



July 2023

Welcome to the July 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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POSITIVE ROLE MODELS

WHAT IS A POSITIVE ROLE MODEL?

The Positive Role Models support service 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 positive role model 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 positive role model 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

BREAKING THE MOULD

Good News Story

A fantastic weekend at The Keppleway Centre on the 17th and 18th of June to kick off the Break the Mould project! A group of young people across Cumbria and Lancaster worked together to decide and design a grants programme which will give out £60,000 to support their local communities.

During the residential weekend, the young people were brilliant and got the opportunity to demonstrate and build on skills which they will use on the panel. A huge well done and thank you to all the young people who attended – we can't wait to see the positive changes and next steps of the journey!

The 'Break the Mould' project is funded by the Francis C Scott Charitable Trust to celebrate their 60th Anniversary and is delivered in partnership between Lancaster District CVS and Cumbria Youth Alliance.

We look forward to continuing the partnership work with LDCVS and further updates from the brilliant youth panel!



Blue Jam

Good News Story

It has been great to be back at Bewcastle Primary School over the past month with Asha Nicholson, getting all their instruments out of the cupboard and creating little bands for improvising and composition. It's so fun - and important. Playing an instrument at primary school, like our Bewcastle pupils have been doing, can make it easier to pick it up again later in life when it might help you to feel better.

We've seen this in action during our recent music sessions for North Cumbria Recovery College. We have been bringing instruments in for adult participants to try - and half the group said "I used to play this at primary school" and therefore felt more confident to have a go. Learning music at primary school level matters!

LEARN MORE



CUMBERLAND COUNCIL

Million Hours Fund open for applications

To mark the start of Anti-Social Behaviour Awareness Week (which takes place between 3 and 9 July), the government and The National Lottery Community Fund have announced the first round of funding for youth organisations to provide more out-of-school activities and support young people. The Million Hours Fund, announced in March as part of the government's Anti-Social Behaviour Action Plan, will support an additional one million hours of positive activities from youth services.

Additional youth workers, volunteers, venue hire and activity resources will be made available through the first tranche of funding, now open for applications. The £3 million investment will also fund youth workers' engagement with young people in the areas they already spend time in, such as parks and leisure facilities.

The remaining £8 million from the Million Hours Fund will open for applications from the autumn, with further details to be announced in due course. Further information about eligibility criteria and applications for the first £3 million of the Million Hours Fund can be found on [GOV.UK](https://www.gov.uk). Successful applicants will be informed in due course.



Blue Jam

Cumberland Community Panels

The 8 Community Panels are each a formal committee of Cumberland Council - and as a formal council committee (able, for example, to make some funding decisions), there are legal constraints on how they can operate.

They are a "meeting held in public", rather than a "public meeting" - meaning that members of the public can attend and listen, but opportunities to participate are rather limited.

The core membership of the Community Panels are the local Councillors; they have the ability to co-opt up to three additional members (who can speak at the meetings, but not vote), but all the panels are delaying doing so until they've held their first few meetings and have a better understanding of their own role.

This is described in the governance document attached (it's the formal report that has gone to each of the 8 panels).

Whilst the opportunities for participation in the formal meeting are rather limited, there are opportunities for the public (and community groups) to have informal discussions with councillors and council staff before and after the formal meeting.

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



CARLISLE KEY

Drop in session

Staff, volunteers, young people and trustees of Carlisle Key invite you to our Drop-in Launch that we are holding from 1pm to 5pm on Wednesday, 12th of July.

Come along and find out about how we support young people in need of housing in Carlisle, and the services that we provide.

We do so hope you are able to attend and would appreciate your confirmation by 2.00 p.m. on Monday, 10th June

CUMBRIA YOUTH ALLIANCE

Upshot Demonstrate

We are continuing to run our training sessions on Upshot in July 2023!

- ✓ Would you like to learn the importance of capturing data for your organisation and gain an insight into your audience to make informed decisions?
- ✓ Or perhaps you would like to use data to improve marketing strategies, enhance customer experiences, and boost overall organisational performance?

To find out further information on how data capturing has helped benefit our organisation and partners, please sign up to our FREE virtual session on Upshot to learn how we can help your organisation effectively capture data!

[BOOK NOW](#)



FREE VIRTUAL SESSION INTRODUCTION TO UPSHOT AND EFFECTIVE DATA CAPTURING

An online introduction to our Management Information System, Upshot, and how to effectively capture data for your organisation.

How to sign up

To register, please email either callum@cya.org.uk or office@cya.org.uk for a registration form. CYA will then be in touch with further information.

Meeting dates

- ✓ Thursday 6th July at 10:00am
- ✓ Tuesday 18th July at 10:30am
- ✓ Wednesday 19th July at 1:30pm



[REGISTER NOW](#)

CONTACT US
 ✉ callum@cya.org.uk or office@cya.org.uk
 ☎ 01900 603131

THRIVE TOGETHER FUND

Funding Opportunity



What is the Thrive Together Fund? The Thrive Together Fund (TTF) provides a funding package of loan (75%) and grant (25%) to eligible charities and social enterprises in England.

The Fund is delivered by a partnership made up of Social Investment Business, Co-operative and Community Finance, Fredericks Foundation, Groundwork, Homeless Link and The Architectural Heritage Fund.

Who is it for? Small and medium sized charities and social enterprises based in and delivering impact in England, who are looking to grow or diversify their business models.

[LEARN MORE](#)

Social Prescribing

Health and Wellbeing Community Festival

Friday 4 August 2023, 10am - 3pm

Whitehaven Rugby League Club

Coach Road, Recreation Ground

**FUN
DAY**

Wellbeing
Support

Animal
Therapy

Dance
And Rugby

Children's
Activities

Bouncy
Castles And
Music

Colour Run With
'Marathon Man'
Gary Mckee

Plus, lots more...

#thinkinghappy

Free food and refreshments provided
for the children, subject to availability



!Rosehill

WellWhitehaven



GOING GREEN TOGETHER

Become Green Together



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



We're inviting voluntary, community, and social enterprise (VCSE) organisations in the North East of England and Cumbria to join Become Green Together, a training cohort in environmental sustainability. This programme will take you step-by-step through the process of creating a practical sustainability strategy which fits your needs, and embedding environmental knowledge and sustainable practise in your workplace. Wherever you're at on your environmental journey, we're here to help!

LEARN MORE



CUMBERLAND COUNCIL

Holiday Activity and Food Programme launched



We are offering an exciting programme of fun activities for the summer holidays. The activities will help to increase self-esteem, improve wellbeing, and provide information and advice on healthy eating and nutrition, most importantly, we want your children to have some fun! We are working with a wide range of partners, to develop new opportunities and build on existing activity programmes. Clubs and activities are being run by established community groups, creative arts, sports, leisure, and youth organisations. We have a range of providers who can offer activities for young people with additional needs, and you should discuss your child's needs with the provider to see whether the opportunities are suitable.

LEARN MORE



WESTMORLAND AND FURNESS COUNCIL

Consultation results inform cycle, walking and wheeling scheme designs

A consultation on improvements to cycling, walking and wheeling routes in Barrow has shown clear preferences for the designs people would like to see.

Feedback from hundreds of consultation responses has been studied and collated and results show people would prefer the new cycleway along Abbey Road to be in the footway space.

There was less support for the second design option, which would place the cycle lane in the carriageway.

Responses also show that on the Abbey Road route people want dedicated crossing facilities for pedestrians and cyclists across side road junctions, cycle lanes to run to the rear of bus shelters and for there to be minimal changes to the existing traffic lanes along the road to reduce potential impact on journey times for motorists.



LEARN MORE



CYA GOOD NEWS STORY

Visit to the House Of Commons



Our CEO, Becky Wolstenholme, and Youth Ambition Lead, Gary Frazer, were honored to receive an invitation to the House of Commons today for a significant event—the launch of 'The What Works Youth Employment Toolkit.' This momentous occasion was hosted by none other than Lord Wooley of Woodford, a prominent figure known for his advocacy and dedication to youth empowerment.

Becky and Gary were thrilled to attend this high-profile event, which signifies the importance of addressing youth unemployment and finding effective solutions. The launch of 'The What Works Youth Employment Toolkit' represents a milestone in the ongoing effort to improve opportunities and outcomes for young individuals entering the job market.

Cumberland Council

Team Manager - Adult Social Care

We are looking for an enthusiastic and innovative individual to join our team as our Short-Term Teams Manager. You will lead and manage a team of Adult Social Care staff working across the system to enhance prevention interventions and work to prevent or delay admission into formal support services. You will work alongside the existing Teams Manager in order to ensure the provision of full-time and seamless support to the team and the service within Adult Social Care.

Who we are looking for

We are looking for someone who has a passion for our service and who is a proven and motivated leader who can lead manage and co-ordinate the teams effectively. You will have experience of working in a fast paced and demanding environment and will be able to step into this role with an innovative and creative approach.

The right candidate will be professional and motivated with the right knowledge and experience to support and empower our teams.

We have a strong vision for the Adult Social Care service so would like a Team Manager who can create a culture of enabling and empowering staff and individuals achieving the best outcomes for the people of Cumbria.

If you have the relevant skills and experience for this interesting demanding and varied role then please apply today!

APPLY NOW

MSH Healthcare

Home Care Assistant

MAKE A DIFFERENCE IN SOMEONE'S LIFE TODAY

We are on the lookout for kind-hearted and caring people with the right qualities and attitude to join our Care team!

The team at MSH Healthcare support individuals to live their life to the full in the Cumbria and Lancashire area and as a company, we understand without both exceptionally qualified and happy staff we cannot provide the best quality of care to our amazing clients.

What we need from you:

- You will cover the LA22 and LA23 area!
- Be caring, empathetic, compassionate and respectful.
- A willingness to learn and develop your skills!
- Be flexible as the role is ever-changing!
- Be willing to have an enhanced DBS check completed.
- You must be 18yrs old.
- UK DRIVING LICENSE ESSENTIAL.
- No experience necessary as nurse-led training will be provided.

APPLY NOW

SARCOMA AWARENESS MONTH 2023



Sarcoma Awareness Month runs for the whole of July. We've included a few details about Sarcoma below but there is lots of information to found here .

Sarcomas are rare cancers that develop in the muscle, bone, nerves, cartilage, tendons, blood vessels and the fatty and fibrous tissues.

They can affect almost any part of the body, on the inside or the outside.

Sarcomas commonly affect the arms, legs and trunk. They also appear in the stomach and intestines as well as behind the abdomen (retroperitoneal sarcomas) and the female reproductive system (gynaecological sarcomas).

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

