

CYA NEWSLETTER



HELLO
NOVEMBER!

IN THIS E-NEWSLETTER

- Online events
- Work Experience
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- Puzzles



CUMBRIA
YOUTH
ALLIANCE

INSPIRATION OF THE WEEK

Judi Dench



Dame Judi Dench is an inspirational figure from the UK. She is a highly esteemed actress known for her incredible talent and versatility on stage and screen. Dame Judi Dench has received numerous accolades for her work, including Academy Awards, BAFTAs, and Golden Globes. Beyond her extraordinary acting career, she's also admired for her resilience and dedication to her craft, having overcome personal challenges and continuing to excel in her profession. Additionally, she's an advocate for various social causes, making her an inspirational figure in the world of entertainment and beyond.

Read & Listen

The Curious Incident of the Dog in the Night-Time

Mark Haddon

Sign O' the Times

Radiohead



LET'S TALK BEREAVEMENT

Supporting Grieving Children

1 HOUR & 30 MIN VIRTUAL SESSION

Dates available to book now!



SCAN ME



Boost



This targeted session focuses on how we can support children and young people when they experience a bereavement in their lives:

- Gain an understanding of a child's perception of death
- Consider how theories of loss and grief relate to children and young people
- Increase your awareness of how children might react, and what can help them
- Gain information about Child Bereavement UK, Let's Talk Bereavement and other partner organisations and resources

Find out more at:

www.boost.org.uk/improve/lets-talk-bereavement

WEEKLY EVENTS

<p>MONDAY</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>TUESDAY</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>WEDNESDAY</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>THURSDAY</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>FRIDAY</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>SATURDAY</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>SUNDAY</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>THIS WEEK I AM GRATEFUL FOR...</p>

WEEKLY NEWSBEAT

HALLOWEEN: ARTIST'S DESI DESIGNS BRIDGE THE GAP BETWEEN CULTURES

Growing up, ghouls, ghosts and monsters weren't the biggest fear for artist Manasi Arya at Halloween.

A first generation Indian-American immigrant, Manasi found it "difficult to fit in" at school during spooky season.

She wanted to dress up like other children but couldn't, because the American holiday "wasn't a thing" at home.

So instead of buying a Halloween costume, her mum would tell her to "just wear an Indian outfit".



For example, one of her T-shirts has the iconic mask that Ghostface wears in the horror movie franchise *Scream*, but with the addition of a red bindi dot on the forehead.

Another shows a skeleton wearing big Indian earrings known as *jhumkas* and a headpiece called a *tikka*.

Manasi said that there has been "an overwhelmingly positive response" to the line, which she started three years ago.

She says that Indian parents have thanked her for giving them a way to introduce their children to who they are in a "fun but educational" way.

But there is a more serious dimension to Manasi's work, with debates about what's acceptable to wear for Halloween circling on social media for some time.



However, the mother-daughter pair entered a pumpkin competition with a design of an Indian woman wearing traditional jewellery.

After they won, Manasi realised that the two parts of her identity could co-exist. Manasi says that experience inspired her collection of clothing featuring South Asian women in traditional cultural dress meshed with classic Halloween images.

READ MORE



WATCHTREE HALF MARATHON

WATCHTREE
HALF MARATHON
SUNDAY 19TH NOVEMBER 2023
10AM
TO FIND OUT MORE, GO TO
WWW.WATCHTREE.CO.UK/EVENTS
OR SCAN CODE BELOW.



Watchtree
NATURE RESERVE

EARLYBIRD TICKETS ON SALE FRIDAY 19TH MAY TO FRIDAY 30TH AUGUST
GENERAL SALES FROM 1ST SEPTEMBER

SUPPORTED BY
David Allen
Financial Services

Our first Half Marathon takes place on Sunday 19th November 2023!

The route - quiet country lanes; Watchtree is on top of a hill so there will be ups and downs! The route will be well marshalled with a water station. You must be 17+ to enter this event,

All finishers will receive a medal. This will be a very friendly event with a very small number of entrants; ideal for a first event.

If you are travelling to come and join us, bring the family along to support you! Watchtree is a very family friendly venue, with plenty to do and you can easily entertain children for a few hours (bikes, karts, nature walks, orienteering route, and a wonderful cafe, to name just a few!).

BOOK NOW





Learn essential first aid skills

Our FREE first aid adult workshops equip you with the skills required and give you confidence to help someone in an emergency.

Chicken fajitas



24 flour tortillas
300g soured cream
For the chicken
6 chicken breasts
4 tbsp olive oil
2 garlic cloves, crushed
2 limes, juiced
1 tsp chilli powder
1 tsp ground cumin
small pack coriander, finely
chopped

For the pepper mix
2 tbsp olive oil
1 large red onion, cut into thin
wedges
2 red and 2 yellow peppers, cut
into thin strips
200g cherry tomatoes, halved

Method

LEARN MORE



STEP 1

Slice the chicken breasts in half horizontally, then cut them into thin strips. Put them in a bowl, add the remaining ingredients and rub into the chicken with your hands.

STEP 2

Heat the oil for the pepper mix in a large frying pan and fry the onion wedges for 6 mins or until softened. Turn the heat up high so the wedges char slightly at the edges, season well and, using a slotted spoon, lift them onto a baking tray and keep warm.

STEP 3

Add the peppers in batches, cook them the same way, then transfer to the baking tray with the onions. Cook the tomatoes in the same way and add them to the peppers.

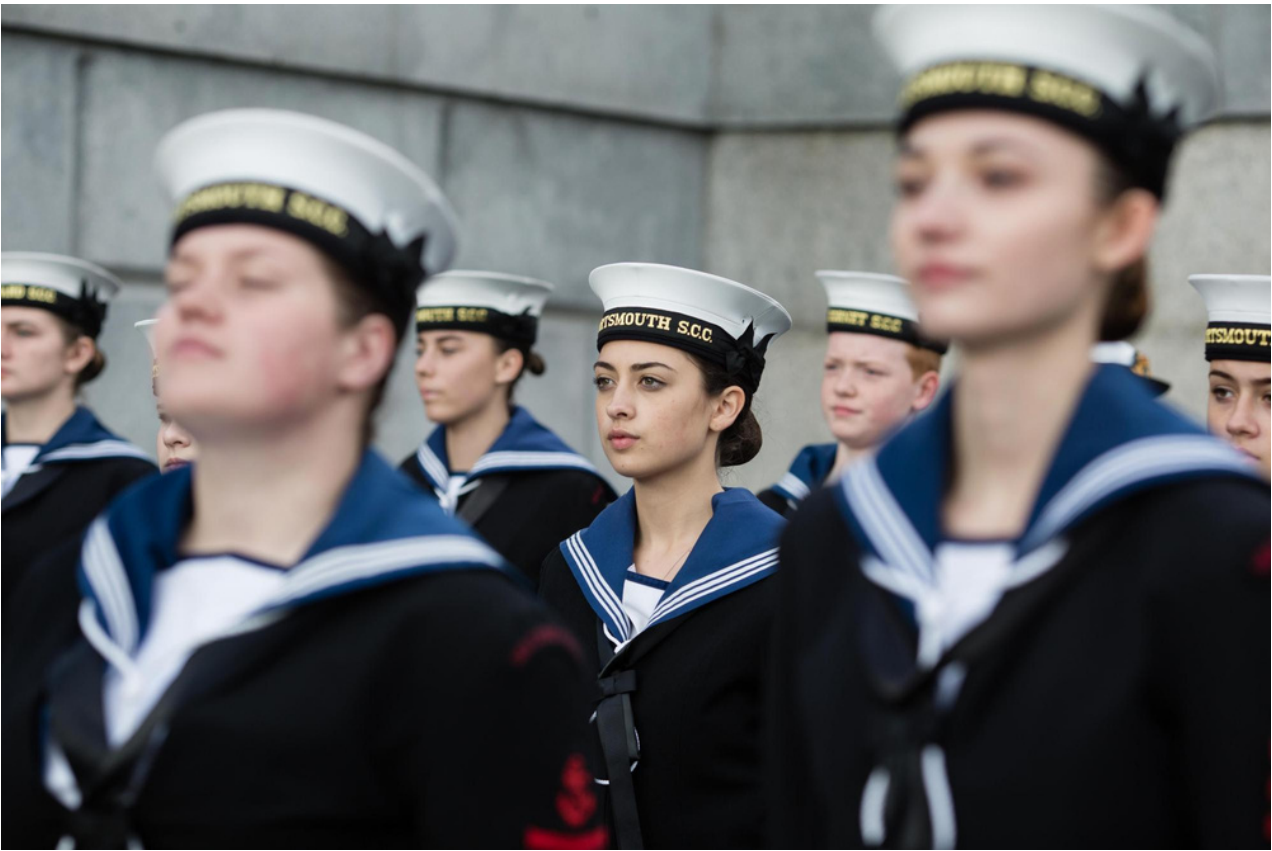
STEP 4

Heat a griddle pan or use the same frying pan and cook the chicken in batches over a high heat - allow them to catch a little on the edges but don't overcook them. Add them to the baking tray to keep warm.

STEP 5

Heat the tortillas on the griddle, then wrap in foil and keep warm in the oven, or heat in the microwave following pack instructions.

Sea Cadets



Life feels different

Sea Cadets is different from school. There's a lot of learning. But it's done through activities - on the water and off the water - and our volunteers leading by example.

It's also different from home, a break from screens and being cooped up inside. The platform we offer is built on the customs and traditions of the Royal Navy. It inspires our work and commitment to supporting young people today.

Horizons open

Teenagers meet other cadets at events around the UK, and on trips abroad. Get comfortable with meeting people from different places and backgrounds, and confident in dealing with new situations, which can make going out into the world so much easier later on.

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**

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 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



Thought of the Day:

“Light. I always think when you are light and when there is light, most things feel good..” —Lotte Wubben-moy

Joke of the Day:

What do you call a tractor that gets paid? A pro-tractor!

Random Fact of the Day:

There are moonquakes on the moon.

Journal Prompt of the Day:

Describe your favorite meal.

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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