



# February newsletter

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

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# Welcome to our February Newsletter

## Cumbria Youth Alliance Spreads The Word

39 people attended the level 2 Adverse Childhood Experiences (ACE's) training course at the Oval Centre in Workington on the 29<sup>th</sup> January 2020. With people from across the voluntary and statutory sector including care workers, youth workers, foster parents, the Police and teachers being taught about ACE's so by the end of the course everyone had a basic awareness of the following:

- How to prevent ACEs
- know who should be screening for ACEs
- know how to build resilience
- understand the basics of Trauma-Informed Practice
- understand the basics of Neuroplasticity



This is part of a programme of training that Cumbria Youth Alliance are working in Partnership with Cumbria Resilience making sure people are trauma informed to improve their support for young people who have been effected by ACEs, with a further training vent planned for the 15<sup>th</sup> April 2020 from the Forum, Barrow-In-Furness and another in Penrith on 22<sup>nd</sup> April 2020.

**To book a place on either of the courses in Barrow or Penrith email [cath@cya.org.uk](mailto:cath@cya.org.uk) or ring 01900 603131 and ask for a booking form.**

# Duke of Edinburgh Award Assessor and Expedition Leader Training

25 attendees taking our Duke of Edinburgh Award Assessor and Expedition Leader Training.



To find out more about our DofE programme: [DofEbrochurev2.pdf](#) To make a referral please [click here](#) If you want to know more about this project call the team on 01900 603131

Email project officers [Richard@cya.org.uk](mailto:Richard@cya.org.uk) [nick@cya.org.uk](mailto:nick@cya.org.uk)

# IT'S COMING SOON!

## INVITATION TO TENDER FOR YEAR 3

Cumbria coastal communities to build young people's emotional resilience and self confidence in support of the successful Community Lottery funded Collaboration Bid

- **Locations:** Allerdale – Barrow-in-Furness and Copeland districts
- **Age range:** Young People aged 14-24
- **Target audience:** Young people with poor emotional resilience

### Criteria

- Cumbria Youth Alliance will accept expressions of interest to the maximum value of £6000 per locality (You can apply to delivery in more than 1 locality or more than one project in any one locality)
- Your project must engage young people aged between 14 and 24 with identifiable poor emotional resilience, poor self-confidence and low self-esteem. It must be based on the evidence of need gathered directly from your work with young people.
- Your offer must be co-designed by the young people you intend to engage to ensure it meets their needs (**evidence will be requested**).
- Your offer must be delivered in local youth settings including schools, colleges, youth clubs or any location where young people congregate.
- You must co-design your offer for young people with at least one of the following hard to reach groups in mind:
  1. Young people who are looked after ( in care)
  2. Young carers
  3. Young people being supported by Cumbria CAMHS or waiting to be supported by CAHMS
  4. Young people aged 16 to 25 leaving care
  5. Young people living in a homeless shelter or at risk of homelessness
  6. An LGBT group
  7. Young people with a Special Education Need or disability
  8. Young people Not in Employment, education, training or attending school.
  9. Young People in schools but at risk of school dropout or exclusion
  10. Young people at risk of engagement in gangs or county lines operations
  11. Young people at risk of engagement in knife crime either as victims or perpetrators
  12. Young people identified as having had adverse childhood experiences
- Your project must be delivered between 1<sup>st</sup> April 2020 and the 31<sup>st</sup> March 2021
- Your expression of interest must detail how you will evaluate impact (Outcome Star to be used if your service engages young people over a period greater than 6 weeks)
- A cost breakdown must be included in your submission of interest.
- You must provide details of the location you will deliver your project at within the Allerdale, Copeland and Barrow in Furness districts.
- You must provide details on the planned exit route.

**WATCH THIS SPACE TO FIND OUT MORE AND TO REGISTER TO RECEIVE THE TENDER PACK** Contact [russell@cya.org.uk](mailto:russell@cya.org.uk) 01900 603131

# Cumbria Youth Alliance Training in 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](mailto: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
<p><b>Wed 29<sup>th</sup> Jan 2020</b> ACES training Salterbeck Oval Centre Full day (Understanding Adverse Childhood Experiences) – <b>Fully booked</b></p> <p><b>Monday January 27<sup>th</sup></b> CYA offices Workington Duke of Edinburgh Assessor and Supervisor Training Programme – <b>Fully Booked</b></p>	<p><b>Tues 11<sup>th</sup> Feb 2020</b> Outcomes Star Training Workington (implementing a distance travelled model to demonstrate impact/outcomes) – free</p> <p><b>27<sup>th</sup> February 2020</b> First Aid at Work Delivered for us by Skills Shop one day certificated training Workington CYA offices: Free for volunteers £30 staff</p>	<p><b>31<sup>st</sup> March 2020</b> Safeguarding -an introduction for new staff and volunteers Workington – free training</p> <p><b>24<sup>th</sup> March 2020</b> Carlisle Dealing with Difficult and Challenging Behaviour with CADAS offices Carlisle 5 Victoria Place CA38 QT £20.00 for all attendees</p>	<p><b>Wednesday 15<sup>th</sup> 2020</b> full day ACES training The Forum Barrow £20 volunteers £30 for staff</p> <p><b>Wednesday 22<sup>nd</sup> 2020</b> full day ACES Training Penrith Methodist Church £20 for volunteers £30 for all staff</p> <p><b>29<sup>th</sup> April 2020</b> am only Kendal Rugby Club Youth Mental Health First Aid lite – Free training</p>
May 2020	June 2020	July 2020	August 2020
<p><b>Monday 11<sup>th</sup> May</b> Health and Safety at Work for new staff and vols Delivered by Skills Shop Barrow at Barrow £30 per person</p>	<p><b>8<sup>th</sup> June</b> Safeguarding for managers Workington -free training</p>		<p><b>11<sup>th</sup> August 2020</b> Dealing with <u>D</u>ifficult and Challenging Behaviour Barrow delivered 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](mailto: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](mailto: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.

# Local and National News

## Trusteeship in 2020

Louise Thomson from the Governance Institute has shared [her thoughts on the big challenges and issues which charity boards will face in 2020](#). Top of Louise's list is risk management and reporting. Louise says that trustees will increasingly be pressed to be more robust in assessing whether risk appetite, management and oversight are fit for purpose.

This is a trend we at NCVO have seen emerging through our work with boards. Trustees are understandably anxious to make sure they are aware of key risks, managing these and reporting them when serious. Yet I'd add that the real challenge is to strike the delicate balance between risk management, oversight and control while not becoming risk-averse. That is perhaps easier said than done in a climate of compliance but it's something all boards need to work on. My advice is to get your risk management processes right but also have open and honest conversations about how risk makes trustees feel and your appetite for it. You can read more about our [guidance on risk here](#).

Louise also identifies the following issues as being key to boards in 2020:

- Diversity and inclusion
- Environmental sustainability
- Brexit
- Staff wellbeing

I also agree with Louise's conclusion that increasingly we can learn from the strengths and weaknesses of governance in other sectors, and draw conclusions for how we might improve our own practice.

## Charity Governance Code review

The consultation on reviewing the code is still open and entering its final month. I have written in the past about the importance of keeping the code up to date and the need for continual review. If you have ideas about how to improve the code, [make sure you complete the consultation before the end of February 2020](#).

## From the Commission

### Fraud alert

[The Charity Commission have issued an alert](#) as they have received several reports from charities who have been targeted by fraudsters impersonating members of staff, specifically attempting to change employees bank details. In all these cases the request was made through an email. [Disqualification after illegal trustee payments](#)

Trustees of the Jole Rider Friends charity have been [banned for 12 years from serving as trustees](#) by regulator after paying themselves more than £320,000. The Commission engaged with the charity in 2015, identifying it only had two trustees. Further enquiries revealed other

serious concerns including that the trustees were remunerated, contravening their own constitution.

### **Reporting for the year ahead -essential reading**

To prepare charities for the reporting year ahead, the Fundraising Regulator has published new [guidance](#) to help charities fully comply with the fundraising reporting requirements in the Charities (Protection and Social Investment) Act 2016 (the Act).

Under the Act, charities are required to provide a statement on fundraising in their annual reports. The requirements are designed to reinforce responsibility and accountability for fundraising and encourages charities to demonstrate their commitment to protecting donors and the public, including people in vulnerable circumstances, from poor fundraising practices. We publish our guidance following an [analysis](#) we undertook of 106 annual reports filed with the Charity Commission. We found that just 40% of charities included an adequate fundraising statement to meet the requirements in the Act.

To conduct the analysis, we randomly selected reports which represent a cross section of different size charities that spend more than £100,000 on fundraising. We reviewed each statement, evaluating strengths and weaknesses based on how well it met the criteria of the Act.

Although most charities recognised their registration with the Fundraising Regulator in the statement, our analysis found that more can be done to demonstrate how charities use standards in the [Code of Fundraising Practice](#) to guide their work.

Common issues that arose as part of our analysis included:

- limited detail about how fundraising campaigns are run and managed, including who carries out the work;
- failure to demonstrate how the Code of Fundraising Practice is used to guide their work;
- a lack of thorough description about fundraising carried out on behalf of the organisation;
- frequent omission of the number of complaints received; and
- limited explanation of how vulnerable people are protected in the organisations' fundraising work.

To ensure that charities of all sizes and fundraising budgets can meet the Act's requirements, our guidance includes information on:

- what the fundraising statement should consist of;
- examples of a fully compliant report;
- expectations from the Charity Commission; and
- what charities can expect from auditors and independent examiners.

The Fundraising Regulator strongly encourages all charities to follow this guidance. The [Charity Commission's CC20 guidance](#) asks that trustees make sure their charity's fundraising meets the standards in the code, and complies with the law. Good reporting, and registration with the Fundraising Regulator, is a way to demonstrate this.

Lord Toby Harris, Chair of the Fundraising Regulator, said "Although our review has highlighted a low level of compliance with The Charities Act 2016 in terms of fundraising statements, we recognise that this is the first year of reporting in this manner. We are committed to working with charities, especially those with lower fundraising budgets, to promote better practice in reporting and the importance of providing a comprehensive statement."

Chief Executive of the Fundraising Regulator, Gerald Oppenheim, added "This first year of reporting gives us valuable insight into common issues arising in charities' fundraising statements. This is an important opportunity for the sector to come together to ensure that everyone is being held accountable to increase standards of reporting across the board."

**You can access the analysis on our website [here](#).**

**You can access the guidance on our website [here](#).**

For further information, please contact the Fundraising Regulator press team on 020 3327 4050 or [FR@pagefield.co.uk](mailto:FR@pagefield.co.uk).

## **News from Cumbria Safeguarding Hub**

### **Child exploitation**

The Children's Society has published a blog describing the different forms of child exploitation and outlining the work of the Disrupting Exploitation Programme that works across Manchester, Birmingham and London to support young people who are victims of child exploitation, with a focus on child criminal exploitation.

Read the blog: [The different forms of child exploitation](#)

### **Self-generated child abuse images**

The Internet Watch Foundation (IWF) has released figures following analyses of reported content, including images and/or videos, from 1 January to 30 November 2019 which found 37,112 reports contained self-generated child sexual abuse material, of which 29,100 were self-generated images of children aged 11-13 years old. IWF has partnered with the Marie Collins Foundation in a campaign calling on young men to report sexual images or videos of someone they think is under 18. Videos and information on how to report are available on the IWF website.

Read the press release: [The dark side of the selfie: IWF partners with the Marie Collins Foundation in new campaign to call on young men to report self-generated sexual images of under 18s](#)

View the videos: [Navigating the internet safely](#)

See also on NSPCC Learning Keeping children safe online: online course

### **County lines**

Her Majesty's Inspectorate of Constabulary and Fire & Rescue Services (HMICFRS) has published a report looking at how county lines drug trafficking is dealt with at local, regional and national levels in England and Wales. The report highlights achievements and recognises instances of good practice, such as the establishment of the national county lines co-ordination centre (NCLCC) and effective use of modern slavery legislation by police forces, but identifies the need for a more coherent and integrated system of national tasking, intelligence sharing and response.

Read the news story: [Greater collaboration and consistency needed to tackle 'county lines' drug offending, finds Inspectorate](#)

Read the report: [Both sides of the coin: an inspection of how the police and National Crime Agency consider vulnerable people who are both victims and offenders in 'county lines' drug offending \(PDF\)](#)

### **"ASK" Workshops in Cumbria - Assessing for Suicide in Kids**

"ASK" Workshops specifically address suicide risk in children aged 5-14 giving participants developmentally appropriate strategies and support tools. Developed in Canada by Lifeline Workshops, and the Team behind ASIST, the "ASK" Workshop, Assessing for Suicide in Kids, is the only suicide prevention workshop that specifically addresses suicide risk in children and gives participants developmentally appropriate strategies and tools to identify young children at risk of suicide and quickly gather and organize key details needed to assess risk and inform safety planning.

**Every Life Matters will be hosting two one-day "ASK" workshops during March.**

**For more information, dates and how to book a place, please visit**

**:<https://cumbriasafeguardingchildren.co.uk/LSCB/professionals/ssh.asp>**

### **North Cumbria Children and Young People's Resilience, Emotional Wellbeing and Mental Health**

The final refresh of this Local Transformation Plan for North Cumbria, setting out how we will continue to improve emotional wellbeing and mental health support for children, young people, their families and carers during the next year is now available for comment. The plan also includes a summary of what has been achieved in North Cumbria since the start of the Government's 'Future in Mind', national transformation programme to improve services for children and young people and sets out the vision for 2021 and beyond. **Your feedback is valuable and appreciated. Comments please to [Lucy.Pye@cumbria.gov.uk](mailto:Lucy.Pye@cumbria.gov.uk) before the close of play on Monday 20th January**

[North Cumbria Local Transformation Plan 2020](#)

**Resources for young people with learning disabilities : podcast**

The NSPCC has released an episode of its podcast in which the NSPCC's joint head of safeguarding in communities and Dr El Stannage discuss Love Life, a series of films and resources developed to help young people with learning disabilities learn strategies for staying safe as they grow up and gain independence.

Source: NSPCC Date: 09 December 2019

Listen to the podcast: [Supporting young people with learning disabilities](#)

See also on NSPCC Learning: [Safeguarding d/Deaf and disabled children and young people](#)

### **Trustee safeguarding training: online course**

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.

Source: NSPCC Learning Date: 28 November 2019

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

### **Child cruelty and neglect**

The NSPCC has released figures following analysis of police data for the UK over the last 5 years. Figures show that there were 20,024 recorded child cruelty and neglect offences recorded by police in 2018/19, an increase from 9,518 offences recorded in 2013/14.

Source: NSPCC Date: 26 November 2019

Read the news story: [Child cruelty and neglect crimes continue to rise every year](#)

See also on NSPCC Learning - [Protecting children from neglect](#)

### **Free Self Harm and Suicide Alertness Training 2019-2020**

Carlisle Eden Mind are delivering free self-harm and suicide alertness training for professionals working with children and young people during December 2019 - March 2020. The workshops include case studies, videos and group discussion. For dates and further information of the sessions - [Free Self-Harm and Suicide Alertness Training 2019-2020](#)

For more details or to book please email: [training@cemind.org](mailto:training@cemind.org)

### **Cumbria Safeguarding Adults Board - launch safeguarding adults week and information video**

**National Safeguarding Adults Week 2019 18th-24th November 2019** : Cumbria Safeguarding Adults Board (CSAB) in collaboration with the National Safeguarding Adults Board (SAB) Network, University of Nottingham and Ann Craft Trust will be working together to raise awareness of safeguarding and identified themes during this week of action. The aim is

to create a time where we can all focus on safeguarding adults - so they can be better, together.

**There will be a different safeguarding theme each day with a 5-minute briefing providing further information and links to resources where you can learn more.**

Please support us to raise awareness of abuse and neglect to safeguard adults at risk. Share information and follow us on social media; @cumbriasab #SafeguardingAdultsWeek

Cumbria Safeguarding Adults Board have launched an information video which aims to explain safeguarding using easy to understand language. The video will be available on our website and will be a useful tool to increase and improve awareness of safeguarding.

For more information please read Cumbria Safeguarding Adults Board 5 Minute Briefing : [CSAB Launch Safeguarding Adults Week and Information Video](#)

### **Anti-Bullying Week resources**

Anti-Bullying Week takes place on 11-15 November 2019. NSPCC Learning has made available resources to support activities including: information on protecting children from bullying and cyberbullying; podcasts on preventing bullying and keeping children safe; and online courses.

Source: NSPCC Learning Date: 31 October 2019

See NSPCC Learning : [Anti-Bullying Week resources](#)

### **Together for Childhood**

The NSPCC had published an evaluation of Together for Childhood, an evidence-informed approach that brings local partners and families together to make communities safer places for children. The initiative is in place in four areas: Plymouth and Stoke-on-Trent, where the focus is on preventing sexual abuse; and Grimsby and Glasgow, where the focus is on preventing abuse in families facing adversity. Key learning points include: the importance of developing a shared vision; developing effective local governance and partnerships; the importance of community engagement; developing and delivering NSPCC programmes adapted to the local context; and being realistic about the time and resource required.

Source: NSPCC Date: 04 November 2019

Read the news story: [Learning together](#)

Read the report: [Learning together: how collective learning has helped develop Together for Childhood, a place-based approach to preventing child abuse and neglect \(PDF\)](#)

### **Anti-Bullying Week resources**

Anti-Bullying Week takes place on 11-15 November 2019. NSPCC Learning has made available resources to support activities including: information on protecting children from bullying and cyberbullying; podcasts on preventing bullying and keeping children safe; and online courses.

Source: NSPCC Learning Date: 31 October 2019

See NSPCC Learning: [Anti-Bullying Week resources](#)

## **Safeguarding for charities and trustees**

The Charity Commission has published updated guidance on safeguarding and protecting people for charities and trustees. The updated guidance includes: when to consider Disclosure and Barring Service (DBS) checks; how to put policies and procedures into practice; and signposting to resources from organisations including the NSPCC.

Source: Department for Education Date: 22 October 2019

Read the blog: [Safeguarding and protecting people for charities and trustees: updates to guidance](#)

Read the guidance: [Safeguarding and protecting people for charities and trustees](#)

See also on NSPCC Learning: [Voluntary and community groups](#)

[Safeguarding and child protection standards for the voluntary and community sector](#)

## **Children and young peoples mental health**

Public Health England has published a series of reports summarising the evidence for the effectiveness of universal approaches to improving children and young people's mental health and wellbeing. The reports include: short descriptions of interventions identified from systematic reviews; a summary of findings and promising interventions; and a report of the findings of a special interest group which includes key findings and recommendations.

Source: Public Health England Date: 30 October 2019

Read the news story: [Children and young people's mental health: prevention evidence](#)

Read the reports: [Short descriptions of interventions identified from the synthesis of systematic reviews \(PDF\)](#)

[Findings from the synthesis of systematic reviews \(PDF\)](#)

[Lay summary report of the synthesis of systematic reviews and grey literature review \(PDF\)](#)

[Methodology report of the synthesis of systematic reviews and grey literature review \(PDF\)](#)

[Narrative report of the synthesis of systematic reviews and grey literature review \(PDF\)](#)

[Report of the findings of a Special Interest Group \(PDF\)](#)

# Member News

## Cumbria Youth Commission

*Can you be that adult who makes the biggest difference to young people and their mental health? Having spent the last few years looking at what they can do to improve youth mental health, Maryport's WE WILL youth mental health campaign group are asking, what can you do?*

### 1. WILL YOU WATCH AND SHARE OUR CBBC DOCUMENTARY?

WE WILL youth mental health campaign feature in a **CBBC documentary about youth mental health this Thursday 6<sup>th</sup> February 5pm**. The programme follows WE WILL member Molly as she meets inspiring young people, fitness guru Joe Wicks, health experts and her Cumbria campaign group members WE WILL. See the link for more information about the programme. The programme will be available on Iplayer for one month – search INSIDE MY HEAD, TAKING CONTROL OF MY ANXIETY – A NEWSROUND SPECIAL and on the CBBC website ongoing. <https://www.bbc.co.uk/mediacentre/proginfo/2020/05/newsround-special> The programme is being aired during Children's Mental Health Week and on Time to Talk Day. Please watch and share.

### 2. WILL YOU SHARE OUR SHORT FILMS?

Our short films have been made by young people to get across our vital youth mental health messages. We are currently making two new films for this year's Mental Health Awareness Week. Can you share our films with staff or group members as training? Can you share them on your website or on social media channels to raise awareness? **See [www.ewanrigg.com/wewill](http://www.ewanrigg.com/wewill) to view our films or contact us to upload our films.**

### 3. WILL YOU PLAN FOR MENTAL HEALTH AWARENESS WEEK?

Mental Health Awareness Week 2020 18<sup>th</sup> – 24<sup>th</sup> May is a simple way to start and develop conversations about mental health.

We want every workplace and community group to do something in Mental Health Awareness Week, however big or small.

Can you promote good listening skills amongst those around you by sharing our films in Mental Health Awareness Week?

We want to make it easy for you to know how to help.

**View WE WILL's recommendations for schools, the workplace and community and start planning your Mental Health Awareness Week. See [www.ewanrigg.com/wewill](http://www.ewanrigg.com/wewill)**

### 4. TO VIEW, SHARE AND UPLOAD WE WILL'S FILMS

- Our films can be found on our **website** at [www.ewanrigg.com/wewill](http://www.ewanrigg.com/wewill)
- They can also be viewed on **YouTube** by searching WE WILL Ewanrigg mental health
- They can also be found on **Making Maryport Smile's** Facebook page.
- If you would like a copy of the film to **upload** direct to your website and social media channels, include it in a presentation or screen it at an event, please email [info@ewanrigg.com](mailto:info@ewanrigg.com) and we can provide you with the most appropriate formats and file sizes for your requirements.

For more information about WE WILL please contact the Ewanrigg Local Trust office, details below.

Kate Whitmarsh | Development Officer | ELT Office  
Ewanrigg Local Trust | Ewanrigg Community Centre, Ennerdale Road, Ewanrigg, Maryport,  
CA15 8HN | 01900 819575 | [development@ewanrigg.com](mailto:development@ewanrigg.com) | [www.ewanrigg.com](http://www.ewanrigg.com)

# Cumbria SEND improvement programme Latest News... February 2020



## Latest News... 4 February 2020

Cumbria County Council sent this bulletin at 04-02-2020 09:37 AM GMT

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

## Cumbria SEND Improvement Programme



## Latest News... February 2020

*"It's been great to meet so many of you."*



"Our last big update was back in November and quite a lot has happened since then, not least the mailing list for this eBulletin increasing from 645 to 1247 people! That's really positive in itself.

"It was only back in October that we had our action plan approved by the Department for Education and there's been a lot packed in since then. In fact we've just submitted our first formal progress update to the DfE and there's more about all the work that's been done below

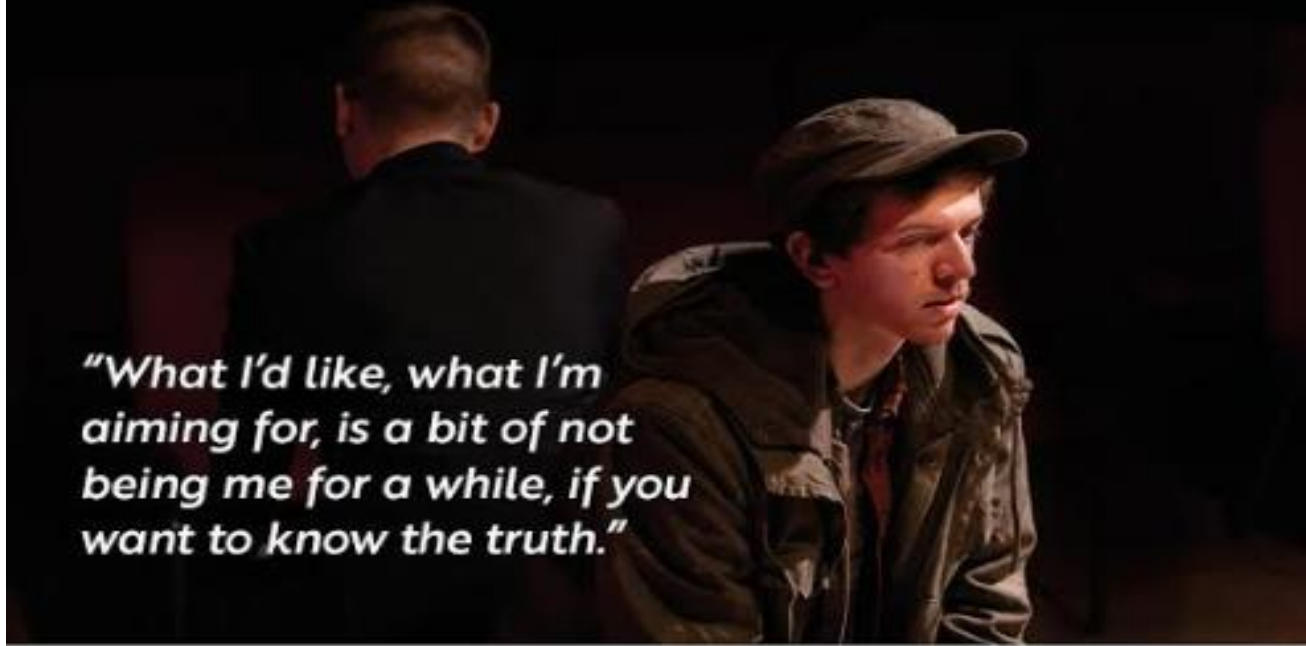
[Read it here](#)

## **fell: Tour dates and flyer**

# **fell**

BY **CHRIS SALT**

DIRECTED BY **JANYS CHAMBERS**



*“What I’d like, what I’m aiming for, is a bit of not being me for a while, if you want to know the truth.”*

Saturday 1 February – 7.30pm  
**KIRKGATE ARTS**

The Kirkgate Centre, Kirkgate,  
Cockermouth, CA13 9PJ  
Tickets: [kirkgatearts.org.uk](http://kirkgatearts.org.uk)

Tuesday 11 & Wednesday 12 February –  
7.30pm

**THEATRE BY THE LAKE**

Tickets: [theatrebythelake.com](http://theatrebythelake.com)  
017687 74411

Thursday 13 February – 7.30pm  
**THEATRE FACTORY**

The Cooke’s Studios, 104 Abbey Road,  
Barrow-in-Furness, LA145QR  
Tickets: <https://www.eventbrite.co.uk/e/fell-tickets-8632063835>  
01229 430636

Saturday 15 February – 7.30pm  
**THE GLOBE HALL, IREBY**

Tickets: [kirkgatearts.org.uk](http://kirkgatearts.org.uk)

Sunday 16 February – 7.30pm  
**CAMPUS WHITEHAVEN**

Red Lonning, Whitehaven, CA28 8UG  
Tickets: [kirkgatearts.org.uk](http://kirkgatearts.org.uk)

Wednesday 19 February – 7pm  
**ACTION TRANSPORT THEATRE**

Whitby Hall, Whitby Park,  
Ellesmere Port, CH65 9AE  
Tickets: [www.actiontransporttheatre.org](http://www.actiontransporttheatre.org)  
0151 357 2120

Thursday 20 February – 7.30pm  
**THE MET**

Market Street, Bury, Greater Manchester,  
BL9 0BW  
Tickets: [themet.org.uk](http://themet.org.uk)  
0161 761 2216



**ON THE WIRE**



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**EDGEWAYS**

Production Photography  
by Chris Lewis

# Suicide Awareness Training - Barrow

## In-house Training

Every Life Matters provides a wide range of suicide prevention and mental health training across Cumbria through our team of 7 trainers. Most of our suicide prevention training is available **free** of charge, and we can tailor our programmes to meet the specific needs of your team and sector. Contact us for more details [info@every-life-matters.org.uk](mailto:info@every-life-matters.org.uk) or 07908 537541.

To find out more about our work visit [www.every-life-matters.org.uk](http://www.every-life-matters.org.uk)

For booking and more information go to <https://www.eventbrite.co.uk/o/every-life-matters-19933502566>.

## Suicide Alertness Training

Explore myths and facts around suicide, when someone is at risk and how to support them, and what help is available locally and nationally. Half Day

*Whitehaven 5<sup>th</sup> Feb, 29<sup>th</sup> April, 22<sup>nd</sup> June and 14<sup>th</sup> July. Maryport 20<sup>th</sup> April, 24<sup>th</sup> June. Barrow and Carlisle dates to follow.*

## SafeTALK

Know what to do if someone's suicidal by following the easy to remember TALK steps – Tell, Ask, Listen and Keep-safe. Half Day

*Kendal 20<sup>th</sup> Feb and 20<sup>th</sup> March. Barrow 20<sup>th</sup> Feb.*

## Self-harm and Suicide Alertness

Self-harm and Suicide Alertness Training for people working with, or supporting, Children and Young People. Half Day.

*Barrow 3<sup>rd</sup> Feb and 6<sup>th</sup> March. Kendal 27<sup>th</sup> Feb and 9<sup>th</sup> March. Allerdale, Copeland and Carlisle dates to follow.*

## ASIST (Applied Suicide Intervention Skills Training)

Applied Suicide Intervention Skills Training (ASIST) is a two-day interactive workshop and the Gold standard in community suicide first aid. Two days.

*Barrow 5<sup>th</sup>-6<sup>th</sup> March. Kendal 20<sup>th</sup>-21<sup>st</sup> March.*

## ASK (Assessing for Suicide in Kids)

"ASK" Workshops specifically address suicide risk in children giving participants developmentally appropriate strategies and support tools. One day.

*Kendal 10<sup>th</sup> March. Maryport 25<sup>th</sup> March.*

## MHFA (Mental Health First Aid)

This course will teach you how to identify, understand and help someone experiencing a mental health issue. Two days.

*Kendal 6<sup>th</sup> Feb. Barrow 3<sup>rd</sup> March.*

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## Daytrippers Foundation

Please see below details of a fund that offers grants to SEND schools/units, children's hospices, charities and not for profit organisations based in the UK enabling groups of children and young people aged 5-25 who have disabilities and life limiting conditions to go on recreational and educational day trips.

<https://www.daytrippers.org.uk/day-trip-grant/>

Please let us know if you require any assistance with a draft looking over but also let us know about any successes.

Lynn Utting - Development Manager (England)

Web: <http://www.coalfields-regen.org.uk>

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### Cumbria Youth Alliance

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