

CYA NEWSLETTER



IN THIS E-NEWSLETTER

- Online events
- Work Experience
- Recipes
- Top 5 Jobs
- Puzzles

CUMBRIA
YOUTH
ALLIANCE

INSPIRATION OF THE WEEK

David Brailsford

Let's focus on Sir David Brailsford, a British cycling coach known for his exceptional leadership and success in the sport. Brailsford played a key role in the transformation of British cycling, particularly with Team Sky (now known as INEOS Grenadiers).

Under Brailsford's management, British cyclists achieved remarkable success, including multiple Tour de France victories with riders like Sir Bradley Wiggins and Chris Froome. His innovative approach, known as "marginal gains," emphasized making numerous small improvements that collectively lead to significant performance enhancements.



Read & Listen

The Scarlet Letter

Nathaniel Hawthorne



Station to Station

David Bowie



Safe Toys & Gifts Month 2024

Safe Toys & Gifts Month is an annual observance dedicated to promoting the safety of toys and gifts for children, particularly during the holiday season



WEEKLY EVENTS

MONDAY

Whether you want to take a selfie for the 'Gram, tweet your thoughts, or keep your favorite music at your fingertips, celebrate the marvelous world of apps on National App Day on December 11.

TUESDAY

Gingerbread House Day is on December 12! Whether you're a cookie building expert or your baked house falls apart as soon as you get the third wall glued on with icing, we can all agree the best part of building a gingerbread house is eating when we're done!

WEDNESDAY

On National Ice Cream Day, which takes place on December 13, you probably won't hear the ice cream truck, with its delightful tune, roll through your neighborhood

THURSDAY

What's not to love about Free Shipping Day held this year on December 14? You can shop 'til you drop by getting everything online; plus, there are no sky-high shipping rates.

FRIDAY

National Cupcake Day, recognized annually on December 15 to commemorate these compact yet delectable sweets. Indulge all you want in your favorite cupcake treats today.

SATURDAY

Kazakhstan's biggest national holiday since 1991 has naturally been its Independence Day, celebrated on December 16.

SUNDAY

National Maple Syrup Day is on December 17! This viscous yet delicious condiment that is just as versatile as it is tasty; people enjoy it drizzled over everything: from pancakes, to eggs, to salads, to barbecue, this sugary substance has more potential than some give it credit for.

THIS WEEK I AM GRATEFUL FOR...

WEEKLY NEWS

CAN WE 'CORRECT' THE INTERNET?

'What is the tallest building in the world?' Punch that into your search engine, and we should all get the same answer: the Burj Khalifa. Now try... 'who has scored the most goals in international football?' You'll probably get Cristiano Ronaldo. But the answer you should be getting is Canada's Christine Sinclair. Search engines don't always give us the correct information. Last year, we sat down with Google to understand why search engines can be 'biased', and what they're doing to tackle it. Here, we speak to an initiative that is challenging search engines to do better...



How search works

When you punch a question into a search engine, where does that answer really come from?

We asked the Vice President of Search at Google, Pandu Nayak, to help us out.

He encouraged us to think of a search engine like the index in the back of a book. But obviously storing a LOT more information than a book ever could...

It wouldn't be possible for humans to sift through all that information, that's why bits of computer code called 'algorithms' do it for us. The algorithms rank how helpful the information is to answer the question we're asking, based on several factors. Then the highest ranked results appear at the top of the web page.

Trouble is, this process doesn't always surface the correct information, and favours some content over others - this is known as 'search bias'.

If that explanation was too brief for you, you can read more from that interview [here](#).

READ MORE



This clip is a few years old now, but sums up just how the bias we see online reverberates in the real world.

It's of British tennis star Andy Murray, who steps in when a reporter describes US player Sam Querrey as being "the first US player to reach a semi-final since 2009".

It's actually Serena Williams. She's won 12 Grand Slam singles tournaments since 2009.

People at the time called it 'casual sexism'. A lot of people wouldn't even be conscious that they were making a mistake.

That's where the internet can both help - and hinder - progress towards gender equality.

CUMBRIA YOUTH ALLIANCE



It was fantastic to welcome staff from Youth Futures Foundation and staff from Drive Forward Foundation to Cumbria! It's been brilliant to reciprocate London hospitality, demonstrating the unique charm of our county.

Special thanks to KAEFER and Gen2 for joining us in extending a warm Cumbrian welcome. Huge thanks to KAEFER for their employer talks, showcasing excellent opportunities available to our young people.

Stay tuned for more highlights as we continue to create pathways to success for the young people of Cumbria!



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  Office@cya.org.uk  01900 603131

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Cinnamon, raisin & walnut rugelach



170g pot Greek yogurt
1 lemon, zested, then cut into wedges for squeezing
1 tbsp rose harissa
3 tbsp za'atar, plus extra for sprinkling
75g plain flour
2 x 250g blocks halloumi, cut into fries
oil, for frying
handful mint, leaves torn

Method

LEARN MORE



STEP 1

Mix the yogurt with the lemon zest and some seasoning, then swirl through the harissa so that you have pockets of hot and cool in the dip.

STEP 2

On a plate, stir the za'atar into the flour, then roll the halloumi in the mixture so that it's evenly coated. Heat the oil in a shallow, heavy-bottomed pan or casserole dish until 180C on a cooking thermometer, or a piece of bread browns in 20 secs. Working in batches, carefully lower the halloumi into the oil and cook for 2 mins until crisp and golden, then drain on kitchen paper.

STEP 3

Sprinkle over the mint and za'atar, and serve with the lemon wedges and the spicy yogurt for dipping.

Together We



together we

Cumbria

Together We Talk: EBSA Parent and Teen Support is a program dedicated to providing mental health support on a one-to-one basis to young people aged between 11-18 years. This support is tailored for those struggling to attend school, work, or education due to emotional well-being reasons. A Psychological Wellbeing practitioner will offer up to 10 sessions to equip young individuals with skills and strategies to improve their overall well-being.

In addition to individual support, we facilitate parenting support groups aimed at providing parents with the tools to support their teen's mental well-being.

[LEARN MORE](#)



Help Cumberland Council understand the impact of rising food bills and whether you can access the food you want, by completing their survey.





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

Support Worker
Jemcare
Whitehaven

Delivery Driver Carlisle
Driver Express
Carlisle

Sales Assistant - 16 Hours
Regatta
Grasmere

Part Time Bistro Assistant
Underscar
Keswick

Recruitment Consultant
Rullion
Whitehaven

1st Line Desktop Support Engineer-
TSP Engineering
Workington

Support Worker
Community Integrated Care
Cockermouth

Finance Assistant
Lakeland Arts
Windermere

Part-Time School Driver
24x7 Cumbria
Barrow-In-Furness

Link Worker
Everyturn
Carlisle

Community Support Worker
Good Companions Care Agency
Keswick

Visitor Operations Administrator
Dalemain Mansion
Penrith

Care/Support Worker
Interaction Recruitment Plc
Cumbria

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



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
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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 or contact 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

If you no longer wish to receive CYA digital newsletter email callum@cya.org.uk with the message STOP.

or

If you wish to receive previous issues send PAST ISSUES email callum@cya.org.uk

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Thought of the Day:

The road to success is always under construction. – Scott Heidemann
(teacher and coach)

Joke of the Day

What artist got her name for selling out arenas the quickest? Taylor Swift
!

Random Fact of the Day:

You may have seen the holiday spelled Hanukkah, Hannuka or Chanukah. The most common version is Hanukkah. There is no correct way to directly translate the Hebrew sounds to English, so it is also pronounced many ways.

Journal Prompt of the Day:

You find a magical door that leads to a magical world. Describe what you see on the other side of the door.

01900 603131

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

www.cya.org.uk



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