



## September 2023

Welcome to the September 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](mailto:Juan@cya.org.uk) or [office@cya.org.uk](mailto: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](mailto: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](mailto:juan@cya.org.uk)



01900 603131

# CUMBRIA YOUTH ALLIANCE

## Cumbria Youth Partnership

The Cumbria Youth Partnership is funded by The National Lottery Community Fund, led by Cumbria Youth Alliance, and delivered by up to 20 youth organisations across Cumbria over 2-years. The partnership aims to support up to 800 young people around the agreed agenda of addictions, rurality & isolation, mental health & wellbeing, poverty, and aspirations & transitions.

Cumbria Youth Alliance is the lead partner in this multi-agency project, with commissioning and budgetary responsibility. They have a key role in ensuring partnership work is taking place across the sector. The overarching steering group will be made up of:

- Cumbria Youth Alliance
- The National Lottery Community Fund
- Local Authority
- Voluntary Sector Reference Group Members
- Young People from across Cumbria

The project will be overseen by the steering group who will decide on the suitability of the commissioning proposals designed by the Third Sector providers to deliver a range of services to address the needs of young people around the agreed agenda.

## MacMillan

### Eden Coffee Morning

This year we have chosen to have our Macmillan Coffee Morning on Tuesday 26th September between 10am – 2.30pm. We would welcome any support you can give for this special event by either donating cakes for us to sell on the day and/or by joining us at Eden Rural Foyer Café to see what delights we will have on offer to purchase. All donations will be greatly appreciated.

The number of people being diagnosed with cancer is rising and more people are surviving cancer than ever before. This means the nature of cancer care itself needs to adapt and evolve to meet the rapidly changing needs of people living with cancer.

But current cancer care provision is approaching a crisis point. Existing support services are struggling to cope, yet the number of people living with cancer continues to grow. We need to act now to prevent a crisis in cancer care. Here is an overview of what we are doing to make sure their needs are met.

LET'S CHANGE LIVES TOGETHER AT EDEN RURAL FOYER

TUESDAY 26TH SEPTEMBER 10AM—2.30PM

WORLD'S BIGGEST COFFEE MORNING

MACMILLAN CANCER SUPPORT

FR REGULATOR

Macmillan Cancer Support, a registered charity, is a member of the FR Regulator. For more information, visit [www.fr.gov.uk](http://www.fr.gov.uk).

# SAFEGUARDING CHILDREN LEVEL 2 & 3

## SAFEGUARDING CHILDREN LEVEL 3

Are you becoming Designated Safeguarding Leads? Do you working around children and would like some Safeguarding training? Safe Haven are running a full funded a Safeguarding children Level 3 course.

### LEVEL 2

27th September 2023 at Broughton Crag Hotel  
09:00 - 16:45

### LEVEL 3

21st November 2023 at Broughton Crag Hotel  
09:00 - 16:45

### CONTACT US

To find out more or to request an application form please contact:



[juan@cya.org.uk](mailto:juan@cya.org.uk)



07859 092981



# CUMBERLAND COUNCIL

## Skills & Enterprise Partnership

What is this course about?

This course is designed to understand core skills needed to deliver excellent customer service across the Hospitality and Visitor Economy Sector

Who is the course for?

The course is for unemployed residents. Customers must reside in the area formerly known as Copeland.

All ages from 18 and upwards are included.

The course is ideal for anyone looking to work in a role in the Hospitality and Visitor Economy Sector. It is industry recognised and will give you a head start when applying for vacancies in this sector.

Where will the course take place?

Day One (Welcome Host Gold) – Solway Hall, Civic Centre, Lowther Street, Whitehaven, CA28 7SH

Day two (Barista Training) - Unit 1 Daleston Court, Southey Hill Industrial Estate, Keswick, CA12 5NR (based behind the Pencil Museum)



Are you looking at career options across the Hospitality and Visitor Economy sector?

Join us on a two day customised, and interactive Welcome Host Gold customer service excellence training programme

Tuesday 26<sup>th</sup> September 2023, 9.30am – 4.00pm  
@ Solway Hall, Civic Centre, Lowther Street, Whitehaven

- Enhance your soft skills
- Develop customized and practical customer excellence techniques
- Improve your communication and problem solving techniques
- Learn to deal with challenging customers and visitor situations
- Enhance your knowledge around inclusion and diversity
- Practical training on the basics of coffee making (Day Two)



For more information and to book a place, email:  
[Carol.pugh@cumberland.gov.uk](mailto:Carol.pugh@cumberland.gov.uk)





## Young People First

September 2023

### About us

We provide the following activities for young people aged 10-25 with learning difficulties and/or autism. Come along and join us!

**Monday 11th September 4:30-5:30**  
**Walking Club Kingmoor Nature Reserve Circular**  
Make sure to wear sturdy shoes as we explore the nature reserve. 4km walk.  
Start at Kingmoor Road Carpark, opposite Cumbria Waste Recycling CA3 9QH  
**Free**

**Thursday 14th September 5-6pm**  
**Summer Recap - Arts and Crafts**  
Tell us about your summer and what you've been up to! We will also share our best tips on how to get settled back into school or college.  
Location: People First Conference Centre, CA2 5XB  
**Free**

**Monday 18th September 5-6:30pm**  
**16-25 Club - Lakeland Gate (Brewers Fayre)**  
Come and see the group, have some food and plan future activities with us.  
Location: Walkmill Cres, Carlisle CA1 2WF  
Attendees pay for their own food.

## We are people first

### September Newsletter

Everyone has right to be respected and to have a say on the issues that shape their lives. As an independent advocacy charity we stand shoulder to shoulder with people across the North of England to champion fairness and equality.

A mother fighting to keep her son. A young person with learning difficulties training for work. A family who are experiencing issues accessing healthcare.

We challenge the term 'vulnerable' by supporting people to understand their rights and to be heard when they need it most.

LEARN MORE



# 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



**CSCP**

Neglect Master Classes

As part of the CSCP launch of the Neglect Strategy, we are offering a range of bitesize master classes on a variety of aspects of neglect.

Each session will be delivered via Microsoft Teams by Rebecca Brown, Research in Practice (RIP) and will include a presentation of the most up to date research, opportunities for practitioners to reflect and share ideas with one another and resources to support practice.

This session on 'Parenting, Poverty and Neglect', will be delivered by Rebecca Brown, Research in Practice (RIP) and will include a presentation of the most up to date research, opportunities for practitioners to reflect and share ideas with one another and resources to support practice.

The session will also include:

- The impact that poverty can have on parenting
- Key elements of poverty aware practice
- Working with families where engagement can be challenging

Targeted audience - All frontline practitioners





# KOOTH

## Newsletter segment

Please book one of our free information webinars below, or access the following resources about key topics for you and the young people you support:

- Breaking the mental health stigma for young Muslims: Support and guidance for young Muslims can be found in this collection.
- Understanding how early intervention is crucial in suicide prevention and how Kooth can provide a safe space to talk and develop safety plans: We have significant incident resources, which offer support and advice on what to do when a significant incident happens. You can also access our posters and social media assets in support of national suicide prevention month this September.
- Supporting young people living in care: Kooth's recent project called "Pass the Parcel" helped young people express how they feel about being in care. If you support any young people living in care, please share our activity article "Living in care: try our pass the parcel activity" or our podcast about the project on Spotify or Apple Podcasts.

LEARN MORE



## CUMBRIA CVS

Eden Volunteering Fair

This event aims to attract anyone interested in finding out more about becoming a volunteer and local volunteering opportunities. This event is open to the general public to come along and find out about volunteering. In order to attract as many people as possible locally we kindly ask your organisation to help share the attached poster on your social media and tag @Cumbriacvs and share on your website, newsletters and to display on your notice boards/shop front, etc. Cumbria CVS will be doing the same and doing a poster drop locally but we need your help to tell more people and your networks about this event! Please help to spread the word!

We kindly ask that each organisation that attends brings displays, posters, leaflets, information, and application forms to hand out to potential volunteers. We ask organisations to attend for the full event and to talk to any potential new volunteers about:

- What your organisations
- Volunteering opportunities available
- Time commitment
- Training and support available
- How volunteers can register to become a volunteer

LEARN MORE



# ARTS CULTURE & HERITAGE DISCOVERY DAY

10.00am - 3.00pm on Friday 22<sup>nd</sup> September 2023  
Whitehaven United Reformed Church, James Street,  
Whitehaven, CA28 7HZ

## INTERESTED IN PATHWAYS INTO ARTS, CULTURE & HERITAGE?

Would you like to discover more about work related opportunities in the Arts, Culture & Heritage Sector? Come along and chat to leading organisations in the sector and learn how you can get involved!

Museums - Castles - History - Mining - Archaeology - Theatre - Industrial Language - Monuments - Railways - Natural Beauty  
Music and Much More!

Supported by

**HELPING  
HANDS**  
Volunteer Differently

**Rosehill**

**Stalls**

**Food and Refreshments**

**Workshops and Talks**

**Tasters**

For further details, please contact:  
**Carol Pugh on [carol.pugh@cumberland.gov.uk](mailto:carol.pugh@cumberland.gov.uk)**

 **Sellafield Ltd**

 **COPELAND  
COMMUNITY  
FUND**

  
**Cumberland  
Council**

# Westmorland and Furness Council

## Support Worker (Disability & Mental Health Day Services)

About this opportunity

Are you interested in supporting Adults in Cumbria?

Would you like to be part of our friendly hardworking teams making a difference to someone's life?

We have opportunities for caring compassionate and enthusiastic people to join our Day Service teams as Support Workers providing support and care within our Disability and Mental Health Services.

About Day Services (DMH)

We offer a diverse range of Day Services for adults with a physical and/or learning disabilities. The support offered is highly personalised to meet the needs of the individual that promotes social inclusion and maintains independence. Allerdale and Copeland services operate from various sites across the district that provides exciting and inclusive day opportunities tailored care programmes and activities which including drama therapeutic horticulture and a wide range of centred and community-based activities.

**APPLY NOW**



# Lakes College

## Lead Learning Support Practitioner

We are seeking to appoint a dynamic and enthusiastic individual to complement our existing Learning Support team.

The role will include: -

Consulting with colleagues, external agencies, learners and parents to provide a comprehensive learning support service to identified learners in order to ensure their needs and learning objectives are met.

Candidates will work with the Inclusive Learning Leader to identify the learning support needs of learners to include:

- Learner's learning difficulties and need for assessment
- Barriers to learning and specific learning difficulties
- To responsible for a Caseload of learners with EHCPs and coordinate and lead the annual review process of EHCP
- Planning learning and teaching activities to aid overcoming learning barriers and prepare Learners for Adulthood. This will include sharing expertise with staff.

**APPLY NOW**

# CARLISLE FUNDING FAIR



Shaddonagate Resource Centre  
10am - 12noon OR 1pm - 3pm

**WEDNESDAY 18 OCTOBER 2023**

Speak to local and national funders & advice organisations:

- Cumbria Community Foundation
- Cumbria Action for Sustainability
- The National Lottery Heritage Fund
- Francis Scott Trust
- The Hadfield Trust
- The National Lottery Community Fund
- Cumbria Youth Alliance
- Action with Communities in Cumbria
- Active Cumbria
- Cumbria Waste Management Environment Trust
- Cumberland Council
- Charity Bank
- Cumberland Council, Community Investments
- Cumbria Social Enterprise Partnership
- Travel Actively

**Spaces are limited. Max 2 persons/organisation.**

**Priority is given to organisations from Carlisle**

<https://www.eventbrite.co.uk/e/carlisle-funding-fair-tickets-686480801557?aff=oddtcreator>

[info@cumbriacvs.org.uk](mailto:info@cumbriacvs.org.uk)  
[www.cumbriacvs.org.uk](http://www.cumbriacvs.org.uk)

Facebook: @Cumbriacvs  
Twitter: @Cumbriacvs  
01768 800350



# CHILDHOOD CANCER AWARENESS MONTH 2023



September is Childhood Cancer Awareness Month, and is symbolised by a gold ribbon, worn to commemorate the event. This is an annual international awareness month to raise support, funding and awareness of childhood cancers and the impact for sufferers and families of sufferers of childhood cancer. It was founded in 2010 by former US President Barack Obama and is mainly run in the form of awareness events by cancer charities.

A Month of Movement is a September initiative that aims to encourage you to move more for the month of September and raise vital funds for research into children's cancers as you go.

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](mailto: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**

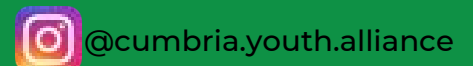




Thank you!  
To find out more contact us.



**A HUGE THANK YOU TO ALL OF OUR FUNDERS!**



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