



October 2023

Welcome to the October 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



DREAMSCHEME PROJECT

WHAT IS THE DREAMSCHEME PROJECT?

Grants of up to £400 are available to all schools and youth groups in Cumbria for social action projects that involve young people. It enables them to participate in community based activity, learning and achieving self-development, enterprise skills and offering accredited learning.

Projects must include young people.
Projects must provide a community benefit.
Up to £400 is available for each Dreamscheme project.

Dreamscheme's combination of volunteering, social action and enterprise skills and accreditation is a unique opportunity for young people to participate in community based activity, learning and achieving self-development for themselves and their team



WHAT DOES IT OFFER?

WHAT THE DREAMSCHEME PROJECT OFFERS:

- ACCESS TO ACCREDITED LEARNING AND QUALIFICATIONS
- LEARN HOW TO TAKE RESPONSIBILITY FOR DECISION MAKING, PLANNING AND BUDGETING
- INCREASE EMOTIONAL RESILIENCE THROUGH WORKING TOGETHER TO ACHIEVE A COMMON GOAL
- LEARN TO PLAN, COST AND MANAGE ACTIVITIES THEMSELVES
- IMPROVE SELF-CONFIDENCE AND SKILLS WHILE TAKING PART IN VOLUNTARY EXTRA CURRICULAR ACTIVITIES WHICH BENEFIT THEIR COMMUNITIES AND THEMSELVES



juan@cya.org.uk



01900 603131



It's World Mental Health Day on Tuesday, 10 October. According to the NHS, 1 in 6 children have identified as likely having a mental health problem, which is why it's vital that we continue to raise awareness of mental health. To kick-start a conversation with the young people you support, why not share one of our young people's lived experience poetry videos?

Eden Arts

Winter Droving 2023

The annual town celebration that is The Winter Droving: a magical celebration of rural life, food, fun, masquerade, and fire in Penrith.

The Winter Droving is back for it's 12th year! On the 28th October 2023, the magical torchlight procession will round off a day of music, masquerade and magical carnivalesque goings on.

There will be food, there will be music, there will be a parade!

It's time to get creative with your mask making.

2023 is gearing up to be our biggest year yet with the addition of the Ullswater Droving on Saturday 21st October. There will be Art, Music and Culture. There will be Street Performers, Stage Performers and Musicians. **CLICK ON THE TAB ON THE RIGHT 'GET INVOLVED'** for details of schedule and how you can join in.





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

CUMBRIA
YOUTH
ALLIANCE

youth
futures
FOUNDATION

WORKINGTON GREEN COMMUNITY HUB

Community Learning events and activities

We are delighted to announce that we have received some further funding from Natural England to deliver a wide range of community learning events and activities around Workington, based on the feedback that we collated from local community members at the one-off community education days earlier this year!

LEARN MORE 



SIMPLE - SAFE - SPECIAL

WELLNESS WALKS

Every Thursday | 12pm |
Northside Community Centre, CA14 1AX

Starting Thursday 6th October
(Walks expected to last 1.5-2 hours)
Refreshments available afterwards
Please check the weather and wear appropriate clothing

For more information please contact:
hannah.wright@groundwork.org.uk |
happy@wellnesswalks.org.uk

Wellness Walks **NORTHERN NETWORK** NATURAL ENGLAND

NSPCC

Childline

Childline is the UK's free, 24-hour service for children and young people. Run by the NSPCC, Childline gives children and young people up to the age of 19 confidential support with whatever is worrying them. If you think a child or young person needs some support, you can always let them know that Childline is there.

Online information and support

The Childline website provides information and advice on a wide range of topics that children and young people may be worried about. It also has wellbeing resources like the calm zone, art box, mood journal, games and a mental health first aid kit that children can use to work through their feelings and experiences. Ask Sam allows young people to write in with their question or problem and a few letters each week are answered on the website providing advice on specific issues.

LEARN MORE 



**WORRIED?
YOU CAN TALK TO US**

Call Childline on 0800 1111
or visit childline.org.uk/kids

Whatever your worry,
you can talk to us. It's free,
you don't have to tell us
your name, and you can
chat about anything.

childline
CALLING FOR THE PHOENIX, ANYTIME

BETTER TOMORROWS

Youth Work Training

This qualification embraces the National Occupational Standards for youth work. It supports the skills and knowledge learners need to become a competent Assistant Youth Support Worker. Learners will complete this qualification with a concrete understanding of the following:

- The key purpose and role of youth work including the skills, knowledge, qualities, and values required to practise in a youth work setting, including how to protect young people when using contemporary technologies.
- Young people's development and how youth work can
- support young people during adolescence
- Working with challenging behaviour
- Work based practice, reflective practice



CUMBERLAND COUNCIL

Targeted Short Breaks Registration Window



All families who have previously been registered for Targeted Short Breaks now need to re-register for the 2024/25 Targeted Short Breaks year, if they wish to continue using the service. The 2024/25 year will run from 1 February 2024 – 31 January 2025. All families need to re-register, regardless of when they last registered for Targeted Short Breaks. This is due to entering the new Targeted Short Breaks year, and to ensure correct records are maintained following Local Government Reorganisation.

We are also welcoming new families who are eligible to the service!

CANCERCARE

Opening day

Opening our doors to celebrate 40 years of caring for our community!

This month we opened the doors of our centres in Barrow and Lancaster to celebrate 40 years of CancerCare.

Standing in our centres surrounded by representatives from the health care sector, government, business, charities and the public was a wonderful example of what partnership can be.

It has been brilliant to be able to mark 40 years of caring for people affected by cancer and bereavement, and with your support we will be able to continue for the next 40 years and beyond.

Our next open day will be at our Kendal centre on:

Friday 27th October 10am-1pm at
CancerCare, Blackhall Road, LA9 4BT



FELLFOOT FORWARD

Are you an artist, musician or creative that would like to help remix the sounds of the Fellfoot Forward area for a special public event?

Join us for a free full day workshop to learn skills and develop new audio-visual work to be performed at a public event later in October at Melmerby Village Hall.

This event is being facilitated by BlueJam Arts and Eden Valley Artistic Network, and delivered as part of the Fellfoot Forward Landscape Partnership Scheme.

The focus for the workshop will be on sharing, remixing and creatively responding to the diverse sounds of the Fellfoot Forward landscape, from its rivers and streams, to its birdsong and shifting social landscapes. Attendees will have an opportunity to remix longform recordings of the Fellfoot Forward area, including a stunning dawn chorus collected by Fellfoot Forward artists who worked with renowned natural sound artist, Chris Watson, in May 2023. [Watch the video](#) of the workshop.

Artist workshop – remixing the sounds of the fells



LEARN MORE





TRUSTEES' WEEK



GET ON BOARD... AND BE A VOLUNTEER TRUSTEE!

Volunteer Trustee Information Session aims to recruit volunteers to become new Volunteer Trustees... join us 6th November 2023 11.00am-12.30pm at Stricklandgate, Stricklandgate, Kendal

Come along and find out more about becoming a Volunteer Trustee, what a trustee is, roles and responsibilities and the benefits of becoming a trustee both for individuals and local organisations. You will have the opportunity to meet a range of different organisations who are looking to recruit trustees and also find out which other charities and organisations need Volunteer Trustees. Volunteers are welcome to drop into the event without booking but for more information and to book your place register here...



<https://www.eventbrite.co.uk/e/get-on-board-volunteer-trustee-information-sessions-kendal-tickets-7093480696117>

For more information call Cumbria CVS on 01768 800350 or email: info@cumbriacvs.org.uk



TRUSTEES' WEEK



GET ON BOARD... AND BE A VOLUNTEER TRUSTEE!

Volunteer Trustee Information Session aims to recruit volunteers to become new Volunteer Trustees... join us 7th November 2023 4.30pm-6.00pm at Eagle Labs Cumbria, The Bus Station, Bransty Row, Whitehaven, Cumbria, CA28 7XE

Come along and find out more about becoming a Volunteer Trustee, what a trustee is, roles and responsibilities and the benefits of becoming a trustee both for individuals and local organisations. You will have the opportunity to meet a range of different organisations who are looking to recruit trustees and also find out which other charities and organisations need Volunteer Trustees. Volunteers are welcome to drop into the event without booking but for more information and to book your place register here...



<https://www.eventbrite.co.uk/e/get-on-board-volunteer-trustee-information-sessions-west-cumbria-tickets-709344888657?aff=oddttdcreator>

For more information call Cumbria CVS on 01768 800350 or email: info@cumbriacvs.org.uk

Westmorland and Furness Council

Senior Advisor

Are you looking for a new challenge to work as part of a dedicated and professional team?

We are looking for the right individual to join our Strategy Team as Senior Advisor – Pay and Reward.

As a Senior Advisor within Pay and Reward, you will lead on pay and grading related activity, including job evaluation allocations, moderations and re-grade requests.

You will act as an expert on Pay and Reward related issues and support the development and implementation of strategic initiatives that support the workforce requirements for the future.

The ideal candidate will step into this role with confidence, advising on pay and grading related issues.

This role is part of the pay and reward team and you will also be involved in pay and reward work / projects as required.

You will be joining a friendly, flexible, and supportive team, with a strong focus on wellbeing and work/life balance, and there is plenty of opportunity for progression and professional development.

If you would like to discuss this role further or if you have any questions about the role please contact Carla Brown, Manager – People Strategy on; Carla.brown@westmorlandandfurness.gov.uk.



APPLY NOW

Spiral

Project worker

Vacancy – project worker

Jan 2024 – July 2024

To deliver 20 'think before you send' workshops to ages 8-13 across Cumberland.



SPIRAL

Preventing the Effects of Bullying

Responsibilities:

- Familiarise yourself with the workshop and be confident in delivering to small groups and classrooms
- Travel to various locations across Cumberland
- Collect data
- Report writing
- Maintain good communication with your manager

This is a zero-hour contract and you will be paid on the delivery of the workshops. Each workshop is allocated 4 hours, inc travel.

Your pay will be between £10.50 - £12 dependant on experience. You will also be paid travel.

There will be a bonus on completion of 20 workshops, within the timeframe. **Closing date 1st December 2023**



To find out more contact maryann@spiralcumbria.org.uk
Charity No:1179662 www.spiralcumbria.org.uk

Tea & Talk

World Mental Health Day

Barrow Library

Tuesday 10 October: 10am - 12pm

Research shows that talking is good for your mental health, and that's what Tea & Talk is all about! Join us for a brew, biscuit and games, bring your friends or maybe meet some new ones!



ADHD AWARENESS MONTH



ADHD Awareness Month is an annual observance held in October to raise awareness about Attention-Deficit/Hyperactivity Disorder (ADHD). The month-long campaign aims to educate the public, reduce stigma, and provide support to individuals and families affected by ADHD. It also highlights the importance of early diagnosis, effective treatment, and understanding the challenges faced by those with ADHD.

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 holly@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.

**CUMBRIA
YOUTH
ALLIANCE**

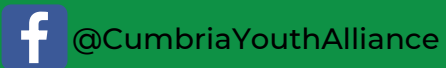




Thank you!
To find out more contact us.



A HUGE THANK YOU TO ALL OF OUR FUNDERS!



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Registered Charity No 1079508 / Company No 3819033
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