

# District Youth Update

Cumbria Methodist District – May 2023

Hi

My Name is Su Davis, and I am the District's Youth and Young people's Work Coordinator. As part of my role, I am looking at doing a termly Newsletter with updates from across the District and Connexion. I will be putting together any training or resources I think may be of use for anyone working with Youth and Young People.

This newsletter is to help support you in your role as someone who works or volunteers with Youth and Young People. Please let me know what you would like to be included as I am hoping that this newsletter and other Youth and Young People Worker and Volunteers events will grow.

You can email me at: [cumbriamethodistyouth@gmail.com](mailto:cumbriamethodistyouth@gmail.com)



## Resource Spotlight

I have recently come across a new course to help Young People to stir up questions about spirituality called 'Start to Stir'. Asking questions like, 'How do we start to stir curiosity in Young People?' For more information on Start to Stir check out the website [Start to Stir](#)

I have a copy of the course for anyone to use, so please get in touch if you're interested in using it.

"Faith doesn't feature in most young people's lives. But a working theory for us is that it's not dead, it's just buried...under a really thick layer of cultural dust."

CHRIS CURTIS, CEO, YOUTHSCAPE

## 3Generate 2023



This year we are currently looking at taking a District group to 3Gen in October to Birmingham. To find out more about 3Gen watch the video below.

<https://www.youtube.com/watch?v=QunIDpZOvzk&t=4s>

**If you have any Young People that might be interested in joining us, please get in touch with me by the end of May.**

## Training



I have recently through the Well Learning Hub completed my Youth Mental Health First Aider Training Course. It is a great course with useful tools to help support young people with their mental health. This course is available for any Methodists leaders, workers, volunteers, parents or just anyone wanting to understand youth and mental health more. The course is currently only £35 and the next dates are:

*Wednesday 14, Thursday 15, Wednesday 21, Thursday 22 June 2023 (10am – 12.30pm)*

*[Click here to book your place on the June course](#)*

*Tuesday 31 October, Thursday 2, Tuesday 7, Thursday 9 November 2023 (2pm – 4.30pm)*

*[Click here to book your place on the October/November course](#)*

**If you would like more information on the course, then please get in touch.**

---

**As part of this newsletter I hope to do interviews, but for the first one I want to share from a book I have been reading called *A model for Christian Youth Work*:**

## Good News Story

In the last few years, I have got to know a fantastic woman called Lyn Edwards. When I first met Lyn I quickly decided she was either a mighty woman of God or completely delusional (words I have checked she is happy for me to use when talking about her!). Lyn didn't have a model, but she did have a dream. In 2005 God gave her several dreams complete *telos* for a specific community of young people in Seascale in Cumbria. As a result, she started the Shackles Off project which has gone on to undertake some great work and serve the community in profound ways. I have since concluded that Lyn is in the mighty woman of God and not deluded at all! She has been called to work somewhere else but details about the project and Lyn's dream can be found at [www.shacklesoff.org.uk](http://www.shacklesoff.org.uk)

At times people might think that we are delusional in what we are trying to do but with God we can do great things even here in Cumbria.

---

## Youth and Young People's Work Zoom event: Thursday 22<sup>nd</sup> June at 9:30am



I am putting together a Coffee Morning on Zoom for anyone in the District that is interested in or works with youth to come together to share what's happening and offer a chance to pray together for the work that is happening across Cumbria. If you are interested in joining, please email me so that I can send you a link. Also please let me know if you are interested but this date and time doesn't suit. Prayer requests also welcome.