



January 2023

Welcome to the January 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

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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

NEW CUMBRIA YOUTH ALLIANCE WEBSITE

Cumbria Youth alliance has launched its new website on

WWW.CYA.ORG.UK

please visit the website to access

- Online Training
- Annual reports
- Further information on projects
- Make referrals
- Job opportunities
- Good news stories
- Meet the team



CUMBRIA YOUTH ALLIANCE

We are asking for your support to complete a short survey!

CYA has a wider offer of support available to voluntary sector organisations and we're keen to understand what value this has to you. This will help us to ensure we can sustain this in the future and support you and your organisation to be the best you can for young people. We're asking valued supporters like you to help us and have designed a short online survey to ask you about your experience of CYA. It asks about the services (support, training, or resources) you use or have used in the past, as well as what you might want in the future.

Please use the following link to complete the survey, which should take around five minutes

If you are a Voluntary Sector Organisation, please click here [VCS Survey](#).

Or

If you are a Public or Private Sector Organisation, please click here [Public or Private Sector Survey](#).

Please complete your response by 22nd January 2023.

We are not collecting any personal information and all responses can be completely anonymous if you choose.

Thank you for your help and support

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/>

NCS TRUST

Delivery Model

NCS is changing its delivery and funding model, which will soon be made available to both LAs and VCSE providers of activities for young people. Furthermore, the model is geared towards an all year programme for both Open Access and Targeted provision rather than holiday periods.

To find out more, visit https://wearencs.com/our-2023-grant-giving_and book yourself, or a colleague, onto the NW information session taking place on Thursday 12th January in Wigan, 10 am-14:30pm.

ABOUT NCS TRUST

NCS is a space where young people can become world ready and work ready, and raise their voice to make a positive difference together. Where they can explore who they are and who they want to be, with no fear of judgement or failure.

Where they can step out and step up, and get a taste of independence on their own terms. A space for everyone to feel at home, no matter where they're from. To connect with other like-minds, learn new skills, make an impact in their community and better their employability.

GLL SPORT FOUNDATION

Athlete Support Programme

Supporting athletes across the UK to reach their potential and achieve success.

Talented athletes from 65 areas across the UK are invited to apply for a range of awards which include financial support, access to sport facilities, physiotherapy, lifestyle mentoring and mental health support.

The GLL Sport Foundation celebrates its 15th year in 2023 and it is the UK's largest independent athlete award programme which has so far contributed over £13m to help over 24,000 athletes on their sporting journey.



Home

GLL Sport Foundation - Athlete Support Programme

allsf



WORKSHOPS

Thursday 26th January 2023

Autism & ADHD

--
9.30AM for a
10AM START

Autism & Anxiety

--
1PM - 2:30PM

EVERYONE WELCOME
Places available to book
through our booking system

<https://bookwhen.com/asaac>



Wath Brow Hornets RL
Club Cleator Moor
CA23 3EW

CUMBRIA COUNTY COUNCIL

Holiday Activities and Food Programme for Easter 2023.

Note: this is for up to 4 days at Easter Holidays. You must complete all the sections on this application form. If you are a new provider, we carry out a Governance Health Check prior to commencement and annually thereafter to ensure safe provision.

HAF Activities provide the following:

- Healthy meals: holiday activities organisers must provide at least one hot healthy meal a day and must meet the School Food Standards throughout
- Enriching activities: holiday clubs must provide fun and enriching activities that provide children and young people from ages 5 – 16 with opportunities to develop or consolidate skills and knowledge and improve their wellbeing. It can be any kind of activity that the children enjoy doing, some examples are drama, music, sport, craft to forest schools or swimming,
- Target school age children aged 5-16 (18 if special needs)
- Provide daily physical activities which contribute to the Chief Medical Officer Physical Activity Guidelines.
- Provide nutritional education: holiday clubs must improve children's knowledge and awareness of healthy eating and offer advice and training to parents on how to source, prepare and cook nutritious and low-cost food. Your HAF team will provide you with resources for this element of the programme.
- Cover environmental awareness such as single use plastics
- Engage parents in food education and healthy eating through provision of information – or cooking demonstrations or inviting them to a meal.
- Signposting and referrals: clubs must be able to provide information signposting or referrals to other services and support that would benefit the children who attend their provision and their families.

If in doubt, please email cathhaf@btinternet.com to discuss any issues

CUMBRIA LOCAL ENTERPRISE PARTNERSHIP

Cumbria's Economic Future

The Cumbria Local Enterprise Partnership's Futures Forum is hosting a major economic forum on Cumbria's Economic Future and would like to extend an invitation to 18-35 year olds in the county to come and have their say on the issues that matter.

The event will be a combination of personal development activity (with attendees receiving their own Insights report), keynote speakers and interactive workshops to consider key issues that will impact on Cumbria's economic growth.

The workshops will consider issues such as:

- Sustainable Cumbria – accelerating our Net Zero ambition
- Great Place to Live and Work – attracting and retaining young people based on our unique offer (jobs, housing, lifestyle etc.)
- Developing our Talent Pipeline – career opportunities, educational offer, new sectors, new industries etc.

The event is taking place from 9.30am to 4.00pm on Wednesday, 1 February 2023 at the North Lakes, Hotel, Penrith CA11 8QT. Places are limited, and demand is expected to be high, so please do book early, using the following link: <https://www.eventbrite.co.uk/e/18-35-year-olds-in-cumbria-have-your-say-on-cumbrias-economic-future-tickets-494986627327>

DREAMSCHEME

ROBIN RIGG COMMUNITY FUND

Allerdale and Copeland Groups

This funding is available for Environmental Projects run by groups in Allerdale or Copeland. Each group can apply for up to £500 in funding for each environmental project.



To apply please contact Juan who will speak about your idea with you and decide whether or not the funding shall be granted.



GET IN TOUCH:
JUAN@CYA.ORG.UK

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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@dzyp.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

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CWSP MEMBERS TRAINING

Gambling Awareness

Gambling Awareness – Explore the Impacts of Gambling has been arranged to take place on Zoom Thursday 26th January 2023 9.30am till 12.00 noon.

By the end of the session you should be able to:

- To understand what problem gambling is
- To be able to identify risk factors that can lead to problem gambling and what impacts it can have on people
- To be able to identify warning signs and indicators of problem gambling
- To feel confident in asking questions about problem gambling and referring people for support

If you would like to book a place on the session, please email carol.pugh@copeland.gov.uk by Friday 20th January .

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.

Contact us to book.
We'd love to talk to you!

Email youthprojects@wearepeoplefirst.co.uk
Call 0300 303 8037



Youth Projects Timetable January - All Cumbria



Wednesday 11th January 5-6pm New Year New Us

Join us for our new year session where we will explore setting goals for 2023 and make a calendar to help us stay organised.
Location: People First Conference Centre, Milbourne Street, Carlisle, CA2 5XB
Free



Tuesday 17th January 5-6pm 16-25 Sports Session

Come join us for fun and competitive evening of sports, including football, badminton and more.
Location: Carlisle Youth Zone CA1 1LR
50p (for Youth Zone entry)



Wednesday 18th January 5-6pm Magazine Making

The People First youth magazine is coming along nicely. Come join us to construct your own page, an article, an interview...whatever you like!
Location: People First Conference Centre, Milbourne Street, Carlisle, CA2 5XB
Free



Thursday 26th January 5-6pm Coding Club

Coding Club is back after a long break. Come and play with Botley our robot and code a Pac-Man game.
Location: People First Conference Centre, Milbourne Street, Carlisle, CA2 5XB
Free

YOUTH MUSIC

NextGen Fund

The Youth Music NextGen Fund offers early-stage musicians and wider music adjacent creatives across the UK grants of up to £2,500 to make their ideas happen. This has been made possible thanks to generous support from our partners at TikTok, Turtle Bay, and players of People's Postcode Lottery.

The aim? To support the future of the music industries. We opened applications to singers, rappers, songwriters, producers, MCs, DJs, A&Rs, managers and agents, right through to roles that have yet to be defined.

One year on, we've run the numbers, and in the first three rounds, Youth Music has invested in 103 young creatives, around 12% of applications we received, showing strong demand for financial support from emerging artists and aspiring industry professionals.

Before being given Youth Music NextGen grants, 86% of recipients had not previously received significant funding (above £1,000) for a creative project. It is this sense of trust and belief in young people and their ideas that has set Youth Music apart from our peers. Vitally, early career funding allows emerging creatives to take risks and try new things as they grow and develop.

www.youthmusic.org.uk



MINI BUS DRIVER 1.5H IN THE MORNING & 1.5H IN THE AFTERNOON

- You will be responsible for collecting learners from local collection points in the morning and dropping them off in the afternoon.
- Must be over 25 for insurance purpose and hold a valid UK licence.

Send your CV to karen.jones.hometowork@gmail.com

Next Stage Youth Development

Job opportunity

Youth Support Worker - Leaving Care

Next Stage Youth Development Ltd is a dynamic and committed provider that has been recognised as one of the top 100 Best Companies to work for in the North West. We are dedicated to supporting and empowering young people aged between 16-18 years old, to be successful in making the transition to independence.

The young people we support can be hard to engage and can display behaviours that could be viewed as challenging. We achieve positive outcomes for our young people by providing our employees with a fully comprehensive training package that gives employees the right tools needed to support the young people we serve to make the transition successfully.

If you are motivated, resilient, caring, trustworthy, reliable, non-judgemental, and want to make a difference to young people's lives then we want to hear from you.

Job Types: Part-time, Permanent

Salary: £9.90-£10.26 per hour

Schedule:

Day shift

Overtime

Weekend availability

Work Location: One location

VEGANUARY 2023



Launched in the UK in January 2014, Veganuary (pronounced vee-GAN-uary) is a registered charity (1168566) that encourages people to try vegan for January.

Veganism is one of the most effective choices a person can make to reduce the suffering of animals, help the planet and improve personal health.

Veganuary is dedicated to changing public attitudes, while providing all the information and practical support required to make the transition to veganism as easy and enjoyable as possible. Veganuary has had an incredible degree of success in a very short time and is changing lives all over the world.

WWW.VEGANUARY.COM

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 of training.



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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