



June 2023

Welcome to the June 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

FINDING FELLFOOT

Community Transport Grants

There are still travel grants, for up to £200, available for schools, universities, and community organisations as part of the Fellfoot Forward Landscape Partnership Scheme. If you are accessing the natural or cultural heritage of the Fellfoot Forward area on a school visit, bike ride, nature walk or photography session, or you want to invite a community group into the scheme area, we can help get them here. You can also use the grants to get a group to one of our Fellfoot Forward events or workshops.



[LEARN MORE](#)



Blue Jam

Lizzie Davey

“When I have had a series of fits and become unconscious, then returning to the real world is breathtaking. I have tried to capture the moment when I come back to reality. It is strange.”
Lizzie Davey is an artist living in Penrith who creates stunning works of colour and movement. They capture points in her life which she shares with us on canvas.

Hung upstairs in the soft light of BlueJam’s Gamelan room, the pieces include Walking With John, Chaos, Emperor’s New Clothes and Living With Epilepsy – Return To Consciousness. The launch event will include refreshments and music alongside the art. All are welcome. After the launch event, the exhibition lasts until end of July and is open on Thursday mornings from 10.30am-12.30pm. If you want to come another time please ring ahead to check we are open: 07766057315

EXHIBITION
Launch Sat 10th June 4-7pm



A retrospective by local artist
LIZZIE DAVEY

:refreshments
:music
:all welcome

For exhibition times through June/July see bluejamarts.org
BlueJam Arts Space CA11 7XR




Living With Epilepsy - Return To Consciousness

[LEARN MORE](#)

PiNC

Pride in North Cumbria

This year Pride in North Cumbria (PiNC) are celebrating 20 years of service to the LGBTQ+ young people of Cumbria. We are holding some events that you are being invited to help us celebrate and see what we have been up to for 20 years. On Monday 5th June Open day 2.00pm to 5.00pm

We are holding an open day at the Rainbow HQ on Victoria place, where PiNC are based so you can come and meet the staff, see what the centre is like and what services we provide here. If you can let us know that you plan to attend so we can save you some cake.

26th June

We have a display going up in Tullie House showing some of PiNC's achievements

1st July

We have a celebration event at the Brickyard on Fisher street. The day is split into two events on for anyone over 14 yrs (this is because there is a bar in the venue) this will be on from 1.00pm to 5.00pm and then there will be a later event of entertainment and extravagance strictly adults only from 8.00pm until late. This will be ticketed and tickets will be on sale before the event.



LEARN MORE



UNIVERSITY OF CUMBRIA

Youth Worker Degree Apprenticeship

The University of Cumbria are exploring the feasibility of the Level 6 Integrated Youth Worker Degree Apprenticeship, to establish an understanding of what employers and potential apprentices would want from a programme, alongside trying to establish the demand for this in the sector and the capacity that the sector has, to support its delivery.

The Level 6 Integrated Youth Worker Degree Apprenticeship requires that organisations employ apprentices for at least 30 hours per week for the 3 year duration of the apprenticeship.

Please see link to NYA website with all the details <https://www.nya.org.uk/youth-work/apprenticeshipsfaqs/>

Please see link to NYA website for potential funding for support with Levy <https://www.nya.org.uk/natwests-staff-volunteering-and-apprenticeship-levy-investment/>



READ MORE



FIBRUS COMMUNITY FUND CUMBRIA

Grant awarding

The Fibus Community Fund Cumbria was established by Fibus in 2023. The Fund is aimed at addressing digital poverty and exists to support the work of communities in particular areas of Cumbria, to provide access to digital technology for the most vulnerable. Fibus recognise that the most vulnerable in our community can sometimes get left behind when it comes to accessing modern technology, something most of us take for granted. Having the ability to access the internet can open a range of opportunities for individuals and communities especially when it comes to education, employment, and socialising. The Fund will offer technology grants to enable people to stay connected, whether it is young people staying connected to online resources for school, or elderly people ordering groceries and video calling family.

Grants for community groups and organisations in the eligible areas below to provide access to digital technology for the most vulnerable in their community, with a particular focus on older people (aged 60 years and older) and young people (aged 18 years and under)

LEARN MORE



DISABILITY RIGHTS UK

Campaigners call on Government to provide more financial support to Disabled people

The next government disability cost of living payment is again £150 and will be paid to around six million people in summer 2023. Many people who are eligible for the £150 payment will also be eligible for a £900 cost-of-living payment, which is going out to people on certain means-tested benefits, including Universal Credit.

Rachel Curtis, a full-time carer to her daughter Betsy raised her petition – entitled 'Provide an energy grant to people with a disability or serious medical condition' alongside another by Disabled student Abigail Broomfield, which was entitled 'Make people on disability benefits eligible for the £650 one off payment'.

Disability Rights UK, and Inclusion London met with Marsha De Cordova MP, a member of the Petitions Committee who led the debate, to brief her on the current financial situation for Disabled people, explaining that poverty is increasing in the Disabled community while energy and food prices continue to rise and benefits remain low.

Although debates are only usually granted when petitions reach 100,000 signatures or more, Ms De Cordova asked to open a debate on the issue stating that the Petitions Committee had launched an additional survey on cost-of-living payments where 10,854 people had responded.

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





North East and North Cumbria



Join Shelley Studholme and John Bolland over a lunch and learn MS Teams session to understand the Individual Placement Support (IPS) scheme and the Step Forward into volunteering project and to raise awareness of these schemes funded by Community Mental Health Transformation which is to address isolation and employment needs of people with a Severe Mental Illness and what services are offered in North Cumbria and how these services currently work with Primary, Secondary care and the third sector. The session will consist of informative presentations by Shelley and John and also a chance for Q&As

NCVO

Off the heels of The Big Help Out, we're excited to celebrate the hard work of volunteers that make such an extraordinary difference in our communities. As a sector, we kick off June by celebrating all voluntary action, and we close the month in special recognition of the contributions of small charities. These organisations are never house-hold name charities, but the kindness and service they provide to almost every cause delivers significant change. We are proud that 90% of our members are "small", and nearly 70% of our members get their membership for free as their income is under £30K. Join today!

1-7 June is Volunteers Week

[Find out more](#)

Check out our resources for #VolunteersWeek that will help you plan and celebrate the amazing contributions made by your volunteers. [Sign up for updates and goodies here.](#)

19-23 June is Small Charity Week

We celebrate #SmallCharityWeek to support, amplify, create connections and push for change. We'll focus on peer-to-peer learning, and champion co-creation at every level. Head to the [Small Charity Week](#) website to get involved.

GET GRANTS

FREE Introduction
Workshops

Get Grants are running monthly FREE Introduction Workshops throughout 2023. All upcoming dates are listed below.

Each workshop will be a taster session of each of our training courses led by our fantastic Expert trainers themselves and will focus on a different topic of Fundraising.

At each event, attendees will be entered into a prize draw to win one of 3 FREE places on one of our training courses!

Introduction Workshops are an opportunity to:

Come together with our Get Grants Fundraising Community
Learn more about different fundraising topics
Get our trainers' top tips and expert advice
Feel inspired to put what you've learnt into action!
WIN a free place on one of our training courses!

LEARN MORE



CYPVSG REFERENCE GROUP

Promotion



The Reference Group exists to promote and foster collaboration amongst the many diverse third sector and statutory organisations working with children and young people in Cumbria and actively addresses the geographical and other challenges of the county, we hold approximately four meetings a year which are well attended. To ensure the best outcomes for all, especially children and young people, the third sector in Cumbria recognises that it needs to be proactively engaged with the public authorities.

2023 Meeting Dates

- Tuesday 27th June 2023 at Penrith Conference Centre – 1:30-3:30pm
- Tuesday 19th September (Virtual via Teams) – 1:30-3:30pm
- Tuesday 5th December at Penrith Conference Centre – 1:30-3:30pm

The Voluntary Sector Reference Group is free to join and open to all associated with the third sector working with children, young people, and families in Cumbria. For further information, please contact leonie@cya.org.uk

Carer Support

Volunteer Services Coordinator

As Volunteer Services Coordinator working from our Carlisle office, your responsibilities would include;

- Recruiting and guiding volunteers through the application process
- Organising and co-ordinating our led volunteer services that help support our unpaid Carers
- Supporting and advising volunteers on issues as they arise

Volunteer Services Coordinator, 18.5 hrs / week. £12,241, also pension contributions.

For an informal chat contact Dani Leslie (CEO) Sue Munro (Volunteer Services Coordinator - Penrith) on 01768 890280. Closing Date: Monday 19th June, 2023 @ 9am Interviews: Monday 26th June, 2023 Start Date: ASAP

For an application pack

APPLY NOW

NORTHSIDE COMMUNITY CENTRE

FINANCE AND ADMINISTRATION MANAGER

Northside Community Centre provides a small community shop, a food pantry and rooms for hire and community use. It hosts various community activities throughout the year.

The centre's management Committee is looking to appoint a Finance and Administration Manager, initially on a short term contract of two years, to effectively manage the centre's finance, administration, staff and volunteers and assisting in the promotion and securing of funding to ensure the continued success of the centre.

Northside Community Centre provides a small community shop, a food pantry and rooms for hire and community use. It hosts various community activities throughout the year.

For further information or to arrange a visit please contact:

Celia Tibble

07718989973

tibblec@gmail.com

APPLY NOW

PRIDE MONTH 2023



Pride Month is a vibrant and inclusive celebration that honors the LGBTQ+ community, their history, achievements, and ongoing struggle for equality. This annual event serves as a powerful reminder of the importance of acceptance, diversity, and love. It brings together individuals, organizations, and communities to advocate for LGBTQ+ rights and celebrate the progress made towards a more inclusive society. In this article, we explore the essence of Pride Month 2023, its history, and how you can actively participate in this empowering celebration.

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.

CUMBRIA
YOUTH
ALLIANCE

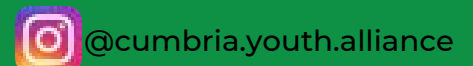


Register at www.cya.co.uk/e-learning or contact leonie@cya.org.uk for a registration form.

Thank you!
To find out more contact us.



A HUGE THANK YOU TO ALL OF OUR FUNDERS!



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