



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

### **November/December 2021 Newsletter**



As another year draws to a close, we reflect back over 2021 and the project, our successes and challenges, both personally and professionally and perhaps conclude WOW what a year!

The BBO GCtW project and partnership have experienced many challenges and changes and this partnership has taken them in their stride, used learning to get better at what we do and how we do it! We have seen work on external audits, development of activities for our participants to improve confidence and self-esteem and we worked to ensure some of the most vulnerable participants are included and not left behind.

For many of us the ongoing nature of living with and navigating the impact of Covid-19 has at times being draining, difficult and has affected our sense of well-being; and for many of us we look to the New year and wonder what 2022 has in store for us and our families. The BBO team have worked hard this year to support people into training and education, employment and self-employment and we have strived to ensure all of those who joined us leave in a better place.

We have lots of exciting things planned in 2022 to grow and develop this project to meet the needs of even more people living in Barrow in Furness and across the South Lakes so keep checking out our Facebook page and website for updates!

We would like to take the opportunity to thank all of the BBO staff across the partnership who have worked so hard and often in challenging circumstances over 2021 and to our participants who have trusted us to share their journey with them- we wish you all a peaceful time over Christmas and we look forward to seeing you all in 2022!

Best wishes and much love  
Nat Wealleans-Turner, BBO GCtW Project Manager





# What's going on in the Community?



## Community Drop in's

The BBO GcTW team have been making their presence within your local community in both Barrow and South Lakeland. Support workers have been promoting and liaising with participants at local libraries based in Barrow, Dalton, Ulverston and Grange. Other members of the team have been represented at local community hubs as well as local markets.

Drop-in's offer a place where you catch up with a BBO Keyworker to get advice or support. This is also an opportunity for you to find out more about The Building Better Opportunities: Getting Cumbria to Work Project.

In the new year community drop in will continue and participants will have the opportunity to catch up with their key workers at the following venues:

Barrow Market	12 January 2022 26 January 2022	11.30am – 2.00pm 10.00am – 12:00noon
Barrow Library	17 January 2022	10.30am – 12.30pm
Grange Library	6 January 2022	10.00am – 12.00noon
Kendal Community Hub	20 January 2022	10.30am – 12.00noon



Why not pop along, meet the team and take steps to make your New Year a brighter one

## Activities Planned for the New Year

The BBO GcTW team are continuously thinking of activities to put in place to increase participants mental wellbeing and learning. Going into the New Year we are proposing the following activities:

- ✚ BBO Get Active boot camp
- ✚ Woodland walk to increase wellbeing
- ✚ Coffee, chat and bake a cake
- ✚ Intro to Fishing to increase well being
- ✚ Lakes cruise to improve your mood
- ✚ Sustainable craft projects including Eco friendly Printing, Eco friendly flower arranging and more.

If you have any activity idea's please feel free to contact Chandini, BBO GcTW Activity and Learning Outreach worker via email [Chandini.graham@cumbriacvs.org.uk](mailto:Chandini.graham@cumbriacvs.org.uk)

## Looking at Self-Employment?

Are you interested in becoming self-employed?

Setting up a business or becoming self-employed can seem a bit daunting. We may have found you the perfect course to obtain an understanding of what it takes to set up your own business and turn your idea into reality.

The course will include practical and discussion-based activities to help you develop your business idea. You will learn how to write a vision and a mission statement, the 5 Ps of marketing, how to register a business and a business name, how to plan social media and advertising and how to write a business plan. If you are thinking of applying for a government start-up loan, this course will help you build your knowledge and confidence before taking the next steps.

### **Do I need any particular skills or experience?**

- This course is for beginners and improvers

### **By the end of the course, you should be able to:**

- Develop further your business idea
- Describe the difference between Vision Statements and Mission Statements
- Explain the 5 Ps of Marketing and how to apply them to your business idea
- Know whether being a Sole Trader, setting up a Limited Company or setting up a Community Interest Company is best for you
- Pitch your business idea to others with clarity and confidence

**Course start date:** 11/01/2022 - 05/04/2022

**Time:** Tue Evening 19:00, 12 sessions for 2 hrs per session

**Learning method:** Online

**Course cost:** Free

For further please speak with your keyworker or email [chandini.graham@cumbriacvs.org.uk](mailto:chandini.graham@cumbriacvs.org.uk)



## Festive Gingerbread biscuits

Fancy doing a bit of baking over Christmas, here's a recipe for some festive ginger biscuits:

### Ingredients

- 350g/12oz [plain flour](#), plus extra for rolling out
- 1 tsp [bicarbonate of soda](#)
- 2 tsp [ground ginger](#)
- 1 tsp ground [cinnamon](#)
- 125g/4½oz [butter](#)
- 175g/6oz light soft [brown sugar](#)
- 1 [egg](#)
- 4 tbsp [golden syrup](#)

### To decorate

- writing [icing](#)
- cake decorations

### Method

1. Sift together the flour, bicarbonate of soda, ginger and cinnamon and pour into the bowl of a food processor. Add the butter and blend until the mix looks like breadcrumbs. Stir in the sugar.
2. Lightly beat the egg and golden syrup together, add to the food processor and pulse until the mixture clumps together. Tip the dough out, knead briefly until smooth, wrap in cling film and leave to chill in the fridge for 15 minutes.
3. Preheat the oven to 180C/350F/Gas 4. Line two baking trays with greaseproof paper.
4. Roll the dough out to a 0.5cm/¼in thickness on a lightly floured surface. Using cutters, cut out the gingerbread biscuit shapes and place on the baking tray, leaving a gap between them. For decorations, use a skewer to make a small hole in the top of each biscuit.
5. Bake for 12-15 minutes, or until lightly golden-brown. Leave on the tray for 10 minutes and then move to a wire rack to finish cooling. When cooled decorate with the writing icing and cake decorations.





## Support over the festive season



Feeling isolated and want some support over the festive season, here are some agencies who are offering help, you can always access a listening ear or a warm meal:

### **Salvation Army - Barrow**

From Thursday 23 December, the Salvation Army building will be closed, but are contactable by phone on **01229 4335509**. Please leave a message if there is no answer and someone will get back to you. The building reopens on Tuesday, 4<sup>th</sup> January.

Please check our Facebook page for the latest information:

[www.facebook.com/salvationarmybarrow](http://www.facebook.com/salvationarmybarrow)

### **Christmas at Furness Homeless Support Group**

#### **Christmas Day 11am-4pm, Boxing Day 11am- 4pm**

Good News! Once again, Furness Homeless Support Group will be holding a Christmas Shelter at Bath Street Day Centre, Barrow in Furness and provide a full Christmas Dinner with all the trimmings and a gift from Santa for everyone.

**You don't have to spend Christmas alone**

### **Barrow Foodbank**

If you're struggling to feed yourself or your family, help is available.

**The last year has been a very challenging time for everyone and sadly we are seeing an increase in enquiries from tenants needing help sourcing food, by way of a food parcel.**

For anyone in desperate need of a food parcel, please call Cumbria County Council Welfare Team on: 01228 22 11 00 for assistance, and if eligible, you will be given a code.

Once you have a code, call Barrow Foodbank **on 01229 343 436**, so you can arrange to collect a parcel, or they will arrange a delivery for you.

### **Samaritans**

Whatever you're going through, a Samaritan will face it with you. **Samaritans are there for you 24 hours a day, 365 days a year.** You don't have to be suicidal to contact them.

Volunteers are on hand to offer emotional support, at any time of the day or night, to anyone who needs help, they will never judge.

If you need a response immediately, its best to ring **116 123**. This number is FREE to call, and you can speak to someone any time of the night, or day or email: [jo@samaritans.org](mailto:jo@samaritans.org)

### **The Well Communities Christmas Dinner**

#### **Saturday 25 December 12pm-4pm**

Don't be alone on Xmas Day. If you're lonely, isolated, or even just want another Christmas Dinner, come and join The Well Communities for lunch, on Christmas Day: 12pm-4pm. We have a full Christmas Dinner and fun and games on offer. Open to all. Join us at Hindpool Community Centre, Nelson Street, Barrow. *Please call with any special dietary requirements.*

**The Well communities CIC, 242-244 Dalton Road, Barrow. Tel 01229 829832.**

## Partner Closing Dates over Christmas

### **Cumbria CVS:**

Cumbria CVS will be closed from 24 December until 9 am Tuesday 4 January.

### **CADAS**

CADAS will be closed from Monday 20 December 2021 until Tuesday 4 January for the holidays.

For resources about managing your drug or alcohol use, please visit the website at

[www.cadas.co.uk](http://www.cadas.co.uk)

If you or someone else is at immediate risk of harm – please call 999.

PLEASE NOTE: CADAS are updating their IT systems during this period and there is a small chance that some emails sent during the changeover will be lost. If you don't receive a reply to an email sent over the winter break, please feel free to re-send it.

Happy Holidays from all at CADAS!

### **R2W**

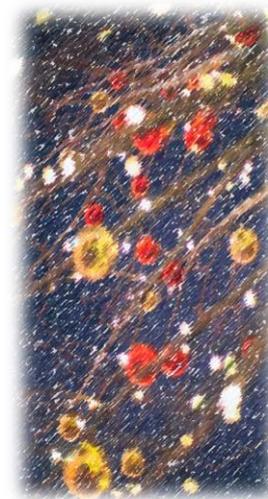
Right2Work will be closed from Thursday 23 December until 9am Tuesday 4 January 2022.

### **WCM**

Women's Community Matters are closed from 4pm Thursday 23 December and reopen 29 and 30 December 9.30am – 1pm then close until Wednesday 5 January 2022.



Best wishes  
and a very merry  
Christmas from all the  
BBO GCtW team



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](http://www.victimsupport.org.uk) 0808 16 89 111
- Cruse Bereavement [www.cruse.org.uk](http://www.cruse.org.uk) 0808 808 1677
- Cumbria County Council [www.cumbria.gov.uk](http://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](http://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](http://www.cadas.co.uk)
- Women's Community Matters  
[www.womenscommunitymatters.org](http://www.womenscommunitymatters.org)
- Right2Work  
[www.right2work.org.uk](http://www.right2work.org.uk)



This project is funded by the  
European Social Fund and The National Lottery Community Fund