

# CUMBRIA YOUTH ALLIANCE ANNUAL REPORT

2018 - 2019



A group of young people from Lakes College on their Duke of Edinburgh's Bronze expedition practice taking a moment to enjoy the view from Holme Beck Bridge

*“Working with and for young people to enable them to reach their full potential”*

# Funders & Supporters

**We are hugely grateful to all our funders who make it possible for us to support young people in Cumbria. Without you none of the achievements listed in this report would have been possible. Our funders of 18/19 were:**

Cumbria County Council  
Allerdale Borough Council  
Workington Town Council  
DFES  
Cumbria CVS  
Sellafield Sites Support Fund  
Cumbria Community Foundation  
Big Lottery Community Fund x 2  
Francis C Scott Charitable Trust  
Swire Charitable Trust  
Four Acre Charitable Trust  
BBC Children in Need  
Groundwork Trust via BBO  
WEA via BBO  
BUPA Foundation  
Share Foundation  
D'Oyly Carte Charitable Trust  
Sir John Fisher Foundation  
Beatrice Laing Charitable Trust  
St James's Place Foundation  
Ashworth Charitable Trust  
Action with Communities in Cumbria  
Penrith Town Council  
Community Safety Partnership (West)  
A D Charitable Trust  
Santander Discovery Grants  
Tesco Bags of Help  
Donations and Go Fund Me  
Hadfield Charitable Trust  
Hedley Foundation  
Alpkit Foundation  
Rotary Club Maryport/Cockermouth  
Street Games  
ACT Foundation  
Baily Thomas Charitable Trust

# Contents

**Chair's Foreword**

**Chief Officer's Report**

**Cumbria Youth Alliance Infrastructure Support for Organisations working with children, young people and families**

**Young Leaders**

**Disability Volunteering**

**Young People in Care Transition Project**

**Choices**

**First Steps To Employment**

**Stepladder of Achievement**

**Friday Night Projects Allerdale**

**Duke Of Edinburgh's Award**

**Working Well**

**Dreamscheme Carlisle and Eden**

**Cumbria Children & Young People's Voluntary Sector Reference Group**

**"Bounce Back" Emotional Resilience Project**

**Members**

**Executive Committee & Staff Team**

**Summarised Accounts**

**Movement in Funds**

## Chair's Foreword *Mark Hurley*



**As you read through the components making up this annual report you will see a picture of a successful organisation. The success is down to every member of the team who contribute and continue to contribute to make Cumbria Youth Alliance the organisation it is today.**

The team does not only comprise of our staff and trustees, who I am immensely grateful to for their skill, time and devotion to young people. The team also comprises of our member organisations who work tirelessly across Cumbria supporting young people. But there are others, namely our funders and those who collaborate with us to ensure our mission of working with and for young people to enable them to reach their full potential is realised; organisations such as Cumbria County Council, Cumbria North Clinical Commissioners, the Big Lottery and Groundwork Trust. I am grateful for their support as we deliver the outcomes they expect from us.

I often find myself asking, as I reflect on the amazing work that is happening across Cumbria, why is it in this day and age, why in our sophisticated society do young people experience so many challenges as they look to find their way in life? Listening to volunteers, to young people, I recognise there are many causes and no simple answers. That is why Cumbria Youth Alliance, in collaboration with its partners, will continue to support young people to achieve their career and educational aspirations and to strengthen their emotional resilience so their awareness of the risks that surround them is heightened.

I believe what makes a successful organisation is not the money generated, important as this is, but the lives of young people that are transformed and who recognise they have something vital to offer our society and improve it for the generations that follow.

*Mark Hurley*

## Chief Officer's Report

*Cath Clarke*

**In partnership we can! Despite the challenging economic climate Cumbria Youth Alliance has not only survived but thrived during 2018/2019.**

We are leading on a number of new projects and continuing to deliver on our existing projects across Cumbria ensuring that at all times the programmes meet the needs of the young people and help them reach their full potential. We are so proud of the young people we work with and the results they obtain whilst they are with us; our staff team is honoured to be just a small part of their journey as they make their way to adulthood and securing their future in the world. Our use of the Outcomes Star enables us to monitor the impact of our work on their lives and accurately report this to our funders who kindly continue to support our work.

During the year we supported many other organisations working with children, young people and families to develop and strengthen their work sustaining provision across Cumbria. We also directly delivered our services to over 500 young people many of whom are on the margins of our communities. We have set up a new project to meet the needs of young people in the care system to assist them with the transition to independent living and the world of work and have been supported by a number of new funders to whom we are very grateful. We are also working in partnership with the Share Foundation mentoring young people who have been in care through a learning programme to prepare them for adulthood. Without the support of the funders none of this would have been possible. Partnerships have been a key part of making all our projects work well. We jointly develop programmes to meet need and eliminate duplication and make sure the resources are used to reach children, young people and families most in need.

Our biggest new project has been with Cumbria County Council and Cumbria Clinical Commissioners working on increasing young people's emotional resilience thus reducing the number of young people who end up needing the help and support from Cumbria Child and Adolescent Mental Health Services. During the first year of our project we were able to work directly with 20 third sector agencies to develop new programmes to support over 1500 young people in Allerdale, Barrow and Copeland. We have a multi-agency steering group and we have seconded a member of the Active Cumbria team to lead the project ensuring provision is joined up and meeting local needs. This is all thanks to funding from Collaboration Fund from Big Lottery and funding from Cumbria County Council at a locality level.....

# Chief Officer's Report Continued...

*Cath Clarke*

We continue to work in partnership across Allerdale to run the Friday Night Programmes working with 8 other youth providers to ensure young people have access to high quality youth provision. We extended our successful Dreamscheme Programme into Carlisle and Eden and lots of young people have benefited from taking part in this programme which gives them a host of transferable skills. We continue to work as part of the Groundwork Cumbria ESF and Big Lottery funded project and this project is an example of what can be achieved for young people when organisations share resources and ideas to support individuals on the programme. We also continue to work with WEA on their ESF and Big Lottery funded project in Carlisle and Eden. We are proud of our work with young people in schools and are in awe of what young people can achieve for themselves and for their wider communities.

Our team has supported over 60 young people into employment; many gaining their first ever jobs with our support and a big thank you goes out to the local employers big and small who have made this possible. A sustainable job is still the best way out of poverty.

Looking ahead we will continue to deliver high quality services to our member organisations and directly to the young people we support in a variety of settings, schools, alternative provision, youth and community settings and here in our offices in Workington. There is still a lot of unmet need across Cumbria but we are confident that by working together we can address some of these needs and enable other organisations working with children, young people and families to do the same.

To say that I am proud of the Cumbria Youth Alliance team of staff and volunteers would be an understatement; our staff and volunteers are committed and go the extra mile to ensure we do the best for young people. Our trustees give freely of their time to steering the organisation through difficult and challenging times and they have been unstinting in their support for us over the last year.

Lastly a big 'thank you' to our funders, without you none of this would be possible, thank you for helping us change young people's lives for the better.

*Cath Clarke*

## **Cumbria Youth Alliance Infrastructure Support for Organisations working with children, young people and families**

***Project Lead: Cath Clarke***

Last year 2018/2019 here is what we achieved supporting organisations working with children, young people and families:

- 55 organisations were supported/trained to improve their governance using the code of good governance - this included training sessions/action planning and responding to requests for policies and procedures from trustees and staff
- 19 organisations achieved a quality mark with national accreditation
- 199 individual staff/volunteers /trustees attended short training courses such as Youth Mental Health First Aid, Building Emotional Resilience, outcomes Star, First Aid and Health and Safety and 180 gained nationally accredited certification
- 42 new volunteers recruited and trained to support children, young people and families in the wider third sector
- 110 agencies were supported with their fundraising through provision of training, one to one support, bid preparation etc and this helped other agencies bring in £562,159 to support their work with children, young people and families
- We attracted £654,000 worth of strategic funding to develop emotional resilience programmes and Friday Night provision in Cumbria and subcontracted with 27 other agencies to deliver services - contributing to sustainability of the sector
- 328 people signed up to receive our weekly/monthly newsletter
- 340 people signed up to receive our monthly funding newsletter
- Contract targets - we achieved 134% of the targets set for us by Cumbria County Council

*Funders: Cumbria County Council, Four Acre Trust, Nugen*

# Young Leaders

*Project Officers: Martyn Rossi and Ben Jefferson*

## We are now in our fourth year of delivery of our Young Leaders' Project which started in the summer of 2015.

The aim of this programme is to help and support those young people who are experiencing difficulties and challenges in school resulting in them losing confidence and motivation to achieve within a more formal education system.

Young Leaders gives those who are at risk of dropping out of school access to a range of more informal learning opportunities to motivate and encourage re-engagement in school. We use accredited programmes and volunteering opportunities for personal development and to strengthen a young person's CV to enable them to follow their chosen path.

This year 2018/2019 we worked with almost 150 young people from schools across the West of Cumbria. Young people constantly surprised us by their achievements and how easy they were to work with once they engaged with subjects that really interested them.

So far young people on the programme have gained ASDAN qualifications in construction, sports, health and fitness, painting and decorating, childcare and the Duke of Edinburgh's Award plus various others.

A number of events have been initiated and planned that have a community benefit using project management skills developed on the programme: For example, Solway School this year is supporting Help for Heroes by planning and delivering an Assault Course for the whole school which they have named 'Overcome your Obstacles'. This is being used to contribute towards the volunteering aspect of their Duke of Edinburgh's Award.

Young people are referred to us from partner organisations such as Inspira, Youth Offending Service, Cumbria County Council Early Help teams, housing providers, Lakes College and schools. We currently support 10 schools in West Cumbria which include: Beacon Hill, Solway, Netherhall, UTC, St. Benedict's, Whitehaven Academy, Workington Academy, Cockermouth School, St Joseph's and West Cumbria Learning Centre.



*YP erecting tent 'St Joseph's young people erecting their tent*

The outcomes achieved by the Young Leaders' programme as evidenced by stakeholders both participants and referrers include:

- Young people who are at risk of becoming Not in Education, Employment or Training are able to access a range of positive activities that relate to their aspirations to engage with the support the programme offers.
- The majority of young people who have engaged with Young Leaders have increased their attendance at school.
- Those young people who have been referred to the programme have demonstrated improvements in behaviour and attitude.
- Most of the young people who have been on the programme have gained a recognised award or qualification.
- Participants have demonstrated increased leadership and employability skills and have shown they are better equipped for further education or work.

St Joseph's School has been renovating the outdoor school facilities as part of their volunteering on their Duke of Edinburgh's Award and the motivation they have shown has been second to none.

However, the impacts of the programme can be best described through the individual stories of the young people who have benefitted from the support the programme offers...

Greg (not his real name) age 14 came to Cumbria Youth Alliance when he was referred by his social worker. Greg was on his last warning at his alternative learning provider as he'd been expelled from his secondary school. His attendance, behaviour and attitude were all challenging and those in place to support him had run out of options.

*“I'm glad my sessions have been extended as meeting with Martyn every week has given me the confidence to make changes in my life” - Greg*

After being referred to the Young Leaders' Project, Greg signed up to do Duke of Edinburgh Bronze; his attendance has drastically improved from previously not attending a full week in nearly two years to attending every session. He has achieved two ASDAN awards. Greg's now in a much better place to manage his emotions and control his behaviour and is much more settled and focussed about where he wants to be in the future and how he can achieve this. He has also signed up to do his Silver Duke of Edinburgh.

Keyworker "Martyn has worked with Greg since January 2019 on a weekly basis to provide support as we were at a loss with how to keep Greg in the education system. His attendance and behaviour have changed so much; he's like a different person".

*Funders: Lottery Community Fund, Cumbria County Council, Dobies Charitable Trust, St James's Place Foundation, Santander, Action with Communities in Cumbria*

## Disability Volunteering

*Project Officer: Juan Shimmin*

This project has been designed to enable disabled young people to develop their capabilities through volunteering.

The project rewards young people for their volunteering with accredited awards from ASDAN and encourages them to try new volunteering activities to stretch themselves in new situations and to learn new skills.

Thirty disabled young people have taken part and completed their Volunteering certificates.

Some of the highlights this year have been:

- young people with learning disabilities at Youthability in Barrow have taken part in a variety of volunteering roles
- young people have acted as mentors to disabled young people at Youthability in Barrow to complete the ASDAN Mentoring Award
- young people with disabilities have volunteered at Carlisle Youth Zone taking part in supporting the 'Inclusion' Project and sports activities
- young people at Stay West (Realising Our Potential) have volunteered in a variety of activities in college and with Stay West and have completed the ASDAN Volunteering Award
- young people at Mayfield School have volunteered in placements with local businesses
- young people at South Workington Youth Partnership have volunteered in a variety of roles
- young people have acted as mentors to disabled young people at Multimix
- young people at West House have volunteered to do intergenerational work with elderly people at Age UK in Workington
- young people at West House have done mentoring work with disabled young people to complete the ASDAN Mentoring Award
- one young disabled person has done volunteering at Happy Hooves to complete the ASDAN Volunteering Award
- one of our volunteers has progressed onto employment via our First Steps to Employment project
- two volunteers have progressed into work via our Choices project.

*Funders: The Act Foundation, Ashworth Trust and Baily Thomas Charitable Trust*



*Volunteer with the Cumbrian Railways Association at Cleator Moor*

## Young People in Care Transition Project

*Project Officer: Cat Hawkes*

This new Project started in Jan 2019 to support looked after and leaving care young people 14 – 25 across Cumbria transition successfully into adulthood.

Through the delivery of Stepladder of Achievement it was identified that looked after and leaving care young people who didn't fit the Stepladder criteria were also looking for support and funding was found to employ a full time worker to support the 2 programmes.

This programme offers:

- Individually tailored support for leaving care young people
- Holistic action plan to progress young people and address any issues they are facing
- Links to appropriate specialist agencies
- Support with aspirations
- Support with independent living skills
- Support with education/employment transition
- Help to access additional support like emotional resilience/summer activity programmes and other social activities to enhance soft skills.

Since January 2019, 20 young people have been referred for support. Three of these have found employment and the others are being supported to achieve their aspirations.

*Funders: F C Scott Charitable Trust, Hadfield Trust, AD Charitable Trust, Laing Family Trusts (Beatrice Laing), The D'Oyly Carte Charitable Trust*

# Choices

**Project Officers: John Dixon (Copeland), Anna Witty and Gary Frazer (Allerdale)**

The Choices programme supports young people in Allerdale & Copeland who need additional help and support with one to one guidance to progress into employment, education or training due to a range of personal challenges.

Cumbria Youth Alliance Choices team has been delivering tailored support to 154 young people since July 2017 and the programme is due to run until 2022. We are very proud of the fantastic things that have been achieved by the young people who have gained jobs, qualifications and increased self confidence and self worth. The programme has literally been life changing for many young people.

We love the fact that we can tailor the support to exactly what the participant wants and needs to help them move forward in life and the programme has given young people hope and rebuilt confidence. Thanks to the programme many young people have a new and more positive outlook regarding their future prospects and aspirations. Some examples of the issues facing young people that the programme has supported include:

- Have learning difficulties or physical or mental disabilities
- Struggle with numeracy and literacy skills
- Have had substance dependency issues
- Have mental health issues or poor emotional resilience
- Have had very poor school experiences
- Have benefit, housing or financial problems

## Case Studies:

**Chelsea:** Chelsea joined the Choices programme in February 18. Chelsea was 1 of 6 participants that engaged and completed a joint programme delivered by Cumbria Youth Alliance and Groundwork staff. This programme covered building confidence, motivation, social inclusion, self defence and emotional resilience.

Chelsea's engagement on the programme has now paid off and she has successfully gained full time employment at Walsingham Support at Frizington. Not only has she gained the job but she is starting to gain in-house qualifications through Walsingham. Over the coming months Chelsea will complete a care certificate, contract compliancy modules and E-Learning. Going forward she will also do courses covering autism, epilepsy, challenging behaviour and end of life training so she will be a well qualified and equipped care worker.

**Callum:** Callum joined Choices in November 2017. He was 1 of 10 participants that completed the Kaefer IOSH Working Safely Certification. Callum has gone on to do the L3 First Aid in the Work Place with Kaefer. Callum has also signed on to Groundwork Journey 2 Work programme where he

“Thank you for your help. Without the help of staff at Cumbria Youth Alliance and the small group sessions I wouldn't have had the confidence to go out and look for a Job. I am much more confident now; I am talking to everyone at work without being nervous or panicking. So thank you very much. 🙏 - Chelsea

has had both organisations helping him to find work and interviews for apprenticeships. Callum's engagement has now paid off and he has now successfully gained full time employment at the United Utilities call centre in Whitehaven and is keen and eager to start.



Callum with his Kaefer IOSH Working Safely Certificate



Chelsea at work at Walsingham Support

# First Steps to Employment

**Project Officer: Gary Frazer**

## First Steps To Employment aims to deliver one to one support to young people between 16 – 24, who are currently not in Employment, Education and Training to help them achieve personal career/educational aspirations.

The project uses a range of tailored interventions which can include targeted work experience placements and tasters, work related and educational qualifications and employability.

Jasmin who is 21 registered onto First Steps to Employment in June 2018. She had previously studied hair and beauty at college and worked in retail for the previous 3 years before becoming unemployed in April 2018. Jasmin now felt as though she wanted a change in direction and said that she would love to build a career in office administration; however she had no direct experience in this area. We helped her build a new CV focusing on her transferable skills to make it more administration focused and helped her with a number of applications. Jasmin applied for and secured a work experience placement on the Morgan Sindall 6 week programme which would enable her to gain some practical work based experience. She started this in October 2018 and really impressed the section managers she worked alongside, one of whom said “she is a joy to work with, shows a real passion for administration and is my star”.

Upon completion of the programme, Jasmin was offered a full time permanent position with WOOD PLC and started working in January 2019. She continues to do well and is looking to achieve a level 4 administration qualification with WOOD.

Mathew joined First Steps in March 2018 having withdrawn from further education. He wanted to develop a career in office administration. He completed a level 2 NCFE Business Administration qualification in September 2018 and secured a 12 week traineeship with Cumbria County Council in October, during which he did really well, managing to upskill his functional Maths, English and I.T. Upon completion of the Traineeship Mathew was offered and accepted an 18 month level 2 apprenticeship with Cumbria County Council which he has now started. He is delighted and is planning to continue onto a level 3 in 2021.

Over the last year, I have worked with a range of young people from a variety of differing backgrounds, facing a range of practical, emotional and educational barriers, some more complex than others and I really get that feel good factor when we help a young person move forward, gain a qualification or secure employment.

- 64 young people accessed First Steps this year, each one having their own personal aspiration and goal
- 42 secured employment
- 31 young people participated in work experience placements, tasters and volunteer placements

- 5 moved into a full time college course
- 14 gained relevant, recognised qualifications
- 4 participated in a traineeship during which they were able to upskill functional numeracy and literacy with 2 securing apprenticeships in their chosen sectors
- All 64 young people gained a better understanding of the local labour market and opportunities
- All were able to address and overcome at least one of their own personal barriers.

*Funders: Children in Need, Swire Charitable Trust, Cumbria Community Foundation, Barrow to Keswick Walk and Cumbria County Council*

## Stepladder of Achievement

**Project Officer: Cat Hawkes**

The programme offers looked after young people aged 15 - 17 access to on line learning modules designed to give them the best possible opportunity to gain the skills they will need to make that successful transition. They are nationally approved by a range of awarding bodies and completed with a local mentor to help and support the learning process.

Currently young people leave care at 18 with £200 in their Junior ISA. This programme gives them the opportunity to “earn whilst you learn” and if all modules are completed this £200 can be topped up by £1500 to a total of £1700.

The Stepladder of Achievement programme provides both life skills and financial resources in order to enhance the capability and prospects of young people in care, who are likely to have experienced an unpredictable education. Our aim is to break the cycle of deprivation by enabling these young people to look forward to a normal adult life, by helping them to reverse this instability and enhance their employability prospects.

Over the last year 42 young people have registered with the programme. Four have completed all 6 modules and moved on to Employment or Further Education. 10 other young people have finished the programme as they turned 18 before completing the modules and have earned money for the modules they achieved. These young people were offered support through the Young People in Care Transition programme to progress towards their aspirations.

### Quotes from Learners:

“I left school without any qualifications and doing Stepladder with the support from Cumbria Youth Alliance has given me the confidence to look at learning again”

“Stepladder of Achievement gave me the opportunity to earn money while I was still at school and save for my future”.

“I earned £700 while doing the Stepladder programme which has helped towards me getting my own flat”.

*Funder: The Share Foundation*



# Friday Night Project Partnership across Allerdale

*Project Lead: Cath Clarke*

Working in partnership with the following agencies Cumbria Youth Alliance secured the funding for Friday Night Provision for young people 13+ across Allerdale. The services are delivered on the ground by the partners in various locations to meet identified needs.

- North Allerdale Development Trust - Silloth
- Wigton Youth Station - Wigton
- Aspatria Dreamscheme - Aspatria
- Castle Hill Trust - Maryport
- GLL - Cockermouth
- Kings Church - Cockermouth
- Soundwave - Town Centre Workington
- South Workington Youth Partnership - Moorclose
- Cumbria Youth Alliance - Salterbeck

In total 1,250 young people took part in the Friday Night activities in 2018/2019. They had access to a wide range of universal youth work sessions and targeted sessions focussing on emotional resilience, staying safe on line, drugs and alcohol awareness and risk taking behaviour.

Here are just a few of the groups in action:



*Soundwave installation recording*



*NADT sessions in sports hall, football and badminton*



*Maddie, a young person from Soundwave, performs at Pudsey party on Children in Need night. While she was performing she went out live to the whole nation!*



*Wigton Youth Station Friday Night Gardening Project*

This is all possible thanks to funding from our wonderful supporters.

*Funders: Cumbria County Council 0-19 fund Allerdale, West Cumbria Crime and Disorder Partnership, Allerdale Borough Council, Cumbria Community Foundation, Workington Town Council, Tesco Bags of Help, Everton Football Club, Sellafield Sites*

## Duke of Edinburgh's Award

**Project Officers: Richard Wilson & Nick Landells**

In the past year we have helped more than 200 young people to progress through their Bronze, Silver or Gold Duke of Edinburgh's Awards in the Whitehaven Harbour Project, Workington Scouts, Phoenix Youth Project, South Workington Youth Project (Special Needs Group) and several young people travelling through other projects at Cumbria Youth Alliance.

We have helped four Cumbria Youth Alliance member organisations to introduce, enrol and support their young people through The Award and the demand for the Award continues to increase.

We also ran 2 training days for Award providers at WHYP in conjunction with The North Office in Liverpool to enable volunteers and staff to learn more about 'eD of E' and the new changes to the Bronze Award.

We have been working closely with our Youth Initiative and First Steps to Employment Projects at Cumbria Youth Alliance to help 30 of their challenging young people through their Bronze Awards (especially at St. Benedict's School, St. Joseph's School, Whitehaven Foyer, Lakes College and UTC College). We are currently helping 257 young people through their D of E at Phoenix Project (57), Whitehaven Harbour Project (62), Workington Scouts (17), South Workington Youth Partnership (10), Lakes College (13) and Cumbria Youth Alliance Projects/old Open Award participants (98).

The D of E project's biggest problem is keeping up with enrolments and shortage of funding especially because several schools in the county have stopped or severely restricted their enrolments of pupils to D of E!

*Funders: FC Scott Charitable Trust, Workington Town Council, Alpkit Foundation, Rotary Clubs Maryport and Cockermouth*



*Workington Open Award Unit starting on their Bronze Qualifier at Routen Farm*



*SWYP Special Needs Group at their Gold Presentation at Holyrood Palace, Edinburgh.*

## Working Well

**Project Officer: Juan Shimmin**

Working Well is a Lottery Funded and European Social Funded Project funded under the Building Better Opportunities initiative and led by Workers Education Association who invited Cumbria Youth Alliance to be one of their partners in this project assisting those furthest from the labour market. It is a 2 year project supporting unemployed and economically inactive people across Carlisle and Eden who are facing barriers to work, education or training. Our role has been recruiting and supporting young people up to the age of 25. The partnership offers individual and group based packages and provides opportunities for participants to develop confidence and skills and have time to: **Connect** – with family, neighbours and community; **Be active** – do things; **Take notice** – of the world around and how they are in it. **Learn** – more about themselves and what they have to offer; **Give** – put learning into action.

We hope being involved in the project will help people gain:

- improvements in health and wellbeing,
- greater confidence in managing personal finances,
- a more active role in their community,
- active engagement with employment or training,
- ability and awareness of how to improve local service delivery.

Young people may be eligible if they are not currently in employment, education or training, have barriers and issues preventing progress into employment and live in Carlisle or Eden. Young people have taken part in gardening, allotments, and cookery, walking, health and wellbeing activity groups.

*Funders: Working Well is a Lottery Funded and European Social Funded Project funded under the Building Better Opportunities initiative and led by Workers Education Association*



*A young person on a work placement carrying out dog grooming at 'Happy Hooves'*

# Dreamscheme Carlisle and Eden

**Project Officer: Juan Shimmin**

## 12 new organisations have signed up to deliver 15 projects in Carlisle and Eden.

### Highlights for Eden include:

Blue Jam young people have done a proper mural to overpaint graffiti on a community youth facility; designs were contributed by SEN students at North Lakes School who use the room for their Orchestra to practice in. Dreamscheme contributed to the cost of paints and instruction on mural painting. They are also developing a second project to improve disability access working with Ullswater College SEN unit.

AAA (All About Autism) are doing film-making eg Penrith as an Autism friendly town with a view to twinning with a town that has already done this. Dreamscheme contributed to the costs for software to be able to create the film.

At Eden Mencap (4 Eden), Dreamscheme has paid for new overalls to assist the community gardening programme and paint to repaint alleyways off Middlegate in Penrith.

Dreamscheme has put money towards funding of banners for Eden Police Cadets as part of an anti-suicide campaign featuring helpline numbers to ring for three specialist counselling charities. The banners are being displayed at strategic locations on buildings and bridges.

CHOFHS did a present wrapping 'coffee n craic' morning for local people in Brough at Xmas which was very popular particularly with older residents.

Newton Rigg young people have done four projects, the first of which is to go into elderly care homes offering free hair dos and

other complementary/health and beauty therapies etc.

Other proposals developed by groups at Newton Rigg included helping 'fix the fells' in Eden with footpath and ditch clearing, litter picks and delivering Christmas cards to elderly local residents.

### In Carlisle:

- People First are doing a community garden project with funding for tools from Dreamscheme.
- PinC have developed a play to be delivered as part of Carlisle Pride.
- Carlisle Mencap has made an educational film for disability groups about staying safe online.
- Carlisle Youth Zone has developed a 'cake n craic' project.

*Funders: Cumbria County Council, Penrith Town Council and Cumbria Community Foundation*



*Blue Jam young volunteers worked with North Lakes School to repaint the youth portacabin*

## Cumbria Children & Young People's Voluntary Sector Reference Group

**Project Lead: Cath Clarke**

This year Cumbria Youth Alliance celebrates 12 years of hosting and running the Cumbria Children and Young People's Voluntary Sector Reference Group. The group was originally set up to bring together key organisations working with children, young people and families to share information, develop joint programmes and to interact with our partners in the statutory services so we could complement but not duplicate services here in Cumbria. This group also elects and supports the third sector individuals who undertake strategic representation on behalf of the sector on a number of key boards and working groups giving us a structure that comes with responsibility and accountability. This includes things like the Children's Trust Board and Cumbria Third Sector Executive.

We currently have 124 member organisations who receive correspondence and bulletins but the average meeting will have between 20-30 attendees depending upon the key speakers. During the year we have 6 meetings of the group - all the meetings take place at the Penrith Methodist Church on the second Tuesday of the month.

Key speakers in 2018/2019 have included Virtual School Head from Cumbria County Council, Big Lottery Community Team, Henry Smith Charitable Trust, Cumbria County Council Children's Services, ACEs Awareness, and CAMHS to name but a few of the speakers.

The group is administered by a part time administrator Christine who does an amazing job of managing the meetings and the sharing of information between members. The minutes/agendas and any reports from representatives are also available for download from the website [www.ccyvpsrg.org.uk](http://www.ccyvpsrg.org.uk). We provide a weekly sharing of leaflets and information between the members and the website is regularly updated and member organisations can post their information there in addition to the strategic reports etc.

The group is co-chaired by Cath Clarke from Cumbria Youth Alliance who also hosts the group and by Pam Hutton from Cumbria Family Support Centre. This joint chairing arrangement gives us the knowledge across children and families as well as young people. In addition to the meetings the group identified they would like to attend training to improve their knowledge of young people's mental health and as such a 1.5 day course on improving young people's mental health was commissioned and delivered by Leigh Williams of CADAS. Further training on the implementation of GDPR was also offered to the members of the group.

*Funder: A grant from Cumbria CVS as part of the Third Sector Network*

# “Bounce Back” Emotional Resilience Project

*Project Officers: Russell Maddams, Sophie Birkett and Joe Sanczuk*

**It has been a busy first year for the Cumbria Youth Alliance emotional resilience project team working in partnership with Cumbria County Council, Active Cumbria, North/South Cumbria CCGs and a wide variety of third sector partners to deliver the 3-year Community Lottery programme.**

The programme so far has commissioned over 15 interventions engaging 2779 young people to date to build their emotional resilience and self confidence. These interventions included advice around dealing with self harm, avoiding risk taking behaviour and included a targeted project working with young farmers. Body image workshop and theatre style workshops to tackle challenging issues highlighted by young people also took place.

**Young People’s Voice:** to ensure young people’s voices and their support needs were met played a key role in shaping services we commissioned; 128 young people from over 20 plus focus groups were asked what they needed to help them reach their full potential, including hard to reach groups from homeless shelters, living within the care system, leaving care, young carers, attending youth clubs throughout the county and marginalised LGBTQ+ groups along with young people studying within main stream schools and alternative provision.

**Issues Facing Young People:** Cumbria Youth Alliance has shaped a peer led programme from concept to design with young people telling us the issues they face and need support with. Using a group discussion theatre and role play format we have tackled issues around bullying, unprotected sex, self-harm, body image and insecurity enabling young people to work through a six hour programme which is backed up by a peer led booklet with useful tips and advice on where to go for support. The emotional resilience team have also been busy creating content for our online modules. These are now live and available to schools and youth clubs. They have been completely youth led and combat issues the young people feel need to be addressed such as LGBTQ+ awareness, mental health, cyber bullying, body image and risk-taking behaviour.

**Commissioned Providers:** Together We CIC delivered a peer led programme to tackle issues around body image, physical mental well being looking at mindfulness, eating and sleeping well and engaging young people in positive physical activity.

Music therapy sessions took place within the Barrow schools which taught young people how to play a raft of instruments and to produce a performance for the Battle of the Bands play off event which was a brilliant day with Cumbria Youth Alliance having a seat on the judging panel.



To ensure young people with disabilities were supported we commissioned Carlisle Mencap to run an autism SOKA support programme to give siblings and families living with autistic children essential support skills and personal coping strategies.

As well as Always Another Way, CADAS, Chance Camp, Edgewear Productions, Spiral, Street Games, Ewanrigg, The Well, Spring Mount, Rosehill, Furness Academy, SAFA all delivered interventions to improve young peoples emotional resilience in the coastal communities of West Cumbria.



**Summer Programmes:** Cumbria Youth Alliance ran a successful summer programme in Barrow last year in partnership with DropZone Youth Club to engage young people from the alternative provision centre and with disabilities from Beaumont College in a six week skills based programme which sought to improve their fitness, life skills and emotional resilience providing Cooking lessons, daily team building activities, First Aid training, CV writing and job application skills and opportunities to try new activities like trampolining and canoeing.



**Allerdale/Copeland Get Active Summer Programme:** Last year Cumbria Youth Alliance managed to secure £18000 from the new BUPA Community Lottery funding to run two six week programmes, in Workington and Whitehaven, across the summer holidays to engage hard to reach young people from West Cumbria aged 14 to 18. Referrals were taken from the pupil referral units, Syrian refugees, Choices and Young Leaders programme, with the aim of delivering targeted emotional resilience interventions in between a fun packed programme of sports and physical activities. Young people tried archery, canoeing, go-karting, camp building and walks in the fells, often for the first time. In amongst these activities there were targeted interventions to improve their life skills and coping strategies which included anger management, drugs and alcohol awareness, mindfulness and relaxation sessions, team building games, cooking lessons and skills around applying for jobs, writing CVs and managing time and personal finances.

After a successful year the emotional resilience team look forward to another good year with more targeted support for vulnerable young people.

*Funders: Community Lottery Fund, Cumbria County Council at Allerdale, Copeland and Barrow in Furness and Hedley Foundation, Sir John Fisher Foundation, The BUPA Community Lottery Fund*

# Members

1st Great Broughton Scout Group  
1st Seaton Scout Group  
Abbeytown Juniors Football Club  
Abbeytown Youth Club  
Action with Communities in Cumbria  
Aspatia Dreamscheme  
Awaz (Cumbria) CIC  
Bay Search & Rescue  
Bendrigg Trust  
Bewcastle Children's Activity Club  
BlueJam Arts  
Brathay Hall Trust  
British Red Cross  
CADAS  
Carlisle Key  
Carlisle Key  
Carlisle MENCAP  
Carlisle Young Carers  
Carlisle Youth Zone  
Castle Hill Trust CIO  
CHOFHS  
Community Reach  
CPDA  
Cumbria & North Lancashire Wing Air  
Training Corps  
Cumbria CVS  
Cumbria Federation of Young Farmers'  
Clubs  
Cumbria Fire and Rescue Service  
Cumbria Outdoors  
Cumbria Outdoors  
Cumbria Wildlife Trust  
Dalton Community Association  
Dearham Youth Project  
Diocese of Carlisle Board of Education  
Distington Club for Young People  
Drop Zone Youth Project  
Eden Mencap Society  
Eden Young Carers  
Egremont Youth Partnership  
Embleton Youth Club  
Ewanrigg Local Trust  
Field Studies Council Blencathra  
Francis C Scott Charitable Trust  
Furness Young Carers  
Girlguiding Cumbria North  
Girlguiding Cumbria South  
Greystones Community Centre  
Groundwork North East (Cumbria)  
Haig Colliery Mining Museum  
Harraby Youth Club  
Haverigg Nursery and The Clubbers  
Howgill Family Centre  
Impact Housing Association  
Inspira  
Kendal Impact Social Society (KISS)  
Kent Estuary Youthwork Trust  
Keppleway Centre  
Kings Church  
Kirkby Thore Youth Club  
Lake District National Park Authority  
Lakes Vision Services

Lakeside/Fylde Coast YMCA  
Lanercost Sports Club  
Lazonby & District Swimming Pool  
Association  
LC Disability  
Longtown Youth Project  
Maryport Boys & Girls Club  
Millom Children's Centre  
Musiclinks  
NISCU  
North Allerdale Development Trust  
North Copeland Youth Partnership  
Northern Fells Group Youth Initiative  
Northside Community Centre  
NYAS  
Our Place Youth Project  
Outdoor Studies School, University of  
Cumbria  
Outward Bound Trust  
PAC Ltd  
Pad 9 Kirkby Stephen Youth Group  
Penrith Methodist Church Youth Forum  
People First Independent Advocacy  
Petteril Bank Youth Project  
Phoenix Youth Project  
Pinc  
Quondam Arts Trust  
Radical Services  
RNIB (formerly Action for Blind People)  
Sailability - Cumbria  
Scout Council Administrator  
Scouts, Eden District  
Scouts, Kentdale District  
Scouts, Reivers District  
Scouts, South West Lakes  
Scouts, South West Lakes District  
Scouts, Western Lakes District  
Soundwave Cumbria  
South Lakes Young Carers  
South Whitehaven Youth Partnership  
South Workington Youth Partnership  
Spiral  
St John Ambulance  
St Mary's Vicarage  
TCV  
The Methodist Church  
The Rock - Currock Youth Project  
Theatre by the Lake  
Threlkeld Young People  
University of Cumbria  
Walney Community Trust  
West Cumbria Carers (Young Carers)  
Whitehaven Harbour Youth Project  
Wigton Youth Station  
Workington Junior Squash Club  
Workington Sea Cadets Corps  
Yorkshire Dales National Park Authority  
Young Cumbria  
Youth/Church in the Barn

## Executive Committee & Staff Team

### Executive Committee

Mark Hurley (Chair)  
Tony Hindmoor (Treasurer)  
Kirsteen Laidlaw  
Mike Seaton (Vice Chair)  
Martin Ladds  
Sean Robinson (appointed 19/6/18)  
Yvonne Lambert (appointed 29/9/18)

### Staff Team

Cath Clarke - Chief Officer  
Sophie Birkett - Emotional Resilience  
Project Officer  
John Dixon - Choices Key Worker  
Gary Frazer - First Steps to  
Employment & Choices  
Cat Hawkes - Choices & Young  
People in Care Transition  
Nick Landells - Duke of Edinburgh's  
Award Project Worker  
Elsbeth Payne - Office Administrator  
Martyn Rossi - Friday Night Projects  
& Youth Initiatives  
Joe Sanczuk - Gap year Post  
Emotional Resilience  
Juan Shimmin - Project Coordinator  
Dreamscheme, Disability Volunteering,  
Member Support & WEA Carlisle  
(Building Better Opportunities)  
Richard Wilson - Duke of Edinburgh's  
Award Coordinator  
Anna Witty - Choices Key Worker/Admin

### In addition, the following consultants sub contractors supported the organisation by working with us:

Russell Maddams -  
Emotional Resilience Project Manager  
Ben Jefferson - Project Worker Youth Initiatives  
Bob Davies - Allerdale Dreamscheme  
Alan Stubbs - Accountant  
Chris James - Communications Support

### Our thanks to the following staff who left us during the year:

Karen Armstrong  
Megan Doran  
Sally Scales

# Summarised Accounts

Cumbria Youth Alliance  
(A Company Limited By Guarantee)  
For the year ended 31 March 2019

|                                   |                     |                 |                 |
|-----------------------------------|---------------------|-----------------|-----------------|
| Summary of Income and Expenditure |                     | 2019            | 2018            |
|                                   |                     | £               | £               |
| Incoming Resources                |                     |                 |                 |
|                                   | General Funds       | 104,945         | 76,636          |
|                                   | Restricted Funds    | <u>632,839</u>  | <u>412,479</u>  |
|                                   |                     | 737,784         | 489,115         |
| Resources Expended                |                     |                 |                 |
|                                   | General Funds       | -69,201         | -84,965         |
|                                   | Restricted Funds    | <u>-552,119</u> | <u>-354,501</u> |
|                                   |                     | <u>-621,320</u> | <u>-439,466</u> |
| Net incoming (outgoing) resources |                     | <u>116,464</u>  | <u>49,649</u>   |
| Summary Balance Sheet             |                     |                 |                 |
|                                   | Fixed Assets        | 187             | 280             |
|                                   | Current Assets      | 382,588         | 289,794         |
|                                   | Current Liabilities | -7,408          | -31,171         |
| Net Assets                        |                     | <u>375,367</u>  | <u>258,903</u>  |
|                                   | Represented By      |                 |                 |
|                                   | Restricted Funds    | 300,124         | 219,404         |
|                                   | General Funds       | 75,243          | 39,499          |
| Total Funds                       |                     | <u>375,367</u>  | <u>258,903</u>  |

Independent Examiners Statement to the Trustees of Cumbria Youth Alliance.

In my opinion the Summary Financial Statements are consistent with the full annual financial statements and the Trustees annual report of Cumbria Youth Alliance for the year ended 31st March 2019.

Independent Examiner:



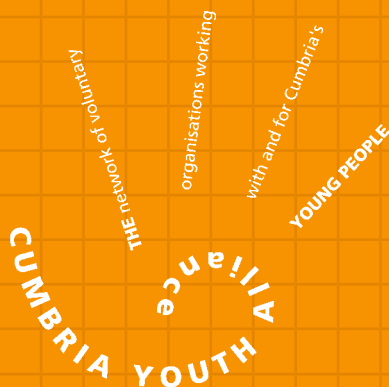
Alan Stubbs FCMA CGMA  
Chartered Management Accountant  
Right Balance Accounting  
Cumbria CVS.

# Movement in Funds

|                                  | At 31.3.18     | Net movement in funds | Transfers between funds | At 31.3.19     |
|----------------------------------|----------------|-----------------------|-------------------------|----------------|
| £                                | £              | £                     | £                       |                |
| Unrestricted funds               |                |                       |                         |                |
| General fund                     | 39,499         | 35,744                | 0                       | 75,243         |
|                                  | 39,499         | 35,744                | 0                       | 75,243         |
| Restricted funds                 |                |                       |                         |                |
| Disabilities Volunteering        | 2,761          | -2,807                | 0                       | -46            |
| VSRG                             | 9,205          | -1,677                | 0                       | 7,528          |
| First Steps                      | 43,784         | 2,395                 | 0                       | 46,179         |
| Duke of Edinburgh                | 15,503         | -4,422                | 0                       | 11,081         |
| NMP                              | 15,690         | 13,650                | 0                       | 29,340         |
| Cumbria Parent Carers Forum      | 32,835         | 4,176                 | 0                       | 37,011         |
| Youth Leadership                 | 53,377         | -52,523               | -854                    | 0              |
| Allerdale Dream Scheme           | 5,825          | -6,537                | 870                     | 158            |
| BBO Choices West Cumbria         | 2,054          | 238                   | 0                       | 2,292          |
| BBO Carlisle & Eden              | -3,006         | 9,902                 | 0                       | 6,896          |
| Share Foundation YP              | -2,156         | 6,481                 | 0                       | 4,325          |
| Allerdale Work Bursary           | 10,000         | 13,540                | 0                       | 23,540         |
| BUPA Sport Project               | 18,400         | -2,365                | -16,035                 | 0              |
| Big Lottery Emotional Resilience | -1,063         | 29,312                | 16,035                  | 44,284         |
| Francis Scott Leaving Care       | 11,000         | 21,193                | 0                       | 32,193         |
| Copeland Bursary Fund            | 5,195          | -3,000                | 0                       | 2,195          |
| Leadership Initiative            | 0              | 40,886                | -16                     | 40,870         |
| Carlisle & Eden Dreamscheme      | 0              | 10,763                | 0                       | 10,763         |
| Streetgames Chance to Shine      | 0              | 1,515                 | 0                       | 1,515          |
|                                  | 219,404        | 80,720                | 0                       | 300,124        |
| <b>TOTAL FUNDS</b>               | <b>258,903</b> | <b>116,464</b>        | <b>-</b>                | <b>375,367</b> |

Net movement in funds, included in the above are as follows:

|                                  | Incoming resources | Resources expended | Movement in funds |
|----------------------------------|--------------------|--------------------|-------------------|
|                                  | £                  | £                  | £                 |
| Unrestricted funds               |                    |                    |                   |
| General fund                     | 104,945            | -69,201            | 35,744            |
|                                  | 104,945            | -69,201            | 35,744            |
| Restricted funds                 |                    |                    |                   |
| Disabilities Volunteering        | 7,000              | -9,807             | -2,807            |
| VSRG                             | 5,275              | -6,952             | -1,677            |
| First Steps                      | 41,535             | -39,140            | 2,395             |
| Duke of Edinburgh                | 11,324             | -15,746            | -4,422            |
| NMP                              | 71,800             | -58,150            | 13,650            |
| Cumbria Parent Carers Forum      | 28,278             | -24,102            | 4,176             |
| Youth Leadership                 | 0                  | -52,523            | -52,523           |
| Allerdale Dreamscheme            | 0                  | -6,537             | -6,537            |
| BBO Choices West Cumbria         | 72,841             | -72,603            | 238               |
| BBO Carlisle & Eden              | 28,750             | -18,848            | 9,902             |
| Share Foundation YP              | 7,190              | -709               | 6,481             |
| Allerdale Work Bursary           | 18,500             | -4,960             | 13,540            |
| BUPA Sport Project               | 5,200              | -7,565             | -2,365            |
| Big Lottery Emotional Resilience | 214,089            | -184,777           | 29,312            |
| Francis Scott Leaving Care       | 32,700             | -11,507            | 21,193            |
| Copeland Bursary Fund            | 0                  | -3,000             | -3,000            |
| Leadership Initiative            | 67,122             | -26,236            | 40,886            |
| Carlisle & Eden Dreamscheme      | 18,435             | -7,672             | 10,763            |
| Streetgames Chance to Shine      | 2,800              | -1,285             | 1,515             |
|                                  | 632,839            | -552,119           | 80,720            |
| <b>TOTAL FUNDS</b>               | <b>737,784</b>     | <b>-621,320</b>    | <b>116,464</b>    |



## CUMBRIA YOUTH ALLIANCE

Town Hall Community Hub, Oxford Street, Workington, Cumbria CA14 2RS

Tel: 01900 603131

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

*Registered Company in England and Wales No. 3819033. Registered Charity No. 1079508*



@CumbriaYouthAlliance



#CYAUK

