

CYA NEWSLETTER



IN THIS E-NEWSLETTER

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- Work Experience
- Recipes
- Top 5 Jobs
- Puzzles

CUMBRIA
YOUTH
ALLIANCE

INSPIRATION OF THE WEEK

Dr. Kizzmekia Corbett



Dr. Kizzmekia Corbett, a viral immunologist, is our inspirational person of the week. Dr. Corbett played a pivotal role in the development of the Moderna COVID-19 vaccine. Her groundbreaking work on coronavirus spike proteins laid the foundation for the rapid development of this vaccine, which has played a crucial part in the global fight against the pandemic. Dr. Corbett's dedication to public health and her significant contributions to vaccine research exemplify the positive impact that scientific innovation can have on the world. She serves as an inspiration for aspiring scientists and underscores the importance of scientific research in addressing global health crises.

Read, Listen, Learn



Life of Pi

Yann Martel

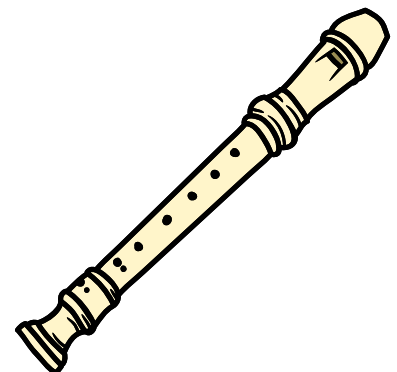


OK Computer

Radiohead



Learn how to play
the recorder



WEEKLY EVENTS

MONDAY

Dictionary Day on October 16 celebrates the birth of Noah Webster, an American writer who was born in 1758.

TUESDAY

National Pasta day is celebrated every October 17. The folks who created pasta definitely knew what they were doing.

WEDNESDAY

National Chocolate Cupcake Day is every year on October 18 - a day where office break rooms everywhere fill with a special kind of joy only brought by chocolate cupcakes.

THURSDAY

National New Friends Day rolls around annually on October 19. This holiday is all about making room for new connections in your life, and celebrating the potential for friendship everywhere you go.

FRIDAY

International Chefs Day is observed all over the world on October 20 of every year. The day celebrates chefs and spreads awareness about eating healthy.

SATURDAY

American Frog Day takes place on different days every year at different locations in the country, depending on the person choosing to host the festivities.

SUNDAY

Durga Ashtami, in particular, is observed on October 22 this year, with zeal and intensity, particularly in West Bengal. |

THIS WEEK I AM GRATEFUL FOR...

WEEKLY NEWSBEAT

HOW IS THE ADHD MEDICATION SHORTAGE IN THE UK AFFECTING PEOPLE?

ADHD patients around the UK are finding they can't get hold of medication since a national shortage was announced.

Three different medicines are affected, and the government says some supply issues could last until December.

The Department for Health and Social Care (DHSC) says "increased global demand and manufacturing issues" are behind the shortages.

That's against a backdrop of an increased awareness of the condition and a rise in demand for diagnosis and treatment.



He says he ordered his prescription online as normal and received an email from his pharmacy saying there were manufacturing issues.

It's meant getting stuck into his new job has been tricky.

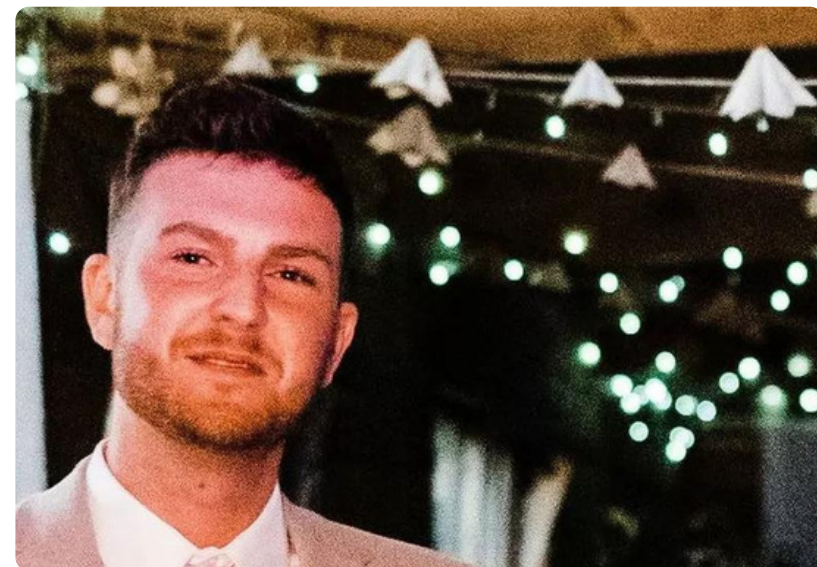
"I can't really get glued into a task that I'm meant to be doing," he tells Newsbeat.

"I sort of go off task after maybe five minutes.

"It's affected my home life as well, just managing general things like laundry and keeping routines like sleeping and eating."

Tom says he's been using his own coping strategies to help him.

"I'm trying to do as best I can with lists and writing things down and making sure things are structured but it is a lot harder," he says.



People with the condition have told BBC Newsbeat how the shortage is affecting them.

'I've completely run out'

"I'm not sure when I'm going to get more."

It's been a difficult week for 25-year-old Tom, from Plymouth.

Not only has he just started a new job, but he's suddenly been unable to get hold of the tablets he takes to help manage his ADHD.

READ MORE



AN EVENING WITH MARTIN O'NEILL



The Longest Forty Production Co. are delighted to announce Martin O'Neill is coming to Dumfries.

O'Neill - who also had successful managerial spells at Leicester City, Aston Villa, Sunderland and Republic of Ireland will recall all the incredible tales from his amazing career including winning the European Cup under the Legendary Brian Clough, working with Roy Keane, success south of the border and of course his trophy-laden spell in Paradise with stars such as Henrik Larsson, Chris Sutton, John Hartson.

Hosted by award winning Podcaster John Paul Dykes of renowned media channel A Celtic State of Mind, this is a must for any Hoops fans in the Dumfries & Galloway area.

Tickets are on sale from Wednesday 16th August at 7am. For VIP packages, Corporate, and Sponsorship opportunities, please email john@thelongestforty.com

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Spiced carrot & lentil soup



2 tsp cumin seeds
pinch chilli flakes
2 tbsp olive oil
600g carrots, washed and
coarsely grated (no need to
peel)
140g split red lentils
1l hot vegetable stock (from a
cube is fine)
125ml milk (to make it dairy-
free, see 'try' below)
plain yogurt and naan bread,
to serve

LEARN MORE



Method

STEP 1

Heat a large saucepan and dry-fry 2 tsp cumin seeds and a pinch of chilli flakes for 1 min, or until they start to jump around the pan and release their aromas.

STEP 2

Scoop out about half with a spoon and set aside. Add 2 tbsp olive oil, 600g coarsely grated carrots, 140g split red lentils, 1l hot vegetable stock and 125ml milk to the pan and bring to the boil.

STEP 3

Simmer for 15 mins until the lentils have swollen and softened.

STEP 4

Whizz the soup with a stick blender or in a food processor until smooth (or leave it chunky if you prefer).

STEP 5

Season to taste and finish with a dollop of plain yogurt and a sprinkling of the reserved toasted spices. Serve with warmed naan breads.



TRUSTEES' WEEK



GET ON BOARD... AND BE A VOLUNTEER TRUSTEE!

Volunteer Trustee Information Session aims to recruit volunteers to become new Volunteer Trustees... join us 7th November 2023 4.30pm-6.00pm at Eagle Labs Cumbria, The Bus Station, Bransty Row, Whitehaven, Cumbria, CA28 7XE

Come along and find out more about becoming a Volunteer Trustee, what a trustee is, roles and responsibilities and the benefits of becoming a trustee both for individuals and local organisations. You will have the opportunity to meet a range of different organisations who are looking to recruit trustees and also find out which other charities and organisations need Volunteer Trustees. Volunteers are welcome to drop into the event without booking but for more information and to book your place register here...

<https://www.eventbrite.co.uk/e/get-on-board-volunteer-trustee-information-sessions-west-cumbria-tickets-709344888657?aff=oddtcreator>

For more information call Cumbria CVS on 01768 800350 or email: info@cumbriacvs.org.uk



TRUSTEES' WEEK



GET ON BOARD... AND BE A VOLUNTEER TRUSTEE!

Volunteer Trustee Information Session aims to recruit volunteers to become new Volunteer Trustees... join us 6th November 2023 11.00am-12.30pm at Stricklandgate, Stricklandgate, Kendal

Come along and find out more about becoming a Volunteer Trustee, what a trustee is, roles and responsibilities and the benefits of becoming a trustee both for individuals and local organisations. You will have the opportunity to meet a range of different organisations who are looking to recruit trustees and also find out which other charities and organisations need Volunteer Trustees. Volunteers are welcome to drop into the event without booking but for more information and to book your place register here...

<https://www.eventbrite.co.uk/e/get-on-board-volunteer-trustee-information-sessions-kendal-tickets-709340696117>

For more information call Cumbria CVS on 01768 800350 or email: info@cumbriacvs.org.uk





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**



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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

Types of Gemstones

L	I	P	E	A	R	L	A	E	I	A	I	T	D
A	I	E	A	K	P	E	R	I	D	O	T	D	D
R	Q	D	A	R	U	A	Z	U	R	I	T	E	I
U	I	U	L	T	A	N	J	K	A	A	U	S	A
I	Z	N	A	A	A	R	Z	A	G	R	R	A	M
C	R	O	Z	M	R	N	R	I	D	A	T	P	O
I	T	I	T	D	A	E	Z	E	T	E	R	P	N
T	P	O	O	L	Y	R	M	A	I	E	A	H	D
R	R	R	P	D	A	G	I	E	N	J	P	I	Z
I	P	M	P	A	M	A	D	N	K	I	I	R	T
N	L	R	L	L	Z	R	I	E	E	R	T	E	A
E	O	N	Y	X	R	N	E	E	I	O	U	E	E
U	L	A	P	O	R	E	P	S	A	J	L	B	N
A	L	T	S	Y	H	T	E	M	A	X	D	I	Y

- TOPAZ
- EMERALD
- KUNZITE
- AQUAMARINE
- ONYX
- AZURITE
- CITRINE
- SAPPHIRE
- AMETHYST
- JASPER
- DIAMOND
- PEARL
- RUBY
- GARNET
- TANZANITE
- PERIDOT
- JADE
- OPAL

Play this puzzle online at : <https://thewordsearch.com/puzzle/17/>

Thought of the Day:

“When you have confidence, you can have a lot of fun. And when you have fun, you can do amazing things.” –Joe Namath

Joke of the Day:

Why did the photo go to jail? Because it was framed.

Random Fact of the Day:

Mr. Potato Head was the first toy to be advertised on TV.

Journal Prompt of the Day:

What makes you feel peaceful?

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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