



## February 2023

Welcome to the February 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)



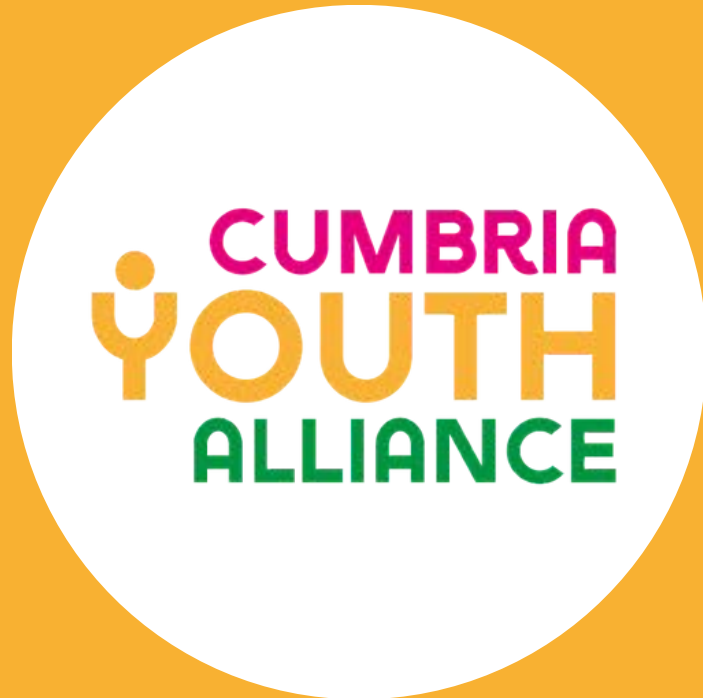
01900 603131

# CUMBRIA YOUTH ALLIANCE WEBSITE IS DOWN

We are experiencing some technical difficulties receiving external emails and accessing our website. The CYA team are working hard to resolve this as soon as possible.

If you need to contact CYA please call the office on: 01900 603131 during working hours.

Thank you for your patience and understanding. We apologise for any inconvenience caused.



A promotional banner for a 'Social Enterprise Safari Event'. The background is blue with a white circle containing a photo of three people in business attire talking. The text on the left reads 'SOCIAL ENTERPRISE SAFARI EVENT' and 'Meet with likeminded people working in the social enterprise sector and build mutually beneficial relationships.' Below this is a calendar icon and the date '23RD FEBRUARY 10:00-13:30'. Logos for 'Cumbria County Council' and 'CUMBRIA SOCIAL ENTERPRISE PARTNERSHIP' are at the bottom left. On the right, there are logos for 'TRANSFORMING WEST CUMBRIA', 'SiX Social Impact Multiplier', 'CUMBRIA County Council', 'Cyberman', and the slogan 'Always Another Way' and 'MAKING EVERYONE EQUAL'. A hexagonal graphic is in the bottom right corner.

# BARROW FUNDING FAIR

Join us at our Barrow Funding Fair at The Forum in Barrow on Thursday 16 February 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.



For more information and details on how to book onto this event, see our website: <https://cumbriacvs.org.uk/training-and-events/barrow-funding-fair-3/>

## INSPIRING EDEN

UK Youth

UK Youth and Pears Foundation's £5m fund to support youth organisations through the cost of living crisis aims to benefit thousands of young people across the country.

The UK Youth Fund in partnership with Pears Foundation has been launched as the UK faces the worst cost of living crisis since the 1950s, with young people facing a bleak future without additional support.

UK Youth and Pears Foundation are both deeply concerned about the impact the crisis is having on youth organisations and young people across the UK.

The fund aims to ensure that as many vital youth services as possible are able to keep the lights on and support young people in their local community. If forced to shut down, these services may never return



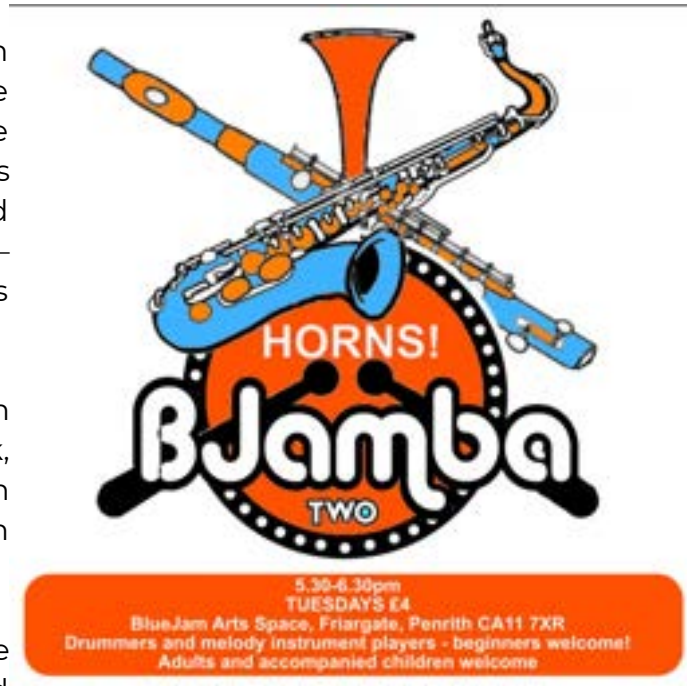
# BLUE JAM

## Athlete Support Programme

BJamba are a popular community samba band based in Penrith, Cumbria. Led by Josh Jackson, the group come together once a week to play drums, learn beats, practice moving and playing at the same time, which prepares us for busy seasons of performances all over Cumbria and beyond. Participants range from 8 year olds to retirees – and you often spot a baby or two strapped to parent's backs joining in with the music too!

We have a history of different leaders all with their own style and energy – including Ben Parkinson, Mark Park, Paddy, Jilly Jarman, Charlie, Jen Leah, Jake Heald, Karen Barbier and Ruby Slinger. Currently BJamba is led by Josh Jackson.

BJamba rehearsals are on Tuesdays from 6-7:30pm. At the moment, newcomers are starting off at our sister band BJamba HORNS, which rehearses also on Tuesdays at BlueJam Arts Space 5.30-6.30pm. This band is quieter and also has melody instruments as we don't parade but do static gig



# TOGETHER WE

## Talking Support Service in Eden

Eden Local Committee agree to funding for support services

Members of Cumbria County Council's Local Committee for Eden met on Tuesday 31 January 2023 for their public meeting, which took place at The LEP Offices, Redhills, Penrith.

Members unanimously agreed to award £10,000 to contribute to a new `Talking Support Service for Eden, which will be piloted in the district by Together We CIC. The service aims to support individuals with mental health needs, aged 16 years and over. The aim of `Talking Support` is to empower people and help them to better manage their mental and physical health and wellbeing. The service will be available to individuals across Eden and can be accessed in person, via telephone or online.

Furthermore, in response to the cost-of-living crisis and increased pressure on families struggling to `make ends meet`, Eden Local Committee awarded a further £15,990 to bolster local support in the district. This additional funding will be distributed via support agencies to help households experiencing hardship. The cost of living crisis remains a key priority for Cumbria County Council,

# BEDROCK BASICS

## An Introduction to Health & Safety in the Workplace

Bedrock Basics is delighted to be working in partnership with Parker Technical Services to deliver “An Introduction to Health & Safety in the Workplace” Training. It will take place on Monday 27th February from 9.30am – 12.30pm and be delivered by Callum Tunstall, Health & Safety Manager, Parker Technical Services. It will be held at Parker Technical Services, Blencathra House, 1st Floor, Queens Dock, Tangier Street, Whitehaven, CA28 7JW.

All employers and businesses have legal duties and responsibilities to ensure that their workplace is a safe and healthy environment for all paid staff, unpaid staff/volunteers and members of the public who enter this workspace for any reason such as people who use your services / clients / customers. This legal duty applies to all charities and social enterprises regardless of size. This informative session will provide an overview and introduction to the topic of health and safety in the workplace. Key areas covered will include:

- Health & Safety - The Laws and Legal Framework
- Health & Safety - Identifying Risks and Hazards in your workplace
- Health & Safety - Signage - What, Where and Why?
- Risk Assessments – and How to Read Them

Places are free and limited to one per organisation. There are 12 spaces available. To book your place please e-mail [Gordon.henry@cumbriacvs.org.uk](mailto:Gordon.henry@cumbriacvs.org.uk)

# JANE PIT WORKSHOP

## People of Jane Pit

We've reached an exciting stage in our Historic England funded 'People of Jane Pit' project – two of our free youth-focussed workshops are now live and open to bookings. They are;

### 1. History Hunters: Finding the People of Jane Pit

<https://digventures.com/product/history-hunters-jane-pit/>

Young people are invited to our free 2-hour workshop on Saturday 18th of February, 11am-1pm, at the Helena Thompson Museum.

During this two hour History Hunters session, participants will get the chance to discover more about the history of Jane Pit and Workington's mining heritage by exploring the documents, photographs, and artefacts held in the museum. Piecing together snippets of history and clues from the past, they'll learn how to become an archive researcher and begin telling the stories of the people and places who have made Workington.

### 2. Mining Memories: Collecting Oral Histories

<https://digventures.com/product/mining-memories-jane-pit/>

Young people are invited to our free 2-hour workshop on Friday 24th of February, either at 10am-12pm or 1pm-3pm, at the Helena Thompson Museum.

During this two hour Mining Memories session, participants will get the chance to learn all about what 'oral histories' are and how to go about collecting them. Workington has a proud mining heritage and there are still people alive today who remember what it was like to work in the pits. Together, we'll learn how to conduct oral history interviews that can help us capture information about the past before it disappears forever. We'll consider how to use recording equipment, how to be a good interviewer, and what we do with the stories once they've been collected.



# 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**

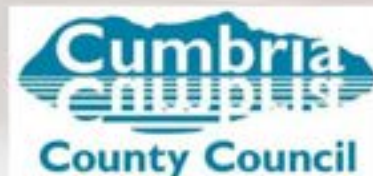
**EVERY Tuesday & Thursday**

**Until end of March**

**11:30 - 14:00**



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



# People First

## Youth Projects Timetable

People First is an independent customer-led organisation that has worked in the North of England for over 30 years. We have a deep understanding of the region, our communities and the unique challenges. We are the largest provider of Advocacy in Cumbria, supporting thousands of people every year to have their voices heard and helping them to live their best lives. Our independence is very important to us, we are not run or controlled by any other service. We are a passionate organisation which dedicates itself to representing people's views, we are dynamic and courageous and not afraid to stand up and be counted.



### Youth Projects Timetable February 2023

- Monday 13th February 5-6pm**  
**Self-appreciation Art**  
We will be doing self-portraits with pencils, paints and with photography.  
Location: People First Conference Centre, Milbourne Street, Carlisle, CA2 5XB
- Saturday 18th February 10-12pm**  
**Inclusion Club - Carlisle Youth Zone**  
We will be attending Carlisle Youth Zone Inclusion Club and running a fun activity.  
Location: Carlisle Youth Zone, Victoria Place, CA1 1LR
- Thursday 23rd February 11-12pm**  
**Clip and Climb - Maryport**  
Try something new and challenge yourself at Clip 'N Climb. £5 entry fee. Arrive at 10:40 for registration.  
Location: The Wave Centre, Irish Street, Maryport, CA15 8AD
- Monday 27th February 5-6:30pm**  
**16-25 Club Social**  
We are having a 16-25 Club Social Night. There will be pizza, Nintendo Switch and fun activities. Come and tell us more about what you want the 16-25 club to be!  
Location: People First Conference Centre, CA2 5XB



**wordsworth**  
GRASMERE



## Free Workshop for Children with Dalton Library

Wednesday 22<sup>nd</sup> February 2023  
at Dalton Community Centre, Nelson Street,  
Dalton-in-Furness

To book a place for  
your child call 01229  
407370 or scan the  
QR code

### Rucksack of Rhymes: Bee Aware 2-3pm

For children age 0-5yrs and their parents/carers

Join us for songs, play, crafts and a story whilst exploring flowers and bees. Learn what life was like for William and Dorothy Wordsworth when they lived in Dove Cottage over 200 years ago.



SCAN ME

### Birds and Biodiversity 3-4pm

For children age 4+ and their parents/carers

Come and learn all about birds and biodiversity as we work together to write poetry and create crafts inspired by the words of William and Dorothy Wordsworth.



SCAN ME

# 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

### Health and Wellbeing team job opportunities

The health & wellbeing team in the West are currently advertising and recruiting to 3 posts across Allerdale & Copeland. Link to the job adverts are below.

We currently have 2 vacancies for permanent full-time Health & Wellbeing Coach one in Copeland, one in Allerdale and also a vacancy for a fixed term (Until March 25) Health & wellbeing Officer Post to work across the West. All roles will have a work base of West Cumbria House, Lillyhall.

If anyone would like any further information then please let me know or you are welcome to attend one of our information sessions we are holding via MS Teams- just send an email to [HAWCRecruitment@cumbria.gov.uk](mailto:HAWCRecruitment@cumbria.gov.uk) and we can forward you a link to the sessions



# LGBT HISTORY MONTH 2023



LGBT+ History Month is for everyone; whether you work in education, a museum, library or art gallery, a business, a service, are a member of a network/social group or an individual. It is celebrated every February across the UK, and was founded in 2004 by Schools OUT co-chairs, Paul Patrick & Professor Emeritus Sue Sanders. It was first celebrated in February 2005.

Every year Schools OUT sets a different theme for LGBT+ History Month and provides free resources for education settings, businesses, services and organisations to help them celebrate LGBT+ lives in their full diversity.

**[WWW.LGBTPLUSMONTH.CO.UK](http://WWW.LGBTPLUSMONTH.CO.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 on training.

**CUMBRIA  
YOUTH  
ALLIANCE**



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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