

Cumbria Standing Advisory Council  
on Religious Education (SACRE)  
**Visits and Visitors for  
Religious Education**



June 2020

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# Introduction

The aim of this document is to make it easier for Cumbrian schools to arrange visits to places of significance for RE or to organise a visit to school from a person of faith or belief.

Visiting places of worship and meeting faith practitioners is a key learning experience identified in the Cumbria Agreed Syllabus for RE. Dialogue with people from different religions and beliefs can encourage and develop respect. It is key to understanding the vibrant role religion and belief plays in the lives of individuals and communities.

As well as the experiential learning during a visit to a place of worship, we can help pupils understand that worship, however defined, doesn't just happen in churches, synagogues, mosques etc. Many people of faith and belief explore their spirituality in the outdoors and in the home. Some churches organise services in popular food venues, in town centres, in parks or on walks. For some people a large part of their spiritual practice is volunteering – cleaning or maintaining a place of worship, working in a food bank, assisting the homeless.

It is important that any teacher responsible for a visit to any of these places conducts a pre-visit and carries out a risk assessment including security arrangements. Any venue open to the public should have Public Liability Insurance and most will have a Health and Safety Policy and Risk Assessment.

Most visiting speakers will not be in 'regulated activity' and so are unlikely to have a current DBS certificate. It is up to your school to manage this according to your safeguarding policy.

**Disclaimer:** Cumbria SACRE does not take responsibility for the places or people listed and is not specifically approving them or what they offer.

In June 2020 Cumbria SACRE updated its RE units of learning including 3 which support visits to places of worship as a way of bringing a faith to life. For KS1 there is '*What does it mean to belong*' and for KS2 there are '*What can we learn from visiting Sacred Spaces?*' and '*What religions are found in our communities?*'

This document is not exhaustive. Cumbria SACRE would welcome help in developing other links between schools and faith communities. If you can add to this list please contact the Clerk to SACRE sue.mcgaw@cumbria.gov.uk

With thanks to colleagues on Cumbria SACRE for their contributions to this document especially to Jane Yates, our hard working Chair; and to Carolyn Reade, David Pitkeathly, Gabrielle Murray, Karen O'Donoghue, Mohammed Dhalech, Richard Cox and Sheila Gewolb.

I apologise in advance for any inaccuracies in this document.

**Wendy Ridley**  
**Cumbria SACRE**

## Religion/Faith Statistics in Cumbria from the 2011 Census

Buddhism	1353
Christianity	359, 235
Hinduism	559
Judaism	203
Islam	1336
Sikhism	64
Other	1364
Total all Religions	364,114
No Religion	101,496
Not Stated	34,248

## Religion/Faith Statistics for Cumbria's Districts according to the 2011 census

### Allerdale

Buddhism	183
Christianity	72,702
Hinduism	39
Judaism	19
Islam	193
Sikhism	9

### Barrow

Buddhism	152
Christianity	48,845
Hinduism	104
Judaism	14
Islam	173
Sikhism	7

### Carlisle

Buddhism	280
Christianity	74,209
Hinduism	237
Judaism	22
Islam	452
Sikhism	32

### Copeland

Buddhism	148
Christianity	55,706
Hinduism	78
Judaism	14
Islam	226
Sikhism	7

### Eden

Buddhism	131
Christianity	37,163
Hinduism	42
Judaism	32
Islam	116
Sikhism	5

### South Lakeland

Buddhism	466
Christianity	70,591
Hinduism	52
Judaism	104
Islam	176
Sikhism	10

## Points to Remember About Visits and Visitors

**Dress:** modest dress is the usual guideline for visiting places of worship.

- Shoes are removed before entering the prayer rooms of a mosque, mandir, gurdwara or vihara/temple. (Some pupils may need to be reassured that their shoes will be kept safe.)
- Mosque: Females cover their head, legs, arms. Males cover heads during prayer time.
- Gurdwara: Females cover their head and legs. Males cover their head. No food, drink or cigarettes to be taken into the gurdwara.
- Synagogues: Food/drink shouldn't be taken into Orthodox synagogues unless it is kosher.

**Photos:** most places of worship allow photos to be taken but do ask permission.

**Behaviour:** in all places of worship it would be disrespectful to chew, talk loudly, run around or touch things without invitation. In places where sitting on the floor is usual, it is disrespectful to sit with legs open facing the focal point e.g. altar, a deity, a holy book, Qibla wall etc. Teachers should always take responsibility for their pupils' behaviour and attitudes and not abdicate responsibility for this to the hosts.

**Hospitality:** some places of worship show hospitality to visitors by offering refreshment so prepare pupils for this.

- Hindu: prashad –this may take the form of crystal sugar, almonds, sweets or snack food. It is not sacred and should be accepted with thanks and eaten on the spot.
- Sikh: Kara prashad –a semi-solid cold food made from butter, semolina, sugar and milk, or a cup of tea boiled with milk. This is not a sacred food and should be accepted with thanks. It can be kept for eating later.

**Donations:** Some places of worship are run by people supported financially by their organisation or community. In other places of worship, whether ordained or not, people need to support themselves financially.

Many of the people willing to visit schools or show pupils around their place of worship need to take time off their normal work in order to do so. It is appropriate and anticipated that schools will pay towards their time and transport costs.

**An effective visit to a place of worship will ideally include:**

- A welcome
- A guided tour
- A practical demonstration
- An opportunity for pupils to be involved
- An opportunity for pupils to ask questions / share observations
- A quiet time for pupils to reflect, think and absorb the atmosphere

## Search Platforms to Help you Find Places of Worship

Find a Church	<a href="https://www.findachurch.co.uk/">https://www.findachurch.co.uk/</a>
Find my Mosque	<a href="https://www.visitmymosque.org/find-my-mosque/">https://www.visitmymosque.org/find-my-mosque/</a>
Mosque Finder	<a href="https://mosquefinder.co.uk/">https://mosquefinder.co.uk/</a>
Muslims in Britain	<a href="https://mosques.muslimsinbritain.org/">https://mosques.muslimsinbritain.org/</a>
Synagogues in UK	<a href="https://synagogues.co.uk/">https://synagogues.co.uk/</a>
Find a Gurdwara	<a href="https://gurdwaralist.org/">https://gurdwaralist.org/</a>

## Virtual Visits and Visitors

An internet-based research project for pupils could include using Google Maps or platforms like 'What's Near Me' to find places of worship in your local area and further afield.

Some places have virtual tours within Google Maps. So you could use Google 'virtual tour' of a specific place of worship e.g. church, mosque, gurdwara, synagogue, temple or sacred space e.g. stone circle.

Some places of worship have their own website with photos of the building and features. Since the pandemic, many places of worship offer virtual opportunities to attend worship.

**Carlisle Cathedral:** <http://www.vrcarlisle.co.uk/index.html>

**Bradford Grand Mosque:** <https://www.bradfordgrandmosque.co.uk/gallery.html>

**Preston Gujarat Hindu Temple:** (from archived CLEO website) [http://www.cleo.net.uk/resources/displayframe.php?src=200/consultants\\_resources%2Ftemplate%2Findex.htm](http://www.cleo.net.uk/resources/displayframe.php?src=200/consultants_resources%2Ftemplate%2Findex.htm)

**Samye Ling Buddhist Temple** on Google Maps

**New Room:** <https://www.newroombristol.org.uk/> oldest Methodist building in the world

**Castlerigg Stone Circle** on Google Maps

**Stonehenge:** <https://www.english-heritage.org.uk/visit/places/stonehenge/history-and-stories/stonehenge360/>

**Southall Gurdwara:** <https://www.sgsss.org/SGSS/Gurdwara%20Virtual%20Tour.html>

**PBSA Sikh Temple:** <http://e4education.uk-virtualtours.co.uk/temple/>

**Large mosques world wide:** <http://www.3dmekanlar.com/en/3d-large-mosques.html>

## Tours

**For tours of Christian places of worship use 'request.org.uk':** <http://request.org.uk/life/church/church-tours>

**For tours of places of worship of a range of faiths use RE Online Places of Worship:**  
<http://www.reonline.org.uk/specials/places-of-worship/videos.htm>

**CDEC virtual tour** <https://smex12-5-en-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fwww.cdec.org.uk%2fuse%2dour%2dresources%2ffilms%2f&umid=73a859da-da10-44d7-b677-ea2ddefdeba1&auth=438558d5329f5814a0a31cfd8e89073841978136-2805a571f35b4b89d71a89339dbb093a84563a6c>

**For KS1:** BBC 'Let's Celebrate' series.

True Tube series called 'Charlie and Blue':

<https://www.truetube.co.uk/film/charlie-and-blue-go-gurdwara>

<https://www.truetube.co.uk/film/charlie-and-blue-hear-all-about-hindu-worship>

**For KS2:**

BBC 'My Life My Religion': <https://www.bbc.co.uk/teach/ks2-religious-studies/z6pbqp3>

Short film clips about religion through the eyes of a practising young person including a visit to a place of worship

True Tube series called 'Holy Cribs' visits places of worship:

<https://www.truetube.co.uk/film/holy-cribs-synagogue>

<https://www.truetube.co.uk/film/holy-cribs-mosque>

<https://www.truetube.co.uk/film/holy-cribs-mandir>

<https://www.truetube.co.uk/film/holy-cribs-gurdwara>

<https://www.truetube.co.uk/film/holy-cribs-vihara>

<https://www.truetube.co.uk/film/holy-cribs-church>

<https://www.truetube.co.uk/film/holy-cribs-anglican-church>

<https://www.truetube.co.uk/film/holy-cribs-mormon-chapel>

## Pilgrimage Sites

Buddhism: Bodhgaya: <https://www.360globe.net/india/bodhgaya/mahabodhi-temple>

Hinduism: Varanasi and Ganges: <http://indiavrtours.com/varanasi/>

Lourdes: <https://www.360cities.net/image/grotto-our-lady-lourdes-france>

## Virtual Visitors

For virtual questions and answers to people from 10 different faiths you can email a believer on <http://pof.reonline.org.uk/>

Also if you search using 'Ask a Rabbi' or 'Ask a Muslim' etc there are various facilities for individual faiths e.g. <https://clearvision.education/ask-a-buddhist/>

## Pupils as your RE 'Visitors'

Many pupils enjoy exchanging ideas and experiences informally during the course of an RE lesson or more formally in the case of 'faith ambassadors': that is, pupils from a faith background talking openly with others about their experiences of life. This can take place across a school (usually upper primary and secondary) or through school exchanges, real or virtual, nationally or internationally.

On the other hand it is important to not put pupils on the spot or expect them to 'represent' a whole multifaceted religion. Pupils might be reluctant to be involved in activities that might cause them embarrassment or make them stand out as different.

Younger children might have a sketchy impression of the religious tradition in which they are being brought up. The actual experience of a pupil may not match what is written in a textbook or storybook. Words found in religious and belief traditions are used, pronounced and spelt in a variety of ways. The dividing line between 'religion or belief' and 'culture', as well as between 'belief' and 'superstition', is not always easy to distinguish.

## Multi-Faith

### **Preston Faith Trail**

Preston Faith Forum have been very helpful to teachers organising school visits to places of worship in central Preston such as a mosque, gurdwara, and mandir. <https://prestonfaithforum.org/faith-trail>

Charges: Negotiable

### **St Mungo Museum of Religious Life and Art**

2 Castle Street, Glasgow, G4 0RH (next door to Glasgow Cathedral)

[www.glasgowlife.org.uk/museums/venues/st-mungo-museum-of-religious-life-and-art](http://www.glasgowlife.org.uk/museums/venues/st-mungo-museum-of-religious-life-and-art)

Tel: 0141 276 1625

Email: [museums@glasgowlife.org.uk](mailto:museums@glasgowlife.org.uk)

Charges: Free entry. Donations welcome

The first museum of religion in the world, the galleries are full of displays, objects and works of art that explore the importance of religion in peoples' lives across the world and across time. St Mungo's aims to promote understanding and respect between people of different faiths and those of none. Outside there is a Zen Buddhist garden. It could be used for a staff training day or school group visits.

### **AWAZ Cumbria CiC**

PO Box 282, Carlisle, CA2 6WZ

<http://awazcumbria.org/>

Tel: 07837 679338

Email: [Admin@awaz.info](mailto:Admin@awaz.info)

Charges: Travel 0.45p/mile. Fee of £100 per half day (negotiable)

AWAZ Cumbria is a social enterprise which has been working on community development since 2005 by providing support for community groups and empowering the voice of BME people and communities (including faith, migrant workers, Gypsy and Travellers). AWAZ Cumbria provides information, advocacy and support to BME people by making referrals to organisations and connecting people and community networks. AWAZ Cumbria can deliver workshops and training sessions aimed at various audiences on a range of topics including History, Arts and Culture, Interfaith/Multi faith, Hate Crime, Anti-Racism, BAME Children and Communities, Anti Bullying, Srebrenica Memorial Day, Holocaust Memorial Day, Unity Festivals, Awareness Days, Interfaith Meals, and Religious Festivals.

### **Carlisle One World Centre (COWC)**

3 Lowthian's Lane, Carlisle, CA3 8JR

<https://www.cowc.co.uk/>

Email: [cowc.contact@gmail.com](mailto:cowc.contact@gmail.com)

Charges: Donations welcome

COWC is a charity based in Carlisle city centre working to raise awareness about local and global issues, and how our actions - as individuals, as communities and as a nation - affect the world. COWC campaigns for global justice through a range of education, awareness-raising and practical activities. COWC has projects that support the economically and socially deprived, focusing on refugees and asylum seekers through Carlisle Refugee Action Group (CRAG). CRAG was set up in Sept 2015, under the name Calais Action Carlisle as a response to the refugee crisis in Calais and Dunkirk. It is part of Carlisle One World Centre.



**Cumbria Development Education Centre (CDEC)**

Low Nook, Rydal Road, Ambleside, Cumbria

[www.cdec.org.uk](http://www.cdec.org.uk)

Tel: 015394 31602

Email: [office@cdec.org.uk](mailto:office@cdec.org.uk)

Charges: Membership scheme

CDEC has a comprehensive range of resource boxes based on different faiths (and other themes and subjects) that are available to loan to schools. To borrow boxes, you sign up for membership, which gives schools a range of benefits such as advice and help to join Christian Aid's Global Neighbours' scheme. CDEC run teacher CPD training, class workshops, assemblies and projects on global citizenship, Fairtrade, migration and communities.

**Penrith and Eden Welcomes Diversity, part of PERN (Penrith and Eden Refugee Network)**

[www.penrithandedenrefugeenetwork.org](http://www.penrithandedenrefugeenetwork.org)

Tel: Sarah 07950 106559 Ali 07769 554715

Email: [penrithandedenrefugeenetwork@gmail.com](mailto:penrithandedenrefugeenetwork@gmail.com)

Charges: Donations welcome

This grassroots network of local people is based on the principles of good neighbourliness, promoting a civil society and a desire to express our common humanity. Activities include welcoming refugees, all minority groups and new comers to the local community and awareness raising, education and campaigning on refugee and asylum matters.



## Baha'i

The Bahá'ís do not have a place of worship in Cumbria but can arrange to go into schools to present assemblies and participate in lessons or inter-faith activities.

### **Baha'i Representatives who are willing to visit Cumbrian Schools:**

#### **Karen O'Donoghue**

Location: Kendal

Website: [www.bahai.org.uk](http://www.bahai.org.uk)

Tel: 01539 232639

Email: [kareninkendal@gmail.com](mailto:kareninkendal@gmail.com)

Charges: Travel expenses

Karen has many years of experience of visiting schools providing, talks, workshops and assemblies. She is happy to tailor her talk to suit the age of the pupils and the topic being studied.

#### **Janet Tabarandak**

Location: Grange over Sands

Website: [bahai.org.uk](http://bahai.org.uk)

Tel: 07778 059117

Email: [jff.tabz@gmail.com](mailto:jff.tabz@gmail.com)

Charges: Free

#### **Jenifer Jay**

Location: Carlisle

Website: [www.bahai.org.uk](http://www.bahai.org.uk)

Contact: [jenifer.m.jay@gmail.com](mailto:jenifer.m.jay@gmail.com)

Charges: Free

#### **Alanna Khadem**

Location: Grange-over-Sands (possibly could travel to schools in the South Lakes)

Website: [www.bahai.org.uk](http://www.bahai.org.uk)

Tel: 07842 202306

Email: [a.khadem@hotmail.co.uk](mailto:a.khadem@hotmail.co.uk)

Charges: Travel expenses

#### **Sue Dilling**

Location: Workington

Website [www.bahai.org](http://www.bahai.org)

Phone: 07899560282

Email: [sumathi.dilling@outlook.com](mailto:sumathi.dilling@outlook.com)

Charges: Free

# Buddhism

## Places to Visit

### **Aruna Ratanagiri Harnham Buddhist Monastery**

2 Harnham Hall Cottages,  
Harnham, Belsay, Northumberland, NE20 0HF  
<https://ratanagiri.org.uk/>  
Tel: 01661 881 612  
Email: [secretary@ratanagiri.org.uk](mailto:secretary@ratanagiri.org.uk)  
Charges: Donations welcome

Schools are welcome on pre-booked visits, with a tour of the shrine room, discussion, and an optional meditative stilling exercise.

### **Manchester Buddhist Centre**

16-20 Turner Street,  
Manchester M4 1DZ  
<http://www.manchesterbuddhistcentre.org.uk>  
School visit tel: 0161 839 9579  
Email: [groupvisits@clear-vision.org](mailto:groupvisits@clear-vision.org)  
Charges: £50 per hour, or £240 for the day

This centre is part of the worldwide Triratna Buddhist Community, founded by Sangharakshita in 1967. In 1996 they moved into and renovated this Victorian warehouse.

Schools are welcome on pre-booked visits, with a tour of the ground floor and shrine room, discussion, and an optional meditative stilling exercise. The sessions are interactive with explanation of symbolism and beliefs. There is a gift shop and café.

They run training courses for teachers and through Clear Vision Trust have produced excellent materials to aid the teaching of Buddhism in schools. They can provide a speaker to visit your school to deliver workshops and assemblies for primary to AS/A2 level. They can bring the RE syllabus to life, and explore Buddhist perspectives on citizenship, community cohesion, identity, and PHSE themes.

### **Samye Ling Tibetan Centre**

Eskdalemuir, Langholm  
Dumfries and Galloway, DG13 0GL  
<http://www.samyeling.org>  
Tel: 013873 73232  
Email: [tours@samyeling.org](mailto:tours@samyeling.org)  
Charges: £3 per person for both pupils and teachers.

Founded in 1967 as the first Tibetan Buddhist centre in the West, it follows the Kagyu tradition. It has a large tiered purpose built temple, art workshops, grounds and statues. The community welcome visits from schools with a tour, talk and meditation. Tours must be booked well in advance, for a minimum of 10 pupils. The well stocked bookshop sells statues, incense, photos, and other artefacts. They may be able to provide a speaker to visit Cumbrian schools if all expenses are paid.

### **Throssel Hole Buddhist Abbey**

Carrshield, Hexham, Northumberland, NE47 8AL

<http://www.throssel.org.uk>

Tel: 01434 345204 9.30 – 11.30 or 2.30 – 4.30 (except Thursday or Monday)

Contact person: Rev Elinore

Email: [gd@throssel.org.uk](mailto:gd@throssel.org.uk)

Charges: Donations welcome

The resident monks from the Soto Zen tradition welcome visits from schools. They give grounding in basic Buddhist ideas, Zen meditation, worship and ceremony. The bookshop sells Buddha statues, lotus flowers, gongs, incense, and cards. They do not check emails on Mondays (renewal days). They are closed for retreat throughout December, January and May.

### **Manjushri Kadampa Meditation Centre**

Conishead Priory, Priory Road,

Ulverston, Cumbria LA12 9QQ

<http://www.manjushri.org.uk/index.html>

Tel: 01229 584029

Email: [visits@manjushri.org](mailto:visits@manjushri.org)

Charges £3 per pupil

Originally established in 1975 as part of the Tibetan Gelugpa tradition, it became the centre of the New Kadampa Tradition (NKT), a controversial western Buddhist group teaching 'modern Buddhism' with many centres worldwide.

The centre is housed in a 19th century mock Gothic building with 70 acres of grounds. The design of the modern temple is based on a mandala with 4 doorways and 3 tiers.

The community welcomes visits from schools with a tour, explanation of NKT beliefs, way of life, and meditation. The bookshop sells statues, incense, postcards and other artefacts.

Please note that concerns have been expressed about NKT.

### **Uma Centre**

Lynwood House, St Johns Close,

Upperby, Carlisle, Cumbria, CA2 4JL

[www.uma.org.uk](http://www.uma.org.uk)

Tel: 01228-594603

Email: [info@uma.org.uk](mailto:info@uma.org.uk)

Charges: £3 per pupil

Branches in Longtown, Brampton, Penrith, Wigton, Keswick

This is a branch of the controversial New Kadampa Tradition (NKT)

## Buddhist Representatives who are willing to visit Cumbrian Schools:

### **Buddhist Group of Kendal (Theravada)**

Founded in 1991 BGKT meets regularly in Kendal. They don't have their own premises. Meetings are led by lay teachers authorised to teach by the Theravada Buddhist Sangha [Community of Theravada Buddhist Monks]. One of the founders - Jacquetta Gomes - is the world's first female Buddhist Fire Chaplain. She is willing to visit schools in Kendal. As she doesn't drive schools further afield will need to organise a lift in both directions.

Jacquetta Gomes

Location: Kendal

Email: [bgkt@etherway.net](mailto:bgkt@etherway.net)

Charges: Donations welcome

### **Yeshe Buddhist Group**

Affiliated to FPMT - an international group following the Tibetan tradition of Buddhism with 160+ centres worldwide including centres in London and Leeds and a retreat centre near Hexham. Yeshe Buddhist Group meet regularly in South Cumbria. They don't have their own premises. The co-ordinators are willing to visit schools:

### **Andrea Willson**

Location: Grange-Over-Sands

Website: [wellseeingconsultancy.co.uk](http://wellseeingconsultancy.co.uk); [ondywillson.com](http://ondywillson.com)

Mobile: 07745214781

Email: [ondywillson@gmail.com](mailto:ondywillson@gmail.com)

Charges: Negotiable. Minimum would be travel expenses plus donation. If professional: 45p per mile, and £30 an hour.

### **Brenda Fishwick**

Location: near Ulverston

Mobile: 07786 242112

Email: [brenfishwick@hotmail.co.uk](mailto:brenfishwick@hotmail.co.uk)

Charges: Negotiable. Minimum would be travel expenses plus donation. If professional: 45p per mile, and £30 an hour.

### **Wendy Ridley** (Buddhist representative on Cumbria SACRE)

Location: near Hexham

Mobile: 0791 2160285

Email: [wendyridley1@gmail.com](mailto:wendyridley1@gmail.com)

Charges: Travel expenses



# Christianity

Many Cumbrian schools have a long standing connection with their 'local Church' which typically is Church of England or Catholic. Cumbria SACRE encourages schools to arrange visits to a range of Christian denominations. Exploring diversity within Christianity can be a helpful foundation for visiting places of worship from a variety of faiths.

## Places to Visit

### 1. Catholic

#### **Castlerigg Manor**

Manor Brow, Keswick, Cumbria CA12 4AR.

<https://www.castleriggmanor.co.uk>

Contact: Alex or Patricia

Tel: 017687 72711

Email - [team@castleriggmanor.co.uk](mailto:team@castleriggmanor.co.uk)

Charges: From £7 per pupil

Lancaster RC Diocesan Youth Centre , housed in a 19th century Manor in spectacular grounds outside Keswick, works with young people from the area and beyond. They offer residential confidence building youth retreats which are designed to be fun, productive and with a spiritual influence. An experienced team also hosts interactive, faith and fun-filled day visits for primary and secondary schools which include activities involving story-telling, drama, music, games, craft and prayer, designed to help students understand aspects of faith in a way that is real and relevant to them.

#### **Lancaster Cathedral (St. Peter's)**

Cathedral House, Balmoral Road, Lancaster, Lancs, LA1 3BT

<http://www.lancastercathedral.org.uk>

Tel: 01524 384820

Email: [clergy@lancastercathedral.org.uk](mailto:clergy@lancastercathedral.org.uk)

Charges: Donations welcome

St Peter's Catholic Cathedral welcomes school groups interested in learning more about the Catholic faith, the working of a Cathedral or the history or architecture of the building.

For school groups interested in using the Cathedral to learn more about Catholic belief and practice, they run a number of 'Cathedral Trails' and workshops exploring living Catholic faith through the design and features of the building.

#### **Monastery of Our Lady of Hynning**

Warton, nr Carnforth, Lancashire, LA5 9SE

<http://www.bernardine.org/hynning-about-us>

Tel: 01524 732684

Email: [hynningbookings@yahoo.co.uk](mailto:hynningbookings@yahoo.co.uk)

Charges: Donations welcome

The nuns welcome pre-booked school groups for visits to their nunnery. The website has short videos depicting the daily life of the nuns.

## 2. Church of England

### Church of England (Anglican) Parish Churches in Cumbria

The CofE Diocese of Carlisle covers (more or less) the County of Cumbria. There are more than 260 parishes in the Diocese. To find CofE churches in your area and their websites visit:

<https://www.carlisediocese.org.uk/acny/>

#### Carlisle Cathedral

7 Abbey Steet, Carlisle CA3 8TZ

[carlislecathedral.org.uk](http://carlislecathedral.org.uk)

To book: [heritagelearning@carlislecathedral.org.uk](mailto:heritagelearning@carlislecathedral.org.uk)

Charges: workshops £3 per pupil (minimum charge £40)

Full day £5.50 per pupil (minimum charge £80)

The second smallest Cathedral in Europe, it is inspiring - especially the east window and Canons' stalls. Norman in origin (1133) and completed in the 14th century, many buildings remain from the pre-Reformation period.

New hands on workshops for KS1 and 2 will be available from September 2020 in the learning space, the Undercroft. Workshops for secondary aged pupils are also being developed. Facilitated tours of the Cathedral are available for schools. Tours last 45 minutes and link with curriculum topics, RE, History and Art and Design. A minimum of 90 minutes - or a day - can be spent at the Cathedral.

#### Cartmel Priory

Cartmel, Cumbria LA11 6PU

<http://cartmelpriory.org.uk/>

To book: [ahpriory@gmail.com](mailto:ahpriory@gmail.com)

Charges: Donations welcome.

Augustinian canons founded Cartmel in about 1190. It was dissolved in 1536 but the building and square belfry tower survived intact because it remained in use as the parish church. The east window and ornate choir stalls are particularly beautiful. Pre-booked school visits are welcome all year and especially in the winter when the Priory is quieter.

#### Furness Abbey

Abbey Road, Barrow-in-Furness, Cumbria, LA13 0PJ

<https://www.english-heritage.org.uk/visit/places/furness-abbey>

Tel: 01229 823420 (site phone number) Book through English Heritage: 0370 333 1181

Cistercian monks founded Furness Abbey in 1127 and it became a large and powerful abbey with extensive lands. When it was dissolved in 1537 it was the second richest Cistercian monastery in England. It is now a grand ruin in a peaceful valley.

It has a small site museum and an Education Centre where pupils can dress up in monks' habits and research the daily routine of medieval monastic life.

#### Lanercost Priory and Priory Church

Lanercost Nr Brampton, CA8 2HQ

<http://www.chrisangus.org.uk/lanercostpriory.org.uk/index.html>

<https://www.english-heritage.org.uk/visit/places/lanercost-priory/>

Contact: For the Church: Rev'd Angela Hughes Tel: 016977 2478

For the Priory: Tel: 016977 3030. Book through English Heritage: 0370 333 1181.

Augustinian canons founded Lanercost in 1165 and it was dissolved in 1538. The nave was saved as the parish church. A statue of Mary Magdalene carved in 1270 is on the west front. The ruins of the chancel, cloister and refectory are well preserved but the chapter house and dormitory are no longer there.

**The Bewcastle Cross,**

St. Cuthbert's churchyard, Bewcastle, CA6 6PX

<http://www.bewcastle.com/bewcastle-cross/>

The Bewcastle Cross is probably one of the two finest surviving Anglo-Saxon crosses in Britain (the other is over the border in Scotland at Ruthwell). The style of the cross includes not only influences from the kingdom of Northumbria but beyond to Rome and Syria. The cross is likely to date from after 675.

**The Gosforth Cross,**

St Mary's Churchyard, Wasdale Road, Gosforth, Seascale, CA20 1AU

<https://www.achurchnearyou.com/church/12451/>

Tel: 019467 25499

This 4 metre tall, slender, ancient cross shows how the Church gave Norse myths a Christian interpretation. The carvings depict both the crucifixion of Jesus and the Viking hero, Vidor, slaying the wolf that killed his father, Odin-a symbol of triumph of good over evil.

**St James' Church,**

Whitehaven, CA28 7PY

<https://www.whitehavenparish.org.uk/about-us/st-james-church/>

Tel: 01946 599485

St James' Church was built in 1752-1753 and is a fine example of Georgian architecture. It is situated on High Street and has a commanding view of the town centre.

**St Martin's Church**

Front Street, Brampton, CA8 1NU

<http://www.stmartinsbrampton.org.uk/>

Tel: 016977 41304

Email: [info@stmartinsbrampton.org.uk](mailto:info@stmartinsbrampton.org.uk)

Charges: Donations welcome.

This is an airy Pre-Raphaelite church built by Philip Webb in 1874-5. It has 14 stained glass windows mostly designed by Sir Edward Burne-Jones and executed by William Morris's firm. The east window is outstanding with a theme of self-sacrifice. Visiting the church enables teachers to combine aspects of the Art curriculum with RE. A church member can be available for school groups by arrangement. A visit to Brampton could be combined with a visit to Lanercost Priory, Bewcastle or Carlisle.

**St Mary's Church,**

Wreay, Cumbria

<https://www.stmaryswreay.org/>

Tel: 01228 710215 or 01228 711993

Charges: Donations welcome.

Designed by Sarah Losh in the 1840's as a memorial to her sister and family this is an unusual church with exquisite carvings and sculptures. The visit can play a part in the teaching of RE, history, art and science. Free Teachers' Notes and worksheets can be downloaded from the church website.



### 3. Church of Scotland

#### **The Border Kirk, Church of Scotland**

Chapel Street, Carlisle

<http://www.theborderkirk.org.uk> Facebook: The Border Kirk

Contact: Rev David Pitkeathly (representative on Cumbria SACRE)

Tel: 01228 593243

Email: [david.pitkeathly@btinternet.com](mailto:david.pitkeathly@btinternet.com)

Charges: Travel expenses welcome

Modern sanctuary and halls in a building dating from the 1830s. A good example of the simple reformed tradition in contrast with other ornate church building styles. The kirk engages actively with the city with a Mencap Café, Homeless Breakfasts and Street Pastor base. The minister is glad to organise tours and talks for school groups and to visit schools.

### 4. Baptist

#### **Carlisle Baptist Church**

Warwick Square West, CA1 1JN

[www.carlislebaptistchurch.org](http://www.carlislebaptistchurch.org)

Contact: Peter Walkingshaw

Tel: 01228 381381

#### **Grace Baptist Church Ulverston**

Quebec Street, Ulverston, Cumbria, LA12 9AD

<http://www.gracechurch-ulverston.org.uk/index.html>

Email: [gbcu4408@gmail.com](mailto:gbcu4408@gmail.com)

#### **Hawkshead Hill Baptist Church**

Hawkshead, LA22 0PW

<https://www.hawksheadhillbaptistchurch.org.uk/welcome.htm>

Tel: 015394 36451

The Northern Association's main Cumbrian congregation and one of the most important 18th century congregations in the North of England. It is a little chapel in a row of cottages between Hawkshead and Coniston.

#### **Tottlebank Baptist Church**

Greenodd Ulverston LA12 8HY

<http://www.tottlebank.org.uk/index.php>

Tel: 01229 861120 or 015395 32868

### 5. Evangelical

#### **Hebron Evangelical Church**

94 Botchergate, Carlisle, CA1 1SN

Website: <http://www.hebronec.co.uk>

Tel: 01228 593256

Email: [admin@hebronec.co.uk](mailto:admin@hebronec.co.uk)

## 6. Methodist

### **Methodist Church - Cumbria District**

<https://www.cumbriamethodistdistrict.org.uk/welcome.htm>

Contact: District Chairman-Rev Dr James Tebbutt Tel: 01768 866342

There are 115 Methodist churches within 12 Circuits in Cumbria. Contact details for all and photos of the buildings are on the website above.

### **Penrith Methodist Church**

Wordsworth Street, Penrith

<http://www.penrithmethodist.co.uk>

Contact: Michelle Rudhall

Tel: 01768 862787

Email: [admin@penrithmethodist.co.uk](mailto:admin@penrithmethodist.co.uk)

Charges: Donations welcome

This major Methodist church was the centre of the Eden Valley Wesleyans which for many years were in charge of 40 societies and 30 chapels. In the 19th century Methodists had numbers second only to the Church of England. They built over 300 chapels in Cumbria and John Wesley visited 26 times, often to Whitehaven. This large traditional building has been re-organised in a contemporary way. An active, vibrant and outward facing congregation with much child and youth provision. School groups are welcome.

### **Stricklandgate Methodist Church**

Windermere Road, Kendal

<http://www.stricklandgatemethodists.com>

Contact: Rev Jeff Thomas

Tel: 07514132175

Email: [jeffthomas1@talktalk.net](mailto:jeffthomas1@talktalk.net)

Charges: Donations welcome

The building, from the 1880s has been renovated in a contemporary way. It has strong connections with John Wesley due to his visits to Kendal. School visits are very welcome.

### **Hawkshead Methodist Church**

Hawkshead, Cumbria

Tel: 015394 33232

Charges: Donations welcome

This small medieval building, originally a private home, is the oldest Methodist Church in use in the world. It holds no more than 45 people. There is open access 09:00-16:00 every day.

## 7. Salvation Army

### **Barrow Salvation Army**

Abbey Road Barrow-in-Furness LA14 5UD

<https://www.salvationarmy.org.uk/barrow-furness>

Contact: Lieutenant Martin Davison

Tel: 01229 433550

Email: [martin.davison@salvationarmy.org.uk](mailto:martin.davison@salvationarmy.org.uk)

Charges: Donations welcome

**Carlisle Corps**

Abbey Street, Carlisle CA3 8TX  
<http://www.salvationarmy.org.uk/carlisle-corps>  
 Contact: Captain Melanie Scoulding, Corps Officer  
 Tel: 01228 526503  
 Email: [melanie.scoulding@salvationarmy.org.uk](mailto:melanie.scoulding@salvationarmy.org.uk)  
 Charges: Donations welcome  
 School visits are very welcome.

**Kendal Corps**

Gillinggate, Kendal, LA9 4JE  
 Phone: 01539 733760  
 Email: [Kendal@salvationarmy.org.uk](mailto:Kendal@salvationarmy.org.uk)  
 Charges: Donations welcome

**Millom Salvation Army**

Nelson Street, Millom, LA18 4DW  
<https://www.salvationarmy.org.uk/millom>  
 Tel: 01229 774936  
 Email: [renee.palmer@salvationarmy.org.uk](mailto:renee.palmer@salvationarmy.org.uk)  
 Charges: Donations welcome

**Penrith Corps**

1 Hunters Lane, Penrith CA11 7UY  
 Phone: 01768 866732  
 Email: [penrith.corps2@salvationarmy.org.uk](mailto:penrith.corps2@salvationarmy.org.uk)  
 Charges: Donations welcome

**Whitehaven Salvation Army**

Catherine Street, Whitehaven, CA28 7PD  
 Phone: 01946 692870  
 Email: [whitehaven@salvationarmy.org.uk](mailto:whitehaven@salvationarmy.org.uk)  
 Charges: Donations welcome

The Salvation Army has teaching material for use in schools including "The Ultimate Church Visit" see <https://www.salvationarmy.org.uk/schools-and-colleges>

**8. Society of Friends (Quaker)****Kendal and Sedbergh Area Quaker Meeting**

<http://www.kendal-and-sedbergh-quakers.org.uk/>

Consists of four Local Quaker Meetings in Kendal, Sedbergh (Brigflats), Kirby Stephen and Preston Patrick. It is also the home of the world famous Quaker Tapestry and is at the heart of where Quakerism began (often called 1652 country).

Contacts:

Kendal: [Kendal@kendal-and-sedbergh-quakers.org.uk](mailto:Kendal@kendal-and-sedbergh-quakers.org.uk)  
 Sedbergh (Brigflats and Firbank Fell): Janet Chetwood Email: [janetghyll@aol.com](mailto:janetghyll@aol.com)  
 Kirby Stephen: [kirkbystephen@kendal-and-sedbergh-quakers.org.uk](mailto:kirkbystephen@kendal-and-sedbergh-quakers.org.uk)  
 Preston Patrick: [PrestonPatrick@kendal-and-sedbergh-quakers.org.uk](mailto:PrestonPatrick@kendal-and-sedbergh-quakers.org.uk)

### **Quaker Tapestry Exhibition**

Kendal Friends Meeting House, Stramongate, Kendal Cumbria LA 94AY

<http://www.quaker-tapestry.co.uk>

Tel: 01539 722975

E-mail: [info@quaker-tapestry.co.uk](mailto:info@quaker-tapestry.co.uk)

Charges: Donations welcome.

Inspired by the Bayeux Tapestry, the Quaker Tapestry was begun in 1981 by a boy and his teacher. The 77 vibrant embroidered panels were made by 4,000 men, women and children from 15 countries between 1981 and 1996 (over 40 panels are on display at Kendal). The panels depict scenes from Quaker life, history, Meeting Houses, service, and pilgrimages. There is excellent provision for school visits which can be linked to RE, History and Art.

### **Swarthmoor (SW Cumbria) Area Quaker Meeting**

Email: [swarthmoorswcam@quaker.org.uk](mailto:swarthmoorswcam@quaker.org.uk)

Consists of five Local Quaker Meetings in Cartmel, Colthouse, Rookhow, Swarthmoor and Windermere. It is also the home of the famous Swarthmoor Hall where Quakerism began.

Cartmel Quaker Meeting

Colthouse Quaker Meeting

Rookhow (Rusland) Quaker Meeting

Swarthmoor Quaker Meeting Contact: [swarthmoorlmclerk@gmail.com](mailto:swarthmoorlmclerk@gmail.com)

Windermere Quaker Meeting

### **Swarthmoor Hall**

Swarthmoor, Ulverston, Cumbria LA 12 OJQ

<http://www.swarthmoorhall.co.uk>

Tel: 01229 583204

Email: [info@swarthmoorhall.co.uk](mailto:info@swarthmoorhall.co.uk)

Charges: £6.50 per adult and £4.50 for children, under-fives free

Built in 1586, this home of the Fell family became the organisational base for early Quakers. A Grade 2 listed building; it houses a fine collection of 17th century oak furniture, though only 1 piece is original. It has a tranquil atmosphere and as the birthplace of the Society of Friends is a place of pilgrimage for Quakers touring 1652 country.

Pre booked school visits for a guided tour and discussions are welcome.

### **Cumberland Area Quaker Meeting**

<http://www.cumberlandquakers.org.uk/>

(comprising the former North and West Cumbria Area Meetings) consists of seven Local Quaker Meetings and all except Whitehaven/Egremont have their own Meeting Houses. Contact the co-clerk of Cumberland Area Quaker Meeting on [glenntomkinson@gmail.com](mailto:glenntomkinson@gmail.com)

Local Meeting Clerks are the appropriate person to contact to arrange a school visit.

Alston: (a very small meeting with a Convenor rather than a Clerk): Carol Graham: [alston@cumberlandquakers.org.uk](mailto:alston@cumberlandquakers.org.uk)

[cumberlandquakers.org.uk](mailto:cumberlandquakers.org.uk)

Carlisle: Mary Savage: [carlisle.clerk@cumberlandquakers.org.uk](mailto:carlisle.clerk@cumberlandquakers.org.uk)

Cockermouth: (Co-Clerks) David Day, Jane Holmes, Christopher Thomas: [cockermouth.clerks@cumberlandquakers.org.uk](mailto:cockermouth.clerks@cumberlandquakers.org.uk)

[cumberlandquakers.org.uk](mailto:cumberlandquakers.org.uk)

Keswick: William Bewley: [keswick.clerk@cumberlandquakers.org.uk](mailto:keswick.clerk@cumberlandquakers.org.uk)

Mosedale: [mosedal@cumberlandquakers.org.uk](mailto:mosedal@cumberlandquakers.org.uk)

Penrith: Christine Sutherland: [penrith.clerk@cumberlandquakers.org.uk](mailto:penrith.clerk@cumberlandquakers.org.uk)

## 9. United Reformed Church

There are 15 congregations of the URC in Cumbria.

### **Ramsden Street United Reformed Church, Barrow**

Website: <http://www.ramsdenstreeturc.org.uk>

Contact: Rev Jennet McLeod

Tel: 01229 465061

Email: [minister@ramsdenstreeturc.org.uk](mailto:minister@ramsdenstreeturc.org.uk)

Charges: Donations welcome

Small, simple Presbyterian Chapel. Joint working in the area between the URC and the Methodist communities. The minister welcomes school visits.

### **Whitehaven United Reformed Church**

The Market Place, James Street, Whitehaven CA28 7HZ

<http://www.whitehaven.urc.org.uk>

Contact: Rev Dave Harkison

Tel: 01946 328355

Email [minister@wurc@outlook.com](mailto:minister@wurc@outlook.com)

Charges: Donations welcome

A large Victorian church with English Presbyterian roots and traditional furnishings. The congregation was founded in 1695. The minister welcomes school visits.

## 10. Unitarian

### **Kendal Unitarian Chapel**

Branthwaite Brow, off Market Place, Kendal, LA9 4TN

<https://kendalunitarians.com/>

Contact: Rev Amanda Reynolds 07545 375721.

Tel: 01539 737021

Email: [amandareynolds1@me.com](mailto:amandareynolds1@me.com)

Built in 1720 this chapel has always been unorthodox in that it stressed religious liberty and never imposed a formal creed on its ministers or members. This freedom to walk one's own spiritual path and to explore new ideas remains the central pillar of the Chapel's existence.

# Hinduism

## Places to Visit

### **Gujarat Hindu Society and Community Centre**

South Meadow Lane, Preston PR1 8JN

<http://www.ghspreston.co.uk/>

Contact: Abhi (Centre Manager)

Tel: 01772 253 901

Email: [admin@ghspreston.co.uk](mailto:admin@ghspreston.co.uk)

Online booking <http://www.ghspreston.co.uk/contact-us/temple-visit/>

Charge: Donations welcome

This temple (mandir) welcomes visits and has been a well-established host to schools for many years. Temple visits are led by knowledgeable committee members and take place during the mornings only (or after the end of the school day). In the mandir, visitors are able to see Hindu deities and other imagery, symbols and traditional architecture. In addition to the temple visit, it may be possible to arrange a wider 'culture curious' package, which includes artistic and cultural activities, such as Indian dancing, rangali patterns and henna hand painting.

### **Shree Swaminarayan Temple**

11 Adelaide Street, Bolton, Lancashire BL 3 3NT

<https://www.swaminarayan.faith/temples/bolton-temple>

Tel: 01204 652604

[info@lordswaminarayan.org.uk](mailto:info@lordswaminarayan.org.uk)

Part of the Swaminarayan movement, this temple can offer a tour & talk to schools

### **ISKCON Newcastle (ISKON stands for International Society for Krishna Consciousness)**

304 Westgate Road, Newcastle-upon-Tyne, NE 4 5 QU

<http://www.iskcon.org.uk/newcastle>

Tel: Kirtida Devi: 07931 769494 or ISKON: 0191 272 1576

Email: [kirtida.devi@yahoo.com](mailto:kirtida.devi@yahoo.com) or [newcastle@iskcon.org.uk](mailto:newcastle@iskcon.org.uk)

Charges: Travel expenses and donations welcome

This temple was converted from an existing building and is a 10 minute walk from the city centre. They welcome school visits and offer a tour of the temple and talk about beliefs and practices, demonstration of worship, arti and chanting, and vegetarian meal offered to Krishna. **Kirtida is also willing to visit schools in north Cumbria.**

### **Hindu Temple**

172 West Road, Corner of Baxter Avenue,

Fenham, Newcastle-upon-Tyne, NE 4 9QB

<http://www.hindutemple.co.uk/>

Tel: 0191 273 3364

Email: [info@hindutemple.co.uk](mailto:info@hindutemple.co.uk)

Charges: Donations welcome

This temple was converted from an existing building. They welcome school visits by offering a tour of the temple and talk.

# Humanism

## Places to Visit

### Stone Circles- as a sacred and spiritual place

Castlerigg, near Keswick; Long Meg, near Penrith; Swinside, near Broughton-in-Furness

Websites: <https://www.lakedistrict.gov.uk/visiting/things-to-do/historical-places-to-visit/stone-circles>

<https://www.historic-uk.com/HistoryMagazine/DestinationsUK/Stone-Circles-in-Cumbria/>

<https://www.visitcumbria.com/stone-circle/>

There are many prehistoric stone circles across Cumbria - from a small cluster of stones to a full ring of megaliths. Archaeological evidence indicates they have been used as burial places and connected to agricultural events such as summer solstice. Many are aligned with the sun and the moon forming complex prehistoric calendars. Stone circles are often located in elevated and exposed locations. Castlerigg and Long Meg have small parking areas and are freely accessible, while Swinside has parking and can be viewed from the footpath. For some religious groups such as Pagans, the stone circle is a place of spiritual significance, especially for the summer solstice on the longest day marking the start of summer. Other non-religious groups such as Humanists consider a stone circle as a sacred space and may choose to conduct ceremonies there e.g. a wedding.

## Humanist Representatives who are willing to visit Cumbrian Schools:

### Jane Yates (Humanist Representative on Cumbria SACRE)

Location: Cumbria

[www.janeyates.net](http://www.janeyates.net)

Tel: 07770533791

Email: [jane-cumbriasacre@outlook.com](mailto:jane-cumbriasacre@outlook.com)

Charges: Travel expenses

### Humanists UK has various volunteers

Location: across England, Wales and Northern Ireland

Website: <https://understandinghumanism.org.uk/school-speakers/>

Tel: 020 7324 3060

Email: [education@humanism.org.uk](mailto:education@humanism.org.uk)

Charges: Travel expenses

There are several humanist celebrants in Cumbria - they do not have time to visit schools. They have agreed that on occasion they may be able to take part in specific RE activities with a number of schools, organised via the Humanist Rep on Cumbria SACRE.

Humanist ceremonies are meaningful non-religious occasions such as funerals, weddings or namings conducted by a trained celebrant. For further information including films about each type of Humanist ceremony see <https://humanism.org.uk/ceremonies/>

See also <https://understandinghumanism.org.uk>

# Islam

## Places to Visit

### **Carlisle Islamic Centre and Mosque**

<https://www.carlisleislamiccentre.org/>

Contact: Imam Abdur Rashid

Tel: 07723 814015

Email: [carlisleislamiccentre@outlook.com](mailto:carlisleislamiccentre@outlook.com)

Charge: Donations welcome approx. £2 to £3 per person

### **Whitehaven Mosque and Penrith Mosque** (numbers limited)

Tel: 07837 679338

Email: [cumbriamosquevisits@awaz.info](mailto:cumbriamosquevisits@awaz.info)

Charge: no set charge - Donation welcome £2 to £3 / person

The addresses of these 3 mosques in Cumbria have been withheld due to security reasons. The mosque in Lancaster is currently in temporary accommodation, so school visits are not possible until the new mosque is completed.

### **Quwwat ul Islam Mosque**

Peel Hall Street, Preston PR1 6QQ

<https://quwwateducationcentre.org.uk/services/school-visits/>

Tel: 01772 900 786

Email: [events@quwwatulislam.org.uk](mailto:events@quwwatulislam.org.uk)

Online booking <https://quwwateducationcentre.org.uk/services/school-visits/>

Charges: Donations welcome

Quwwat ul Islam mosque has much experience of hosting school visits. Its website states that all facilitators are DBS cleared and have experience of working with pupils of different ages. The mosque opened in 1962 and is modern with traditional Islamic architecture and decoration. The mosque is connected with Preston Muslim Girls High School which is directly opposite.

### **Masjid e Salaam**

49 Watling Street, Fulwood, Preston PR2 8EA

<http://www.masjidesalaam.org.uk/>

Tel: 01772 788447

Email: [admin@masjidesalaam.org.uk](mailto:admin@masjidesalaam.org.uk)

Charges: Donations welcome

This new (2016) purpose-built mosque welcomes school visits and enables visitors to see the wudu area and prayer hall. The mosque has traditional features and decoration, which are explained to visitors and related to the five pillars of Islam. Visits may also include additional cultural activities, e.g. perfume and calligraphy.

### **Bolton Council of Mosques (BCOM)**

1 Vicarage Street, Bolton, BL3 5LE

<https://www.thebcom.org/>

Tel: 01204 363680

Email: [admin@thebcom.org](mailto:admin@thebcom.org)



Support, advise and advocate for the 28 mosques in Bolton

## **Muslim Representatives who are willing to visit Cumbrian Schools:**

### **Mohammed Dhalech** (Muslim representative on Cumbria SACRE)

Location: Carlisle

Tel: 07971987277

Email: midhal@ruralmosaic.info

Charges: Travel 0.45p/mile and £100 per half day negotiable.

### **Saimma and Daniel Thomas Dyer**

Location: Kendal (workshops offered across the UK)

www.chickpeapress.co.uk

Tel: 07813 996845

Email: hello@chickpeapress.co.uk

Charges: Can be discussed

Saimma and Daniel belong to the Sufi Mevlevi Order of whirling dervishes. They are the directors of Chickpea Press which is a multi-faith children's publisher producing books exploring the spiritual traditions of the world. Workshops offered are on themes such as peace or prayer in the Abrahamic faiths; the 99 Names of God in Islam; Rumi's Stories and Poems; Ramadan; and can give a demonstration of the whirling dervish tradition.

### **Nawaz Munshi**

Hon. Muslim Chaplain, University of Cumbria; Lancaster Islamic Society

Email: nawazmunshi@googlemail.com

Charges: Travel and donations welcome

Nawaz is very open and welcoming to any questions that pupils might ask.

### **Imran Kotwal**

Muslim Learner Services,

Flexspace Business Centre, Manchester Road, Bolton BL3 2NZ

www.muslimlearnerservices.org

Tel. 01204 896115

Email: imran@muslimlearnerservices.org

Charges: depends on the workshop. Contact Imran for more information.

### **Razwan UI Haq**

location: Bradford

<http://www.ulhaqbrothers.com/art/artmain.htm>

Tel: 0777 3963 502

Email: razwan@live.com

Charges: £300 per day plus travel expenses. Contact Razwan for more information.

Razwan has been facilitating workshops in Cumbria for many years. He offers staff INSET or pupil activity days on Islamic pattern, art, music and spirituality.

### **Amjad Yoosuf**

location: Preston

Email: amjadbapu@googlemail.com

Charges: Travel and donations welcome

# Judaism

## Places to Visit

### **St Anne's Hebrew Congregation**

The Synagogue, Orchard Road, Lytham St Annes, FY8 1PJ

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

Tel: 01253 721831 or 07917 548386

Email: [rabbidanny@mychaplaincy.co.uk](mailto:rabbidanny@mychaplaincy.co.uk) or [admin@stannessynagogue.co.uk](mailto:admin@stannessynagogue.co.uk)

Charges: Donations welcome

This purpose-built synagogue was opened in 1964 and serves the Jewish Orthodox community in the area. Visits from schools are led by the Rabbi or community volunteers and include a guided tour and explanations, e.g. on Jewish prayer, artefacts, history and detail of the building, ways of Jewish life and religious festivals.

### **The Hale Synagogue**

11 Shay Lane, Hale Barns, Cheshire, WA15 8NZ

[www.haleshule.com](http://www.haleshule.com)

Tel: 0161 980 8846

Email: [info@haleshule.com](mailto:info@haleshule.com)

An Orthodox synagogue

### **Glasgow Jewish Resource Centre**

222, Fenwick Road, Giffnock, Glasgow, Strathclyde, G46 6UE

[www.jewishglasgow.org/jewish-community-centre/](http://www.jewishglasgow.org/jewish-community-centre/)

Contact: Evy Yedd

Tel: 0141 577 8200

Email: [office@glasgowjewishrepcouncil.org](mailto:office@glasgowjewishrepcouncil.org).

Can help with arranging synagogue visits and information

### **Garnethill Hebrew Congregation**

129 Hill Street, Glasgow, Strathclyde, G3 6UG

Website: [garnethill.org.uk/#/visits/4584650028](http://garnethill.org.uk/#/visits/4584650028)

Tel: 0141 332 4151

Email: [info@garnethill.org.uk](mailto:info@garnethill.org.uk)

Modest fee sometimes negotiated

An Orthodox synagogue offering talks and tour

### **Giffnock and Newlands Synagogue**

222 Fenwick Road, Giffnock, Glasgow, Strathclyde, G46 6UE

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

Contact: Rabbi Rubin

Tel: 0141 577 8250

Email: [admin@giffnockshul.co.uk](mailto:admin@giffnockshul.co.uk)

Charges: Donations welcome

An Orthodox synagogue offering talks and tour

### **Newton Mearns Hebrew Congregation**

14 Larchfield Court, Newton Mearns, Glasgow G77 5PL

[www.nmhc.org.uk](http://www.nmhc.org.uk)

Contact: Sharon Tobias

Tel: 0141 639 4000

26 Email: [office@nmhc.org.uk](mailto:office@nmhc.org.uk)

Charges: Donations welcome  
An Orthodox synagogue offering talks and tour

**Glasgow Reform Synagogue**

147 Ayr Road, Newton Mearns, Glasgow G77 6RE  
www.grs.org.uk  
Tel: 0141 639 4083  
Email: shul@grs.org.uk  
A Reform synagogue offering talks and tour

**Liverpool Old Hebrew Congregation**

Synagogue Chambers, Princes Road, Liverpool, L8 1TG  
www.princesroad.org/tours  
Contact: Rabbi Ariel Abel  
Tel: 0151 709 3431  
Email: loh1@aol.com  
Charges: Children £2; Students £4; Adults £5  
An Orthodox synagogue offering talks and tour

**Manchester Jewish Museum**

Work has started on a new museum, opening in 2021 so the museum is currently closed.

**Menorah Synagogue**

198, Altrincham Road, Manchester M22 4RZ  
www.menorah.org.uk  
Contact: Pam Edis  
Tel: 0161 428 7746  
Email: office@menorah.org.uk  
Charges: Donations welcome  
A Reform synagogue

**Whitefield Hebrew Congregation**

Park Lane, Whitefield, Manchester M45 7PB  
www.thewhc.co.uk/tours  
Contact: Mandy Williams  
Tel: 0161 766 3732  
Email: office@thewhc.co.uk  
Charges: Donations welcome  
An Orthodox synagogue offering talks and tour

**Newcastle Reform Synagogue**

The Croft, Kenton Road, Gosforth, Newcastle NE3 4RF  
www.newcastlereformsynagogue.co.uk  
Tel: 0751 394 5981  
Email: schoolvisits@newcastlereformsynagogue.co.uk  
Charges: Donations welcome  
A Reform synagogue offering talks and tour

**United Hebrew Congregation**

Culzean Park, Graham Park Road, Gosforth, Newcastle NE3 4BH  
www.northeastjewish.org.uk  
Contact: Deanna van der Velde (co-ordinator) 0191 285 1253  
Tel: 0191 284 0959  
Email: secretary@uhc-newcastle.org  
Charges: Donations welcome  
An Orthodox synagogue offering talks and tour

## **Jewish Representatives who are willing to visit Cumbrian Schools:**

**Dr Sheila Gewolb**, Senior Vice President of Board of Deputies of British Jews

Location: London - with regular visits to West Cumbria

<https://www.bod.org.uk/who-we-are/meet-the-officers/>

Email: she11a46@aol.com

Charges: Travel expenses. Donations welcome for the Jewish Artefact fund

Sheila is the Jewish rep on Cumbria SACRE and has visited many schools throughout Cumbria to help pupils and teachers understand what it means to be Jewish.

**Rabbi Danny Bergson** from St Anne's Hebrew Congregation

Location: Lytham St Anne's

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

Mobile: 07917 548 386

Email: rabbidanny@mychaplaincy.co.uk

Charges: Travel expenses and donations welcome

**Deanna van der Velde** - Teacher and Jewish rep on Newcastle SACRE

24 Adeline Gardens, Gosforth, Newcastle, NE3 4JQ

Tel: 0191 285 1253

Charges: Travel expenses and donations welcome

# Sikhism

## Places to Visit

### **Guru Nanak Gurdwara Singh Sabha**

Address: 19A Bow Lane, Preston PR1 8ND

<http://www.prestonsikhsewa.co.uk/>

Contact: Gurnam Singh

Tel: 07801 843024 or 01772 251008

Email: [prestonsikhsewa@gmail.com](mailto:prestonsikhsewa@gmail.com)

Charges: Donations welcome

The Gurdwara can be contacted through Preston Sikh Sewa Society. School visits are welcome to the gurdwara. Visits include a tour and explanation of key Sikh beliefs and values, as well as the symbols and features of the prayer room and also an experience of the langar, eg drinks and biscuits. Visitors are able to see the Sri Guru Granth Sahib and can ask questions.

### **Sri Guru Harkrishan Gurdwara**

12 Sherborne Street, Manchester M3 1FE

<http://sikhguru.org.uk/education/>

Tel: 07872 593744

Email [info@sikhguru.org.uk](mailto:info@sikhguru.org.uk)

Charges: Donations welcome

## **Sikh Representatives who are willing to visit Cumbrian Schools:**

Roop Singh

Contact via his website: <http://www.roopsingh.com/>

Charges: Dependant on workshop type

Since the 1980's Roop Singh has been visiting schools for Sikh awareness workshops, 'Sikh Days', 'Punjabi Story telling Days' and for Book weeks. He is very interactive with pupils, makes living a spiritual life real and brings to life all aspects of Sikhism. He also offers a 'Splendours of India' day which focuses on the varied culture of India, not just the religion. He offers INSET and videos of his story telling.

Pritpal Singh Makan

Location: Manchester

Website: <http://sikhguru.org.uk/education/>

Phone: 07872 593744

Email: [info@sikhguru.org.uk](mailto:info@sikhguru.org.uk)

Charges: Dependant on workshop type

## Questioning Characters of Faith in Books

In addition to inviting faith visitors to talk to your class, have you considered reading a novel which includes a person of faith being questioned about their life?

Most books written about religion cover issues. The genre of books listed here is when an author uses the literary device of questioning by other characters. In this way the reader finds out about the way a person incorporates religion into their day to day life. These questions mirror the type of questions that pupils might ask a faith visitor to a school.

Being engrossed in a story can be an engaging way of learning about faith. Research on the connection between reading books and developing empathy is relevant in an RE context. The most obvious category are books set during World War 2 about the Holocaust, referring to Jewish experiences and other marginalized groups.

**The Emergency Zoo by Miriam Halahmy**, who is Jewish, is very suitable for Y4/5/6. It has a lovely Jewish character and the other children ask many questions about Jewish family life.

**Always Here for You by Miriam Halahmy** is a recently published book for teenagers, navigating the difficult topic of online relationships. There's an excellent and humorous sub-plot of the build up to a Jewish character's Bar Mitzvah, giving a wonderful insight into contemporary Jewish life.

There are various books about refugees, especially refugees who are Muslim.

**Welcome to Nowhere by Elizabeth Naird** poignantly describes the feelings and challenges of the main character as he has to move from location to location and worship in different mosques.

**Across the Divide by Ann Booth** has Christian and non-religious characters who engage in lively discussion about whether to set up an Army Cadets Unit at school.

**Running on the Roof of the World by Jess Butterworth** is an adventure novel set in Tibet and India which involves seeking help from the Dalai Lama.

**Jasmine Skies by Sita Brahmachari** is the journey of 14 year old Mira visiting family in India for the first time.

**The Good Immigrant edited by Nikesh Shukla** has engaging chapters from 21 BAME (Black, Asian and minority ethnic) voices in Britain today. For students in KS4 and KS5 and RE teachers the book explores why immigrants come to the UK, why they stay and what it means to be the 'other'.

**It's Not About the Burqa: Muslim Women on Faith, Feminism, Sexuality and Race** by Miriam Khan is a collection of essays written by Muslim women about what it means to live as a Muslim woman in the West today. Selected chapters from either book provide a rich stimulus in KS4 and KS5.

Faith is important to all of these authors and it is recommended that you investigate other books they have written. For other book ideas check out Empathy Lab [www.empathylab.uk](http://www.empathylab.uk)

To add to this list or to be kept informed of other books with characters of faith, please contact Jane Yates at [jane-cumbriasacre@outlook.com](mailto:jane-cumbriasacre@outlook.com)

## Guidance on Parental Concerns about RE Visits

Outdoor learning in RE can range from creating a sacred or memorial garden in your school grounds to experiencing a reflective moment and a multi-sensory experience in a place of worship. This helps pupils of all abilities to absorb and retain their learning and improves pupil engagement and motivation.

Some parents are reluctant to allow their children to take part in visits to places of worship. Reasons given include finance, safety, religious or political issues. Objections are raised about visits to various places but they are most frequently about visits to mosques. This raises the bigger issue of Islamophobia. We strongly recommend that you always ask parents to explain their decision, whilst remembering that they do have the right to withdraw their children from some or all of RE, on grounds of conscience.

### **Schools need to give a clear rationale for the visit. Reasons include:**

- Education is about extending pupils' knowledge, understanding and experience of the world so a visit to a place of worship helps to do this.
- Religion is an important factor in many people's lives so pupils need to know about it
- Visits can help build bridges between faiths and communities and increase our understanding and empathy for each other.
- Visiting a place of worship can help pupils to learn about religions in an enjoyable way. It is NEVER about indoctrination or persuading them to agree with the beliefs of the religion.
- Experiential learning is more effective than learning from texts or electronic sources. A visit is an invaluable learning opportunity.
- The atmosphere of a place of worship can provide opportunities for pupils to consider questions about life, religion and spirituality.
- A visit to a place of worship provides opportunities for pupils' cultural development by enabling them to experience new or different forms of art, architecture and music.
- Visits to places of worship are part of the RE curriculum in the Cumbria Agreed Syllabus for RE. Many other aspects of the curriculum can be studied through a religious building including the arts, literacy, history, maths and design.
- Visits are part of a planned curriculum and are integral to the learning so to miss out on the visit would seriously impact on pupils' progress and understanding.

### **Preventing a problem from arising**

- School should have a clear policy on consulting with parents and pupils which has been ratified by the governing body and supported by all members of the school community.
- Use parents' evenings, assemblies and displays to promote understanding of religious and cultural diversity and of previous visits to places of worship
- Be unequivocal in the school's approach to racism, stereotyping and prejudice
- Work with the local community to raise awareness e.g. the church supports a mosque visit
- Have a period of preparation for the visit so that pupils' interest and enthusiasm are high
- Invite a speaker from the religious community to come in to work with pupils and answer questions. And to work with governors, parents or staff prior to arranging a visit.
- Arrange for parents and governors to meet members of faith communities and visit a place of worship together
- Emphasise the purpose of the visit to parents who might have expectations of participation in worship or



being coerced into accepting beliefs.

### **Pre-empt worries by letting parents know exactly what is and is not going to happen e.g.:**

- Pupils will not be taking part in worship - they may observe it happening;
- The purpose of the visit is educational - there will be no proselytising or evangelising;
- The teacher is leading the visit and working in partnership with the host community;
- Any requirements to wear a head covering or remove shoes is an outward token of respect for others' beliefs and sensitivities;
- Pupils will be guests and will be treated with hospitality.

It is important to help your pupils to understand that these spaces are sacred to some people so they need to be sensitive to what is important to their hosts. This helps pupils to develop feelings of respect and to gain a greater appreciation of the awe, reverence and mystery that are fundamental features of religion.

Parents wishing to withdraw a child from a visit may say that they are concerned about physical safety. Sharing risk assessments with them and information from the pre-visit and case studies of other successful school visits may help to alleviate their fears. If children or parents are apprehensive or prejudiced about a visit teachers can use phrases like:

- Let's explore together—be detectives investigating.
- That may be the case there, but let's see if what you think is really true...
- I need someone to help me....

Some parents don't want their children to visit a sacred space outside their belief tradition. So the teacher needs to explain the purpose of the visit and the educational benefits:

- Visits contribute to many areas of the curriculum, not just to RE and SMSC;
- Visits prepare pupils for life in modern Britain and enable them to develop respect for and sensitivity to others and to combat prejudice.
- Visits allow pupils to see that places of worship are not just a building but a living community of believers.
- Visits give pupils a 'feel' of the faith and a sense of the 'spiritual', so they learn more than just facts about beliefs, practices and artefacts.

### **Preparing for the visit**

Some pupils may not have encountered people from different faiths or cultures. Negative media coverage may make them feel uneasy about the visit. To prepare pupils for a visit, especially those with SEN, teachers could:

- Invite someone of the faith to visit school and ask the class to interview them about what it means to belong to their religious community.
- Link with a school with a different cultural and faith background in the UK or abroad
- Organise a virtual tour of a sacred space via the internet or film clips to learn about the activities that happen there and its significance to worshippers. Devise questions to ask the host on the visit.
- Arrange age appropriate opportunities to discuss controversial issues in the classroom. P4C is an excellent way to manage effective discussion of controversial issues.
- Ensure multi-cultural play resources and reading material are available from EYFS.
- Use art to explore patterns, buildings, symbols and shapes and listening to music
- Explore artefacts - their use, meaning and design



## During the visit

To help pupils understand that the building is about people in the present, as well as the past, they should have an opportunity to talk to people who worship in the building.

They should spend some time sitting in silence to appreciate the atmosphere, the splendour or simplicity of the building.

They could: listen to music; take photos or video clips; follow a religious objects trail; or make notes and sketch things of interest to them.

To encourage respect, empathy and understanding ask pupils to consider some of these questions:

- What interests you?
- What puzzles you?
- What questions do you want to ask?
- How does it feel to sit here?
- What helps to give it this atmosphere?
- How might this building help people worship?
- What clues tell you how people worship?
- What is similar here to other places of worship?
- What is different here?
- Where are specific objects situated? Why?
- What is this for? Who uses it?
- What books are used? Why? When?
- Who uses this building? Why? When?
- What posters and notices are there? What do they tell us about this community?

## After the visit

Follow-up activities can be cross curricular involving English, Art, History and Geography, as well as RE. Ask pupils to discuss what questions they have about the place. They could interview each other about how they felt, what they remembered the most. Also ask:

- What surprised you?
- What puzzled you?
- What did you find most interesting?
- Did you learn anything that links to your own life and experiences?
- What are the essential features of the place of worship?
- Why are places of worship different - even those from the same religion or denomination?
- What do you think it means to the people who come here as worshippers?

## Pupils could:

- Write letters of thanks to their host highlighting aspects of the visit that interested them.
- Use books and the web to compare what they saw with other buildings
- Use their notes, drawings and photos to create a display, web site, PowerPoint or guidebook showing the building's importance to the worshipping community. Place the display in school, in the place of worship or local library. Use it for assemblies with parents.
- Recap the words used to describe the atmosphere inside the place of worship and write creatively or poetically about it, how they felt and what they saw
- Produce art or music to convey their thoughts and responses to the visit
- Produce models or drawings of religious objects and symbols
- Be set a design task that includes solving a problem e.g. how to make the place of worship disability friendly or a building to encourage use by the wider community

- Use drama such as 'hot-seating' or simulating being a reporter finding out about the visit (Ideas for this came from various sources including [www.lotc.org.uk](http://www.lotc.org.uk))

## A Sample Letter to Parents

Dear Parents and Carers,

Here at .....School we provide opportunities for pupils to enhance their learning across the curriculum. Pupils have enjoyed visits linked to their learning in history, geography, science and other subjects. Visits are valuable in enhancing our provision for spiritual, moral, social and cultural development and in preparing pupils for life in modern Britain.

The pupils in Year..... are currently studying ..... [name of religion] in RE as part of the Cumbria Agreed Syllabus (which is the statutory document for our school).

A visit to ..... [place of worship] is a fascinating opportunity for the pupils to get an insight into a contemporary ..... [Christian / Muslim / Hindu / Jewish / Buddhist / Sikh] community and to meet some of the people there, including ..... [names of hosts] who will be showing us round. We hope it will bring pupils' learning to life and allow them to be curious about the role of faith in people's lives.

RE is an academic subject taught as an understanding of different religions and beliefs, from an unbiased perspective. In our view it is an essential part of the curriculum which is even more important as British society becomes more diverse. Pupils need a good understanding of different cultures, in order to learn respect for others and practise the values of acceptance, respect and unity. As part of this visit, pupils will **not** be asked to participate in worship, they might watch any worship or prayer that might happen during the visit.

This visit will include: [insert details, referencing any 'voluntary' elements]

For this visit, pupils will need to wear..... [insert dress code]

For this visit, pupils will need to avoid bringing ..... in their packed lunch.

These dress / food requirements are an outward token of respect for others' beliefs and sensitivities, and do not signify participation in worship.

For this visit, your child will also need: .....[insert details of financial contribution and what it covers e.g. coach, donation to host community etc.]

As with any school visit, we will need parent helpers to ensure adequate pupil: adult ratios so please speak to your child's teacher if you can help.

We are really looking forward to this visit, and have planned an enriching and enjoyable experience. Do talk to us if you have any questions or would like to come on the visit.

Yours sincerely

## Code of Conduct for Faith Visitors

Any member of a faith or belief community who supports Cumbrian schools with their RE including visits to places of worship should adhere to this Code of Conduct:

- Share your experiences and insights, without criticising the beliefs of others or imposing your views;
- Avoid using 'We believe', say 'As a Christian/Muslim/Jew/Hindu I believe.....' or 'Most Christians/Muslims etc believe....'
- Recognise that you are speaking as an individual, and that your views are part of a spectrum of diversity within your faith;
- Plan your input in the light of the RE curriculum at the school;
- Use engaging teaching methods that involve pupils actively and communicate at the level of the age group(s) concerned;
- Respect and value the beliefs of pupils and adults when they are different from your own;
- Develop ways of speaking to pupils that communicate an open approach, avoiding any hidden agenda to 'convert' or proselytise.

A key question to help you as a visitor reflect on your approach – the 'golden rule' of conduct is: *'If a member of another religion or belief visited your child's school and contributed in the same way that you have done, would you, as a parent, be happy with the education given?'*

