



December 2023

Welcome to the December 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

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NORTH CUMBRIA NHS

Health Pathway

HealthPathways is an on-line resource which offers clinicians locally agreed information about health issues and conditions to make the right decisions, together with patients, at the point of care.

HealthPathways is designed and written for use during a GP consultation. Each pathway provides clear and concise guidance for assessing and managing a patient with a particular symptom or condition and who and how to refer them on for further tests and information. **IMPORTANTLY** Pathways also include information about other services including third sector organisations who can offer support and information to patients and their carers.

Content is developed collaboratively by general practitioners, hospital clinicians, and a wide range of other professionals including staff from the third sector. Each pathway is evidence-informed, but also reflects how services are delivered locally.

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.



FORGING FUTURES

Forging Futures is a new county-wide youth support programme for young people 16 - 24, helping to tackle rising youth unemployment.

Funded by the Youth Futures Foundation, delivered by Cumbria Youth Alliance, with the support of specialist partner organisations.

You will benefit from:

- SUPPORT TO ACCESS VOLUNTEERING, WORK EXPERIENCE PLACEMENTS AND TASTERS
- UP TO 6 MONTHS IN-WORK SUPPORT
- WEEKLY ONE TO ONE IN PERSON OR VIRTUAL CONTACT WITH A CYA SUPPORT WORKER
- CV AND COVERING LETTERS
- OPPORTUNITY TO ATTEND REGULAR EMPLOYER LED CAREER TALKS AND INFORMATION SESSIONS
- HAVE ACCESS TO A SUITE OF ONLINE LEARNING MODULES
- ASSISTANCE WITH JOB SEARCH
- CAREER FOCUSED ACCREDITED TRAINING
- ACCESS TO REGULAR GROUP DEVELOPMENT / ACTIVITY SESSIONS

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youth
futures
FOUNDATION

GRANTFINDER

News alert

Funding for Young People Across England to Participate in Outdoor Learning Experiences

UK Youth, in partnership with the Department for Culture, Media, and Sport, is offering grants for outdoor learning providers, city farms, and arts or environmental organisations whose primary purpose is the delivery of outdoor learning, to provide young people aged between 11 and 18 (or up to 25 for young people with SEND), with outdoor learning experiences that support personal development.

Through the Adventures Away from Home Fund, a total of £1.5 million is available for projects that achieve the following outcomes:

- Increased enjoyment of the outdoors for young people underrepresented in outdoor learning experiences.
- Improvements in participating young people's socio-economic skills, equipping them to foster positive relationships, experience good health and well-being, and succeed in education.
- Improvements in participating youth practitioners' understanding of the advantages of engaging in outdoor learning opportunities.



Fellfoot Forward

News Update

November brought cold days with sparkling frosty mornings, beautiful silhouettes of bare trees against colourful sunsets, and the aurora borealis dancing across the night sky. The first heavy snow of the winter catches the sunlight on the North Pennines. There are activities planned for the winter months ahead and the North Pennines National Landscape team are celebrating the natural and cultural heritage of the Fellfoot Forward area as the scheme starts to draw to a close.

Family hedge planting at Hallbankgate: 16 December

Families and volunteers are invited to help us planting hedges to bolster local wildlife at Hallbankgate on Saturday 16 December, 10am to 2.30pm. We are planting a diverse hedge mix to boost the farm's biodiversity and create vital habitat highways for wildlife. The event is suitable for all ages; under 16s must be supervised by adults. Wear clothing suitable for the outdoors. Work gloves, tools and lunch will be provided. Booking is required

LEARN MORE



ICAN

Young Men's Wellbeing Workshop

This event hosted by iCan Wellbeing Group will be facilitated by Ian Rigg, mindfulness coach, yoga teacher, breathwork instructor and meditation teacher.

Join us on Friday 24th January from 12 – 4 at Talkin Tarn Log Cabin for a day of mindfulness. An opportunity to learn new skills, gain knowledge and understanding of yourself all whilst connecting with new likeminded people.

Ian has been training in martial arts since 1990; he is a 5th degree black belt in TaeKwon-Do and also a Budokon Yoga instructor. Ian teaches breath work and cold immersion and is a certified Wim Hof Method Instructor. He began practicing meditation in 2004 and is currently the lead Mindfulness Facilitator in the NHS in Cumbria. Ian states the following:

“I have been introduced to a variety of different breathing methods throughout my training over the years in martial arts, yoga and meditation. In more recent years I have become more interested in the vast library of breath work practices found in the yogic traditions. I now use these in all the workshops I teach, to help people energise, calm down and bring balance to their bodies and minds.”

[LEARN MORE](#)



SEND PARTNERSHIP

News Update

Cumbria SEND Partnership



In this edition, we have news that includes more coverage of the SEND Partnership split and how to ensure you stay connected and up to date with your new local-area SEND Partnership. Again we would please encourage parents and families to read this section, and ensure their subscriber preferences are up to date if you have not done this already! We would love to keep sending you our updates, which will be more local and relevant to your area as we move forward. We also take some time to celebrate the Cumbria SEND Partnership and the work completed over the past few years. We would like to continue this work going forward with the two new Local Area Partnership; we have featured our SEND Rolling Survey again to remind you to please fill this in if you have not done so already. A huge thank you to those who have already completed this; your feedback will be published anonymously as part of our January

[LEARN MORE](#)



GOING GREEN TOGETHER

Latest from Going Green Together

We've partnered with NCVO and Community Foundation Tyne & Wear and Northumberland for an on Environmental, Social, and Governance decisions for Trustees' Week. The event will be held on Tuesday 7th November at MEA House in Newcastle. Sign up through [eventbrite](#).

In November, VONNE will also be holding our annual conference and AGM. This will be held at Sunderland City Hall on Thursday 16th November. The day will focus on AI and the charity sector, and VONNE's future strategy. Find out more and register through the VONNE [website](#).

Environmental advice: hold events at nature reserves

We recently held our team strategy day at Gosforth Nature Reserve! Hiring nature reserve centres as for small events is a great way to financially support the reserve's work, and learn more about the wildlife and nature that they protect.

Find out more tips on the Going Green Together [website](#).



BEDROCK BASICS PROJECT

Getting Started with Canva

Bedrock Basics Project invites you to "Getting Started With Canva" – A free weekly online session running on Tuesdays at 11am – 12 noon on 5th December, 12th December and 19th December. NB – these are stand-alone sessions repeating the same information so you only need to attend one! There is no need to book just drop in using the following link (same link for each session) shortly before 11am start.

Canva is an image editing software (www.canva.com) that can be used by staff and volunteers in not-for-profit organisations to create leaflets, posters, social media posts and much more.

During each of these sessions Laura Rutter, Bedrock Basics Digital Skills Officer will walk you through Canva and show you how to use the basic tools of Canva, where everything is, what Canva can do, how you do it and how to get a free pro account for registered charities.

If you feel you need more one to one support, Laura will be happy to arrange a session with you and your colleagues.

LEARN MORE



Worrying world news: How can I help?

A Kooth article
originally published at
Kooth.com



Westmorland and Furness Council

Senior Manager Home to School Transport

An exciting opportunity has arisen to fill this role in Westmorland and Furness leading the development and transformation of our integrated home to school transport services

You will lead, shape and deliver high quality, effective and efficient home to school transport services working closely with internal and external colleagues and partners

We are looking for someone with a strong commitment to delivering excellent services for children and young people in Westmorland and Furness, a leader of change, highly motivated with excellent relationship skills.

What can we offer you!

- Excellent training and development
- Flexible working opportunities
- Opportunity to join the Local Government Pension Scheme
- Boost your pension with Shared Cost Additional Voluntary Contributions (facilitated by AVC Wise)
- Various perks and discounts schemes, including money off your phone contract and local gyms
- Competitive rates of pay



APPLY NOW

Targeted Youth Support

Senior Manager

WE ARE RECRUITING...

Are you passionate about working with and supporting young people in Lancashire?

Make a difference to young people's lives in Lancashire



We are excited to be looking to secure an exceptional candidate to join our Early Help Senior Management Team. As a Senior Manager, we are specifically looking for someone who can take a strategic lead on our targeted youth work offer and have oversight of our operational teams. As such we are looking for someone with a JNC recognised professional Youth Work qualification and substantial experience in youth work development and management oversight. As our Senior Manager, you will play a pivotal role in shaping and implementing strategies that ensure the well-being, development, and happiness of the children and young people we work with.

APPLY NOW



**Cumberland
Council**



**Complete our survey for a chance to win one of
four gift voucher prizes of £50 to £100.**

We have teamed up with the University of Liverpool to find out about access to food, local services, and the impact of rising living costs in Cumberland.

If you are the purchaser of food for your household, please complete our short, anonymous survey. By taking part, you will be helping us understand where support needs to be directed.

**To complete the survey, scan
the QR code, or visit**

**[https://melresearch.co.uk/cumberland
foodsurvey_o](https://melresearch.co.uk/cumberlandfoodsurvey_o)**

Closing date: 21st December



If you would like to complete the questionnaire by telephone or receive a paper copy, please call 0800 073 0348.



Recently Unemployed Workshop

Are you recently unemployed? Inspira are running a **FREE** transferrable skills workshop in **Penrith** to support you in your employment journey!

Date: Thursday 1st February 2024

Time: 10:00am - 14:30pm

Venue: Eden Rural Foyer, Old London Road, Penrith, CA11 8ET

You will receive help with:

- CV review.
- Interview skills.
- Exploring transferrable skills.
- Better off calculations.
- Money management techniques.

Lunch will also be included.

To book your place on this workshop please contact Inspira on 01228 596272.



INSPIRA
Inspiring you

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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