

CYA NEWSLETTER



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INSPIRATION OF THE WEEK

Marcus Rashford



Marcus Rashford, a professional footballer and social activist from the United Kingdom. Marcus Rashford plays as a forward for Manchester United and the England national team. Beyond his achievements on the football field, Rashford has become a prominent advocate for child food poverty. During the COVID-19 pandemic, Rashford campaigned for the continuation of free school meals for vulnerable children in the UK. His efforts, including an open letter to the UK government and successful public pressure, led to policy changes, ensuring that children in need would receive free school meal vouchers during school holidays.

Read & Listen

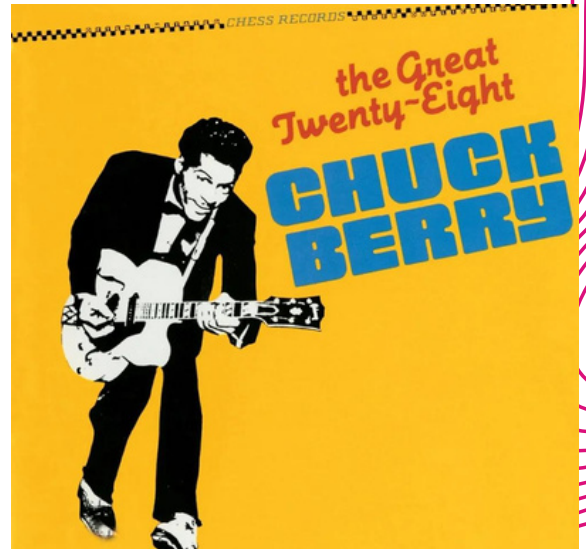
The Old Man and the Sea

Ernest Hemingway



The Great Twenty-Eight

Chuck Berry



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

<p>MONDAY</p> <p>International Cheetah Day is on December 4 and we're getting ready to celebrate mother nature's breathtaking, built-for-speed machines – cheetahs.</p>	<p>TUESDAY</p> <p>Back in 2003, Ninja Burger created International Ninja Day on December 5 as a way to celebrate the Ninja "speed" with which their burgers are delivered.</p>
<p>WEDNESDAY</p> <p>Finland Independence Day is on December 6 and Finns all over the world are ready to kick off this year's celebrations with a blast!</p>	<p>THURSDAY</p> <p>Dear reader, it's been so long since we wrote, but fortunately today we have no excuse because it's National Letter Writing Day on December 7!</p>
<p>FRIDAY</p> <p>National Chocolate Brownie Day is on December 8. Every year brownie lovers come from far and wide to celebrate National Chocolate Brownie Day.</p>	<p>SATURDAY</p> <p>Ho ho ho! And a merry Christmas Card Day, on December 9, to all! 'Tis the season for spreading cheer and joyful greetings, so why not grab a recent family photo, a box of cards, or even a tastefully designed e-card and get to writing!</p>
<p>SUNDAY</p> <p>Human Rights Day on December 10 remembers the day the General Assembly of the U.N. adopted and proclaimed the Universal Declaration of Human Rights in 1948.</p>	<p>THIS WEEK I AM GRATEFUL FOR...</p>

WEEKLY NEWSBEAT

MORE YOUNG ADULTS HELD IN YOUTH PRISONS DUE TO OVERCROWDING IN ADULT JAILS, CHIEF INSPECTOR OF PRISONS SAYS

A member of The Howard League for Penal Reform said 'these aren't normal times for the prison system' More young adults are being held in youth prisons due to overcrowding in adult jails, according to the chief inspector of prisons. A record 88,225 people are currently in prison in England and Wales, with two-thirds of prisons officially overcrowded.

The chief inspector of prisons, Charlie Taylor, told TNM "population pressures" in adult prisons is having an impact on prisons holding children.

He said: "Due to national population pressures in the adult estate, an increasing number of young adults continue to be held in young offender institutions after their 18th birthday.



"We have commented frequently in recent inspections on the challenge for Young Offender Institutions, many of which are already struggling to deliver appropriate levels of purposeful activity, to develop and deliver an additional programme of education, training and employment programme that is suitable for this cohort." The report also found serious disorder had increased by 76% since the last inspection in 2022.

The Inspectorate of Prisons clarified there have always been small numbers of over 18s in children's custody due to delays in transfers or the individual may have a small amount of their sentence left to serve.

The Chief Inspector explained: "While it is less disruptive if someone is near the end of their sentence for them to complete it in a familiar environment, for those with more than a few months left to serve in custody then this creates new challenges."



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[READ MORE](#)

CUMBRIA YOUTH ALLIANCE



As part of our Benny Walker Breaking Barriers project, we have been going into St. Joseph's Catholic High School to work with a small number of young people in their garden space getting in ready for spring .

Last week they built a potting shed!

Our Breaking Barriers project works alongside young people who may need that extra support to stay in education and supports them through the transition into the next phase of education, employment or training.



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

CUMBRIA
YOUTH
ALLIANCE



Benny Walker
Charitable Trust

Healthy_gnocchi



1 tsp olive oil
1 red onion, finely chopped
2 garlic cloves, finely chopped
1 tbsp tomato purée
400g can white beans (we used
butter beans)
400g can chopped tomatoes
100g frozen spinach
400g pack fresh gnocchi
2 tbsp reduced-fat crème
fraîche
25g parmesan, finely grated
small handful of fresh parsley,
to serve

Method

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STEP 1

Heat the oil in a large saucepan over a medium-low heat and cook the onion for 8-10 mins until soft but not coloured. Stir in the garlic and cook for 1 min until fragrant.

STEP 2

Add the tomato purée and the beans, along with their liquid, then pour in the tomatoes. Bring to a simmer, season well, then stir in the spinach. Stir and cook for 2-3 mins until the spinach has loosened.

STEP 3

Add the gnocchi, cover and cook for another 2-3 mins, then uncover and stir in the crème fraîche. Simmer for another 5 mins, adding a splash of boiling water if needed, until the gnocchi is cooked through. Serve in bowls sprinkled with the parmesan, fresh parsley and a little black pepper to finish.

Carlisle Youth Zone



An  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

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
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 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

Safari Animals

E	E	L	A	N	D	P	E	L	H	O	D	N	E
A	R	N	B	G	E	F	I	B	A	B	O	O	N
C	H	E	E	B	F	O	E	L	L	E	Z	A	G
R	I	O	L	A	N	N	R	K	N	A	I	E	E
O	N	E	R	B	U	F	F	A	L	O	L	Z	N
C	O	I	O	S	O	K	U	D	U	I	T	O	W
O	G	A	E	P	P	Z	Z	E	B	R	A	E	A
D	S	O	C	C	D	R	R	T	R	R	L	E	R
I	A	R	E	A	H	A	I	A	N	E	E	T	T
L	D	R	A	P	O	E	L	N	P	C	N	E	H
E	E	D	T	I	G	C	E	H	G	N	N	V	O
W	H	I	P	P	O	N	A	T	O	B	N	I	G
H	Y	E	N	A	C	N	T	H	A	N	O	C	A
C	P	H	F	A	T	B	O	L	O	H	G	K	L

- KUDU
- LEOPARD
- SPRINGBOK
- ELAND
- CROCODILE
- BABOON
- GIRAFFE
- ELEPHANT
- BUFFALO
- HIPPO
- RHINO
- WARTHOG
- GAZELLE
- ZEBRA
- CHEETAH
- CIVET
- HYENA
- LION

Play this puzzle online at : <https://thewordsearch.com/puzzle/11/>

Thought of the Day:

Genius is one percent inspiration and ninety-nine percent perspiration. - Thomas Edison

Joke of the Day

Where do sports teams go to buy new uniforms? New Jersey.

Random Fact of the Day:

The blob of toothpaste on your toothbrush is called a nurdle.

Journal Prompt of the Day:

What is your favorite thing to wear?

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



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