



## May 2023

Welcome to the May 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)

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](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

# SEND PARTNERSHIP

## Targeted Short Breaks

Targeted Short Breaks is a service for parents and families of children and young people with Special Educational Needs and Disabilities (SEND). The service intends to offer parents, families, and young people a 'short break' from each other, with fun activities arranged for the children and young people, while parents and families can have a 'short break' from their care duties. There is also a window in apply in May



## Blue Jam

### BLUEJAM STREET BEATS

BlueJam Street Beats has around 25 players enrolled currently and we have space for new members. The group is mostly adults, but all ages are really welcome. BlueJam Street Beats, unlike our BJamba performance band, is suitable for beginner drummers of any level of experience or confidence.

We are very friendly and do actually do quite complicated patterns but there are always easy options and the main thing is to enjoy it and if you play a different rhythm from someone else it doesn't matter!

We play with muted drums so no need for earplugs unless you want to.

Some people join in order to move on to [BJamba](#), but you are welcome to stay with BlueJam Street Beats as long as you wish.



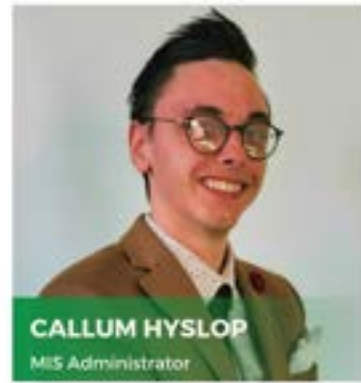
LEARN MORE



# CYA

## INTRODUCTION TO UPSHOT AND EFFECTIVE DATA CAPTURING

- ✔ 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!



### 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](mailto:callum@cya.org.uk) or [office@cya.org.uk](mailto:office@cya.org.uk) for a registration form. CYA will then be in touch with further information.

### Meeting dates

- ✔ Thursday 11th May at 10:00am
- ✔ Tuesday 16th May at 10:30am
- ✔ Thursday 18th May at 10:00am



### CONTACT US

[REGISTER NOW](#)

[callum@cya.org.uk](mailto:callum@cya.org.uk) or [office@cya.org.uk](mailto:office@cya.org.uk)

01900 603131

# CUMBRIA SAFEGUARDING CHILDREN PARTNERSHIP

Whitehaven, Egremont & District



As part of the CSCP cycle of quality assurance the CSCP are undertaking a scrutiny event on the theme 'Learning from Practice'. The event will explore how organisations are supporting practitioners to embed learning from Child Safeguarding Practice Reviews, Serious Case Reviews and both local and national learning from reviews such as the national review into the murders of Arthur Labinjo-Hughes and Star Hobson, into their everyday practice. The CSCP would like you to take five minutes to complete the survey to understand your experiences of how you receive learning and how your organisation enables you to embed new learning. All completed surveys are anonymous. Feedback from the scrutiny event will be shared via the Practitioner Forums.

To complete, please click below

[CLICK HERE](#)



# COOP FOUNDATION

## Lonely Not Alone

Lonely Not Alone is a Co-op Foundation campaign created in partnership with young people and specialist co-design agency, Effervescent.

Space. Vast, empty, endless.

Loneliness can feel this way too. When we're lonely we can feel like a distant star, disconnected from everyone and everything around us.

But we are fierce, fiery balls of energy, lighting up the darkness. And though it can be hard to see, we're each part of a constellation – a group of incredible young people, far away from each other but connected by our stories.

### Welcome to the Lonely Not Alone universe

Here, we all know what it's like to be lonely. This is a safe place for young people to share stories and join their constellation, and for people who may not be lonely themselves to send a message of support.

This is a place to know we're not alone.

LEARN MORE



## YOUTH FOCUS

### Lundy Model Training

There is a growing recognition that children and young people should be involved in policy development and decision making in services and organisations that have an impact on their lives. To make sure this is inclusive and meaningful professionals need to consider how they listen to young people, what they do with information and how young people will know their views, opinions and ideas have been used.

This training has been developed for professionals working with children and young people. Its purpose is to explore the rights of children and young people to have a voice and to participate in decision making. It will give opportunities for professionals to consider and reflect on their practice as an individual and at an organisational level.

**youth focus** NW  
Improving the lives of young people



BOOK NOW

## The Multiply Money Matters Programme

The Cumbria Youth Alliance 'Multiply Money Matters' programme provides both life skills, financial awareness and budgeting skills for young people in care.

Our aim is to support young people 19 and over who have not achieved or are not working towards a GCSE math's or equivalent. To help build confidence with numeracy and independent life skills.



### What other support will Young People receive?

- Financial understanding and management
- Help with acquiring a bank account
- Money management and budgeting
- Healthy eating and shopping
- Assistance with further education and job applications: CV writing, interview techniques etc.
- Links to appropriate specialist support
- Access to Embrace online learning modules
-



# SOUTH LAKES VOLUNTEERING FAIR

## South Lakes Volunteering Fair

The South Lakes Volunteering Fair is a fantastic opportunity to meet local charities to discuss informally on a one-to-one basis about the wide range of volunteering opportunities available. This event will help you find out more about volunteering locally and how you can register and become a volunteer should you wish to! Organisations attending include: Cumbria CVS, Sight Advice South Lakes, Carer Support South Lakes, Manna House, Great North Air Ambulance, Cancer Care, Fairoak Housing, North West Air Ambulance, Helping Hands, National Trust, Save The Children, English Heritage, Westmorland and Furness Council, Action for Children, Girl Guides South Cumbria, Endometriosis UK, Western Dales Bus, University Hospitals of Morecambe Bay NHS Foundation Trust, Restoring Hardknott Forest, People First and Cumbria Youth Alliance .

Date: 05/06/2023 12:00 PM - 05/06/2023 01:30 PM

Location: 9a Lowther Street, Kendal, UK



# CUMBRIA CVS

## Cumbria Trustees' Network

The Cumbria Trustees' Network brings together trustees & directors from different voluntary, community, faith and social enterprise (VCFSE) organisations to share experience, good practice, ideas and offer peer support.

This network will focus on the role of the trustee/director as an Ambassador for the charity/social enterprise.

The network is supported by ACTION with Communities in Cumbria (ACT), Cumbria Youth Alliance (CYA) and Cumbria Council for Voluntary Service (CVS).

This event brings together trustees & directors from different voluntary, community, faith and social enterprise organisations.

Wed, 28 Jun 2023 18:30 - 20:00 BST



**BOOK NOW**

# CYA AND LANCASTER CVS

Breaking the Mould

LEARN MORE



Twenty-five young people from across the Trust's beneficiary area of Cumbria and the Lancaster District will be invited to lead the way in designing and delivering a grants programme aimed at giving out £60,000 between now and March 2024.

Working as a team, each young person in the group will give some of their time to attend an exciting weekend residential on the 16th, 17th and 18th of June 2023, and take part in regular monthly meetings (F2F or online). They will use their expertise to make important decisions about where the funds should be spent and help with tasks and activities, ensuring the project is a success.

# BEYOND GRANTS

Grants Conference

## EDP Beyond Grants Conference

10th May 2023

13:00-15:00

Beyond Grants is an online inspirational conference for social entrepreneurs and social organisations wanting to broaden their income through trade and selling services.



# CYA GOOD NEWS STORY

## OVERCOMING RURALITY AND ACCESS TO EMPLOYMENT ISSUES

K and D both attended Carlisle Job Centre in November 2022 and signed onto Cumbria Youth Alliances 'Outreach Project' working in partnership with the DWP Youth Hub program – this program was enabled through DWP Flexible Support Funding.

K and D's main barrier to employment was where they lived, as they resided in a small village 10 minutes outside of Wigton. They had no access to their own transport, so they relied on the local bus service. However, their only bus was a service that ran through to Carlisle. The service was irregular, meaning K and D would often have to catch early buses to attend any appointments/interviews and would have to wait around for periods of time in Carlisle until the return journey.

Other barriers included their lack of interview skills and having no Wi-Fi connection at home. In order for K and D to access support from Cumbria Youth Alliance, we hired out a space in a local venue for one-to-one sessions and paired this alongside telephone appointments.



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](mailto:leonie@cya.org.uk)



# WORK FOR US!

You can make a big difference for community organisations in South Copeland.

We're looking for a part-time **Development Officer for South Copeland** to provide local, bespoke support to voluntary and community groups to help them become more sustainable.

## Experience and Skills:

- Knowledge and/or experience of working with voluntary and community groups, providing advice, support and guidance.
- Good organisational skills, able to communicate effectively and support and maintain good relationships and partnerships.

£22,793 – £27,784 pro rata (22 hours per week)

**Closing date:** Friday 12 May

**Interviews:** Thursday 25 May

To arrange an informal chat about the role, please email: Bridget Johns, District Manager (West) [bridgetj@cumbriacvs.org.uk](mailto:bridgetj@cumbriacvs.org.uk)



Find out more and apply:  
[cumbriacvs.org.uk/about-us/jobs-cumbria-cvs/](http://cumbriacvs.org.uk/about-us/jobs-cumbria-cvs/)



## Westmorland & Furness Council

### Community Learning and Skills Tutor

We are looking for an enthusiastic and self-motivated individual with experience of teaching a broad range of topics relating to Employability Skills, Digital Skills and Health and Care. Ideally, you will have experience of teaching both accredited and non accredited provision up to, and including, level 2 qualifications.

The ability to adapt and respond positively to emerging learner and local need is an essential skill, as is the ability to work a variety of hours across the working week, including evenings. The post holder will also be required to teach across Whitehaven and the surrounding areas in a variety of settings; including provision in areas such as Millom.

Our service prides itself on its commitment to local people and to providing opportunities to support people into employment while increasing skills and confidence; if you share this vision then this could be the perfect opportunity to contribute positively to changing life prospects.



**APPLY NOW**

# NATIONAL WALKING MONTH 2023



Did you know that May is National Walking Month? So why not help celebrate by organising your own walk this May and raise money for our life saving research. May is a time to promote the benefits of walking for physical health, mental well-being, and enjoying the fresh air outdoors. What better way to celebrate than by organising your own walk and raising money for a cause close to your heart?

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](mailto: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](http://www.cya.co.uk/e-learning) or contact [leonie@cya.org.uk](mailto: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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