



April 2023

Welcome to the April 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

Cumbria Youth Alliance

Table of contents

Project Introduction • P. 2 - 4

Surveys • P. 5

Volunteering Opportunities • P. 6

Updates • P. 7 - 10

Opportunities • P. 11

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

INSPIRING EDEN

Jobs Fair

The economic programme has been pieced together following feedback from local stakeholders and in collaboration with organisations including Eden District Council, Cumbria County Council, Cumbria Chamber of Commerce, Cumbria Local Enterprise Partnership, the Federation of Small Businesses, the Family Inspiring Eden Economic Prospectus cover Business Network, the Cumbria Social Enterprise Network, Red Kite Innovations and several of the district's businesses

For business, Eden is located in one of the most accessible locations in the UK with excellent transport links to the whole of the country.



"Inspiring Eden"
JOBS FAIR
TUESDAY 18TH APRIL 2023
10AM – 12:30PM
The Eden Rural Foyer

Speak to your work Coach to get booked onto this event and join us to meet local employers recruiting in your area

Location:
The Eden Rural Foyer
Old London Road
Penrith
CA11 8ET

jobcentreplus
In partnership with



The North Pennines AONB Partnership

Star gazing pavilion



Come and join a project to create a Star gazing pavilion at Talkin Tarn, Brampton. To raise awareness of the Fellfoot Forward area's fantastic night skies, the North Pennines AONB Partnership through the Fellfoot Forward Landscape Partnership Scheme is creating a roundhouse which will offer visitors a space to rest, reflect and look up. Volunteers aged 18+ are invited to apply for a series of three day workshops at which volunteers will learn traditional green wood working skills, using traditional coppicing tools, making the hazel panels which are part of the pavilion build. The workshops will take place on 19-21 May, 26-28 May, and 2-4 June, with a final workshop on 9-11 June for participants to return to complete the work. Camping and catering is offered in support of volunteer places.

For more information and to apply go to:

www.northpennines.org.uk/what_we_do/fellfoot-forward/stars-in-the-tarn/

“Inspiring Eden”

JOBS FAIR

TUESDAY 18TH APRIL 2023

10AM – 12:30PM

The Eden Rural Foyer

Speak to your work Coach to get booked onto this event and join us to meet local employers recruiting in your area

jobcentreplus

In partnership with

Location:

The Eden Rural Foyer
Old London Road
Penrith
CA11 8ET



Westmorland
& Furness
Council



Riverside

INSPIRA
inspiring you

BLUE JAM

Eternal Triangle Gig

Eternal Triangle play the music of Trevor Watts, compositions originally inspired by rhythmic structures from Africa and South America as well as jazz and European musical forms.

Trevor Watts has been on the scene since the early 60's and has been at the forefront of Jazz & Improv music in all this time. As a founder member of the Spontaneous Music Ensemble in 1965, Amalgam in 1967, London Jazz Composers Orchestra around 1973, Splinters with Phil Seaman, Tubby Hayes, Stan Tracey. Jeff Clyne and John Stevens and so on. Since those days he has played many festivals with his Moire Music groups, which also included the Moire Music Drum Orchestra.



Trevor Watts will play with Veryan Weston and Jamie Harris. There will also be spaces upstairs in the Gallery for people who want to social distance or paint/draw/knit while listening.

www.bluejamarts.org

CREDIT UNION

Whitehaven, Egremont & District



Whitehaven, Egremont & District Credit Union are providing free interactive and engaging managing your finances workshop sessions throughout Copeland.

These fun sessions are for all abilities with several years experience in delivering these workshops.

In the current economic crisis there has never been a more essential time to learn how to manage your finances.

To book or make enquiries about the sessions we can deliver then please contact Nikki Bates on 01946 66755 or email manager@wedcu.co.uk



Whitehaven, Egremont & District Credit Union were newly formed in April 2010 as the result of a merger between Whitehaven Credit Union, and Egremont & District Credit Union.

The two credit unions were set up to address the issue of financial exclusion, which a lot of low income families and individuals suffer from. They also needed to address the problem of the high cost of borrowing money (from banks or doorstep lenders etc.) and to encourage regular saving. The aim was effectively to establish a community-run business, which would actively encourage members to add to their savings whilst at the same time would give them access to low cost affordable loans

Junior savers schemes were also set up to encourage saving at a young age, which would hopefully break the cycle of reliance on doorstep lending – which has become a pattern in many families. The two credit unions have now merged and are still working to further fulfil these aims.

DISABILITY RIGHTS

Throughout 2022, many changes affected the way that the benefit system operates in the shadow of the coronavirus pandemic. The ways that benefits can be claimed are changing, as are the responsibilities that you must meet to keep getting paid.

The cost of living crisis has put more pressure on a social security system already battered by over a decade of cuts. Keeping up with the changing rules is more crucial than ever.

Full of tools and tactics to help you make a successful claim. Designed for professional advisers, as well as:

- anyone with an illness, injury or disability
- carers, children and young people
- people in education or work, looking for work, not in work or in retirement
- people injured at work or serving in the Armed Forces



GREEN SOCIAL PRESCRIBING NETWORKING EVENTS

Green Social Prescribing Networking Events

> 24 | 4 | 23 Whinlatter Forest 10am-1pm
Whinlatter Forest & Visitor Centre Whinlatter Pass,
Braithwaite, Keswick CA12 5TW

> 30 | 5 | 23 West Lakes Science Park
10am-1pm
3 Ingwell Dr, Moor Row, Whitehaven
CA24 3HY.

> 9 | 6 | 23 Watch Tree Nature
Reserve 10am-1pm
Nr Wiggosby, Great Orton
CA5 6NL

Come along and get a real taste of the huge variety of green activities available in North Cumbria

Logos: Forestry England, Watchtree Nature Reserve, NHS North East and North Cumbria, and a green triangle logo.

Green Social Prescribing

We are extremely excited to inform you of and invite you along to our Green Social Prescribing Networking Events. These events have been organised so that social prescribers/ link workers who refer individuals into other services to improve mental and physical health, can engage in a range of nature-based activities. This will allow social prescribers to gain first-hand experience of a wide variety of nature-based activities and to feel the benefits for themselves, which will enable them to more successfully refer patients/ services users/ participants into appropriate services that will benefit their mental and physical health.

It also provides a very good opportunity for green/blue activity providers to network amongst each other and find out a little more about what is on offer across North Cumbria.

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
-

BETTER TOMORROWS & CYA

Training in Carlisle

The next cohort for Youth Work Training level 2 and level 3 is now open for booking.

This will take place in Carlisle Youth Zone starting Wednesday 19th April and will run for 12 weeks each Wednesday from 10am-4pm.

For further details and an application form please contact Cath Corkill cathcorkill@dzyo.co.uk or Juan Shimmin juan@cya.org.uk

The course includes:

- 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

CUMBRIA YOUTH ALLIANCE



CUMBRIA CVS

Everyturn Mental Health

Everyturn Mental Health would like to invite you to an online event to introduce the organisation and the new Waiting List Initiative to be provided in partnership with CNTW in North Cumbria.

The session will include a presentation about the new service and explore opportunities for integration and partnership with the local VCSE network.

Everyturn Mental Health would like to invite you to an online event to introduce the organisation and the new Waiting List Initiative to be provided in partnership with CNTW in North Cumbria. The session will include a presentation about the new service and explore opportunities for integration and partnership with the local VCSE network.



CUMBERLAND COUNCIL

Welcome to Cumberland Council

Cumberland Council is a unitary council. That means our teams will deliver all the services previously provided by Cumbria County Council and either Carlisle, Copeland or Allerdale councils. From street cleaning to adult care services and from planning to highways maintenance and much more besides – Cumberland Council is now responsible for it all.

A message from Cumberland Council Leader

"I've said from the start, if you do what you've always done then you'll get what you've always got. There is a thirst, a drive, a passion from the Cumberland elected Members and from our fantastic staff to embrace what Cumberland can be – what it will be. We don't have all the answers yet, we might get things wrong, but I can promise you that we are going into this with our eyes wide open. We will deliver better services, we will address the income gap and we will improve life for all. Our people are our priority. That's it. It's that simple. We have an opportunity to change everything, to fix what isn't working, to look for new ways of delivering our services so they are the best they can be. We aren't afraid of a challenge. Local Government Reorganisation is hard, and things won't be easy, but it is also a gift, the chance to bring equality to the lives of those living in Cumberland. We plan to grab that chance and run with it. I'm excited about what we can achieve together as Cumberland Council."



Councillor Mark Fryer, Leader of Cumberland Council

FELLFOOT FORWARD

in search of Appleby Street

Join local historian and author, Richard Brockington, at Kirkoswald Methodist church on Thursday 13 April, 7 - 8.30pm, to discover the origins of the 'lost hamlet of Appleby'.

Richard's talk will consider evidence to establish where the hamlet might have been, where the ancient highway that provided its name might have crossed the Raven Beck, where the road came from, and where it was going to.



For More information: www.northpennines.org.uk/event/fellfoot-forward-in-search-of-appleby-street/



EDEN FUNDING FAIR

Penrith Rugby Club
THURSDAY 20 APRIL 2023

An opportunity for small local voluntary and community groups to speak directly to Funders about their project to obtain funding.



Westmorland Council

Director of Childrens Services

Can you inspire and provide system wide leadership to help our children and young people live their lives to the full?

Salary: £126925 - £141925

An outstanding opportunity to join an ambitious new council with a brand new leadership team where we are committed to making a real difference to peoples lives.

This is a rare opportunity to be recruited as our first ever Director of Childrens Services. By joining us at this critical time youll be pivotal in successfully managing our transition and shaping a future that ensures that Westmorland and Furness really is the best place to live work and thrive undertaking a key role where you can build on your strengths and drive forward innovation and improvement across the whole childrens system.



STRESS AWARENESS MONTH 2023



Stress Awareness Month has been held every April since 1992 to raise awareness of the causes and cures for our modern-day stress epidemic. It is the time when we have an opportunity for an open conversation on the impact of stress. Dedicated time to removing the guilt, shame, and stigma around mental health. To talk about stress, and its effects and open up about our mental and emotional state with friends, families, colleagues, and professionals.

WWW.STRESS.ORG.UK

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!



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

