

POP-UP  
WARM  
SPOT

WARM  
SPOTS



# WINTER WARM SPOTS IN KENDAL

**FREE** drop-ins, warm up, grab a drink.  
And we're here for a chat too if you want.  
These are places that are warm and friendly  
where everyone is welcome and no one is judged.

<h2>MONDAY</h2>	<p><b>Parr Street Church</b>, 10am - 12pm. Hot refreshments, games, wifi, full disabled access.</p> <p><b>St George's Church</b>, 10am - 2.30pm. Refreshments &amp; newspapers.</p>	 
<h2>TUESDAY</h2>	<p><b>Connect Cafe</b>, 12.45pm - 3.15pm. Salvation Army, Gillinggate. Soup and roll lunch 1pm.</p> <p><b>Manna House</b>, 10am - 2pm. The Stephenson Centre, Ann Street. Hot refreshments &amp; lunch, computers, wifi, clothing, toiletries, showers.</p> <p><b>Lighthouse Drop-in</b>, 10am - 12pm. Stricklandgate House.</p>	  
<h2>WEDNESDAY</h2>	<p><b>Manna House</b>, 10am - 2pm. The Stephenson Centre, Ann Street. Hot refreshments &amp; lunch, computers, wifi, clothing, toiletries, showers.</p> <p><b>Neighbourhood Chaplains</b>, 10am - 1pm. Kendal Town Hall. Hot refreshments, board games, free wifi.</p> <p><b>The Lounge Drop-In</b>, 10am - 3pm. Sandylands Church. Warm drinks and company.</p> <p><b>Coffee &amp; Cake</b>, 10am - 12pm. Kendal Parish Church. Company, coffee &amp; cake</p>	   
<h2>THURSDAY</h2>	<p><b>Lighthouse Drop-in</b>, 1pm - 3pm. Stricklandgate House.</p> <p><b>St George's Church Hub</b>, 11.45 - 1.45pm. Soup, hot drinks &amp; sandwiches.</p> <p><b>St Thomas' Church</b>, 1pm - 4pm. Coffee and cake, newspapers, book swap &amp; board games, toys for toddlers.</p>	  
<h2>FRIDAY</h2>	<p><b>Manna House</b>, 10am - 2pm. The Stephenson Centre, Ann Street. Hot refreshments &amp; lunch, computers, wifi, clothing, toiletries, showers.</p> <p><b>Kendal Leisure Centre</b>, 12 -3pm. Hot drink, light lunch, board games, book swap, daily paper, free wifi, seated exercise or boccia (optional) health checks (BP, weight) by qualified staff (optional).</p>	 
<h2>SATURDAY</h2>	<p><b>Kendal People's Café and Community Larder</b> 11.30am - 2.00pm South Lakes Foyer. Pay as you can hot lunches, snacks, cakes &amp; refreshments. Groceries.</p>	