

CYP Voluntary Sector Reference Group Meeting

MINUTES OF MEETING

Date: Tuesday 1st April 2025

Venue: Online

Present:

Co-Chair - Becky Wolstenholme – CYA (BW), Co-Chair - Lisa Handley - Family Action (LH), Anna Witty – CYA (AW), Juan Shimmin - CYA (JS), Lyn Cavaghan - Always Another Way (LC), Sarah Bowman - TNLCF (SB), Lynsey Buckle - Cumbria Family Support (LB), Rebecca Bloxham - Prism Arts (RB), Joanne Mills - Cumbria YFC (JM), Sandra Keaveney - NADT (SK), Toni Spence - Euphoric Circus (TS), Helen Davies - Safety Net (HD), Suzanne Garbarino-Danson - Eden Valley Hospice (SGD), Helen Attewell - CAFS (HA), Mary Biddle - Youth Presence (MB), Eleanor Ball - The Scott Trusts (EB), Sonia McMillan - Carlisle Mencap (SM), Mark Wear - TNLCF (MW), Samantha Drude - We Are People First (SD), Rob Daglish - Sophos (RD), Lesley Ritchie - About Children (LR), Gem Webb - Stomping Ground CIC (GW), Hannah Gill - The Rock Youth Project (HG), Guy Thompson - Cumberland Council (GT), Debbie Freake - ACT Trustee + Third Sector Rep, David McCreedy - Youth Focus North East (DM), James Baggley - Northern Fells Group (JB), Jen Chambers - PAC Therapy (JC), Tamzin Aitken - Womens Community Matters (TA), Helen Carter - The Scott Trusts (HC), Sarah Penn - Cumbria CVS (SP), Kirsty Iveson - Barnardos (KI), Steph Smithson - Cumberland Council (SS), Dylan Wilby - The Well (DW), Steve Greenway - Cumberland FA (SG), Duncan Nicholson - TNLCF (DN), Niall McNulty - Anti Racist Cumbria (NM), Pragya Bansiwala - Anti Racist Cumbria (PB), Maryann Liddle - Spiral (ML), Pam Eland - Pride in North Cumbria (PE), Faye Eldon - Howgill Centre (FE), Sue Johnson - Drop Zone (SJ).

1. Meeting Format and Introductions

Becky Wolstenholme (BW) commenced the meeting by welcoming everyone and outlining the format and ground rules.

Attendees were asked to briefly introduce themselves stating their name and where they work. Anna Witty (AW) informed the group that the meeting would be recorded for minute taking purposes.

2. Apologies

Jilly Jarman – BlueJam Arts, Paula Ward – Angel Advocates, Dani Leslie – Carlisle Eden Carers, Julia Clifford – iCan Wellbeing CIO, Kirsty Morgan – We Are People First

3. Neglect Update

The presentation will be circulated with the minutes

Steph Smithson (SS) spoke about the recent scrutiny event on neglect, reminded the group about neglect being a priority and the need to improve the outcome for neglected children.

Slides were shared and discussion regarding the 'day in the life' tools and importance of using them in our organisations as they are not yet routinely embedded.

Steph has offered to host an in-person training session to the group – date to follow.

HA mentioned the organisation NEPACS to support young people with a parent in prison.

KI Barnardos used to offer this support but no longer has funding to do this.

PE had a referral to CSCP for a 16 year old who didn't feel listened to. SS highlighted using the escalation policy and the importance of challenging a decision.

Steph Smithson then gave an update on the changes to CSCP; lead partners took a decision that it would be better to have placed based safeguarding partnerships, therefore from 1st April 2025 it is split into both Westmorland and Furness and Cumberland. The original website remains live and up to date for a transitional period and the neglect strategy will continue across the county until 2026. Steph reminded us to sign up to the new newsletters as the 5 minute briefing will also eventually split.

Action: sign up to the new 5 minutes briefing newsletters:

Cumberland:

https://public.govdelivery.com/accounts/UKCUMBERLAND/subscriber/new?topic_id=UKCUMBERLAND_112

Westmorland and Furness:

https://public.govdelivery.com/accounts/UKWFC/subscriber/new?topic_id=UKWFC_84

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4. Recap of last meeting.

The presentation will be circulated with the minutes

Anna Witty (AW) explained that since November, we have spent time looking at who our members are, where they fit on the sector wheel, what our roles are as members and agreeing that our Terms of Reference are out of date and need to be re-drafted.

In terms of groups represented, 'neurodivergence', 'environment' and 'arts and culture' have now been included on the sector group wheel.

The conversation is continuing around representing the CYP VSRG at external meeting we attend, acknowledging that with our county split in 2, we are stretched even thinner. Again, we asked that if you are attending a meeting, consider putting not only your own organisations hat on, but also speaking on behalf of CYP VSRG and feeding back to the group.

Finally, we asked the group to look at our key priorities. In January we collectively chose 6 and asked you to vote for your top 3 – the results were: 1. Networking + Partnership Working, 2. Identify Trends & Gaps in Provision and 3. Youth Voice and Empowerment.

Action: if you would like to help draft the new TOR on 6th May 10am – please contact anna@cya.org.uk

PE: expressed a wish to be part of this group.

5. Cyber Security

A clip of Robs presentation will be circulated with the minutes.

Rob Daghish from Sophos, a cyber security company, spoke about why we may be targeted and some simple recommendations to protect your organisation.

RD began by mentioning of the most common threats: Business Email Compromise, where attackers trick users into entering credentials on fake login pages. Once inside, they impersonate the user, request money, or attempt to access systems. Other emerging threats include phishing via SMS, malicious QR codes ("quishing"), and supply chain attacks, where smaller organisations are targeted as gateways into larger networks.

Many wonder, "Why would anyone target us?" The answer lies in data. Organisations often store valuable personal information on children, parents, and staff—safeguarding data, ID documents,

and sensitive communications. Hackers can exploit this for fraud, identity theft, or more serious criminal activities.

Key recommendations to protect your organisation:

1. **Raise awareness:** Train staff to identify suspicious emails, links, and QR codes. Emphasise caution and critical thinking—especially when messages create urgency.
2. **Use multi-factor authentication (MFA):** This is one of the most effective defences against unauthorised access.
3. **Know your data:** Understand what data you hold, where it's stored, and who is responsible for it. Regularly review and audit access and storage practices.
4. **Have a response plan:** Know what to do in the event of a breach. Prepare essential contacts, documentation, and procedures ahead of time.
5. **Check IT support and insurance:** Ensure your provider can help in a crisis and understand what's required for cyber insurance coverage.
6. **Secure all connected systems:** Phones, CCTV, alarms, and even heating systems may be internet-connected and vulnerable.
7. **Start small, review often:** Implement changes gradually, review their effectiveness, and adjust as needed.

RD finished by saying that cybersecurity is a journey, not a destination. Ongoing vigilance and small, consistent improvements are key to staying protected.

RD shared some free protection for mobile phones:

- <https://apps.apple.com/us/app/sophos-intercept-x-for-mobile/id1086924662>
- https://play.google.com/store/apps/details?id=com.sophos.smsec&hl=en_GB

AW reminded organisations about the free training available on virtual college which include Cyber Security Awareness training: [Training for Young People, staff & volunteers - Cumbria Youth Alliance](#)

6. Great Big Green Week

Helen Attewell (HA) introduced the region-wide effort under the Zero Carbon Cumbria Partnership, involving over 90 organisations working towards net zero emissions by 2037. Since around 60% of emissions can only be reduced through behaviour change, community involvement is essential. Events like Great Big Green Week (7–15 June) and the Big Lunch aim to raise awareness, inspire hope, and encourage practical environmental action. Activities include nature walks, workshops, litter picks, and swap events—from clothes and books to seeds—all designed to reduce waste and carbon footprints.

Grant funding is available:

- **£300** for not-for-profit groups in **Westmorland and Furness**
- **£200** for Big Lunch events in **Cumberland**, promoting local, low-carbon food and minimising food waste and single-use plastics

Both events have free organiser resources and national websites full of ideas, branding, and support.

HA highlighted a successful example: the Green Screen project at the Alhambra Cinema, which began during a past Great Big Green Week. It now runs monthly environmental film events with discussions and is expanding into youth-led film workshops, offering young people skills, connection, and climate engagement.

Final deadlines are **30 April for the Big Lunch** and **6 May for Great Big Green Week grants**. HA closed by offering ongoing support to groups planning climate-related events or activities.

7. Finance Update – Becky Wolstenholme (BW)

(BW) the funding balance for the Voluntary Sector Reference Group currently sits at £4223.97.

8. Minutes of the Last Meeting held on 14th January 2025.

The minutes from the last meeting were reviewed. No amendments were suggested, and the minutes were accepted as an accurate record of the previous meeting's discussions and decisions.

9. Any Other Business (sent in advance) – Becky Wolstenholme (Co-Chair)

- BW attended the Westmorland and Furness Family Help Partnership Board meeting and has been given permission to share all presentations and documentations **(to receive these files, please email your request to anna@cya.org.uk – the files are too large to share via Mailchimp)**
- BW attended the presentation from the Ministry of Housing, Communities and local governments consultation on devolution of Cumbria and the combined mayoral authority – the link for the virtual meeting on Thursday 3rd April has been sent out.
- BW: we are trying our best to keep from sending too many emails out – if you have something to share, please make sure it is no more than 250 words and we can then link to a website for further information. Attendees were asked if they wanted emails sent more regularly or save up the information and sent larger mailings – the majority suggested they were happy with less mailings containing more information.
- LH: Reiterated about attendance and representation at meetings: she asked attendees to think about if there's areas that you're particularly interested in or if you're willing to represent the group and attend some maybe quarterly meetings and bring it back to next meeting.
- AW: The mapping of youth provision on behalf of Cumberland Council has now begun. The surveys for young people, parents and carers and staff are now live and open until the end of April. Please fill in the survey and share with anyone who lives or works in the Cumberland area.

Youth Survey (for young people aged 11-25)

<https://app.upshot.org.uk/survey/a8f06283/8418/ca0f6243/>

Community Survey (for parents, educators, and community leaders)

<https://app.upshot.org.uk/survey/140ced12/8417/f8282b22/>

Youth Worker Survey (for youth workers, volunteers, and managers directly involved in provision) <https://app.upshot.org.uk/survey/488a3e30/8492/15431e78/>

- AW: The **next meeting** will be held in person at **Lakes College**, Lillyhall Business Park, Hallwood Rd, Workington CA14 4JN on **8th July from 1pm – 3.30pm.**

No further business.

Meeting closed.

Note: The above minutes are a condensed summary of the Voluntary Sector Reference Group Meeting and may not capture all details discussed during the meeting.