



## March 2023

Welcome to the March 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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### 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](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

# ROOKHOW

Retreat Away Fund

ROOKHOW is a Quaker charity in the quiet Rusland Valley, about 15 minutes from Ulverston, consisting of a 16 bed bunkbarn, historic Meeting House for group space, a yurt in the woods and 2 campfires set in 12 acres of magical oak woodland. Our Retreat Away Fund subsidises residentials and therapeutic work with people with mental health problems.

So far we have been able to support 20 groups and over 300 people, with groups including: Home 2 Work (Cleator Moor), Love Barrow Families, Always Another Way, Safety Net, Family Action Barrow, PiNC, Furness Multi-cultural forum and Wave Forward. After using up a grant from the Quaker Mental Health fund UK, Rookhow trustees have now committed to adding 5% of bookings income into the pot and we have had some generous donations from individuals and local Quaker Meetings to continue the fund

Next round's deadline is 15th March 2023



## CUMBRIA CVS

Retreat Away Fund

Join us at our West Cumbria Funding Fair at Whitehaven Golf Club on Tuesday 28 March 2023.

This is a fantastic opportunity for local groups to come and directly engage with local & national funders and support groups regarding projects/funding requirements.

Tickets are free, and attendees can choose to book a morning (10am - noon) or afternoon (1pm - 3pm) slot. We ask that organisations attend with a maximum of two representatives as spaces are limited.



# CARERS TRUST

## Young Carers Action Day

Over the past decade, young carers and young adult carers have acquired a variety of specific legal rights and their needs acknowledged in statutory guidance and national policy to ensure they are identified and get the support that they need. Our report 'Being a young carer is not a choice; it's just what I do' also highlighted the real need for more identification, recognition and support for young carers and young adult carers.

But from speaking with young carers and young adult carers, we know that they don't feel their needs are recognised by decision-makers and that the rights young carers have are not consistently being reflected in practice.



# CUMBRIA DEVELOPMENT EDUCATION CENTRE

## Green PLACE project 'Sharing the Fruits' training

In 2022 we worked with young people across Cumbria to connect with and improve their local green spaces. There is increasing anxiety amongst younger generations about global issues such as climate change and biodiversity loss. By supporting them to make connections and take positive action on a local scale we aim to generate a sense of wellbeing, agency and hope for the future. We would now like to share what we have learnt with anyone who is working with, or interested in supporting young people to engage with environmental themes.



# BLUE JAM

## Bleep Jam

A year ago we ran a series of inspiring electronic/improvised music evenings ending in our BLEEP festival at Penrith Playhouse, supported by Penrith BID.

This year we want to reconnect with all the amazing players who came out of the woodwork to perform their music, collaborate and trial new ideas - as well as meeting new people interested in electronic/improvised music.

The evenings are a mix of gig and jam. Everyone will put £5 into the pot to keep it stirred. Get in touch if you want to know more or go to our website or take a look at BleepJam on YouTube



# WATCHTREE NATURE RESERVE

Watchtree and Cumbria Youth Alliance

58 young people take part in tree planting at Watchtree Nature Reserve funded by Cumbria Youth Alliance's Dreamscheme project. We carried out 6 planting sessions. 4 of them were open to members of the public, and lots of families came with children ranging from 5-16. We then had 3 Scout groups visit for tree planting in 2 sessions.

It was wonderful, and all the children (and adults) expressed how much pride they felt in contributing to something that would last forever. We had 1250 trees to plant, and I would estimate that the young people planted around 550 of them.

Many thanks for the funding to allow us to welcome all these youngsters to contribute to this project.

The limited company title - 'Watchtree Nature Reserve Ltd.' encompasses all that we do, which includes the reserve itself, Watchtree Wheelers, our Educational Services, the Café and our many associated events such as trail runs and health walks



# CUMBRIA'S HOLIDAY ACTIVITY AND FOOD PROGRAMME

## HAF programme

We are offering an exciting programme of fun activities. 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.

**Cumbria County Council**

**Cumbria's Holiday Activity and Food Programme - Allerdale**

**Book sessions in your area now!**

- Visit [cumbria.gov.uk/holidays](http://cumbria.gov.uk/holidays) to search the range of activities available
- Bookings will work on a first-come-first-served basis – and places are limited
- Some activity providers offer transport, visit [cumbria.gov.uk/holidays](http://cumbria.gov.uk/holidays) for full details
- Dates are liable to change, please contact the activity provider for more information

**Who is it for?**

- The Holiday Activity Programme is aimed at all school-age children and young people (age 5 – 16)
- Places are FREE for young people who receive benefits related Free School Meals and eligible children in particular circumstances. All children who attend will also be provided with a meal
- Some places are exclusively for eligible young people, please contact the providing organisation for more information
- Interested in any of the activities listed in the leaflet? Visit [cumbria.gov.uk/holidays](http://cumbria.gov.uk/holidays) to book holiday activities now! Or use the booking information provided
- The HAF email for enquiries: [HAF@cumbria.gov.uk](mailto:HAF@cumbria.gov.uk)
- If you are not eligible for a free place, many providers offer paid places – please contact them to discuss your options
- Many of our providers cater for children with additional needs, please contact the provider to discuss your child's needs and suitability of the session

**Aspetria Dreamscheme (The Youth Club, Market Square, Aspetria)**  
 Description: Arts, craft, physical activities and lots of fun. Meals included  
 Age range: 6-16  
 Dates: 4th, 5th, 12th & 13th April  
 Times: 10am-3pm  
 Booking information: Call 014673 20900 or email [office@aspetria.co.uk](mailto:office@aspetria.co.uk)

**Blencathra Field Studies (Blencathra Centre)**  
 Description: Outdoor activities including bushcraft, climbing, mountain walks, ghyll scrambling followed by a hot cooked lunch at the centre. Free transport available from Maryport, Workington, Cockermouth & Penrith  
 Age range: 6-16  
 Dates: 19th-18th April  
 Times: 9.30am-2.10pm  
 Booking information: Call 01768 779621 or email [enquiries.haf@blc.co.uk](mailto:enquiries.haf@blc.co.uk)

**Department for Education**

**Serving the people of Cumbria** [cumbria.gov.uk](http://cumbria.gov.uk)

# GET GRANTS

## Identifying And Acquiring Major Donor



**Online Major Donor Fundraising Course**

**Wednesday 29th March & Wednesday 5th April, 2023**

**11:30am – 1:30pm via Zoom**

**Get Grants**

Get Grants Major Donor Fundraising Course offers a comprehensive overview of the major donor fundraising process and includes practical examples for you to apply to your organisation. Major gifts fundraising is an income stream with one of the highest returns on investment. Major Donor fundraising has been identified, along with legacies, as areas of fundraising growth for the coming years. For many fundraisers, major donor fundraising is out of their comfort zone. But don't let the phrase 'major gift' scare you off! It is hugely beneficial for organisations to build major gifts programmes that fit their size and capacity.

### WHAT TO EXPECT

This Get Grants Course will clarify the major donor fundraising process, leaving you with a better understanding of how major gifts are cultivated and solicited one on one, and how relationships are built with donors individually. Through expert advice, this course will support you to develop major donor strategic plans and processes to increase your fundraising success, and the confidence you need to put them into practice!



# DREAMSCHEME PROJECT

Put something into your community and get something back

## DOES YOUR GROUP HAVE A SOCIAL ACTION OR ENVIRONMENTAL PROJECT IDEA?

Grants of up to £400 are available to all schools and youth groups in Cumbria for social action projects that involve young people. Enabling them to participate in community based activity, learning and achieving self-development, enterprise skills and offering accredited learning.

### Key Information

Projects must include young people

Up to £400 is available for each Dreamscheme project

Projects must provide a community benefit

### Benefits for young people

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

- ✓ 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 community

### Further support for the organisation

If organisations wish, they can also access further support from CYA including:

- Governance health checks
- Access to training for staff and volunteers
- Achieving quality assurance marks
- Fundraising support

### CONTACT US

To find out more please contact us at

 [juan@cya.org.uk](mailto:juan@cya.org.uk)

 01900 603131



# 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](mailto:cathcorkill@dzyo.co.uk) or Juan Shimmin [juan@cya.org.uk](mailto: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



Join our

# Cosy Club

**FREE Wifi**

**FREE refreshments**

**FREE warm meals**

**FREE charging  
facilities**

**FREE energy advice**

**FREE social activities**

**NO questions asked!**

A warm welcome is always guaranteed,  
no matter the temperature!

**Starting Thursday 9th February**

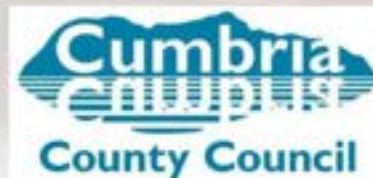
**EVERY Tuesday & Thursday**

**Until end of March**

**11:30 - 14:00**



Home to Work  
17 High Street,  
Cleator Moor, CA25 5AH



# CARLISLE CITY COUNCIL

## The Teenage Market

This exciting new market will be at the Market Square in the centre of Carlisle for the first time. It offers young people a chance to test their entrepreneurial ideas and make money from their hobbies. On the day we will offer young people a chance to show off their talents in our performance space. If you know any young people who love to perform, please support them to make their debut in the city centre.

Young people can sign up if they want a stall, wish to perform, or you they can do both! They must be aged 8 – 25 years and the Teenage Market will be a welcoming, accessible, and inclusive space.

Further information can be found at <https://theteenagemarket.co.uk/>. We are happy to help if you have any questions, need information or to book contact: [teenagemarket@carlisle.gov.uk](mailto:teenagemarket@carlisle.gov.uk)



**THE TEENAGE MARKET**

Saturday 22 April, 10.30am - 3.30pm  
Market Square, Market Street, Carlisle, CA3 8JE

Have you wondered what it feels like to make money off your hobbies?  
Are you a future entrepreneur?  
Then secure a stall with us at Carlisle's first Teenage Market!

We are looking for young traders and performers (8-25 years) to be part of the Teenage Market. (If you are under 16 you need a responsible adult with you while you're at the market)

To book your space go to:  
<https://theteenagemarket.co.uk/sign-up>

Contact [teenagemarket@carlisle.gov.uk](mailto:teenagemarket@carlisle.gov.uk) for more information or if you have any questions.

See you there!

[facebook.com/theteenagemarket](https://www.facebook.com/theteenagemarket) [@teenage\\_market](https://twitter.com/teenage_market)



# UK YOUTH PARLIAMENT

## UKYP Election results

Last week, eleven aspiring young candidates awaited the results of their campaign to become one of the two newly elected Members of Youth Parliament (MYP) for Cumbria. Both Cumberland and Westmorland and Furness will each receive two deputies. Meaning there is a team of six UK Youth Parliament representatives in Cumbria.

The newly elected Members of Youth Parliament and their deputies, are excited to work alongside MPs and elected members, organising events, running campaigns, holding debates, and, above all, ensuring that the voices and opinions of young people are heard by those in positions of power.

Participation in democracy by young people is crucial to building a better future for their communities, and Cumbria's Youth Councils provides an outstanding platform for young people to drive positive change in their areas.

It is not too late to join Cumbria's Youth Councils in both the new Cumberland and Westmorland And Furness authorities. Please contact your local Participation Officer, via the website below, to hear of the exciting opportunities on offer for free for any young person living or educated in Cumbria.

# Well-being volunteers needed!

Spiral is an award-winning charity, working to support the emotional and mental health of young people aged 8-25 years. We provide one to one sessional support to young people who may have been bullied, or are experiencing mild levels of anxiety, low mood or have difficulty managing anger.

We are looking to train more volunteers to help with this valuable work and to support you in it.

- Do you want to gain experience working with young people?
- Are you interested in promoting the well-being of young people?
- Can you commit to giving a minimum of 2 hours a week
- Can you attend a 2 ½ day training course in the Spring?

Contact [alison@spiralcumbria.org.uk](mailto:alison@spiralcumbria.org.uk) Tel: 01228642640

[www.spiralcumbria.org.uk](http://www.spiralcumbria.org.uk)

Charity No: 1179662



## Cumbria County Council

### Child & Family Service Manager Family Action

Family Action is a charity committed to building stronger families by delivering innovative and effective services and support that reaches out to many of the UK's most vulnerable children young people and their families. We seek to empower people and communities to address their issues and challenges through practical financial and emotional help.

Family Action have successfully been awarded the contract to deliver the 0-19 Child & Family Support Service in Allerdale Barrow Carlisle and Copeland. We are looking for a passionate and resilient individual with direct practice experience to manage and lead Family Actions Carlisle team and service. You will lead a team to ensure that children are able to get the right support and the right time in line with priorities across the 0-19 age range and have a clear commitment to working in a one team integrated approach.



# OVARIAN CANCER AWARENESS MONTH 2023



When a woman is diagnosed at the earliest stage, her chance of surviving ovarian cancer for five years or more doubles from just 46 per cent to more than 90 per cent.

However, nearly half of GPs mistakenly believe symptoms only present in the later stages of the disease, and less than a third of women in the UK are confident they know the symptoms.

This year, tens of thousands of symptoms leaflets were read, thousands of cakes were baked, hundreds of outlandish outfits worn and more teapots brewed than we could count all with one aim in mind to get more women diagnosed at the earliest stage. Your fundraising means we will be able to do more to improve early diagnosis, fund more life-saving research and provide much-needed support.

**[WWW.TARGETOVARIANCANCER.ORG.UK](http://WWW.TARGETOVARIANCANCER.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](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 of training.

**CUMBRIA  
YOUTH  
ALLIANCE**



Register at [www.cya.org.uk/e-learning](http://www.cya.org.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!**



@CumbriaYouthAlliance   Cumbria Youth Alliance   @cumbria.youth.alliance

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