

Cumbria Youth Alliance

November newsletter

Welcome to the Cumbria Youth Alliance (CYA) news round-up

In this issue...

Emotional Resilience online modules

New vision for Thriving Communities in Cumbria

Youth Mental Health First Aid Lite

The THRIVE Framework

Member News



Welcome to our November Newsletter

Emotional Resilience online modules now available for your school or youth group!

FREE to use for all young people in Cumbria

These online modules are available free of charge to schools and youth groups all you need to do is register as a youth group or school and make young people aware of the learning opportunity.

Poor mental health is closely related to many other complex and interdependent health and social concerns for young people, including educational achievements, employment, family, relationships and substance misuse.

We accept that young people aged 14 – 24 have their own distinct mental health needs, so we created the right resources for them by involving young people in service design and decision making. All modules have been chosen by young people in Cumbria, they have told us they want, and we have produced it.

Healthwatch Cumbria recently surveyed 1077 young people aged 11 – 25 around mental health, the key message from the young people was “to make it easier for young people to access support and more online support should be readily available”. With our emotional resilience modules young people will have the right information and access to resources needed to support their mental health.

Current modules cover:

- Mental health
- Cyber bullying
- Body image (key concern for young people according to Healthwatch Cumbria 2018)
- LGBTQ+
- Social media pressures
- Risk taking behaviour
- Where to go for support

If you are interested in registering your school or youth group please contact sophie@cya.org.uk for a registration form and guidance notes. The process to set up is straightforward and each young person who completes the modules will receive a certificate. Recommended for ages 11- 14





Improving Emotional Resilience

FREE

E-LEARNING MODULES FOR YOUNG PEOPLE



Mental Health is NOT extracurricular

More than 60% of people do not get the help they need due to the stigma around mental health. Online resources for young people. Lets end the stigma.

Recommended for ages 11 - 14



DEVELOPMENT

Developing young minds to be emotionally resilient



AWARENESS

Raising awareness in LGBT cyber bullying, body image, media ressurances and more



UNDERSTANDING

Understanding the importance of good mental health



Available for Schools and Youth Groups in West Cumbria



For more information contact Sophie@cya.org.uk or call 01900 603131

New vision for Thriving Communities in Cumbria

Follow Up: Those of you who attended the meeting of the Cumbria Children and Young Peoples Voluntary Sector Reference Group on the 19th of November will have heard Colin Cox our Director of Public Health talk about the new vision for Thriving Communities in Cumbria and he made reference to a new way of working. He referred to Radical Help by Hilary Cottam and I thought you might want to read more about this so that we have a shared vision for how things can improve for children, young people and families that we support across Cumbria:

“Every blade of grass has its angel that bends over it and whispers, ‘Grow, grow’.” This beautiful line from the Talmud is the epigraph to social activist Hilary Cottam’s book, which argues for a reinvention of the welfare state so that all feel supported and can “live to our true and shared potential”. The postwar welfare state (“an original and brilliant experiment”) is unable to deal with the reality of modern life: it has become a “management state” in which 80% of the resource is spent on gate-keeping. A fundamental change is needed in which “the emphasis is not on managing need but on creating capability”.

In 2006 she founded Participle, an organisation that designed and tested ways of enabling people to live “a good life” in the 21st century. For 10 years she worked with social workers, anthropologists and digital experts on experimental programmes that highlighted areas the original welfare state was not designed to address – families locked out of society, the transition into adulthood (the word “teenager” didn’t exist in William Beveridge’s day), modern diseases such as depression, obesity, diabetes and stress, the challenges raised by an ageing population.

Working with thousands of participants, they tested solutions aimed not at managing problems but at helping people “to grow their capabilities: to learn, to work, to live healthily and to connect to one another”. Once people were given the means to take control of their lives, they embraced the challenge, made changes and improved their circumstances. She even saved the state money.

An inspiring book that highlights the importance of building relationships in society and the need to “keep the human in view”, rather than reducing people to units or caseloads.

Radical Help: How We Can Remake the Relationships Between Us and Revolutionise the Welfare State is published by Virago (RRP £9.99).

Training – FULLY BOOKED

Please note our **Adverse Childhood Experiences training** on the 29th of January 2020 at Salterbeck is fully booked and has a waiting list – at this moment in time we are unsure if we will be able to run more free ACE’s courses in 2020 but watch this space for next years’ training calendar.

Congratulations! to Georgia - On finding her new job

Georgia 19, was referred on to the First Steps to Employment project by her advisor at the local Job Centre. She wanted to develop a career in care. Using our existing contacts in local Residential Care Homes, we were able to organise a short work trial with Rosecroft Residential, Workington. Georgia did really well and demonstrated a real passion for care and was offered an initial position as part of the Bank staff, which has now led to regular shifts and hours. Georgia is really optimistic about her future prospects and looking forward to a career in the care industry

Date for your Diary

CCYPVSRG Meeting

The next meeting of the Cumbria Children and Young Peoples Voluntary Sector Reference Group will be held on the 4th of February 2020 at 1.30 at Penrith Methodist Church. Put this date in your diary. For meeting dates, agendas and minutes, visit:

www.cypvsrg.org.uk/index.php/information

Realising Potential

Our 'Realising Potential' young people being presented with their Duke of Edinburgh Bronze Awards at the Whitehaven Beacon by the Deputy Copeland Mayor any good for the Newsletter. Parents and guardians were also present. We have worked with the group all year and will now support them through their Silver Award.



Youth Mental Health First Aid Lite

Here is Graham Helm from Street Games delivering Youth Mental Health First Aid Lite at Cumbria Youth Alliance Workington on the 19th of November 2019 to an audience of 20 people. The young people are part of a Coalfields Regeneration Funded Project looking at improving emotional resilience.



The THRIVE Framework

Lots of people have been in touch wanting to know more about the Thrive Model and how it would work within their services and this was the best and clearest examples of this that I could find. If you still want more information then please come back to me at cath@cya.org.uk

The **THRIVE Framework for system change** (Wolpert et al., 2019) is an integrated, person centred and needs led approach to delivering mental health services for children, young people and their families that was developed by a collaboration of authors from the Anna Freud National Centre for Children and Families and the Tavistock and Portman NHS Foundation Trust.

It conceptualises need in five categories; Thriving, Getting Advice and Signposting, Getting Help, Getting More Help and Getting Risk Support. Emphasis is placed on prevention and also the promotion of mental health and wellbeing across the whole population. Children, young people and their families are empowered through active involvement in decisions about their care through shared decision making, which is fundamental to the approach.

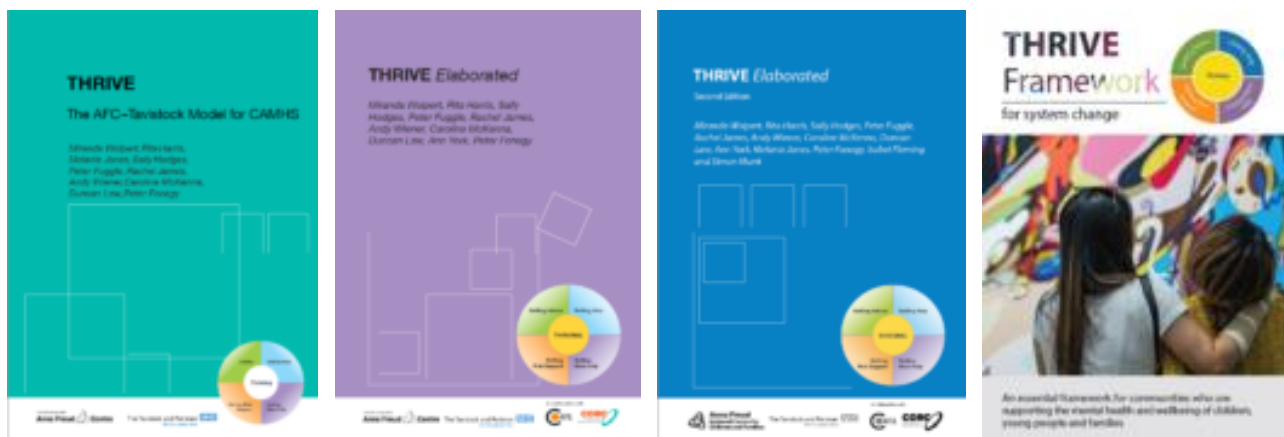
THRIVE: a conceptual framework for CAMHS (2014).

THRIVE Elaborated (2015) expands on the 2014 THRIVE Framework.

THRIVE Elaborated: Second Edition (2016) includes an updated Foreword which addresses the critiques and possibilities of the THRIVE Framework, exploring how, in spite of the evident focus on mental health interventions for young people in healthcare settings, the THRIVE Framework holds rich potential when considered as a multiagency framework, across health, education, social care and community settings.

The *THRIVE Framework for system change* (2019) is an accessible summary of the Framework that is transforming mental health support for children, young people and their families. The summary booklet breaks the THRIVE Framework and Principles down into an accessible format and includes case studies and practice examples.

Click [here](#) for further information on the THRIVE Framework for system change.



Click on the links or the pictures for more information

Anti-Slavery Day

With the shocking discovery of the 39 victims in the lorry trailer in the south of the UK it brings home how many people are being trafficked into the UK daily and how they are sometimes then exploited in various jobs. Please see the attached update where I have included an update of the Vietnamese victims as presented by the BBC.

On Friday 18th of October it was UK Anti-Slavery Day. In recent months I have been working with the Soroptimists in north and west Cumbria and with Churches Together. The Soroptimists had shown me a “starter bag” that they can put together, originally for Domestic Abuse victims. I thought it would be really useful if they could provide some of these bags for our victims of Modern Slavery, as sometimes when we find them, they are literally in the clothes they are wearing!

With some funding from Cockermouth Rotary, and the PCC Property Fund, and Wilkos, The Soroptimists have managed to organise 12 starter bags which will be stored by Churches Together until such time we have a need for them. The bags are really great, including things like pyjamas, t-shirt, leggings, socks, underwear, hoodie, toiletries (full size) notepad, pen and much more. All the items are new. We hope by giving the victims these bags that they will see that we are not corrupt or trying to cause more problems for them; that we only wish to safeguard them from further exploitation.

On UK Anti-Slavery Day, we organised a full handover event at Police Headquarters with the Soroptimists, Churches Together and the PCC and DCI Smith all present. This received good press coverage and even appeared on Border TV. It is really good to see how well our groups are working together to help support victims of Modern Slavery. I am looking forward to seeing how things go with the bags!

In November, Cumbria Safeguarding Adults Board are hosting two “Train The Trainer” courses on Modern Slavery, we are grateful to Sion Hall from the Pan Lancashire Anti-Slavery Partnership who will be providing the training on these days and CSAB for organising the training! It is all much appreciated. This will help to create more awareness in the county around Modern Slavery.

Thanks again for all of your support around the county.

Kind regards, Sandra Radcliffe

Modern Slavery, Human Trafficking Co-ordinator

Safer Cumbria: Tel: 0300 124 0113 ext 44107 or Email: sandra.radcliffe@cumbria.police.uk

Member News

Social Prescribing Connector Workshop

Please find below the confirmed arrangements for the **Social Prescribing Connector Workshop** that you have agreed to attend on **16th December at Wigton Market Hall Church Street CA7 9AA**. Coffee and Tea will be available from 12.45. Pay and display parking is available outside the venue but may be limited so where at all possible I would advise that you share lifts.

Further details and an agenda for the afternoon will follow prior to the workshop. To enable us to check final numbers please could you confirm your attendance by return email to **Paul Bannon** admin.cumbria@cumbria.NECSU.nhs.uk or by accepting the calendar invite which will follow shortly. **Please note that this invite replaces the original save the date invite which some of you may have received.**

Background to the workshop

Our North Cumbria health and care system has identified social prescribing as a key priority(see attached update). Social prescribing links individuals with support available within their community and is designed to support people with a wide range of social, emotional or practical needs and aims to improve mental and physical health and wellbeing.

There are many different models for social prescribing, but most involve a 'link worker' or 'connector' who works with people to access local sources of support. Link workers give time, focus on '*what matters to me*' and take a holistic approach to an individual's health and wellbeing, connecting people to diverse community groups and statutory services for practical and emotional support. Link workers also support existing groups to be accessible and sustainable and help people to start new community groups, working collaboratively with all local diverse partners.

To support our work in developing the workforce development element of the North Cumbria Social Prescribing Strategy we would like to invite key staff who currently perform link worker/connector roles to a Social Prescribing workforce workshop.

The main aims of the workshop are:

1. To understand existing 'link worker' / 'connector' models and skills/tasks of people working in such roles.
2. To begin to develop and co-design core competencies for 'link workers/connectors'
3. To begin to build training /development programme

Some key questions we want to address at the session:

What is already happening 'on the ground' with current link worker/connector roles
What do they do, what processes are they using (criteria, referral, assessment, measurement)?
What training and education do they receive?
What should a person in a link worker/connector role need to be able to do?
What training needs to be provided?
Where are the gaps with current education and training?
What are the core competencies required for purposeful function at different 'levels' or for working with particular client groups?

If you have any queries please contact **Paul Bannon** admin.cumbria@cumbria.NECSU.nhs.uk by return email.

SEND Stakeholder Event

Following an Ofsted inspection in March 2019, we have identified priority areas of activity to deliver improvements for those with SEND in Cumbria. The pace of work is increasing and we would like you to attend our SEND Stakeholder event on

Friday 13th December, 10am – 14:00pm at Penrith Rugby Club (lunch provided).

We will provide an overview of the programme, activity to date and our key areas for engagement/improvement. We want to hear from you regarding your experience of working in the field of SEND and what the successes and challenges are.

We would then like you to consider where you and your team/organisation can support the improvement work and future engagement with those people you work with.

This is part of a wider programme of engagement on key areas such as Speech and Language Therapy, ASD pathways, Occupational Therapy, short breaks, careers info advice and guidance.

The event will be led by Dan Barton, Assistant Director Education and Skills and Chair of Preparation for Adulthood working group, and David Blacklock, Chief Executive People First Independent Advocacy and chair of Co-Production and Engagement working group.

This is an open invite and we are building our invite list – if you are aware of others who would be better placed to attend or who would also like to attend, please share this with them.

You can (and must) book a place for the session, [here](#) – by 9th December. We look forward to seeing you on the 13th December 2019.

Dan Barton - Assistant Director – Education & Skills

Training Opportunity - Youth Music

We're a national charity investing in music-making projects for children and young people (aged 0-25) experiencing challenging circumstances. Our vision is that one day, all children and young people can make music. In order to achieve this, we're working collaboratively to transform music education in England.

We have five priority funding areas: Early Years, SEN/D, NEET, Youth Justice and Coldspots. Youth Music takes an outcomes approach. Projects we invest in support the musical, personal and social development of children and young people, and we also support positive outcomes for organisations and their workforce.

Our Fund A awards smaller grants (between £2,000 and £30,000) for high-quality projects, with grant duration between 6 to 24 months.

Next application deadline is 6 December 2019, 5pm.

Please take a look at the following link to find out more <https://network.youthmusic.org.uk/i-need-funding>

If you would like to have an informal chat before you submit an application, please contact us at grants@youthmusic.org.uk

Cumbria Youth Commission

I currently co-ordinate Cumbria Youth Commission and I am very keen to reach as many young people across Cumbria to take part in this important project. Carlyne James passed on your email address today at the University Volunteering Day and suggest to contact you.mbr

Our project is a Youth Lead project that has been funded by Peter McCall: The Police and Crime Commissioner for Cumbria. Peter McCall is very interested to hear what 14-25-year olds think about key issues that affect them in Cumbria.

We are offering free workshops to organisations across Cumbria on the following key priorities:

- **Hate Crime**
- **Mental Health**
- **Drug and Alcohol Abuse**
- **Abuse (Domestic/Sexual etc.**

All workshops are interactive and are 1 hour long.

The aim of the workshop is to raise the awareness of the key priorities and encourage discussion around perception and experience of the priority and gather the views of 14-25-year olds on what they think are the key solutions. These responses are vital to our project and to hear the views of young people in Cumbria.

We are keen to hear from diverse voices across Cumbria and we are offering your organisation the opportunity for the Youth Commission to come in and run one or two workshops on the above topics. If at all possible, we can also run an outreach stand at lunchtime to gain further responses from young people. We are flexible and all sessions can be adapted to suit the needs of your organisation.

All responses will be presented by Cumbria Youth Commission members to the Police and Crime Commissioner, Peter McCall, Senior Police Officers and lead decision makers in Cumbria at the '**Big Conversation**' conference in **mid-February 2020**. (Invitations for the conference will be sent closer to the time).

Please let me know if you have any questions.

Katie O'Reilly - Cumbria Youth Commission Coordinator
Leaders Unlocked

m: 07597128499 - e: katie@leaders-unlocked.org / web: <http://leaders-unlocked.org>

Cumbria Climate Survey 2019

Share your views on climate change in the first-ever county-wide public survey on this very topical issue. The survey, run by Cumbria Action for Sustainability, gives people who live, work or study in the county the chance to voice their opinion on the actions they'd like to see happen to tackle climate change – if any!

The results should give a good understanding of how concerned Cumbrians are about climate change, the extent to which people are trying to reduce their carbon footprint, any barriers they're facing and the support they need.

Please fill in the survey and share the link with your family and friends, too, so that the survey captures the views of people from all walks of life, and from all viewpoints on climate change.

There's also a chance to win a £100 cash prize in the survey draw! **The survey closes on 30 November 2019.**

Take part now: <https://cafs.org.uk/cumbria-climate-survey-2019/>

Social Value UK & Inspiring Impact Roadshow Penrith

In collaboration with LynchPin Support

Wednesday 11th December 2019, 10:00 - 14:00
Sunbeams Music Centre, Stoller House, Redhills, Penrith,
Cumbria, CA11 0DT

Roadshow Partner - LynchPin Support is a consultancy based in Cumbria that supports the creation, management and evaluation of social impact. We work across private, public, charitable & Social Enterprise sectors and deliver a range of business improvement activities focused upon maximising social value

Social Value Roadshow - The roadshow will give an overview of the wider international and national contexts, as well as the local partners knowledge of Cumbria and the surrounding areas. We will look at what social value is, why it is important to you, and how to take action. Social Value UK and LynchPin Support will bring sector specific knowledge to guide attendees from public, private and civil society in how to navigate the social value landscape.

Local Networking - This is an opportunity for networking with local organisations from across all sectors, to share problems, opportunities, skills and resources from a local perspective.

Inspiring Impact - This is a VCSE focused workshop looking at impact management with practical exercises, case studies, and tools that can be taken back to be used in attendees work and organisations.

**For more information contact info@socialvalueuk.org
or visit www.socialvalueuk.org/inspiringimpact/**

SOCIAL VALUE UK  **INSPIRING
IMPACT**



TryLife Project – Overview

Perinatal Mental Health and Mental health are a real life challenge for young people today.

TryLife have been commissioned by William Howard School on behalf of the Child Health and Wellbeing and Perinatal Mental Health Network to look at developing an Interactive Film to help young people understand the consequences of the decisions they may take.

This film will be co-developed and co-produced with young people in the 12 CCG areas across the North East and North Cumbria – giving them the opportunity to be directly involved in shaping the storylines, producing and starring in the film itself. The finished film will then be available online and through social media for all young people in the allocated regions and beyond.

The first step in this process is to engage professionals across the region, working with young people, to discuss the themes that should be part of the film, drawing on their experience and expertise to identify these themes as part of the storyline development. So how will we approach this?

TryLife Process

Workshops for Professionals

The process kicks off with workshops for professionals working with young people in the region. As a professional working with young people we would love you to be part of these workshops

- The workshops bring together various Organisations, including, Health Professionals, Police, Youth Services, DAT, Youth Offending Teams, Mental Health specialist, NHS and so on...
- The aim is to explore the specific issues we wish to address in the film
- At the workshop we explore who the character is and what their issue is? What is the character's background and family life like? Who are their friends and what problems are they facing? What are the good and bad things that we need to cover?
- These workshops bring together professionals from multiple disciplines to come up with the theme and form the backbone to the storyline. They are a fantastic tool for engaging many agencies around the specific issues.

Workshops with Young People

- We then use this frame work to engage with identified young people, youth groups, schools, colleges, drama groups, universities and alternative educational providers. These young people, through this next stage of workshops add the culture, flair and language to the framework.
- We identify young people who want to form a closer youth focus group, this group will be our sounding board for ideas and creative thinking. This is in itself a fantastic piece of youth work and really allows young people to consider their choices and the consequences of their actions.
- We aim to reach around 1000 young people face to face at this stage.

We hope that you would like to be part of this exciting project and are happy to answer any questions you may have. Also please get in touch if you would like to attend one of the up-coming workshops for professionals.

Nicky Kaur
TryLife
nickykaur@trylife.tv

Down's Syndrome Active Football Festival

Diff-Ability CIC Are looking for expressions of interest from people who have Down's Syndrome & would like to attend DSActive's football festival in Manchester in February 2020.

You do not need to be part of a team, please see below for further information:

Football festival, Manchester

This event is only for people who have Down's Syndrome to compete as it is being arranged by The Down's Syndrome associations DSActive.

Diff-Ability are looking for expressions of interest from people across Cumbria who have Down's Syndrome and would like to attend the event! Matches will be age bracketed, with a high focus on inclusion so everyone will have a fair and safe match.

- Saturday 22nd February
- The Etihad campus, Manchester

You do not need to be part of a team, the competition is friendly and Diff-Ability aim to provide a Kit & arrange transport. Though the event is for people with Down's Syndrome to play football, any space left on the coach will be open to family or members of your disability group to come along to spectate with their carers. Please do get in touch if you are interested!

Kindest Regards,

Cristina Bowman - Diff-Ability CIC
07949893963 - www.diffability.co.uk

Lake District Mobility

I would like to make you aware of Lake District Mobility who aim to improve access to the countryside for people with limited or restricted mobility through the use of 'all-terrain' scooters. Currently one is available at Whinlatter and two are in Langdale.

The Trampers can be used by those aged over 14 years.

I would be grateful if you could pass on to anyone who would find this information of use. Further information for the charity and scheme can be found on our website www.lakedistrictmobility.org

Suzanne Megan, Charity Volunteer
Lake District Mobility 1172739
www.lakedistrictmobility.org

Suicide Alertness Training - Allerdale



Living Matters SUICIDE ALERTNESS TRAINING

This tailored workshop will look at:

- the facts and figures around suicide
- why we should talk about suicide
- what we can do to help prevent suicide
- the 'signs' that someone may be having thoughts of suicide
- why it is important to ask directly about suicidal thoughts
- what resources are available locally and nationally

Option 1:

Date: Thursday 28th November 2019

Time: 9:30 to 13:00

Place: Workington Fire Station

Option 2:

Date: Wednesday 11th December 2019

Time: 13:00 to 16:30

Place: Ewanrigg Community Centre, Maryport

Option 3:

Date: Monday 16th December 2019

Time: 9:30 to 13:00

Place: Wigton Methodist Church

Places are limited and will be reserved on a first come, first served basis. (Further sessions will be arranged if needed)

To book a place, please email:

Jack.Wilson@cumbria.gov.uk

If you have any questions or concerns about the training prior to the event please contact Juliet Gray via email:

juliet@julietgraytraining.co.uk

SUICIDE IS EVERYONE'S BUSINESS

This training is funded by Public Health, Cumbria County Council

Do you feel you are doing enough to help prevent suicide?

On average we lose one person a week in our county to suicide

Cumbria's suicide rate is higher than the national average

Anyone can be at risk of suicide

We can all make a difference



Health and Wellbeing Team

What is the role of a Health and Wellbeing Officer?

The main aim of a Health and Wellbeing Officer's role is to engage with young people under the age of 18 who show substance misuse needs, with a particular emphasis on alcohol, cannabis and New Psychoactive Substances (NPS).

How do you refer?

We are a first point of contact for young people in crisis in relation to substance misuse. We mainly receive referrals from Health and Police; however referrals can be made by any statutory or voluntary agency. But if you are unsure on the suitability then please call for a discussion.

What does a Health and Wellbeing Officer do?

Once a referral is received an officer will complete an assessment of the young person's alcohol/substance use/misuse, usually within the family home, with the aim to deliver appropriate education, harm reduction advice, relating to alcohol/substance misuse and related risk taking behaviour.

Self Refer

If you're worried about your own or one of your mates' drug or alcohol use, we can help. We could support you on a one-to-one voluntary basis and can listen to your worries. You don't have to have an addiction but something might have happened that's worried you while you were drinking or using drugs. Contact your area worker for help.

What if more help is required?

The Health and Wellbeing team are part of a multi-agency approach therefore if it is identified that further work is required, an Early Help Assessment will be carried out to ensure the young person receives the correct support and achieves the best outcome.

Contact details:

North Cumbria (Carlisle and Eden)
Mobile: 0782 534 0514

West Cumbria (Allerdale and Copeland)
Mobile: 0788 794 7621

South Cumbria (Barrow and South Lakes)
Mobile: 0790 006 0645

cumbria.gov.uk/yphousing/youngpeople/DrugsandAlcohol.asp

Support CYA via Amazon Smile



Shop and Support CYA

[click here to find out how you can support CYA](#)

You can now support CYA with your Amazon purchases! Click on the 'Get started' link below, it's quick, simple, and helps us to deliver our valuable youth support work in Cumbria.

When you shop on AmazonSmile, Amazon will donate 0.5% of the net purchase price (excluding VAT, returns and shipping fees) from your eligible AmazonSmile purchases.

Shop at AmazonSmile
and Amazon will make
a donation to:

[Get started](#)

Cumbria Youth Alliance
amazonsmile



Disclaimer: *Cumbria Youth Alliance cannot be held responsible for the quality, reliability or accuracy of the information contained herein.*

Accessibility: *If you require this information in another format, please contact 01900 603131 and we will do our best to meet your requirements.*

Cumbria Youth Alliance

Town Hall Community Hub Oxford Street, Workington. CA14 2RS

Telephone 01900 603131 / Email: info@cya.org.uk

Website: www.cya.org.uk

Registered Charity No 1079508 / Company No 3819033