



August 2023

Welcome to the August 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 callum@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

CUMBRIA YOUTH ALLIANCE

Good News Story

JM started the project in March. One of her barriers was transport, so through JM's committed engagement to sessions, we were able to fund her getting her Provisional motorcycle license. JM has attended group sessions around employability and successfully obtained a new job at a local restaurant. JM continued to work with Sam and Izzie to practice her highway code and prepare for her training day at Cumbria Motorcycle Training. This paid off, as she passed the test on her first attempt. JM has attended group sessions around employability and successfully obtained a new job at a local restaurant.

We continued to support JM, advising her on options when looking for a bike and supporting her in going through the correct sites for insurance, etc. JM is now on the roads, riding her brand-new motorbike confidently, and she is wearing the correct safety gear. Even in the pictures, she has rider's jeans on with protective knee pads and full body armor covering her arms, chest, and back.



Better Tomorrows

Good News Story

The three-year Better Tomorrows initiative celebrated its first anniversary recently, having been launched by David Beeby, chair of the Cumbria Community Foundation and former High Sheriff of Cumbria.

In the first year of the programme, over 30 people have participated in the accredited training, 19 organisations have been funded, providing 26 new youth worker roles and nearly 4,000 hours of new youth work has been delivered.

More than 70 people attended the celebratory event at the University of Cumbria's Learning Gateway in Carlisle, a mix of funders, funded organisations and youth workers who have undergone training. A presentation gave a brief overview of the investment made into the programme to date.



[LEARN MORE](#)

EDEN ARTS

THE WINTER DROVING ARTIST CALL OUT 2023

The Winter Drovning 2023 has spaces remaining for local Cumbrian musicians and performers to feature in the line up. If you are a singer, musician, band or street performer, then this may be the opportunity for you.

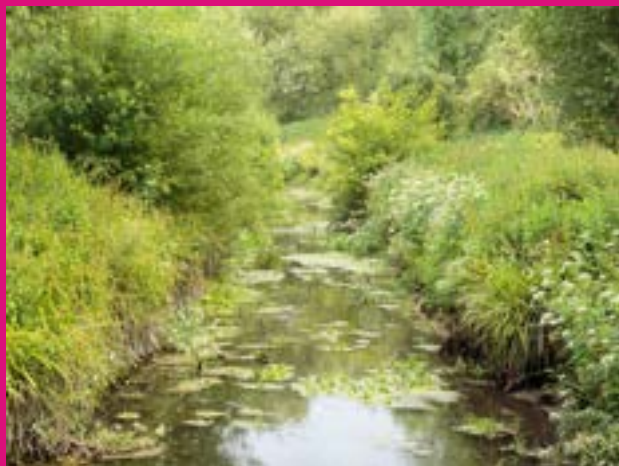
The Winter Drovning is Penrith's only Samhain event, celebrating all things rural. It is an annual spectacle of music, masquerade and magnificent carnival performances, with masks, fire torches and larger-than-life illuminated animal lanterns. If this sounds like your kind of jam, we want to hear from you!

You should be a fan of all things drovning; plus, energetic, bold, and 100% fun! You need to be one-of-a-kind, with your own original, unique material.

We are interested in applicants who can fill a stage and gather a crowd. We are all about making a BIG impact!



[LEARN MORE](#) 



Cumbria Wildlife Trust

Festival of nature

Celebrating everything in nature, the festival will return for its second year and bring together families, wildlife recorders, budding naturalists, farmers, environmental organisations, and communities.

There will be something for everyone, from guided walks and nature-spotting tips to pond dipping and species identification, from composting and wildlife gardening to arts, crafts, and family games, from trail camera and moth trapping demonstrations and talks on a variety of subjects.

Meet Cumbria Wildlife Trust, North Pennines AONB Partnership, Carlisle Youth Zone, Sustainable Brampton, Cumbria Action for Sustainability, Cumbria Biodiversity Record Centre, RSPB and more!

Why not have a go at the many different activities going on?

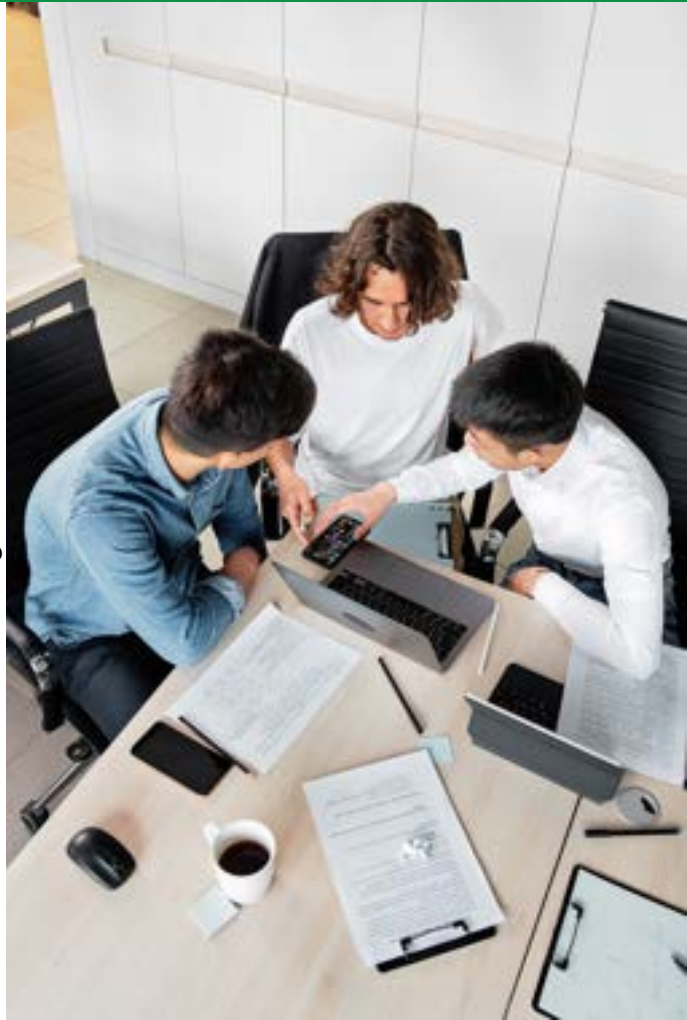
[LEARN MORE](#) 

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



NADT

Pitstop Cumbria

Pitstop Cumbria is a person-centered work experience programme, supporting young people aged 15-24 years, who are at risk of becoming or are already Not in Education Employment or Training (NEET). Pitstop Cumbria uses a youth work-based approach in a real work environment helping each young person to address and remove emotional and social barriers that currently exist to their education, training, or employment.



What Pitstop Cumbria offers	
An 8-week work experience programme, attending one day a week	Small groups to ensure relevant support can be provided in a safe, external work environment
Tasks that are specifically designed to incorporate and build core life skills	New and challenging experiences that will stretch young people's knowledge skills and attitudes
Professional youth workers additionally trained in; Emotional Wellbeing, Change & Resilience, ACES, challenging Behaviour, Safeguarding and First Aid	Weekly updates and feedback for schools/organisations to keep informed of progression, achievements or issues arising
	An end work placement review, employers report, help with C.V. for each young person on the completion of the programme

KOOTH

Newsletter segment

We're excited to share our biggest campaign of the year - The Big August Ask: ask Dr Kerry your questions.

We want to make sure we do everything we can to provide valuable support this summer. Starting on the 1st of August, we'll be addressing a series of vital questions young people have submitted to us this summer. One of our amazing Senior Clinical Psychologists, Dr Kerry Irving, will be responding to these questions on our Instagram, TikTok, and Twitter. We'll also be releasing a series of brand-new blogs and live forums on Kooth.

We'd really appreciate anything you can do to help us spread word of our campaign. You can access all of our digital and print campaign assets here and follow our different Kooth social media channels to join the conversation.

But that's not all! We also have NEW summer holiday printable posters and social media assets to remind young people that whatever's on their mind this summer, we're here to listen.

[LEARN MORE](#) 

CUMBRIA CVS

South Lakes Funding Fair



This event provides a fantastic opportunity for local groups to once again directly engage (face to face) with local and national funders and support groups regarding projects/funding requirements.

Cumbria CVS (Cumbria Council for Voluntary Service) offers help, advice, training and support to third sector groups throughout Cumbria.

We bring organisations together to form a powerful voice for our sector.

Local Infrastructure organisations, like us, support over 160,000 local charities and voluntary groups across the country, helping them to thrive and deliver essential services within their communities.

[LEARN MORE](#) 



PROUD & DIVERSE CUMBRIA



SATURDAY 16TH SEPTEMBER 2023, 10AM TILL 7PM
WHITEHAVEN HARBOUR, CUMBRIA
A CELEBRATION OF EQUALITY AND DIVERSITY IN WEST CUMBRIA

PRIDE BY THE HARBOURSIDE

EAST 17, SANDI THOM

ANGIE BROWN, TINA COUSINS

ROSS ALEXANDER, KATHERINE ELLIS

DANIELLE BARNETT FROM THE URBAN COOKIE COLLECTIVE

ZOE, CHANNY, LIAM MOORHOUSE

ANDY CROSBIE as ELTON JOHN, SHELLY B

MARC ALLAN, STELLA, SUE DE CREME



GOING GREEN TOGETHER

Bursaries available for environmental support



Need a strategy to tackle the climate crisis?
We're here to help



We're pleased to offer further financial support for new organisations joining the Become Green Together programme through our bursary schemes, thanks to the support of County Durham Community Foundation, Community Foundation Tyne & Wear and Northumberland, and Tees Valley Community Foundation. These bursaries cover part or all of the training costs of taking part in Become Green Together, our programme to help you develop and implement your environmental strategy.

To find out more and check your eligibility, you can contact the programme coordinator, Nathaniel Spain, at nathaniel.spain@vonne.org.uk.

CUMBRIA MODERN SLAVERY

GETTING TO WORK ON MODERN SLAVERY IN CUMBRIA

A Modern Slavery network building event
for frontline professionals in Cumbria



KEYNOTE SPEAKER - SION HALL - CHAIR OF PAN LANCASHIRE ANTI-SLAVERY PARTNERSHIP

TO CONFIRM YOUR PLACE, PLEASE CONTACT: JO@CHURCHES TOGETHER CUMBRIA.ORG.UK

THE CLEWER INITIATIVE

CHURCHES TOGETHER IN CUMBRIA

BARROW WOMENS COMMUNITY MATTERS

Penrith Event & Snowdrop Training

In May 2023, around 80 people gathered in Barrow-in-Furness to discuss how modern slavery can be tackled more effectively in Cumbria. The day was the brainchild of Jo Phillips of Churches Together in Cumbria and Rachael Hoggarth of Women's Community Matters but The Clewer Initiative provided lots of support along the way. We caught up with Jo and Rachael to find out more:

How it all began

Jo Phillips is the Ecumenical Social Responsibility Officer at Churches Together in Cumbria and helps local churches think about their response to issues such as the environment, mental health, poverty, adoption, refugees and modern slavery.

LEARN MORE



ARTS CULTURE & HERITAGE DISCOVERY DAY

10.00am - 3.00pm on Friday 22nd 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!

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For further details, please contact:

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

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Health and Wellbeing Coach

Are you looking for a rewarding challenge? Would you like to be part of making positive changes to someone's life? The Health & Wellbeing Team are expanding and are recruiting 3 Health and Wellbeing Coaches that will be funded by NHS North East & North Cumbria ICS Health Inequalities Funding to work with individuals in our most deprived areas of Cumberland. The aim is to support and coach people with multiple and complex health needs associated with drug alcohol and mental ill health to access healthcare.

Within the role you will need to be able to adopt a coaching approach and have the personal skills to build trusting and authentic relationships with individuals in our community. You will work in a non-directive style help people to identify their aspirations and goals motivate them to make changes whilst also understanding and reducing any barriers to change



APPLY NOW

A Wilderness Way

Senior Residential Support Worker

At Wilderness, we provide a unique approach to residential care, health, and education for children who have experienced adverse childhood trauma. We form a specialist therapeutic team around our children and work together to ensure that every child can learn, grow, and flourish during their time with us.

The role of Senior Support Worker is far more than 'just a job', the positive outcomes that you will achieve will stay with you for a lifetime.

Your role during a child's time with us,

- You will lead and mentor your team, to create safe spaces for our children so that they can develop and flourish.
- Your priority will be to safeguard our children from risk and harm, ensuring that they receive an outstanding level of care during their time with us
- As well as providing emotional support, you will create routines that include, outdoor activities, cooking, writing, music, games, and relaxation at home
- You will drive our children to activities and appointments, encouraging them to take part in exciting new challenges
- You will be supported by a team of care professionals, including outdoor education specialists, psychology experts, and a dedicated Training Academy who focus on your development at Wilderness

APPLY NOW

WORLD ALZHEIMER'S MONTH 2023



World Alzheimer's Month is an annual international event, always held in September and run by Alzheimer's Disease International, (ADI).

The aim of the month is to raise awareness and challenge stigma surrounding Alzheimer's and dementia. The event has been running since 2012, and September 21st is World Alzheimer's Day. Globally there is thought to be poor understanding and a great deal of stigma surrounding dementia, so the work of World Alzheimer's Month is vital and is growing and targeting the stigma and lack of understanding and knowledge surrounding Alzheimer's disease and dementia as well as supporting those suffering with the disease.

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 leonie@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.



Register at www.cya.co.uk/e-learning or contact leonie@cya.org.uk for a registration form.

Thank you!
To find out more contact us.



A HUGE THANK YOU TO ALL OF OUR FUNDERS!



Cumbria Youth Alliance
Town Hall Community Hub Oxford Street, Workington. CA14 2RS
Registered Charity No 1079508 / Company No 3819033
Telephone 01900 603131 / Email: refer@cya.org.uk
Website: www.cya.org.uk

