

BELONGING

Chat 2 Change and the CiCC have both chosen belonging as their theme to explore this year, it covers building trust, communities, making friends, having your own savings, self destruction, creative activities, loneliness, opportunities.

We are doing a number of activities around this theme:

- CiCC: Creative Art and music workshops
- Chat 2 Change : Wellbeing walks and Express Yourself creative journaling



Chat 2 Change with Tracks and Dale

Tracks & Dales, where we believe in the power of the Great Outdoors to transform mental health. Whether you're feeling anxious, overwhelmed, or simply in need of a reset.

James is providing us with walks and more fortnightly
Next date Wednesday 25th June 5pm!

To take part in the next one email :

Youth.Voice@cumberland.gov.uk

Buttermere

“...12k Steps done today at Buttermere I felt as if I had a clear mind walking around Buttermere, the scenery was relaxing and soothing”

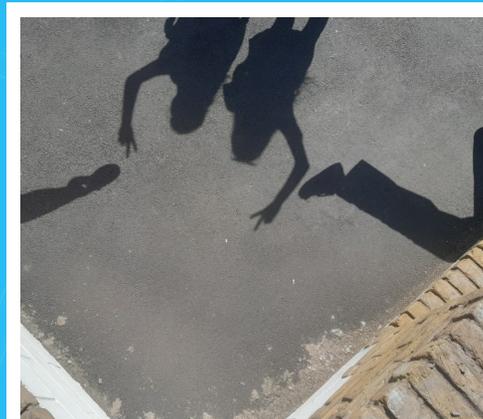
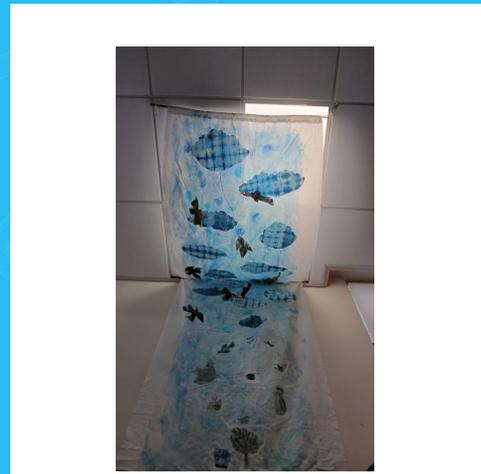
“I really enjoyed it , its made me definitely want to go back to the Buttermere area”

“ It was a nice warm day, taken so many nice pictures I would do it again, just very tired at the end and my knees were killing me. I like how out in a group it made me want to keep going and motivated me.”



CiCC: Imagine Festival

Belonging: Is the CiCC theme and they created a art installation for the Imagine Festival at Seascale and went along to the festival.



CiCC AND Horizon Music

Horizon Music: 6 week course finishes in Carlisle on 5th

June: 5pm-7pm Trinity

- ◆ Learning Music Production
- ◆ Creating their own tracks

