

Manna House Update



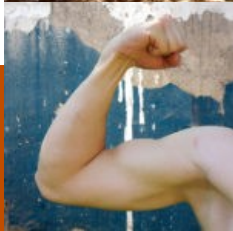
Summer 2025

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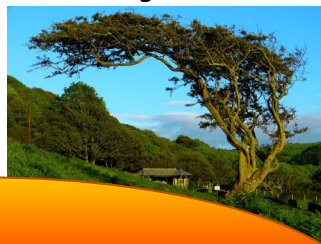


**The Queen's Award
for Voluntary Service**



...the ability to bounce back from adversity & challenges.

This, too, shall pass.



Resilience

Through struggle we grow stronger, wiser, and even happier.



...is about consistency in our character, regardless of our circumstances.

- Marcus Aurelius

From Our Chair, Charles Cowling

As Marcus Aurelius said (recently on our front cover), resilience is about consistency in our character, regardless of our circumstances. Manna House is right now, I believe, an excellent example of this; despite the very real concern about finding the funding to keep our organisation out of the red, our staff have continued to work with the integrity and enthusiasm, the compassion and the strength of character they have always demonstrated. It is a tribute to the mission and the culture of Manna House—which is bigger than any of us—that our staff and volunteer team are able to hold on to our ethos and purpose without the loss of morale a lesser organisation might face in these same circumstances.



Westmorland and Furness, a delightful place to live, work and play, would be much the poorer without Manna House to provide a safety net for those who fall through the cracks of mainstream life. Manna House plans to remain upright for as long as we are needed, with our arms open wide and our welcome undiminished. That role modelling of resilience is a hallmark of our service. I remain impressed and blessed to be a part of Manna House and am proud to share this Autumn Update with you.

Best wishes, Charles

And now a word from... Andrea Aldridge

As Chief Officer of Manna House and your Editor, I can only apologise for the excessive quantity of Resilience metaphors on this season's cover of Update. I hope I can be forgiven for my great passion and determination to see this current financial struggle through to a stable conclusion. Just like you and thousands of clients, partners, volunteers, funders, and staff past and present, I love Manna House and believe we have the muscle and the grit to weather any storm, wade through any quagmire, come through any fire stronger than ever, etc etc. As we ride the rollercoaster of economic life together, please do what you can to make this desert of a funding situation bloom. Mixed metaphors aside, I thank each and every one of you for your efforts to keep Manna House at full strength. We can't be here without you, nor could Kendal be the beautiful, safe, healthy, accessible, compassionate place it is without Manna House.



Friends Of Manna House News

We have had a wonderful Summer with a lovely Dog Show & Summer Fete which brought in much needed funds, as well as giving us an opportunity to have fun as a community and raise awareness of the work of Manna House!

Clients being housed, finding jobs, moving on—this is all in a day's work at Manna House. None of us knows what the future may bring, but it is TODAY we have to deal with whatever comes up. That is the resilience of the Manna House community.

While Autumn is a season when things change, slow down, even rest and die, Manna House is in no position to take it easy. In spite of a down turn in finances, we are determined to continue to deliver services to those struggling in poverty. That is always our resolve. With help from our Friends and Supporters, we will not give in to an economic situation in which people are left behind.

Friends, please would you give this some thought, prayer, and consideration? How might you be able to help? To find out more, join us on Thursday evening, 2nd October, 6pm at the Stephenson Centre, for our Friends of Manna House Annual General Meeting (I always think it should be called the ASG, or Annual Social Gathering!).

We look forward to an Autumn full of activity, including the Dentaaid Bus which FOMs sponsors, knowing a very special Christmas at Manna House is just around the corner...Blessings, love and thanks to you all.

Nina Bale, Founder & Coordinator of Friends of Manna House.

OPENING HOURS

Monday: 10am—12pm Women's Group; 1—3pm Conversation Café
Rough Sleeper Slot 12-1pm

Tuesday: 10am—2pm Drop In lunch

Wednesday: 10am—12noon Skills Café; 12—2pm Drop In lunch

Thursday: 1—2pm Rough Sleepers ONLY

Friday: 10am—2pm Drop In lunch



Farewell, Fair Zsuzsi

After a decade of commitment and meticulous care for Manna House finances, we say a fond farewell to Zsuzsi Notton. Zsuzsi started as a volunteer for us in 2014 and over the years has gained all the qualifications necessary to serve Manna House as our trusty Finance Officer, responsible for the management of all of our funds. Zsuzsi, who moved to Wigan after getting married and who continued to work from home after COVID, has already started her new post with George House Trust in Manchester. Zsuzsi's keen eye on the ball has meant many a restful night for the team and we will miss Zsuzsi's sweet and focussed presence in all the income & expenditure we generate. Don't worry, Zsuzsi, we'll stop texting you soon!



And then Mel arrived on horseback...

...to save the day! Mel Connell became our Stop Gap Finance Officer in July, overlapping with Zsuzsi and able to get loads of important information handed over to her to keep Manna House ticking along. She has been a remarkably cheerful and tenacious addition to the team, being solution focussed and positive about every glitch



that arises, of which there have been many!! Mel is so delightful Zsuzsi doesn't seem to mind when we call her for advice! It is thanks to Mel's tenacity that we have new signatories on our bank accounts, payroll is paid and all the invoices have been dealt with in a timely manner. Mel will stay on with us to train our new Finance Officer. Phew!

Please welcome, Manna House's New Finance Officer

Not a minute too soon, we warmly welcome Mary (as in, "*Marry me*") Waters.

Born in Scotland the youngest of 7 children, Mary was brought up in Kendal from the age of 2. Her parents and siblings have lived and worked in Kendal for over 65 years.

Mary started working in payroll at the age of 17 at a factory in Kendal and worked at a local specialist education provision for over 20 years as their Business Finance Manager.

Her hobbies include looking after mind, body and soul through walking, strength training and good food. Her motto is.....If you choose to be anything, choose to be kind.

All the team are really thrilled to have Mary with us!
You can reach Mary from 08/09: finance@manna-house.org.uk



Some Financial Plans

You'd be right to be curious about Manna House's plans for financial success in 2025/2026. Here is a snapshot of some ways we plan to diversify and build on current successes:

- ◆ Increase number of rental spaces
- ◆ Create Ebay & Vinted shops
- ◆ Membership drive for Friends of Manna House
- ◆ Increase commissioning opportunities
- ◆ Increase Corporate sponsorship & partnerships
- ◆ Produce Impact Report for potential funders
- ◆ Approach partners for potential joint funding

Allotment 2025

This year has been our best year yet. We planted over 200 seeds into loo roll centres at Manna House in March - makes for less plastic and we can plant straight into the ground.

These were then transported to our

allotment polytunnel. We

lovingly cared for them until big enough to be transplanted & we are now able to bring fresh produce straight to the kitchen at Manna House!

A huge thank you to all the clients (especially Mike, Howard & Steve) and volunteers (especially Dave and Nick) & to Chris Ryan for sourcing & transporting bark chippings, which makes the allotment look so much better. Join us on any Tuesday afternoon!

Karen Greene, Allotment Co-ordinator



Volunteer Extraordinaire, Pam Allen

We just had to honour Pam in this edition of Update—she's been an amazing addition to the Women's group, Sew What? and has inspired us all with her gorgeous handmade beads made into fab jewelry! Unsurprisingly, Pam sold loads of it at the Manna House Dog Show & Summer Fete, pumping up the coffers. Pam also lent her considerable energy to salvaging tents from Kendal Calling—24 collected and cleaned for use by our clients year round—a great effort in the wind and rain. Pam's generosity doesn't stop there—if you were at the Summer BBQ in August you probably enjoyed food hot off the grill Pam donated to us. Cheers, Pam, we are grateful to you!!

We are always on the lookout for new quality volunteers. If you are interested in joining the team, please get in touch with Anna Evans:
volunteers@manna-house.org.uk



Profile of Support from Super Grant Making Trusts & Business Heroes

(we'll thank churches and individuals separately)

Lloyd's Bank Foundation—for both funding and development support

Hadfield Trust

W&F Council

Stephenson Trust

Marsh Charitable Trust

Albert Hunt

Lupton Tower Trust

Yorkshire Building Society Foundation

National Lottery Awards for All

Souter Charitable Trust

Friends of Manna House

Frieda Scott

Grocer's Charity

Aperta Mente

Oliver Borthwick Memorial Trust

CRH Charitable Trust

Cumbria Community Foundation

Plumb Base

Cortillo Lounge

I Luv Me Most

Northwest Electric

Kendal Calling

Cartmel Races/Holker Group

Kendal College

Hazelmere Bakery

Aldi

Sainsbury's

Morrison's

M & S

ASDA

Home Instead

Castle Green Hotel

Queen Katherine School

K 9to5

Common Ground



Apologies, we definitely forgot someone. Please give us feedback and we'll correct ourselves in the Winter Edition of Update.

SAVE THE DATE

12/09: Torchlight Carnival
24/09: Harvest at the Allotment, 1pm
25/09: Volunteer Forum on Autism, 10am—12pm
02/10: FOMS AGM, 6pm bring & share, meeting 7—8
03/10: Harvest Meal @Manna House, 10am-12pm
05/10: Homeless Sunday & Pod Open Day, 10am—12pm
14 & 15/10: Dentaid Bus at Manna House, 10am
29/11: St T's Advent Craft Fair, tbc

01539 725534
info@manna-house.org.uk
www.manna-house.org.uk

Manna House is registered with PayPal Giving.
The PayPal donate link is here and on our website:
[https://www.paypal.com/donate/?
hosted_button_id=YCVJWU6PDTGHQ](https://www.paypal.com/donate/?hosted_button_id=YCVJWU6PDTGHQ)

You can also donate to us by clicking

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

OR

By BACS to Manna House (Cumbria)

Sort code 16-52-21

Account number 53190423

If you wish to send us a donation in the post or by hand, please consider using the Gift Aid declaration form. [Click here](#) to download the form and then send to finance@manna-house.org.uk.

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

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