

# CYA NEWSLETTER



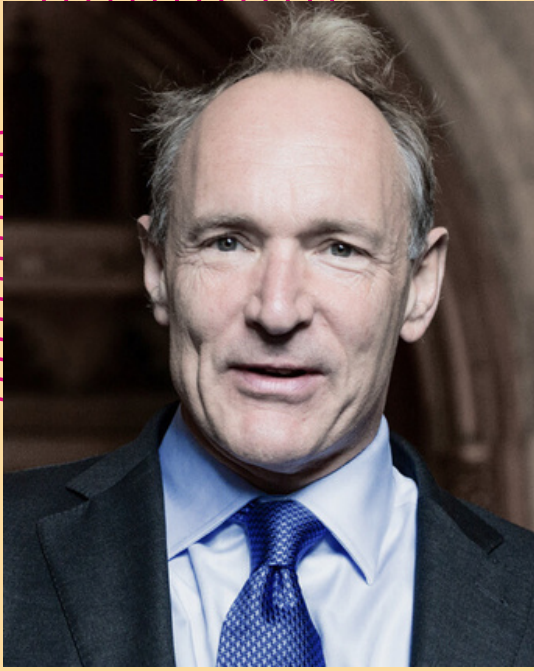
## IN THIS E-NEWSLETTER

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



# INSPIRATION OF THE WEEK

## Tim Berners-Lee



Tim Berners-Lee, a British computer scientist who is best known as the inventor of the World Wide Web. Sir Tim made a groundbreaking contribution to the field of information technology by developing the first web browser, editor, and server in the early 1990s. His invention has had an immense impact on communication, information sharing, and collaboration globally. Instead of patenting his creation, Sir Tim chose to give it freely to the world, fostering an open and accessible internet.

## Read & Listen

### The Adventures of Sherlock

#### Holmes

Arthur Conan Doyle



#### Legend

Bob Marley and  
the Wailers



It's **Movember** and  
we're here to listen  
without judgement



# WEEKLY EVENTS

|  |   |
|--|---|
| <p><b>MONDAY</b></p> <p>World Kindness Day is an international holiday that was formed in 1998, to promote kindness throughout the world and is observed annually on November 13 as part of the World Kindness Movement.</p>                       | <p><b>TUESDAY</b></p> <p>World Diabetes Day is every year on November 14, first created in 1991 by the International Diabetes Foundation and the World Health Organization.</p>                                 |
| <p><b>WEDNESDAY</b></p> <p>If you're old enough, you probably remember Steve Irwin of the Australian Zoo. On November 15, people all over the world celebrate this amazing person and his incredible impact on the world of animals and people</p> | <p><b>THURSDAY</b></p> <p>We celebrate World Philosophy Day on the third Thursday of November every year – this year it falls on November 18, but World Philosophy Day first occurred on November 21, 2002.</p> |
| <p><b>FRIDAY</b></p> <p>On November 17 we take a moment to show compassion and support for families who are experiencing the anxiety of premature births by observing World Prematurity Day</p>  | <p><b>SATURDAY</b></p> <p>Mickey Mouse first appeared in the short film "Steamboat Willie" on November 18, 1928. Ever since then, fans all over the world have celebrated this day as his birthday.</p>         |
| <p><b>SUNDAY</b></p> <p>National Play Monopoly Day is on November 19 every year. The game of Monopoly was invented about 118 years ago, and National Play Monopoly Day recognizes Monopoly as a favorite pastime of millions</p>                   | <p><b>THIS WEEK I AM GRATEFUL FOR...</b></p>  |

# WEEKLY NEWSBEAT

## DIWALI 2023: WHAT YOU NEED TO KNOW ABOUT THE FESTIVAL OF LIGHT

It's a major festival celebrating the triumph of light over darkness and the start of new beginnings for millions of people of the Hindu, Sikh and Jain faiths. Here's what you need to know about Diwali.

### Diwali runs over five days

The festival tends to fall between October and November, but the exact date varies each year. Each day has a different meaning and, in 2023, the main date of celebration is Sunday 12 November.



### Each religion celebrates for different reasons

For Hindus, it marks the beginning of the New Year, and is about the return of deities Rama and Sita after 14 years of exile.

The festival is known as Bandi Chhor Divas for Sikhs, celebrating the release of the sixth guru Hargobind Singh from prison in 1619.

For Jains, it's about the moment Jainism founder Lord Mahavira reached a state of being known as Moksha, or eternal bliss.

### It is a time when traditions are followed

Homes are cleaned, new clothes are worn and prayers are said. Outside their homes, people draw rangolis - traditional designs made using colourful powders - to bring good luck and positivity into their lives.



### It's best known as the festival of lights

The word Diwali comes from the Sanskrit word Deepavali, which means "rows of lighted lamps". Homes and streets tend to be decorated with small oil lamps called diyas, with the light supposed to help Lakshmi - goddess of wealth and good fortune - find her way into people's homes

[READ MORE](#)

# LUNCHTIME FIGURE DRAWING | ROYAL DRAWING SCHOOL



Drop in and draw along with us, live from our London studios from 1-2pm (GMT). Guided by an experienced tutor, students will draw from a model using a range of digital processes only possible online such as multi-angle perspectives, dramatic lighting set ups and zoomed in frames.

In this lunchtime session you will focus on the head. Zooming in and up close on the head, we will observe the structure and relationships of the head and shoulders from various angles, supplemented by an anatomical understanding.

With a focus on the human form, each session will give you the opportunity to observe and draw from a live model from the comfort of your home or workplace. There will be a variety of long and short poses. Using digital observation we will be able to zoom in on particular aspects and superimpose images amongst other advantages. The use of music will also feature in combination with some of the poses.

[BOOK NOW](#)






# 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**



# Fruity traybake



175ml vegetable oil, plus extra  
for greasing  
175g dark muscovado sugar  
3 large eggs  
1 small ripe banana, mashed  
140g grated eating apple  
100g grated carrot  
1 small mango, peeled and cut  
into small dice  
zest 1 lemon  
250g self-raising flour  
1 tsp bicarbonate of soda  
1 tsp mixed spice  
For the icing  
225g icing sugar, sieved  
For the icing  
75g passion fruit or lemon curd  
75g cream cheese

## Method

LEARN MORE



### STEP 1

Heat oven to 180C/160C fan/gas 4. Grease and line a 22cm square tin with baking parchment. Whisk the oil and sugar in a large mixing bowl until light and fluffy. Beat in the eggs, one at a time, followed by the banana. Stir through the apples, carrots, mango and lemon zest. Combine the flour, bicarb and mixed spice in another bowl, then fold into the fruit mixture.

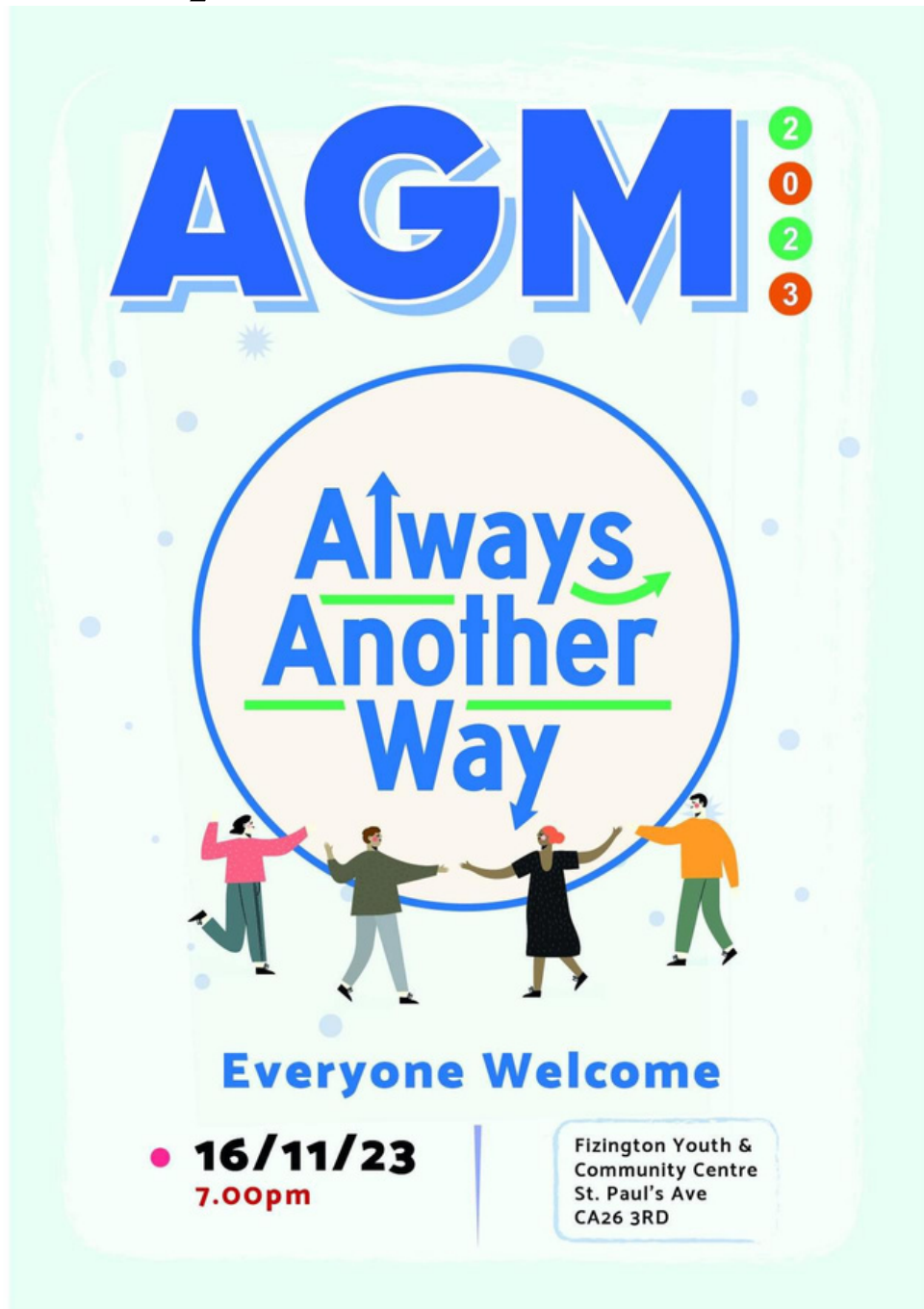
### STEP 2

Pour the mixture into the tin and bake for 40 mins, until a skewer inserted comes out clean. Cool for 10 mins before turning out onto a wire rack.

### STEP 3

To make the icing, beat together the icing sugar, passion fruit or lemon curd and the cream cheese. Spread over the top of the cake and cut into square pieces to serve.

# Always another Way



Our Annual General Meeting is to be held on this evening, Thursday 16th November at 7pm, at the Phoenix Youth and Community Centre, Frizington. If you'd like to see what we've been up to this year, or to learn more about what services we offer, please do come along! We extend this invitation to funders, partner organisations, clients and all members of the public.

[LEARN MORE](#)







# TOP JOBS IN CUMBRIA



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

HOPE (Health, Outreach,  
Prevention, Education) Worker  
The Well Communities CIC  
Cumbria

Administration Assistant - Part Time  
Thomas Armstrong  
Maryport

Prescribing Clerk- job post  
James Street Group Practice  
Workington

Part Time Bistro Assistant  
Underscar  
Keswick

Residential Support Worker and  
Team Leaders  
helpful Investments Limited  
Workington

Finance Assistant  
Lakeland Arts  
Windermere

Link Worker  
Everyturn  
Carlisle

HGV Mechanic  
Haulage Holdings Ltd  
Penrith

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

Bar and Waiting Assistant  
Another Place, The Lake  
Watermillock

Support Worker  
Walsingham Support  
Whitehaven

Support Worker  
Jemcare  
Whitehaven

Sales Assistant - 16 Hours  
Regatta  
Grasmere

Recruitment Consultant  
Rullion  
Whitehaven

Support Worker  
Community Integrated Care  
Cockermouth

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

Community Support Worker  
Good Companions Care Agency  
Keswick

Part time weekly fire alarm and  
monthly emergency lighting  
tester  
The Fire Safety Company  
Barrow-In-Furness

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)**

# Coping with the loss of a pet?

A support guide for adults and children



Pets change lives  
We change theirs

Tips and advice for  
dealing with grief and where  
to find help if you need it

# 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)*

# Finding Nemo

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| H | C | F | I | Y | B | P | E | A | C | H | C | I | B |
| C | K | I | B | R | Y | R | O | D | M | B | F | O | O |
| J | A | C | Q | U | E | S | F | I | N | D | I | N | G |
| E | C | O | R | A | L | R | E | E | F | B | S | A | H |
| U | H | T | A | N | K | G | A | N | G | A | H | H | S |
| N | N | O | E | C | U | R | B | A | I | H | A | N | I |
| T | A | N | B | B | F | C | R | N | N | S | R | E | F |
| S | C | A | U | A | N | E | M | O | L | S | K | I | N |
| I | I | H | B | L | O | A | T | O | I | N | S | E | W |
| T | L | S | B | B | A | R | R | A | C | U | D | A | O |
| N | E | H | L | B | I | M | A | R | L | I | N | N | L |
| E | P | F | E | H | U | A | D | E | M | U | H | C | C |
| D | O | U | S | E | E | A | E | L | L | E | N | T | U |
| G | U | R | G | L | E | D | D | E | B | M | B | A | J |

BLOAT  
CLOWNFISH  
TANK GANG  
DENTIST  
BARRACUDA  
NEMO  
PELICAN  
PEACH  
FINDING  
BRUCE  
CORAL REEF  
MARLIN  
SHARKS  
GURGLE  
DEB  
ELLEN  
DORY  
CHUM  
JACQUES  
BUBBLES

Play this puzzle online at : <https://thewordsearch.com/puzzle/146/>

## Thought of the Day:

“This nation will remain the land of the free only as long as it is home of the brave.” —Elmer Davis

## Joke of the Day:

What do you call a group of kids who enlists in the military? The INFANTry!

## Random Fact of the Day:

Officially, Veterans Day is always Nov. 11. But holiday office closures may shift when Veterans Day lands on a weekend. If Nov. 11 is a Sunday, businesses may observe the holiday the following day. If it lands on a Saturday, businesses might close on Friday instead.

## Journal Prompt of the Day:

Imagine the day in the life of a soldier.

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