

# CYA NEWSLETTER



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# INSPIRATION OF THE WEEK

## Nadiya Hussain



Captain Nadiya Hussain, a British chef, author, and television presenter. She gained widespread recognition and inspiration as the winner of the sixth series of "The Great British Bake Off" in 2015.

Captain Hussain, who served in the British Army before pursuing a career in baking, has become a symbol of breaking barriers and challenging stereotypes. Her success in a traditionally male-dominated field and her warmth and charisma on television have endeared her to a broad audience.

## Read & Listen



### The Color Purple

Alice Walker



### The Dark Side of the Moon

Pink Floyd



## National Mentoring Month 2024

National Mentoring Month is an annual campaign celebrated in January, dedicated to raising awareness about the power and impact of mentoring. It's a time to recognize and honor the contributions of mentors while encouraging individuals to become mentors themselves.



# WEEKLY EVENTS

## MONDAY

Though Celebration of Life Day, which lands on January 22, was originally instituted to celebrate the children in our lives, it has come to signify all that's good about being alive.

## TUESDAY

National Handwriting Day is observed on January 23, the birthday of John Hancock – the first man to sign the Declaration of Independence.

## WEDNESDAY

Whether you go crunchy or smooth, on January 24 we put down our cell phones and pick up our spreading knives to celebrate National Peanut Butter Day.

## THURSDAY

Burns Night honors the iconic Scottish poet Robert Burns, who wrote the New Year's Eve anthem Auld Lang Syne. Many Scots host a Burns supper on January 25, the poet's birthday.

## FRIDAY

Australia Day is a g'day, mate, to celebrate all things about the Land Down Under on January 26. We join the 26,000,000 Aussies in their festivities observing the anniversary of the country's settlement in 1788

## SATURDAY

Join us on January 27 for International Holocaust Remembrance Day when we remember the act of genocide so that no one else will suffer like that again.

## SUNDAY

National Lego Day, on January 28, celebrates these incredibly ingenious and enriching toys.

**THIS WEEK I AM GRATEFUL FOR...**



# WEEKLY NEWS

## BALDUR'S GATE 3, LEGO FORTNITE, AND 7 OTHER GAMES THAT DEFINED 2023

Gamers have been spoiled for choice in 2023. The past 12 months have produced so many hits you'd have struggled to complete half of them, let alone all of them.

That did not necessarily mean a good year across the whole industry: thousands of staff in hundreds of companies lost their jobs, and we also witnessed the permanent end of E3, the massive conference that was once the biggest event in the gaming calendar.

In such an eventful year it is easy to lose track - so here are some of the biggest games of 2023.



"Baldur's Gate 3 was an unexpected success that took the world by storm," said gaming journalist Helen Ashcroft.

"There's a strong narrative, choices that matter, a beautiful open world, an incredible score and voice acting, interesting and varied quests, and so many different ways to play and story threads to explore."

## The Legend of Zelda: Tears of the Kingdom

When the rest of the world said that Nintendo's handheld console, the Switch, was too old to impress, the Japanese company said: "Just watch this."

Tears of the Kingdom is a direct sequel to Breath of the Wild, which is considered one of the best games of all time. This new game took the original's vast open world and added the ability - called ultrahand - to craft contraptions by fusing together pretty much anything you can find.

[READ MORE](#)



## Baldur's Gate 3

This role-playing game stunned players and critics with its depth - many players easily racked up 100-plus hours in the Forgotten Realms, the Dungeons & Dragons-based setting for the game.

The level of detail, vast customisation options, and flexible story impressed critics most: Belgian developer Larian made it possible to experience a completely different set of characters and choices each time you play. Few were surprised when, in December, it picked up Game of the Year at the gaming industry's biggest awards ceremony - but it wasn't an outcome many would have foreseen at the start of the year.

# FRANCIS PRENDIVILLE AUTHOR TALK



Born on Merseyside, Francis Prendiville, was 'asked to leave' grammar school following too many visits to the Cavern Club lunchtime sessions. He started a gap year that finished ten years and twenty-one jobs later. He taught in Manchester primary schools for nineteen years before taking up a post at Lancaster University training teachers. There he coauthored two drama books before writing the novel, 'Mr Harris Makes It Up'.

'Mr Harris Makes It Up' is a humorous heart-warming and gritty odyssey through life in a northern city at a time when kids were obsessed with Space Dust, Blue Jeans magazine and the Bay City Rollers - but it has plenty to say about the role of the arts in schools.

Manchester, 1977, Graham Harris a compassionate, newly qualified teacher, is struggling to inspire his class of bottom-stream 11-year-olds when a 6ft Redcoat soldier marches into the classroom and changes everything - for the children, and for Graham. So begins his campaign to transform these young lives with a passion for drama. The trouble is, not everyone approves of his radical thinking, and dark forces in the staffroom set out to undermine his approach

LEARN MORE







# BREAKING BARRIERS PROJECT

The Breaking Barriers project supports young people 15-18 years old who live in Workington, Whitehaven, Cleator Moor, Frizington and surrounding areas who are NEET or projected NEET to build engagement, raise aspirations, provide training and improve career opportunities.

## We aim to:

- **BOOST YOUR CONFIDENCE: DISCOVER YOUR SELF-WORTH, DEVELOPING EMOTIONAL RESILIENCE**
- **OFFER UP TO 6 MONTHS BESPOKE SUPPORT**
- **CREATE FUN & ENGAGING ACTIVITIES BASED ON YOUR HOBBIES & INTERESTS**
- **KEEP YOU MOTIVATED TO REACH YOUR GOALS**
- **DIVE INTO ONLINE LEARNING MODULES TO GEAR UP FOR YOUR DREAM JOB**
- **OFFER FRIENDLY ONE TO ONE IN PERSON OR VIRTUAL SUPPORT**
- **FUEL YOUR AMBITIONS: SET HIGH ASPIRATIONS**
- **HELP IN ACCESSING DUKE OF EDINBURGH AWARD**

For more details or to sign up please contact us:

 [www.cya.org.uk](http://www.cya.org.uk)  [Office@cya.org.uk](mailto:Office@cya.org.uk)  01900 603131

**CUMBRIA**  
**YOUTH**  
**ALLIANCE**



# Spaghetti puttanesca



3 tbsp olive oil  
1 onion, finely chopped  
2 large garlic cloves, crushed  
½ tsp chilli flakes (optional)  
400g can chopped tomatoes  
5 anchovy fillets, finely chopped  
120g pitted black olives  
2 tbsp capers, drained  
300g dried spaghetti  
½ small bunch of parsley, finely chopped

## Method

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### STEP 1

Heat the oil in a non-stick pan over a medium-low heat. Add the onion along with a generous pinch of salt and fry for 10 mins, or until soft. Add the garlic and chilli, if using, and cook for a further minute.

### STEP 2

Stir the tomatoes, anchovies, olives and capers into the onion, bring to a gentle simmer and cook, uncovered, for 15 mins. Season to taste.

### STEP 3

Meanwhile, bring a large pan of salted water to the boil. Cook the spaghetti following pack instructions, then drain and toss with the sauce and parsley.

## Feel like you could use some emotional support?

No problem is too small at Kooth. Explore our mental wellbeing community for free, safe and anonymous support.



# Carlisle Youth Zone



CYZ WILL PROVIDE A SAFE AND FUN ENVIRONMENT WHERE THE POTENTIAL OF YOUNG PEOPLE IS DEVELOPED AND FULFILLED.

We are open 6 nights a week and during school holidays we run our successful Holiday Club.

The Youth Zone provides a safe meeting place for young people, particularly those from disadvantaged backgrounds, where they can, for a nominal entrance fee, participate in a wide range of positive activities.

We have 4 main ways which we achieve our vision - We will work with others to:

- Provide excellent universal and targeted youth provision, informed by and in partnership with our young people.
- Achieve financial sustainability.
- Invest in our team (staff, volunteers and board) to help them achieve their potential and the CYZ vision
- Confirm CYZ as a valued and essential resource throughout the Carlisle community.

If you want to learn more about the history of CYZ, and what we have achieved, you can view our [timeline](#) - or for more regular updates, follow us on social media!

**LEARN MORE**







# JOBS IN CUMBRIA



**All of these jobs were  
found on: [Indeed.co.uk](https://www.indeed.co.uk)**

Children's Activity Group Leader  
Robinwood Activity Centres  
Cumbria

Young Children's Support Worker  
ABC Care and Education Ltd  
Penrith

Student Support Worker at HMP Haverigg  
Novus  
Cumbria

Changing Room Support  
[Mitie Group plc](#)  
Whitehaven

Delivery Driver Carlisle  
Driver Express  
Carlisle

Nursery Practitioner  
[Little Monkeys Day Nursery & Pre School](#)  
Keswick

SPAR Derwent - Retail Assistant  
[James Hall & Co](#)  
Keswick

Key Time Worker  
[Cumberland Building Society](#)  
Whitehaven

Delivery Driver  
[Evri Couriers](#)  
Workington

Support Worker  
Community Integrated Care  
Cockermouth

Finance Assistant  
Lakeland Arts  
Windermere

Business Support Assistant  
[Furness College](#)  
Barrow-In-Furness

Link Worker  
Everyturn  
Carlisle

Market Research Interviewer  
[Kantar](#)  
Cleator

Visitor Operations Administrator  
Dalemain Mansion  
Penrith

Administration Assistant - Part Time  
Thomas Armstrong (Holdings) Limited  
Cumbria

Residential Support Worker -  
Residential Child Care  
[A Wilderness Way](#)  
Cumbria

Bar and Waiting Assistant  
Another Place, The Lake  
Watermillock

Administrator - 35hrs per week -  
Cumbria  
Remedi - Restorative Services  
Cumbria

**IF YOU NEED ANY HELP WITH YOUR CV  
CONTACT:  
[office@cya.org.uk](mailto:office@cya.org.uk)**



# FORGING FUTURES

Forging Futures is a new county-wide youth support programme for young people 16 - 24, helping to tackle rising youth unemployment.

Funded by the Youth Futures Foundation, delivered by Cumbria Youth Alliance, with the support of specialist partner organisations.

## You will benefit from:

- **SUPPORT TO ACCESS VOLUNTEERING, WORK EXPERIENCE PLACEMENTS AND TASTERS**
- **UP TO 6 MONTHS IN-WORK SUPPORT**
- **WEEKLY ONE TO ONE IN PERSON OR VIRTUAL CONTACT WITH A CYA SUPPORT WORKER**
- **CV AND COVERING LETTERS**
- **OPPORTUNITY TO ATTEND REGULAR EMPLOYER LED CAREER TALKS AND INFORMATION SESSIONS**
- **HAVE ACCESS TO A SUITE OF ONLINE LEARNING MODULES**
- **ASSISTANCE WITH JOB SEARCH**
- **CAREER FOCUSED ACCREDITED TRAINING**
- **ACCESS TO REGULAR GROUP DEVELOPMENT / ACTIVITY SESSIONS**

**CUMBRIA**  
**YOUTH**  
**ALLIANCE**

**youth**  
**futures**  
FOUNDATION



# Online Learning

Cumbria Youth Alliance has 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 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 [office@cya.org.uk](mailto:office@cya.org.uk) for a registration form

## WANT TO GET INVOLVED WITH THE CYA NEWSLETTER?

If you have any upcoming events or recap on past events promoted in our newsletter or would like to feature a playlist.

Feel free to get in touch with [callum@cya.org.uk](mailto:callum@cya.org.uk)

*If you no longer wish to receive CYA digital newsletter email [callum@cya.org.uk](mailto:callum@cya.org.uk) with the message STOP.*

*or*

*If you wish to receive previous issues send PAST ISSUES email [callum@cya.org.uk](mailto:callum@cya.org.uk)*



# Months of the Year

J	N	V	R	E	B	M	E	T	P	E	S	E	M
A	Y	C	B	Y	R	A	U	R	B	E	F	H	E
A	B	P	G	Y	P	F	A	P	R	I	L	C	J
N	O	V	E	M	B	E	R	E	P	S	E	M	A
I	A	O	C	T	O	B	E	R	M	J	M	E	N
M	E	M	A	A	U	F	R	C	R	U	N	S	U
A	A	H	A	U	G	U	S	T	B	N	E	Y	A
Y	A	O	U	N	I	O	J	E	N	E	S	R	R
C	U	P	E	Y	B	R	E	U	O	R	B	C	Y
B	P	S	A	A	R	R	P	Y	L	C	M	E	U
R	A	T	E	T	U	U	E	V	N	Y	A	R	A
A	E	J	A	T	E	U	N	Y	U	B	R	O	E
R	Y	C	D	E	C	E	M	B	E	R	C	U	Y
P	M	B	P	C	B	U	R	E	R	U	H	A	E

SEPTEMBER  
NOVEMBER  
AUGUST  
MARCH  
OCTOBER  
DECEMBER  
JANUARY  
JULY  
APRIL  
MAY  
JUNE  
FEBRUARY

Play this puzzle online at : <https://thewordsearch.com/puzzle/109/>

## Thought of the Day:

“If we had no winter, the spring would not be so pleasant: if we did not sometimes taste of adversity, prosperity would not be so welcome.” Anne Bradstreet

## Joke of the Day:

What sort of cakes do snowmen like? Ones with thick icing!

## Random Fact of the Day:

All snowflakes have six sides, or arms.

## Journal Prompt of the Day:

Write instructions for a kid who has never seen snow on how to build a snowman.

If you are interested in any of the activities mentioned in this newsletter and would like some more information then please contact CYA on:

01900 603131

Visit our website for information, help, support, newsletters, online resources, and activities

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



Find us on  
Facebook

