



January 2024

Welcome to the January edition of the Cumbria Youth Alliance Newsletter for groups working with children, young people and families here in Cumbria.

In this months newsletter we are introducing our projects, and good news stories ! We also have a lot of key information from organisations to share with you.

Sign-up for our free monthly funding gazette and our monthly newsletter by emailing: Juan@cya.org.uk or office@cya.org.uk

Cumbria Youth Alliance

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CALL TO SOCIAL ACTION

WHAT IS THE CALL TO SOCIAL ACTION PROJECT?

Call to Social Action will work with young people aged 15-18 years, to build positive relationships, support their personal and social development, raise aspirations and build resilience

Demonstrating that mentor support can have a positive impact on the outcomes and life chances of young people.

Young people who have been identified as needing further support through the Call to Social Action programme will work together within their school to create a social action project with the support of their positive role models.



WHAT DOES IT OFFER?

- CORE TRANSFERABLE SKILLS
- PROBLEM SOLVING
- LISTENING AND PRESENTING (COMMUNICATION)
- AIMING HIGH (PROACTIVITY)
- TEAMWORK
- ADAPTABILITY
- CREATIVITY
- LEADERSHIP
- STAYING POSITIVE (RESILIENCE)

IF YOU ARE INTERESTED IN OUR OTHER YOUTH PROMISE OFFERS PLEASE GET IN TOUCH BY CALLING US ON 01900 603131

LOOKED AFTER & LEAVING CARE TRANSITION PROJECT

What is this project?

Cumbria Youth Alliance helps young care leavers with their transition into living alone. We at CYA help young care leavers understand what they are entitled to and where to turn for help.

To find out more or make a referral please contact us at;

 clairep@cya.org.uk  01900 603131



WHAT DOES IT OFFER?

THE LOOKED AFTER & LEAVING CARE TRANSITION PROJECTS THAT INCLUDES;

- ACCESS TO LOW LEVEL MENTAL HEALTH SUPPORT
- INDIVIDUALLY TAILORED SUPPORT FOR YOUNG PEOPLE LEAVING CARE
- CREATE HOLISTIC ACTION PLANS TO PROGRESS AND ADDRESS ANY BARRIERS
- SUPPORT YOUNG PEOPLE WITH EDUCATION/EMPLOYMENT TRANSITION
- PROVIDE LINKS TO APPROPRIATE SPECIALIST AGENCIES
- SUPPORT YOUNG PEOPLE WITH RAISING ASPIRATIONS INDEPENDENT LIVING SKILLS





BREAKING BARRIERS PROJECT

The Breaking Barriers project supports young people 15-18 years old who live in Workington, Whitehaven, Cleator Moor, Frizington and surrounding areas who are NEET or projected NEET to build engagement, raise aspirations, provide training and improve career opportunities.

We aim to:

- **BOOST YOUR CONFIDENCE: DISCOVER YOUR SELF-WORTH, DEVELOPING EMOTIONAL RESILIENCE**
- **OFFER UP TO 6 MONTHS BESPOKE SUPPORT**
- **CREATE FUN & ENGAGING ACTIVITIES BASED ON YOUR HOBBIES & INTERESTS**
- **KEEP YOU MOTIVATED TO REACH YOUR GOALS**
- **DIVE INTO ONLINE LEARNING MODULES TO GEAR UP FOR YOUR DREAM JOB**
- **OFFER FRIENDLY ONE TO ONE IN PERSON OR VIRTUAL SUPPORT**
- **FUEL YOUR AMBITIONS: SET HIGH ASPIRATIONS**
- **HELP IN ACCESSING DUKE OF EDINBURGH AWARD**

For more details or to sign up please contact us:

 www.cya.org.uk  Office@cya.org.uk  01900 603131

CUMBRIA
YOUTH
ALLIANCE



CUMBRIA YOUTH ALLIANCE

Good News Story

In a recent interview, a young person shared their journey with Cumbria Youth Alliance (CYA), highlighting the organisation's crucial role in shaping their career path. Initially referred through a job connection to the DWP outreach project, the individual expressed a desire to move away from seasonal work and find a meaningful career.

CYA addressed the challenges of lacking qualifications and self-confidence by offering personalised support. They assisted in socialisation, obtaining relevant certifications, and improving confidence. The young person participated in various courses, including first aid, health and safety, employability skills, and construction.

Grateful for CYA's role in identifying a career path, the young person secured an apprenticeship with Galliford Try as a trainee site engineer. This opportunity could lead to a master's degree in Civil Engineering. The young person highlighted the importance of effort and collaboration with CYA in achieving personal and professional goals.

For those seeking guidance and support in career development, Cumbria Youth Alliance stands as a dedicated organisation making a positive impact on the lives of young individuals. please contact office@cya.org.uk



Helping Hands

Great Writing to Inspire Volunteers



How great writing can inspire our volunteers.

Clear, concise and engaging writing is one of our secret weapons in engaging with volunteers. They often learn about us through the written word – in flyers, articles, web pages and social media posts. Does our writing engage and inspire people from all walks of life? Does it have impact and excitement? Is it inviting and inclusive?

We've asked writing skills coach Chris van Schaick to run a mini-series of online workshops to help us get the most from our written words and make sure they appeal in every corner of Cumbria.

Chris is a former BBC editor who now runs writing workshops for business and the public sector.

His 90-minute sessions are interactive, enjoyable and inspirational.

We'll be running one on the evening of January 18th and three more during the day on January 19th.

FREE YOUTH WORK TRAINING

Level 2 or Level 3



INTERESTED IN BEING A QUALIFIED YOUTH WORKER?

- Must be 18 +
- Must be working or volunteering 5-6 hours a week with young people
- Level 2 - 6 months commitment (1 evening/week online + non-guided hours)
- Level 3 - 12 months commitment (1 evening/week online + non-guided hours)
- Term time only

For more details please contact us:

 juan@cya.org.uk

 01900 603131

ONLINE COURSE

START DATE:

25TH MARCH 2024

CUMBRIA
YOUTH
ALLIANCE

 **COMMUNITY**
FUND

 **CUMBRIA**
COMMUNITY FOUNDATION

FRANCIS C SCOTT TRUST

Aspiring Leaders Programme



The Aspiring Leaders Programme is a unique leadership development programme for the voluntary sector in Cumbria and the Lancaster District. After 12 years of delivery, the main funder, the Francis Scott Trust and the delivery partners, believe the programme can be enhanced by converting it to an apprenticeship degree. This model would potentially create additional capacity for more aspirant leaders in the sector to access high quality, accredited leadership development which can be limited in our sector.

Before embarking on the conversion of the existing programme, we are asking the organisations that make up the sector for their perspectives on how and whether a programme like this could work, and to help identify barriers to engagement which we may not be aware of. The survey is short, and should only take 6-10 minutes and your contribution and suggestions will be gratefully received and considered in the Trust's decision making. The results will also be openly disseminated (specific organisations will not be identified or identifiable) towards the end of February.

Many thanks in advance for your time and consideration in completing the survey.

The survey will be closed to new submissions at 5pm on February 2nd

[CLICK HERE](#)

Fellfoot Forward

Decarbonising your business – Reduce your food waste



Decarbonising your business online webinar on 24 January, 2pm to 3pm, looking at reducing food waste, the impacts this can have on your costs, and the benefits of decarbonising.

With speakers from Cumbria Tourism, and the campaign they are supporting, "Guardians of Grub" Rise up against food waste. [Rise up against food waste · Guardians of Grub](#) and is keen to recruit Cumbrian Hospitality businesses into the campaign, training and accreditation scheme.

The webinar is aimed at Cumbrian hospitality businesses, but it is open to all and suitable for 16+. This is part of the Fellfoot Forward Landscape Partnership Scheme.

Please use the Ticketsource link to book

[LEARN MORE](#)



FUTURES FIXERS

Training offer

A rolling programme of 9 x 90 minute monthly online peer support sessions across the year (omitting January, April & August). These sessions will provide the opportunity for participants to learn about an aspect of personal development, to develop insights within a supportive group, and to apply learnings to their own experience. In particular, participants will:

- ✓ Connect with peers within a supportive group and have the opportunity to 'buddy up' outside sessions, thereby reducing feelings of isolation and promoting the sense that others face very similar challenges to them.
- ✓ Gain clarity on their strengths and key areas for development and learn how to use these insights to ensure they are more effective in their role.
- ✓ Develop a range of self-compassion perspectives and practices that will enhance their sense of wellbeing and therefore their ability to perform at their best more consistently.
- ✓ Learn to communicate more effectively and to promote enhanced working relationships amongst their teams.
- ✓ Reduce 'overwhelm' and create a balanced approach to their lives.
- ✓ Develop the courage to bring out their best for the benefit of themselves, others, and their organisations.

[LEARN MORE](#)



CUMBRIA CVS

Cockermouth & Maryport ICC Meet the third sector event

A great opportunity for third sector groups to connect with colleagues from health and care services and to showcase their services. Third sector groups/organisations can book a table space at the event (see link below).

This event has been requested by statutory sector staff from Cockermouth & Maryport ICC and builds on the highly successful event in Workington. Staff from NCIC (including district nurses, OT's, physios, specialist respiratory etc services) local GP surgeries (including nurses, care navigators, social prescribers) CNTW, ASC (including Reablement & social work staff), HAWCs, local home care agencies & care homes, NWAS, CHOC etc will all be invited and encouraged to attend by their managers (staff in these categories do not need to book). We are keen to get 20 or more local organisations (including those who cover West Cumbria or Cumbria) together for the event to showcase their services.



[LEARN MORE](#)



ZERO CARBON CUMBRIA PARTNERSHIP

Saying goodbye to 2023

Every December for the last 10 years I've had the privilege of guest lecturing to MSc students at Surrey University where I get to talk about what I love – my job at CAFS. It gives me an opportunity to reflect on and present what we've achieved over the last year and our future plans, as well as some of the challenges. And I'd like to share some of those thoughts with you here too.

We've had many highs this year - winning funding to support our delivery of energy efficiency advice to low income households, growing our Solar Made Easy and Retrofit Made Easy programmes, delivering numerous events and training courses, steering the progress of the Zero Carbon Cumbria Partnership, dispersing grant funding to community groups. We've worked in partnership with numerous key organisations in Cumbria, including Cumbria Tourism, the National Trust, Cumbria Chamber of Commerce, and Britain's Energy Coast Business Cluster. Our work with community sustainability groups whose volunteers are taking - and demanding - action on climate change have been a constant source of inspiration to us. We've said hello and goodbye to teammates and won a crop of awards. It's been a busy year...



NAVCA

News Update

As we approach the end of 2023, the NAVCA staff team have been looking back at our highlights from the year. We're sharing them with you in this blog post, including some exciting funding news and what we're looking forward to next year.

Developing Quality Accreditation

We launched the LIQA (Local Infrastructure Quality Accreditation) in April, enabling our members to further explore and demonstrate their local impact. We also awarded 22 organisations the VCQA (Volunteer Centre Quality Accreditation). Alongside this, we continued to develop and improve the accreditation process, including the launch of a new submissions portal to make things easier for applicants.

Demonstrating the value of local infrastructure

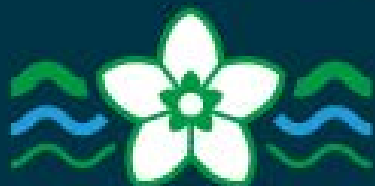
We held a roundtable event in May, where we had policy makers government and sector funders discussing – and agreeing – on the value that local infrastructure delivers for the VCSE sector. We're looking forward to continuing to develop this work in 2024.

Collaborating with members

We continued to run our Anti-Racist Group, exploring interesting and challenging topics together. We also set up a Climate Network in response to member feedback, where we will explore the role of local infrastructure in tackling the climate emergency. In both of these networks, we have developed a programme of events for 2024.

LEARN MORE





Cumberland
Council



What's On

Workington Library

and surrounding areas

January 2024

- **Aspatria**
- **Cockermouth**
- **Keswick**
- **Maryport**
- **Seaton**
- **Silloth**
- **Wigton**
- **Workington**

Contact us

Email:

workington.library@cumberland.gov.uk

Phone: 01900 706170



Cumberland Libraries

NAVCA

Integrated Care Lead

Do you have experience in integrated health and care policy in England? Are you a proven partnership builder, with experience of collaborative, cross-sector working? Do you want to make a difference by supporting the VCSE sector and communities to be a key strategic partner in local health and care delivery?

We are seeking a proactive, strategically focused individual with a track record in building cross sector partnerships to lead and further develop our work to support the VCSE sector's role in local integrated care systems and wider health activity.

The successful candidate will have detailed knowledge of the integrated care policy landscape, and how the VCSE fits within it. They will be a proven partnership builder committed to and experienced in collaborative cross-sector working, and be passionate about supporting and demonstrating the value of the VCSE. NAVCA is the umbrella body for local VCS support organisations (LIOs). We support a thriving local voluntary sector, so that anyone who wants to volunteer, or start a community group has good, local advice and support. As a small energetic team, we work collaboratively and flexibly, supporting each other as well as our members.



APPLY NOW

Cumberland Council

Team Manager - Children and Families Fostering



The manager is responsible for a team comprising of an Advanced Practitioner, 5 Fostering social workers, a Family Finder, a Family Support Worker and Commissioning Assistant and all the human resource consequences of this. The Team works closely with external commissioning services and all children's service professionals and providers in supporting carers in caring for children. Fostering panel and the IRO service offer governance of decisions made within the service.

It is important that the team is compliant with Fostering Standards, Statutory Guidances and the policies of Cumberland and Westmorland and Furniss Councils. Carers live in both areas although we provide a single service, however this post needs to engage with support services in both councils which can be challenging.

This team provides home finding through the central team and Family Finder who provides a specialist service for children seeking long term care. This this service must be available during all working hours and the manager will need to contribute to the day to day working of the team at times. Working out of hours can be required when emergency placements are required.

APPLY NOW

ARTS, CULTURE & HERITAGE INTRODUCTORY PROGRAMME

Are you interested in developing your work readiness skills for a career in the Arts, Culture & Heritage sector?

Join us at Rosehill, Whitehaven for a fun and informative four day programme on:

Tuesday 16th, Wednesday 17th, Thursday 18th & Friday 19th January 2024 (10.00am – 14.30pm)

Free Transport provided from Whitehaven Job Centre 9.30am

Free food and refreshments

Supported by

HELPING HANDS iRosehill

For more information and to book a place, email:

Carol.pugh@cumberland.gov.uk

National Slavery & Human Trafficking Prevention Month 2024



National Slavery and Human Trafficking Prevention Month, observed in January, is a dedicated time to raise awareness about the global issue of modern slavery and human trafficking. This month serves as a reminder of the ongoing fight against these grave violations of human rights and emphasizes the importance of prevention, intervention, and support for survivors.

LEARN MORE



FREE ONLINE TRAINING

Are you looking to improve your knowledge and understanding?

Are you a manager looking for exciting training opportunities? Or maybe you just want to learn something new?

Cumbria Youth Alliance has teamed up with Embrace Resilience to offer staff and volunteers working with CYP in Cumbria, **FREE** and **ACCREDITED** online training.

These courses cover a wide range of subjects including; Mental Health First-Response, Safeguarding, First Aid, Supporting People with Autism, Understanding challenging behaviour and much more!

To find out more or register your interest contact us at office@cya.org.uk

Online Learning

Cumbria Youth Alliance have joined up with Embrace Resilience to offer all staff & volunteers in Cumbria working with children, young people and families access to a large range of **ACCREDITED** online learning modules **FREE** of charge. We have a variety of modules from Data Protection to Supporting People with Autism. Get in touch today to find out more or visit our website to see our full list on training.

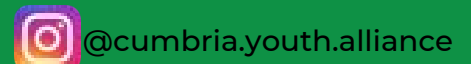
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Thank you!
To find out more contact us.



A HUGE THANK YOU TO ALL OF OUR FUNDERS!



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