



Cumbria Youth Alliance

January newsletter

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

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Welcome to our January Newsletter

2020

Welcome to our first newsletter of 2020 and we hope you had a good break over the festive period.

This year, as in previous years, we will try and keep you up to date with training news, local news, regional news and national news that will help you with your planning and sustainability. We were lucky enough to be successful with our tender to Cumbria County Council and we have been awarded the contract to support organisations working with children, young people and families here in Cumbria. **So what can you access through this contract?**

Trustee training:

- Customised training for your organisation that will give your trustees an overview of the main roles of trustee and their responsibilities
- Governance Health Check against Charity Commission and NCVO best practice guidelines with a resulting action plan just for your organisation
- Customised training for your organisation that can focus on one area where your trustees need more information – such as employment or managing finances



Just contact cath@cya.org.uk or Juan@cya.org.uk to book your consultation or your training

Training for Staff, Volunteers and Trustees:

This year we will be rolling out a training programme of up to 15 short courses covering all sorts of topics that you identified as critical to your roles: They include:

- 1) Understanding Adverse Childhood Experiences
- 2) Dealing with Difficult and Challenging Behaviour
- 3) First Aid
- 4) Health and Safety
- 5) Safeguarding for new staff and volunteers
- 6) Safeguarding for managers and staff with responsibilities for safeguarding
- 7) Youth Mental Health First Aid
- 8) Outcomes Star – measuring the impact of your work

Note some of the training is free – some has a small charge to cover room rental and refreshments, but all are heavily subsidised – you can download the booking forms for current training at www.cya.org.uk or contact cath@cya.org.uk

Access to gain a Quality Mark

- Help to gain a recognised quality mark for your work with children and young people using Simple Quality Protects at Bronze, Silver, Gold and Platinum
- Demonstrate to funders you meet best practice

FREE!

To book an information session or an assessment contact Juan@cya.org.uk

Help to identify funding sources and secure funding

- Help to identify sources of potential funding
- Help provided by checking funding bids
- Help with information to strengthen your bids
- Fundraising training – customised for your organisation
- Opportunities to meet funders and share information

FREE!

Contact either Juan@cya.org.uk or cath@cya.org.uk to book your appointment. Note: Both staff are full members of the Institute of Fundraisers and comply with best practice

Help to recruit and train volunteers

- Help to find new volunteers
- Access to training for volunteers
- Ongoing support and access to accredited training for your volunteers

FREE!

To talk to a staff member about your volunteer needs talk to juan@cya.org.uk

Access to newsletters and funding gazettes

- Sign up to receive our monthly newsletters covering local, regional and national news
- Sign up to receive our monthly funding gazette covering all the latest funding opportunities
- Use our newsletters to advertise your services – free to third sector agencies
- Receive our weekly ebulletins to share news across the sector

FREE!

To find out more contact cath@cya.org.uk

Cumbria Youth Alliance Training Calendar for 2020

Thanks to support via Cumbria County Council Infrastructure Contract supporting organisations working with children, young people and families we can offer a wide range of training for 2020 – to request details and booking forms contact cath@cya.org.uk or ring for a booking form 01900- 603131.

Some courses are free of charge others are highly subsidised thanks to a variety of funders like James Cropper Plc, Phyllis Hannay Charitable Trust, John Gilpin Charitable Trust and Cumbria County Council.

January 2020	February 2020	March 2020	April 2020	May 2020	June 2020
<p>Wednesday 29th January 2020 ACES training Salterbeck Oval Centre Full day (Understanding Adverse Childhood Experiences) – Fully booked</p> <p>Monday January 27th CYA offices Workington Duke of Edinburgh Assessor and Supervisor Training Programme – Fully Booked</p>	<p>Tuesday 11th Feb 2020 Outcomes Star Training Workington (implementing a distance travelled model to demonstrate impact/outcomes)</p> <p>27th February 2020 First Aid at Work Delivered for us by Skills Shop one day certificated training Workington CYA offices</p>	<p>Safeguarding -an introduction for new staff and volunteers Date to be confirmed</p> <p>24th March 2020 Carlisle Dealing with Difficult and Challenging Behaviour with CADAS offices Carlisle 5 Victoria Place CA38 QT £20.00</p>	<p><u>Wednesday 15th 2020</u> April – full day ACES training The Forum Barrow</p> <p><u>Wednesday 22nd 2020</u> <u>April</u>-full day ACES Training Penrith Methodist Church</p> <p><u>29th April 2020</u> am only Kendal Rugby Club Youth Mental Health First Aid lite Free training</p>	<p>Monday 11th May One Day Health and Safety at Work for new staff and volunteers Delivered by Skills Shop Barrow at Barrow</p>	<p>Safeguarding for managers Penrith</p>
July 2020	August 2020	September 2020	October 2020	November 2020	December 2020
	<p>11th August 2020 Dealing with <u>D</u>ifficult and Challenging Behaviour Barrow delivered for us by CADAS at their Barrow premises 52 Paradise Street, Barrow in Furness LA14 1JG</p>				

Please note: to reserve a place on any of the courses you must first complete and return the relevant booking form to cath@cya.org.uk – we do not accept bookings without the form completed.

Ring and request the form from 01900 603131 or email cath@cya.org.uk

All courses are heavily subsidised – some we can offer free – some have a minimum charge to cover room hire and tea/coffee etc.



Can you help young people attend the Prom in West Cumbria?

UPDATE: We now have an established planning group, venue and dates for the prom wear choosing events, (details below). There is a referral form linked to below that has also gone out to all secondary school heads in west Cumbria through their lead. We have a designated facebook page and twitter account, both called @PROMiseit4ward, which can be used to contact the planning team and send photos of items you wish to donate.

There will be a press release in the coming week and we hope to have a poster available soon. Full details of how to refer a young person to this project and things to consider, are included in the attached referral form. These events are for young people who may not have the opportunity to attend their prom due to constraints on family budgets. Please consider that working families as well as non-working families may not have flexibility in their budget to buy outfits for their child's prom.

This service will be accessed via professional's referral only. Do you know a young person who needs a prom outfit? (Secondary School or sixth Form).

West Cumbria Prom Wear Event Nomination Form. (See page 2 for supporting information).

West Cumbria Prom Wear Event Nomination Form (Word doc)

Please email the completed form by 24/01/20 to the Focus Family Mailbox focusfamily@cumbria.gov.uk (FAO Suzannah Gregson).

If we are contacted directly by a young person or their family we will respectfully direct them to a practitioner who knows them, to assist them in making a referral.

We value your support to promote this project to reach the young people who need it most. If we can make this a success, we will be looking for charity status to continue and sustain the project in line with the Focus Family Area Officer role, which includes, 'to influence and inform service delivery' and 'service improvement and innovation'.

Please share this email with your relevant teams and partner agencies across West Cumbria. (Apologies again if you receive it more than once).

As you work with families in West Cumbria, you will know there are certain milestone events in children's lives that put a financial burden on parents.

One of these is the ever increasing popularity of school proms. A joyous event for many, although some children are already worrying that they will not be able to attend their prom this year as their family cannot afford to buy the outfits they need. Some families go into a lot of debt to make this a special time for their children too.

CAN YOU HELP?

We now have an established planning group and we are looking for donations of prom wear for lads and lasses in West Cumbria. **We need:**

- Suits
- Shirts
- Ties and cummerbunds
- Dresses
- Handbags
- Girls and guys shoes, (we have shoe sanitiser).
- Finishing touches such as hair slides and other items to add sparkle, unused makeup, perfume and aftershave, hair gel etc.

Please contact me directly or through the Facebook page @PROMiseit4ward to arrange a drop off point or drop your items into reception at Lakes College (for the attention of Helen Brathwaite) I, or a member of the planning group can collect items too. Let's work together to give all of our young people a memorable prom day.

We are planning a number events at Lakes College for young people to come along and choose an outfit. The events will be supported by the hair and beauty and catering departments to make the events special for the young people who attend.

Prom outfit choosing events will take place at: Lakes College West Cumbria Hallwood Road, Lillyhall Business Park, Workington, Cumbria, CA14 4JN.

- **Wednesday 19th February 10-3pm (Half term)**
- **Tuesday 25th of February 3-8pm**
- **Thursday 5th March 3-8pm**

Background to the project.

As you work with families in West Cumbria, you will know there are certain milestone events in children's lives that put a financial burden on parents. One of these is the ever increasing popularity of school proms. A joyous event for many, although some children are already worrying that they will not be able to attend their prom this year as their family cannot afford to buy the outfits they need. Some families go into a lot of debt to make this a special time for their children too. We hope to make the outfit choosing events welcoming and special.

Who can be nominated?

These events are for young people who may not have the opportunity to attend their prom due to constraints on family budgets. Please consider that working families as well as non-working families may not have flexibility in their budget to buy outfits for their child's prom.

Who can nominate a young person?

Any professional who knows the young person's circumstances. Your professional knowledge of the young person is valuable in assessing whether they would benefit from a referral to this event. They must consent and have an adult available to support them to the event.

What else do you need to consider?

A young person may approach you and ask you to nominate them. This is okay, but we would ask that you consider whether they need additional support to attend their prom. Do they need tickets for their prom? Who can cover the cost of this? Do they have a parent or carers permission to attend? At present we cannot cover additional costs but if this is a need for many young people we need to plan for this next year if possible.

Where to send the completed form.

Please complete the nomination form above and email the completed form by **24/01/20** to the Focus Family Mailbox focusfamily@cumbria.gov.uk

PLEASE NOTE:

Only add the young person's initials as this means we do not have to have GDPR paperwork signed as we will not be storing personal details.

The young person and their supporting adult may see other young people they know at the event, where possible, we will try to avoid this if it is a problem.

What happens next?

You will receive an invite after **27/01/20** for the young person via email with a time and date for the young person's choosing event. Please print it and give it to them, or if they prefer, you can email it to them as long as they can show this at their event.

They will be able to take a person with them to support them at the event. This can be a parent or carer, family member or support worker. It must be an adult aged over 18.

Kind regards, Suzannah Gregson

Focus Family Area Officer – Allerdale and Copeland.Focus Family

☎07966641341 □: Suzannah.gregson@cumbria.gov.uk

Focus Family Mailbox: focusfamily@cumbria.gov.uk

For further information: www.cumbria.gov.uk/focusfamily

To find out more about the LSCB Early Help & Family Support Panels:

<http://www.cumbrialscb.com/professionals/earlyhelp/default.asp>

Wonderful new resource for West Cumbria Women

Despite significant levels of deprivation, of domestic abuse, crime and other issues which make women vulnerable, West Cumbria has had no women's centre. Until now!

Centres in Barrow and Carlisle are operating successfully, and expanding, delivering valuable services to vulnerable women and their families. Learning from their example, we are opening a new Women's Centre based at Haig Enterprise Park to develop similar services in the west of the county.

From the support and interest shown already, we know that this is a much needed service. The website is being developed all the time, so please keep checking back for more information. In the meantime, could you take a moment to let us know how you could support the centre OR how we can support you? It only takes a moment to complete the form found on the 'Contact Us' tab. We want this resource to work for everyone, so by giving us your feedback you will be directly influencing the future of this valuable service.

Get In Touch with Women out West and find out more

contactus@womenoutwest.co.uk, 01946 550103



WOMEN OUT WEST

Empowering Women to Reach their Potential

OUR VISION

Our vision is that every West Cumbrian woman has the support, tools and opportunities they need to thrive and achieve their dreams.

OUR MISSION

Our Mission is to provide services designed by West Cumbrian Women for West Cumbrian Women to empower all women to reach their full potential.

WHAT WE OFFER

- A secure women only environment
- Individual support and advice
- Personal development, upskilling and training
- Work experience opportunities
- One to one mentoring and guidance
- Appropriate signposting to support agencies
- Friendship and fun

Whether you are from a supporting agency, looking to volunteer, you would like to use our services or just fancy a chat with the team, come along and find out more! We look forward to welcoming you.

 [womenoutwest2](#)  [womenoutwestcumbria](#)

Contact us:

T: 01946 550301 M: 07539 780431

E: contactus@womenoutwest.co.uk

W: www.womenoutwest.co.uk

Supporting
women
in
West
Cumbria

"Just a beautiful
place to be"

"The centre is a
lovely space"

"I got such a
warm welcome
and good
advice"

Find us:

Unit B4, Haig
Enterprise Park,
Kells, CA28 9AN

Music, Mindfulness, Mocktails

This was an event planned by Eden Youth Council working with 'Ignite' at The Gathering in Penrith on December 14th. The event was open to all young people and designed as a 'chill out' response to defuse stress and anxiety and promote emotional resilience. Young people were given an 'open mic' to do their own music, poetry etc. Others relaxed on the pool table, computer games, handicraft activities etc.



The event was funded by Cumbria Youth Alliance as a Dreamscheme social action project, thanks to funding from Cumbria County Council, Penrith Town Council and Cumbria Community Foundation's 'iwill' fund. We worked together with Ignite and the event was held at The Gathering on King Street in Penrith.

The poster for the event was designed by Ben Perris (aged 14 from Ullswater Community College) and the Music and Mindfulness activities were planned by Eimear Hanley (aged 16 from Penrith Grammar School). Photos of the event were taken by Liza Dangerfield (aged 15 from Penrith Grammar School). Lastly, James Brough (aged 13 from Ullswater Community College) and his family sorted plenty of Mince Pies via Penrith Morrison's Community Champion, contributing to a festive feel, added to by some young people choosing to wear their Christmas jumpers and the Christmas tree being decorated at the event too!

Meanwhile, 'Ignite' young leader Liam moonlighted as a sound engineer making sure we were 'wired for sounds', whilst fellow young leader Nathan looked after the Coffee bar and kitchen serving delicious hot chocolate. Young people travelled from Alston and Appleby as well as Penrith.

Feedback from the young people involved is positive and both groups plan to work together again in 2020. In previous years Eden Youth Council has campaigned on having more mental health workers in Schools having influenced local decision makers on this topic. Their current campaign priorities are protecting the environment, ending knife crime and improving public transport. More information on the group can be found by emailing:

youth.voice@cumbria.gov.uk

Trustee safeguarding training: online course

Source: NSPCC Learning

NSPCC Learning has launched a new elearning course to help charity trustees carry out safeguarding duties to protect anyone who comes into contact with their organisation. The course, produced with the assistance of the Ann Craft Trust, covers: the UK framework of legislation and guidance underpinning a trustee's safeguarding role; specific statutory responsibilities to help keep people safe; how to create a safe and trusted culture and organisational environment; how to work with, support and challenge your management team to ensure your charity is operating according to good safeguarding principles and practice.

View the course: [Trustee safeguarding training: online course++](#)

New contact details for the Early Help and LADO



New contact details for the Early Help Team and Local Authority Designated Officer (LADO)

From Monday 6 January 2020 the contact numbers for the Early Help Team and LADO will be changing. You will no longer need to call the Safeguarding Hub to speak to a member of the Early Help Team or LADO service.



New contact details for the **Early Help Team**

Telephone: 03003 033896

Email: early.help@cumbria.gov.uk

New contact details for **LADO**

Telephone: 03003 033892

Email: LADO@cumbria.gov.uk

The process to make a Safeguarding referral for a child remains unchanged

Member News

CADAS Vacancy



cadas

VACANCY

Volunteer Co-ordinator Vacancy (South)

Cumbria Alcohol and Drug Advisory Service (CADAS) are have a vacancy for a Volunteer and Service User Co-ordinator in the South Lakes.

The successful applicant will act as a hub for all volunteer activity within CADAS - and in particular will support volunteer recovery coaches who provide therapeutic support to people with substance dependencies.

We are looking for a person with excellent people skills, well connected in South Lakeland who values volunteering and shares the ABCD approach when it comes to supporting people in recovery.

The main base for this role is Kendal but you will need to be able to travel to rural locations, sometimes outside of normal working hours and, as such, access to a vehicle is required.

The role is initially 15 hours per week (over two or three days) but we hope the successful applicant will help us to grow it. We are a flexible employer and would be happy to discuss how to make your working hours and office base work for you and your other commitments.

This is a "regulated" position and you would be required to undertake an enhanced DBS check with a vetting and barring check for both the adult and the children's workforce.

If you are interested to chat or find out more about the role, call our CEO Leigh on **077147 66658** or to request an application pack, please email **louisem@cadas.co.uk**

All completed applications to be returned no later than noon on Thursday 16th Jan 2020 with interviews on Friday 24th Jan 2020

Cumbria SEND Improvement Programme



Don't miss these events...

Cumbria County Council sent this bulletin at 06-01-2020 12:05 PM GMT

Would you like to view this email in a web page? [Click here](#)



Cumbria SEND Improvement Programme



We hope you can come along!

We're hosting four mini-conferences in January across the county for parent/carers. We want to give you the opportunity to share your experiences, and to work with you to improve SEND services. The focus is firmly on how we can move things forward for children and young people. We hope you can make it. And please share this invite with other parent/carers.

More conference details available at this link:

<https://content.govdelivery.com/accounts/UKCCC/bulletins/274a7f8>

Spare an hour of support

Could you or do you know somebody who could offer an hour to support somebody in the Cocker mouth and surrounding areas from loneliness. We all know the detrimental impacts on our health from being socially isolated and this new scheme has found lots of people in need and is looking to increase their volunteers.

For further information see their website www.linkinglives.uk/cockermouth or

Email: Cockermouth@linkinglives.uk

SEND January Engagement Conferences

I am emailing you about the SEND Engagement Conferences that we are arranging for January 2020 in Lyn's absence. Would you be able to pass this information onto your working groups and ask that people hold them for the SEND Engagement Conferences.

We may not need everyone to attend but each working group should be aware that these are happening, we are working on a planning session to agree the agenda and which people from the working groups will be required to support them which we will communicate out shortly as well. The dates planned are as follows:

17th January 2020 10:30am – 2:30pm

Carlisle - People First Conference Centre

22nd January 2020 10:30am – 2:30pm

Whitehaven - Whitehaven Golf Club

24th January 2020 10:30am – 2:30pm

Kendal - Castle Green Hotel

31st January 2020 10:30am – 2:30pm

Barrow - The Forum

If you have any questions or need any more info please let me know.

Matthew Tognarelli - Executive PA - People First Independent Advocacy

People First Conference Centre – Carlisle Tel: 03003038037

Web: www.wearepeoplefirst.co.uk

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 DSActives football festival in Manchester in February 2020. You do not need to be part of a team, please see below for further information:

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

Saturday Adventure Club

**DISCOVER @ KEPPLEWRAY**
DISCOVER ADVENTURE, DISCOVER LIFE

FAMILY ADVENTURE DAY

Why not blow away the winter blues and spend a fun filled day with your family in the great outdoors?



Saturday 25th January - Canoeing and Archery
Saturday 29th February - Climbing and Crate Stacking

9.30am - 3.30pm

£35pp

To book call: (01229) 716936 or Email: stay@keppleway.org.uk

Booking is essential and payment must be received in full on booking.
All children must be accompanied by a responsible adult.



National news

A new EU report highlights the “extensive exploitation” of vulnerable young people, many of whom are in care, by county lines drug trafficking gangs operating across the UK. *This article was featured in December Young People Now*

Research has suggested there are more than 1,000 county lines networks in the UK. The EU Monitoring Centre for Drugs and Drug Addiction and Europol’s 2019 [Drugs Market Report](#) details examples of drug activity and its effect on victims throughout Europe.

Through its research into victims being coerced into drug production and trafficking, the report raises the example of the county lines model of drug networking, which it says has “become widespread in the UK”.

This is where drugs are supplied by gangs from cities into rural areas and market towns through exploiting vulnerable people, often children, and forcing them to distribute and traffick drugs. “It makes extensive use of the exploitation of vulnerable people. These include recruiting vulnerable children, for example in the care of social services or excluded from school, and adults,” the report states.

- [General election 2019: Welfare and care](#)
- [Gangs and Criminal Exploitation: Special Report](#)
- [Legal Update: Guidance to tackle county lines cases](#)

The EU bodies are particularly concerned that many county lines victims are dependent on drugs themselves and are forced into dealing in exchange for drugs or to pay off drug debts. “This exploitative business model allows criminal groups to expand to new areas at low cost and minimal risk, as they do not have to pay the vulnerable individuals whom they exploit, who are also the most exposed to the risk of arrest,” adds the report.

In September a [£3.6m unit](#) involving experts from police forces and the National Crime Agency (NCA) was set up in the UK to tackle county lines crime.

In the same month a [£1.9m research project](#) was launched to find ways to better support young victims of county lines dealing as well as child sexual exploitation.

According to the NCA there are more than 1,000 of these networks nationally. [The Children’s Society](#) has warned that children as young as seven are being exploited through county lines. [St Giles Trust](#), who work with young people affected by gang violence and exploitation said those caught up in county lines networks “are treated like expendable commodities”.

A spokeswoman added that most become willingly involved at first “lured in by promises of quick cash, status and belonging”.

“However, once involved they carry all the risks through transporting and dealing the drugs and are often exposed to appalling levels of intimidation, threats and abuse. These experiences can mean they suffer from post-traumatic stress disorder and it takes a great deal of time and effort to help them recover and get their young lives back,” she added.

The Trust employ specially trained staff with similar experiences to those they aim to help. “They are credible and relatable and can reach young people who would otherwise struggle to engage with services and support. Having been there themselves, our team are able to spot early potential risks and ensure swift action is put in place to mitigate them,” the spokeswoman said.

The Trust works with police forces and local authorities to offer help to those involved in county lines networks in Kent, London and south Wales.

It has so far helped 428 young people to exit county lines.

The issue has also been highlighted by children's commissioner for England Anne Longfield. Her February report **Keeping Kids Safe** said vulnerable children need to be better protected from the "scourge of serious violence, county lines drug running and gang activity".

Support CYA via Amazon Smile

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.

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and Amazon will make
a donation to:

[Get started](#)

Cumbria Youth Alliance
amazonsmile



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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

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