

Newsletter



July/August 2025

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Welcome to the latest news from Cockermouth Linking Lives.

We hope you are enjoying the Summer, and the rain!

We have great news for you – about volunteer numbers, and an award nomination. Read on!

Link Friends update

We currently have more than 80 people who are linked up with a volunteer or who are waiting to be linked, and we now have over 70 volunteers!

Suzanne has been busy raising our profile to grow our volunteer numbers. We were in the Times & Star and on Cumbria Crack, and have been on Radio Cumbria, and she's been posting on Facebook. As a result, we had eight enquiries and three applications in a week so it's clearly working!

Make a Difference

We have been shortlisted for the Radio Cumbria Make a Difference Awards and invited to a special afternoon tea at The North Lakes Hotel in Penrith on 13th September. This would be a tremendous achievement for such a relatively young charity and will really raise the profile of our work across Cumbria and beyond.

Watch this space for the announcement of the winners!



Tasty tool sale

We will be holding a massive Tool Sale on Saturday 27 September at the Taste Cumbria food festival, so will be collecting good quality tools, bikes, mowers, strimmers, shredders, chainsaws, hedge trimmers, woodworking tools, engineering tools, power tools and more. If you have any tools to donate, please call Terry on 07971506225 or email terry@linkinglives.uk.

Leaflet campaign

As we continue to build awareness of our service, we have had 5,000 new leaflets printed. If you can help in getting them into any churches, church halls, village halls, shops or pubs or any other public spaces, get in touch. We have dispensers available to hold them so if you can help we would appreciate it.

Don't forget

If you are one of our volunteers and are going away, please let us know if your Link Friend would like a call if you are unable to be in touch with them. Just a five minute chat can make such a difference, as we are sure you know.

Ways to Get Involved

Volunteering

Would you like to volunteer and make a difference?

If you would like to volunteer as a Befriender please contact us.

Referrals to the scheme

- Are you lonely with no one to chat to?
- Do you know of someone who is socially isolated?
- Do you know of someone who needs a friend?

Spreading the word

Would you like further information to share with your organisation, friends or family?

Donations

We can always use more funding as we continue to expand the numbers of volunteers and seek to protect the longevity of the service.

If you would like to volunteer as a Befriender, refer someone to the scheme, Donate or need more information please contact Sue or Terry using the details below:

Email: Cockermouth@linkinglives.uk

Telephone: 0795751540

Or visit our webpage:

www.linkinglives.uk/Cockermouth

Bank Details

All Saints Church Parochial Church Council
HSBC 40-18-03 71068539

Please include Linking Lives as a reference



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Comfort Café

The Comfort Café is growing in popularity, allowing those on a bereavement journey to meet and chat with others. Many thanks for our wonderful team of helpers and facilitators who make everyone feel welcome and included. Karen is on hand to give helpful advice and to facilitate further support if required. We have visitors coming from Whitehaven and Workington and Maryport now, so we know we are fulfilling a real need.

It takes place on the second and fourth Thursday of the month at the Church Rooms on South Street. Please come and join us.



Get Together

Together@2 is a place you can bring your Link Friends to on a Monday afternoon. It is great fun playing Scrabble, Rummicub, Boggle, Dominoes etc and we have a really nice spirit with lots of laughter! Anyone can come along –they don't have to be involved in Linking Lives – so please spread the word. It happens every Monday from 2pm – 4pm at The Ark on Highfield Road.

Crafts & chat

Crafty Lunch Club is a delight too! We have great speakers, great food and wonderful things to make. Come and find your artistic side or just have a cuppa and a chat. It takes place on every 3rd Thursday from noon – 2pm at Christ Church Community Rooms in South Street.

Blooming lovely

At the start of July we visited Bill's Garden which is part of the National Garden Scheme. A few volunteers brought along their Links. It is an amazing garden and thanks to Bill for inviting us.



Thank you!

In June, we rewarded many of our hardworking volunteers with an absolutely brilliant barbecue in Embleton complete with a live jazz band, warm sunshine and sublime views. If you missed it, then you are allowed to feel disappointed!

Now enjoy the Summer – it won't last forever!

Terry, Sue, Wendy, Jane, Karen, Stuart & Suzanne



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