

Newsletter



Spring 2026
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Welcome to our first newsletter of 2026.

Cockermouth Linking Lives' Christmas Day was an amazing event once again. A grant of £250 from Metalcraft Limited covered the cost of two tasty turkey breasts and 120 pigs in blankets. Thank you to Windmill Lane Fish Shop for providing and peeling the spuds. We provided a wonderful lunch for over 50 people who would otherwise have spent Christmas alone. Organisation in advance by Sue meant we were very well prepared as usual. Thank you to our peelers, our table preparers, our welcomers, our chefs, our delivery team and our washer uppers and anyone else who played a part.



Other funding news

We are grateful for more donations into our bank account and for continued donations of tools, high quality furniture and household appliances which Ann helps convert into cash! All this funding goes towards our staffing costs, so if you can help with any regular giving or one of donations, please contact Terry or email Stuart, our treasurer, on Stuart@Hoddinott.me Don't forget, March is National Will Month and it would be amazing if you would consider a bequest for Cockermouth Linking Lives.

A Spring tool sale and coffee morning in March raised more than £350 to be shared by Linking Lives and Hospice at Home West Cumbria. Thank you to everyone who donated goods for sale or made a purchase.

There was a wonderful concert at Kirkgate Arts performed by Committed 2 Rock to raise funds for ourselves and the Kirkgate Centre. It was pretty much a full house. Thanks to the brilliant Cath Marcangelo and all the singers and technicians! This raised an amazing £763. Not only that, five people stepped forward to fill in volunteer application forms. We look forward to welcoming them to the team.



Charitable Incorporated Organisation

We are moving closer with this new organisation which will help with our ability to raise much-needed funds and ensure our future and our progression planning. More news soon...

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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Crafty Lunch Club

In the last newsletter we said goodbye to volunteer Jane Gambles and now we are saying goodbye to Jane Bebbington who has led the craft activities alongside Judith since we started. We thank her husband Edward too for his support as a volunteer at Linking Lives and with Together@2. We wish them a successful move to York.

Calendar of events

We have again produced a useful year planner which includes our weekly activities throughout the year for Together@2, Crafty Lunch Club, The Comfort Café and also the Christ Church-hosted 'Thursday @Noon'. Get in touch for a copy.

Training

Grasmoor Mission Community are hosting some Saturday morning training sessions in Christ Church in the coming weeks:

Saturday 14 March – 10am - 12.30pm Making Digital Accessible to Everyone – led by Digital Unite

Saturday 18 April – 9am - 1pm Effective Listening – led by NISCU

Saturday 16 May – 10am - 12.30pm Supporting Mental Health and Trauma in Everyday Situations – led by Step Forward and Cumbria CVS

Saturday 13 June – 10am – 12pm Dementia Awareness – led by Dignity in Dementia

All bookings via Sue Lake gmcoffice@grasmoomc.church or 07593 265593

Caring for the Carers, Family & Friends Hub

Led by professionals from the NHS Mental Health Team, these events take place on Wednesday afternoons at Christ Church, Cockermouth, from Wednesday 25 February to Wednesday 20 May From 1pm-3pm, there will be free peer support, information sharing and skills sessions on different topics, week by week, for anyone supporting anyone else with mental health issues.

For more info: www.cntw.nhs.uk/services/family-andfriends-hub/

Spreading the word

Linking Lives received national publicity before Christmas when our volunteer Suzanne told her story to Best magazine. Hopefully that's helped raise the profile of the work being done throughout the country to help people suffering from loneliness.



Thank you!

That's all for now! Massive thanks for all you do in support of Linking Lives and our Link Friends. From the Cockermouth Linking Lives Team!

Coordinator Sue, Assistant Coordinator Laura, Administrator Wendy, Karen, the Comfort Café Lead, and our team volunteers, Terry, Stuart, Suzanne and Jane.

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