



Building Better Opportunities: Getting Cumbria to Work (BBO GCtW)

May/June 2021 Newsletter

It's been a busy couple of quarters for the BBO GCtW partnership team - we are working on lots of exciting things including:

- Continuing our face-to-face activities, groups and events in line with current government restrictions
- Delivered 2 successful outdoor activities with our participants and their families at the community allotment space Greenheart Den
- Finalising our project's promotional film with Signal Film
- Hosting a series of conversation cafes with our participants to garner feedback to inform future project planning and delivery
- Working on an Inclusive Employment Toolkit for local business with our colleagues from BBO Choices in Workington

Let's Celebrate!

We are also holding two exciting Celebration Events for local Stakeholders to find out more about our project's success and our future plans.

- Barrow Stakeholder Celebration Event taking place at Abbey House on **Tuesday 7 September 2021**
- Kendal Stakeholder Celebration Event taking place at Castle Green Hotel on **Thursday 9 September 2021**

The Celebration Events will give a great opportunity to share the great work taking place on the project, network and share good practice.

Some other great events have taken place recently, Sam Davidson our key worker at The Well provided a write up for the Conversation Café.

Conversation Café at the Greenheart Den

We recently held a conversation cafe at Greenheart Den in Barrow in Furness which is a community garden and an environmentally friendly safe space where our Building Better Opportunities participants could come together to discuss and evaluate the project over refreshments in an informal setting.



Six participants from The Well Communities took part with their key worker and the key worker from Women's Community Matters also attended.

Using a 'carousel' method, each table had several questions to answer and feedback on. Responses included suggestions for future activities, how the project can remove barriers for women, people with disabilities, from diverse backgrounds and single parents, what works well and ideas for what could be improved moving forward. There were some great conversations which created inspiration for possible follow-up sessions.



The conversation flowed and all agreed it was a great way to listen, to share ideas and get creative together. When asked would they recommend the Building Better Opportunities project, the resounding reply was Yes - 100%.



Our key worker Oliver who works at Women's Community Matters provided the write up for the Celebration Event which took place at WCM.

BBO GCtW Celebration Event at Women's Community Matters

The BBO celebration event recently held at our centre was to celebrate the success of past participants that completed the Building Better Opportunities programme with a positive outcome such as job search, education and training or employment. The ladies were invited to paint and design their own flowerpot using porcelain paint. Danielle Aspinwall from Community Skills and Learning kindly ran a session for us as she specialises in Art for wellbeing and mental health.



She explored different designs with the ladies and encouraged them to use their creative side and think outside the box. Danielle introduces expressing feelings through Art. The ladies also had a go at different painting techniques such as using nail varnish instead of paint.



Once the ladies had created their own flowerpot, we placed compost and seeds into the pot. The ladies had a choice of coriander, basil or a cactus. The event was to signify growth and the idea that a seed starts off small and grows in time through care and nourishment. This represents the ladies journey through the BBO GCtW programme and the idea that anyone can accomplish their goals with the right support in place.



The ladies were all provided with their own afternoon tea box and were given the chance to connect with other organisations such as CADAS and The Well.



The Mayor and Deputy Mayor attended and also got the chance to create their own flowerpot!! This was the first group activity ran since the Covid-19 pandemic began so numbers were small and social distancing was in place, some ladies had not been in a group session for over a year, everyone left with a spring in their step as the event almost felt like life was slowly returning to normal!





Nature Arts and Crafts at the Green Heart Den



Saturday 24 July and 11 September 2021
12noon – 1.30pm/2.30pm – 4pm

FREE activities for our participants, their families and community members interested in joining our project.

Get arty and decorate your own pebble or bird box.
Complete your British Bird 'check list' and have a chance of winning a prize!

Snacks, drinks and activity materials are included.

Places are limited for safety reasons and to reduce risks associated with coronavirus.



Join the Circus at the Green Heart Den



Saturday 7 and 21 August 2021
12noon – 2.30pm

FREE activities for our participants, their families and community members interested in joining our project.

Get arty and decorate your own pebble or circus mask.

Snacks, drinks and activity materials are included.

Places are limited for safety reasons and to reduce risks associated with coronavirus.

Speak to your key worker to sign up or phone Sam Davidson on 01229 829832 or email sdavidson@thewell2.co.uk

A great way to participate in activities, have fun and enjoy the fresh air.

National Refugee Awareness Week

National Refugee Week took place this June. The BBO GCtW project has worked with participants who have settled in Barrow and South Lakes.

Our participants have gained vital skills and experience gained whilst on the project and below are some examples of the benefits of working with our BBO GCtW team.

Mahmoud Almrijawi – BBO GCtW Participant

Ramy delivered a range of support to Mahmoud including a Mathematics course at entry Level- 3 and where he achieved his first official UK qualification during the first lockdown.

Mahmoud was supported to apply for a place on the Engineering, Pipework and Welding Course Level 1 at Furness College. He was successfully granted a place. The BBO GCtW project purchased the PPE Mahmoud needed for his course.



Faten Almergawe – BBO GCtW Participant

Ramy had helped her feel more comfortable with the culture of the United Kingdom, said Faten. "I can ask Ramy about any things I cannot understand," she said.

Faten also wanted to feel more assured with the English language and the project is providing a tutor for her to improve her knowledge of English.



We Can Help You!

For anyone 18 years and over, currently unemployed and seeking support to build their skills and confidence, the BBO GCtW project can help by offering bespoke support to help improve confidence, skills and job opportunities. Contact us or our partners directly and start your BBO journey with us today!

Website: <https://www.gettingcumbriatowork.org.uk/>

Mobile: 07462 055134 (drop us a text and we can call you back)

Email: bbo@cumbriacvs.org.uk

COVID-19 and Community Support:

COVID-19 is still very much at the centre of all our lives and that's why our Key Workers can often be seen as a lifeline to the people they help/support. The Key Workers are on hand to provide support to you through these unprecedented times.

Link to the latest COVID-19 government guidance: <https://www.gov.uk/coronavirus>

Here are some further resources for you to access if you need support, remember you are not alone:

- Victim Support www.victimsupport.org.uk 0808 16 89 111
- Cruse Bereavement www.cruse.org.uk 0808 808 1677
- Cumbria County Council www.cumbria.gov.uk 0800 783 1966

Here are some further websites for keeping busy, not only supporting your mental health but increasing your skill set for future opportunities:

Health and Wellbeing

- <https://www.anxietyuk.org.uk/coronanxiety-support-resources/>
- www.samaritans.org
- <https://www.mind.org.uk/>
- <https://www.thecalmzone.net/>
- <https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>
- <https://www.mentalhealth.org.uk/>

BBO GCtW Partners

To access support and/or to get involved with this project, please contact:

- Cumbria Alcohol and Drug Advisory Service (CADAS)
www.cadas.co.uk
- The Well Communities
www.thewellcommunities.co.uk
- Women's Community Matters
www.womenscommunitymatters.org
- Right2Work
www.right2work.org.uk



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