercare.org.uk.

- **'Living Well'
Friday 3 May 2019**

10am-2pm Lunesdale Hall, Kirkby Lonsdale

A showcase of opportunities and ideas to keep healthy and get the most out of life.

Information and advice will be available from a wide range of local organisations including the Library Service, NHS, Fire and Rescue, Lunesdale Therapy Centre, Community Learning and Skills, Alzheimer's Society.

Other information and advice will be available throughout the day

Light refreshments

If you would like any further information please contact Kirkby Lonsdale library 015242 71386

- **MNDA Craft Fair**

Sunday 5 May 2019

10am - 4pm The WI Hall, Arnsdale, Lancashire, LA5 0DP

Craft Fair in aid of Motor Neurone Disease Association. Lots of quality handmade gifts made by local people including jewellery, art, woodwork and textiles. Fantastic raffle and bottle tombola. Farriers tea and coffee, cakes available. Free entrance

For further Donna Earl on 07979 006515 or email: Dearl@outlook.com

- **Sew What? Women`s Group**

Monday 6, 13, 20, and 27 May 2019

10.30am-12.30pm Manna House, The Stephenson Centre, Ann Street. Kendal

The Manna House Women`s Group is in partnership with Lakeland Arts and held every Monday. Great coffee, conversation and a chance to learn new craft skills and share existing talents in a happy and warm environment. Make 2018 a happy new year with new friends, knitting, stitching, up cycling clothes. Happy Mondays are just a stitch away at Manna House. All women Welcome!

For further details contact Clare Neal 01539 725534 or email: clare@manna-house.org.uk

- **Patient and Carer Stroke Information Event**

Wednesday 8 May 2019

10am - 3pm at Castle Green Hotel, Kendal

Healthier Lancashire and South Cumbria is delighted to be holding a patient and carer engagement event about stroke. The event is in collaboration with the Stroke Association and North West Coast Strategic Clinical Networks.

Please come along for more information and to share your views

Topics that will be covered include:

- National stroke priorities
- The NHS Long Term Plan
- Partnership work to prevent stroke
- Improvement in local stroke services
- Stroke rehabilitation
- A new ambulatory model for stroke services
- Centralising stroke services.

This event is for patients, carers, voluntary sector and patient groups to find out about the partnership work taking place to improve stroke services across Lancashire and South Cumbria.

You can register to attend the event by visiting healthierlsc.co.uk/StrokeEvents

- **AWAZ Cumbria – Volunteer Information Sessions**

Thursday 9 May 2019

from 2.30pm-3.30pm at Hawkshead Market Hall, The Square, Hawkshead, LA22 0NZ

Monday 10 June 2019

from 1.00pm-2.00pm at Ambleside Parish Centre, Vicarage Road, Ambleside, LA22 9DH

Cumbria CVS are working in partnership with AWAZ as part of The Cumbria Community Integration Project, which aims to strengthen communities, improve access to services and empower the voices of black a minority ethnic communities in Cumbria. AWAZ Cumbria is currently looking to recruit English Language Support Volunteers in South Lakeland in the target areas of Windermere, Ambleside, Hawkshead and Grasmere.

Volunteers may help an individual who feels isolated because they don't have the confidence to speak, a child struggling to keep up with the language in the classroom, a parent struggling to communicate with the school and other parents, etc. The language support will vary depending on the individual and their language needs. It can range from conversational English whilst doing an activity e.g. having a coffee or going for a walk to basic language tutoring.

Interested in being an English Language Support Volunteer?

If you would like to find out more about this project or to volunteer for AWAZ please contact:

Erika Ghinelli (AWAZ South Community Development Worker) on e-mail: erika@awaz.info or contact: 07493 6658198.

- **The South Lakeland Autism and Aspergers Support Group**

Thursdays: 9 and 23 May 2019

7pm onwards at The Wakefield Arms, Maude Street Kendal LA9 4QD

Adult Social Group and Parent Support Group. We are a small friendly group who meet twice a month to talk over any relevant topics and help with advice and information. Join us for a meal, drink and a chat.

We are an independent support group, but we have regular contact with the National and Scottish Autistic Society. Children are welcome to attend with their parents.

The aims of our group is to:

- have regular meetings
- provide a 24-hour support network for each other and families with newly diagnosed children and adults
- offer specialist training to professionals and parents
- write our own literature
- raise public awareness
- provide specialist equipment to aide education

We also have a library of books on autism, Asperger's Syndrome, education, legislation, etc. that are available for loan.

- **Free Health Check Day for Age 55 Plus**

Thursday 9 May 2019

1pm – 6pm Kendal Leisure Centre, Burton Rd, Kendal LA9 7HX

Join us for...

- Blood Pressure Checks
- Blood Tests
- Health Advice
- Exercise Taster Sessions
- Free health and wellbeing checks
- Information stalls
- And more!

For more information please contact caroline.smith@gll.org

- **Kendal Ewes Women's Institute - Dignity in Dementia**

Thursday 9 May 2019

7pm-8.45pm Kendal Town Hall, 9a Lowther Street, Kendal

We are a new, fun, welcoming WI group. Our meetings are filled with activities, demos, outings and speakers. All welcome.

Members free, guests £4

For further information email: kendaleweswi@gmail.com

- **Parkinson's Café**

Tuesday 13 May 2019

10.30am - 12.00pm Beale's in store Café, Finkle Street, Kendal

Parkinson's Cafe on the 2nd Tuesday of each month. A friendly meeting place offering people with Parkinson's friendship, support and information.

For further information call Pamela Smith on 07582 348 614 or email:

pamelasmithsfo@hotmail.com

- **Coffee Morning in aid of Sight Advice South Lakes**

Friday 17 May 2019

10am -12noon Kendal Town Hall, Highgate, Kendal

Coffee and cakes morning available 10-12 in aid of Sight Advice South Lakes. Combined with our fantastic 'Future Vision Exhibition' in adjoining room, exploring latest developments in technology and magnification for people with a visual impairment.

Cakes raffles etc will also be happening!

For further information contact Aileen Ward on 01539 769055 or email aileen@sightadvice.org.uk

- **Windermere Boat Show**

From Friday 17 May 2019 to Sunday 19 May 2019

Ferry Nab, Bowness on Windermere,

The Windermere Boat Show 2019. Bringing the best of adventure and Watersports to the England's largest lake. A celebration of this iconic lake. Combining Boats, adventure, food festival in one place. Open 10-7 each day. Free admission with lots of free activities to try. Fun for all the family.

For further information contact Joe Beaumont on 07775 735753 or email:

Info@windermereboatshow.com

- **Buddhist Group of Kendal (Theravada) Open Meetings**

Sunday 19 May 2019

BGKT Buddhist Group of Kendal (Theravada) meets from 2pm - 4.30pm, on the 3rd Sunday of the month (except December) at Castle Street Community Centre, Castle Street, Kendal LA9 7AD. Detached Room entrance on side of building.

All welcome. Free. Donations towards room hire welcome.

Meetings led by Lay Teachers authorized by the Sangha [Community of Buddhist Monks].

01539-729793. bgkt@etherway.net <http://buddhistgroupofkendal.co.uk/>

Meeting Dates 2019:

16 June, 21 July, 18 August, 15 September, 20 October, 17 November.

- **The Westmorland Horticultural Society Coffee Morning**

Saturday 25 May 2019

Doors open 9.30am – 11.30am Town Hall, Kendal

There will be houseplants. Perennials, annuals and vegetables plants for sale also cakes and biscuits. Entrance Fee is £1.00

For further information call 01539 727694 or email: merrillisobel@live.co.uk

- **Hutton Roof Country Fair and Fell Race**

Saturday 25 May 2019

12noon - 4.30pm Hutton Roof Village Hall, Near Kirkby Lonsdale

A great family day out with lots of FREE stuff for kids to do including circus workshop, painting competition, traditional games and sports (sack race, egg and spoon etc). There'll be stalls, crafts to try and buy, children's activities, animals and our famous cakes served all day! Plus adult and junior fell races (entry fee applies).

Also bouncy castle, giant slide, face painting etc.

Donation requested for parking.

For further information contact Eve Simpson on 07846 662952 or email:

committee@huttonroof.org.uk

- **Prom Art**

Sunday 26 May 2019

10am - 4pm The Promenade, Grange-over-sands

The biggest open-air art and craft fair in the north, up to 80 stalls selling fine art, ceramics, woodwork, metalwork, recycled, textiles and everything in between.

Overlooking the glorious Morecambe Bay. Last Sunday of the month April-September.

For further information contact Julie Donnelly 01513 635411 or

email:customer.service@groupgeraud.co.uk or visit <http://www.promart.info>

- **The Marchesi Centre Programme of Weekly Events**

Holly Road, Windermere LA23 2AF

Monday

Social Club 55 10am

Kerry Wilson Foot care (am) 07772308295

Short Tennis 10am – 12noon
U3A 2pm (2nd Mon)
U3A Local History 2pm (3rd Mon)
Slimming World – 5.30pm & 7.30pm
Windermere Bridge – 6.50pm
Rummikub 7.30pm (3rd Mon)

Tuesday

Enjoy Your Leisure 10.30am
Trefoil Guild 2pm (2nd Tues)
Windermere Area First Responders 7pm
(2nd Tues)
Over 50's Gentle Exercise – 1.30pm – 2.30pm
Windermere Chess Club 7.30pm (1st & Last Tues)

Wednesday

Windermere Scottish Country Dancing 10am
U3A Reading Group 2pm (1st Wed)
Windermere Bridge Club 6.50pm
Over 50s Positive Posture Class 1pm – 2pm
Positive Posture Class 2.30pm – 3.30pm
Kids Yoga 3.45pm – 5.30pm

Thursday

Art Class 10am
Kerry Wilson Foot care (am) 07772308295
Windermere W.I. 7pm (1st Thursday)
Bowness W.I. 12 – 4pm (2nd Thursday)
U3A Music 1.30pm – 5pm (2nd Thursday)

Friday

Social Club 55 10am – 3pm
U3A Bridge 2pm
Windermere Bridge Club 6.50pm

Saturday

Coffee Morning
10am 1st Saturday of each month
Tel: 015394 43411

Email: mcwindermere@gmail.com **Website:** www.marchesicentre.wix.com

Social Media: [Facebook – Marchesi Centre](#)

- **Kendal Ramblers Walks**

For a full list of walks visit <http://https://kendalramblers.weebly.com/walks-programme> or for further information call 01539 723662 or email: kendalramblerspublicity@gmail.com

- **South Cumbria Breastfeeding Support**

Free, weekly drop-in groups
Bumps, babies, mums, partners, toddlers and pre-schoolers all welcome.
No need to book, just turn up.

Mondays 9.30am - 11.30am Emmanuel Centre, Mill Street, **Ulverston**, LA12 7EB

Thursdays 9.30am - 11.30am Ghyllside Neighbourhood Centre, attached to Ghyllside Primary School, **Kendal**, LA9 4JB

Fridays 9.30am – 11.30am The Phoenix Centre, **Windermere**, LA23 1BZ

Mums are welcome to drop-in simply to meet and spend time with other mums who are breastfeeding. Skilled help is also available at every session for mums if needed.

For more information email Ann Bruce at ann@cumbriabreastfeeding.org.uk or visit www.cumbriabreastfeeding.org.uk

You can follow SCBS on Facebook [@cumbriabreastfeeding](#)

South Cumbria Breastfeeding Support is keen to hear from volunteers: whether you'd like to help meet and greet at one of our drop-ins, or help us with fundraising events and applications, we'll gladly make use of whatever time and skills you'd like to give us.

Training

- **Dealing with Difficult Behaviour**

Thursday 9 May 2019

10am - 1pm Stricklandgate House, Kendal

By the end of the session participants will have:

- Identified difficult behaviour
- Discussed the impact of difficult behaviour on both volunteers and the organisation
- Recognised the reasons behind this type of behaviour
- Explored ways of dealing with difficult behaviour
- Considered how to create effective boundaries

How to Book

Book online via : <https://cumbriacvs.org.uk/training-and-events/training-and-events-calendar/2019-05-09/>

* Free but a £10 cancellation fee applies if a place is cancelled within one week of the training and/or for non-attendance.

Volunteers can also complete a booking form to book onto this training. For a booking form please email: judiths@cumbriacvs.org.uk

- **Qualification for Volunteer Managers : Institute of Leadership and Management Level 3 Award in the Management of Volunteers**

Wednesday 16 October 2019

10am - 4pm Penrith Rugby Club, Winters Park, Penrith, CA11 8RQ

A recognised qualification for volunteer managers!

This course is for anyone working with volunteers who would like to gain a qualification and recognition for their role as a volunteer coordinator, leader, supervisor or manager of volunteers. The course will be **delivered over a four month period – October 2019 to January 2020**, comprising of one workshop session (on 16 October) and four online webinars during October and November.

The course will cover:

- Managing volunteer expectations
- Understanding volunteer motivations
- Supporting, supervising and developing volunteers
- Giving and receiving feedback
- Skills assessment for volunteers
- Evaluating volunteer achievements
- Appropriate and relevant record keeping

Participants will need to complete one work-based assignment as a formal assessment and will receive ongoing support and guidance from the tutor via telephone, email and through a dedicated online discussion group. The course also requires a commitment to individual study, including a weekly reflective practice activity.

The course tutor, Sue Jones has developed and led training programmes for leaders and managers of volunteers for over 15 years.

She has worked with organisations locally, regionally, nationally and internationally to create valuable learning opportunities across the voluntary, community and public sectors. Sue is co-founder of 3B Coaching and is passionate about supporting people to achieve their goals professionally and personally.

Course cost:

Cumbria CVS members: £395 early bird; £425 thereafter

Non Cumbria CVS members: £425 early bird; £445 thereafter

Early bird booking available until 26 September 2019

Lunch and refreshments included. Places are limited. Please book early to avoid disappointment.

How to Book

All delegates must complete a booking form attached and return with payment to:

- info@cumbriacvs.org.uk or post to:
- Cumbria CVS, Shaddongate Resource Centre, Shaddongate, Carlisle, CA2 5TY
- **Alternatively book and pay online via : <https://cumbriacvs.org.uk/training-and-events/institute-of-leadership-and-management-level-3-award-in-the-management-of-volunteers/>**

NB: Places cancelled two weeks or less before the Qualification for Volunteer Managers : Institute of Leadership and Management Level 3 Award in the Management of Volunteers course, or failure to attend the training, will result in full fees being charged for the training.

Who should attend

- Volunteer managers
- Volunteer leaders
- Individuals that have a responsibility for recruiting, managing and/or supporting volunteers

What can you expect

- To be trained by an experienced volunteer manager and trainer who has worked for both volunteer involving and volunteer infrastructure organisations
- Network with other volunteer managers
- Learn from practical sessions, webinars and discussions
- Action planning for change

General Information

• **Ludus Dance – Opportunity for Children and Young People**

Ludus Dance is looking for children and young people living with additional needs or learning and physical disabilities in South Lakes and North Lancashire with an interest in movement and creativity.

Ludus Dance understands that not all young people are able to articulate exactly what they mean, how they feel or what they want through words alone. Dance is a liberating non-verbal form of communication that can speak volumes about the needs and aspirations of young people. Our specialism is to use dance as a physical conduit to connect and emotionally tap into the needs and motivations of young people. Using dance as tool of expression and trust, we build on strength and recognise potential.

Ludus Dance is the leading dance development charity (number 114416) in Lancashire. As a forerunner of the Dance in Education movement, we work with people and places with least engagement through an inclusive approach, placing learning, engagement and excellence in dance at the heart of our work.

As a key provider of high quality arts activity for children and young people we are valued nationally as youth dance and talent development leader, providing training and progression routes. One of our goal of our is to lead a fully integrated youth dance company.

If you are 0 - 25yrs with SEND, a parent or career, or represent a youth disability group we would love to spend some time getting to know you.

In the first instance please contact Kit Abramson (Co-Artistic Director and Development Manager) kit.abramson@ludusdance.org

Job Vacancies

Please check Cumbria CVS website for current vacancies: www.cumbriacvs.org.uk/vacancies

Cumbria CVS

Nurtures and enables a flourishing third sector for Cumbria.

We offer a wide range of events and services including:

- funding fairs and funding advice
- training, governance and management support, and workforce development for charities and not-for-profit organisations
- organisational support for start-ups, charity registration and incorporation
- support and training for volunteers and organisations who manage volunteers
- financial services
- HR support
- DBS Disclosure service

For more information please contact your local Cumbria CVS office:
Stricklandgate House, 92 Stricklandgate, Kendal, LA9 4PU
 01768 800350 info@cumbriacvs.org.uk www.cumbriacvs.org.uk

Follow us on Twitter: [@cumbriacvs](https://twitter.com/cumbriacvs) 

Like us on Facebook: www.facebook.com/cumbriacvs 

Data Protection

For the purposes of General Data Protection Regulations 2018, the data controller in respect of your personal data is Cumbria CVS.

If you no longer wish to receive this mailing and wish to unsubscribe, please contact us on 01768 800350 or email info@cumbriacvs.org.uk .

Please Note: if you are removed from this list, you will no longer receive essential information relating to Cumbria CVS training, events and services and to those of local groups in your area.

To receive or contribute to this newsletter please contact Julie Sharkey:
juliesh@cumbriacvs.org.uk

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