



November 2023

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

In this month's 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

Table of contents

Project Introduction • P. 2 - 4

Surveys • P. 5

Volunteering Opportunities • P. 6

Updates • P. 7 - 10

Opportunities • P. 11

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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Benny Walker
Charitable Trust

ALWAYS ANOTHER WAY

AGM

AGM 2023

Our Annual General Meeting is to be held on **Thursday 16th November at 7pm**, at the Phoenix Youth and Community Centre, Frizington.

If you'd like to see what we've been up to this year, or to learn more about what services we offer, please do come along!

SIGN UP

SEND Partnership

SEND Drop In Sessions

These sessions will be attended by Dan Barton, Assistant Director for SEND, Education and Inclusion, and Sally Senejko, Senior Manager for SEND and Inclusion. This will be an opportunity to ask Dan and Sally any questions you may have, give your views, and offer any suggestions surrounding SEND services

The first session will be on 13 November at

Whitehaven Library between 1.30 - 3.00pm
The second session is scheduled to take place in Carlisle Library on 5 December between 1.30pm and 3pm. Additional locations will include in Workington, Keswick, Aspatria and Millom; these sessions will be in 2024 and confirmed dates will be announced on Cumberland Council's social media channels and in future newsletters



SEND DROP IN SESSIONS

Come along to our SEND Drop in Session to ask your questions and tell your views to Dan Barton, Assistant Director for SEND, Education and Inclusion and Sally Senejko, Senior Manager for SEND and Inclusion.

**13 November at Whitehaven Library
1.30pm - 3.00pm**



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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futures
FOUNDATION



November marks the beginning of Movember, a time to raise awareness of men's mental health. A recent UK survey showed that 40% of men reported to have never spoken to anyone about their mental health; Movember is the perfect opportunity to shine a light on men's mental health and get boys and men talking. You can get involved by sharing our "Busting myths for Movember" Kooth podcast with your students, or our "Breaking the stigma" short film around men's mental health (we recommend this video for ages 17+).



Increased access to specialist training

The NSPCC's Child Protection in Sport Unit (CPSU) has made two of its sports courses available through NSPCC Learning. People from any sport or leisure organisation can now choose to pay to enrol on the training. Previously, the courses were only available to those formally funded through the sports councils.

The Designated safeguarding lead (DSL) for sport and leisure training looks at: key responsibilities for the DSL; barriers to reporting abuse; and handling concerns and referrals. The Safeguarding for management board members in sport and leisure training looks at: applying organisational safeguarding procedures; and recognising sport- and leisure-specific safeguarding risks.

LEARN MORE



BLUE JAM

Latest news from Blue Jam



We have had new people coming to our re-named Saturday Music Club and its sister Saturday Painting Club so Saturday mornings are now very busy!

The Sound of The Fells project we delivered for North Pennines AONB with Eden Valley Artistic Network (EVAN) culminated in a magical workshop and performance in Melmerby.

The Penrith Welcomes Diversity Art Project, which we co-run with Penrith and Eden Refugee Network, had a very successful exhibition at EVAN Gallery 4A, Penrith. We sold over 15 paintings and took nearly £100 in donations. A BIG thank you to EVAN for their support and encouragement.

LEARN MORE



CUMBERLAND COUNCIL

Council agrees food framework



LEADING Cumberland Councillors have agreed new and ambitious plans to improve diets and the local food system, which has the potential to significantly benefit the health and wellbeing of residents. The Food Cumberland Strategic Framework was agreed by Executive Committee councillors at their meeting on 31 October 2023 in Workington.

Agreement of the framework represents a major milestone in the council's commitment to improve access to nutritious, tasty, and affordable food, tackle food poverty and waste, as well as improve the local environment. The framework also sets out the actions to support a vibrant and prosperous local food growing economy.

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](#).



WESTMORLAND AND FURNESS COUNCIL

Cumbria residents encouraged to recycle their metal packaging



A new campaign promoting metal packaging recycling has been introduced by Westmorland and Furness Council and Cumberland Council. In a bid to improve kerbside recycling rates, households across the region are being encouraged to recycle their metal packaging including food and drinks cans, aluminium wrapping foil and foil trays, as well as empty aerosols and metal screw tops. Spearheaded by the Aluminium Packaging Recycling Organisation (Alupro), the 'MetalMatters' programme will use targeted social media messaging and bus advertising to communicate the widespread benefits of metal packaging recycling.

The six-week initiative is expected to reach more than 228,000 households across the two local authorities. Since its launch in 2012, more than 121 local authorities have adopted MetalMatters, with recycling rates improving as a result.

[LEARN MORE](#)

EMPLOYABILITY FUND

SUPPORTING RESIDENTS WHO FACE FINANCIAL BARRIERS ON THEIR EMPLOYABILITY PATHWAY

Copeland Skills & Enterprise Partnership has small pots of funding available to help support unemployed residents progress into training and work.

FUND CRITERIA:

- Applicants must be members of the Copeland Skills & Enterprise Partnership
- Applications should be a maximum of up to £400 per individual
- Applications should only be made where a gap in funding is evident within the wider Partnership

To enquire, contact:

Chris Cunliffe on 07385 363798
chris.cunliffe@cumberland.gov.uk

Carol Pugh on 07385 362801
carol.pugh@cumberland.gov.uk



Cumberland Council

Programme Manager

We are looking for project and programme managers to deliver an exciting programme of infrastructure and property projects for Cumberland Council. In this role you will be part of a newly formed Project Management Office Team which comprises of a team of project and programme managers which support the delivery of a range of projects and programmes for Cumberland Council. These particular roles will support the delivery of the Council's Capital Programme (c. 100million). The team are looking to increase in size due to the amount of inward investment secured for the Council. Projects range from small scale improvements to Council buildings to large scale external investment in new facilities and infrastructure in the area.

The Role:

We are looking for candidates to lead the development and delivery of significant projects and programmes which contribute to the delivery of the Council Plan or allied strategies and plans. Specific programmes this role will be responsible for include those that support the delivery place programmes of work to include public realm, Future High Street Fund and Town Deals programmes.



APPLY NOW

Nudge Education

Special Needs Education Specialist

Can you help us on our mission to ensure every child can live a Life Worth Living?
Are you a passionate and experienced professional with experience working with students with unique educational needs, and seeking a new and rewarding opportunity to inspire and empower young minds outside the traditional constraints?

Do you believe in the power of personalised education and the potential to make a lasting impact on disengaged students with diverse abilities?

If you're ready to step away from conventional roles and embark on a journey of creativity and innovation, we invite you to explore a distinctive and fulfilling position with us.

We are looking for compassionate and innovative Practitioners who are passionate about inclusion and can create a safe environment to inspire young people to see the value in education again.

The key to what we do is focused upon creating a strong connection with our young people. We need people who don't give up at the first hurdle; those who can think and deliver with inventive imagination. We need inspiring individuals who can broaden the horizons of our students and show them that life is worth living.

APPLY NOW

Coping with the loss of a pet?

A support guide for adults and children



Pets change lives
We change theirs

Tips and advice for
dealing with grief and where
to find help if you need it

LUNG CANCER AWARENESS MONTH 2023



Lung Cancer Awareness Month 2023 is an annual observance dedicated to increasing awareness about lung cancer, its risk factors, early detection, and treatment options. This month-long campaign brings together healthcare professionals, organizations, and individuals to educate the public about lung cancer's impact on individuals and families. Lung Cancer Awareness Month aims to promote lung health, raise funds for research, and provide support to those affected by lung cancer.

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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