

Cumbria Youth Alliance

March newsletter

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

In this issue...

Emotional Resilience Project

First Steps to Employment

Training in 2020

Award Winning Youth Services

National and Local News

Member NEWS



Welcome to our March Newsletter

Emotional Resilience Project



A Big thanks to the Big Lottery Collaboration Fund for the funding for this project led by Cumbria Youth Alliance and to other funders like Cumbria County Council 0-19 at the 3 localities and to other match funders who have made all of this possible. Cumbria Youth Alliance along with strategic partners in Cumbria County Council, North Cumbria Clinical Commissioners and Active Cumbria have been working together to avoid duplication and to co-ordinate activities for young people aged 14-24 in Barrow, Copeland and Allerdale. All activities and projects are aiming to improve Young People's emotional resilience and in the longer term reduce the referrals into CAMHS. It has been a very successful project and many third sector organisations have been commissioned to deliver services at a locality level informed by the needs and aspirations of the young people who have worked with us.

We are looking back at some of the amazing things that have been achieved to date by our partners and by Cumbria Youth Alliance in year one and year two of the project; we want to share some of the amazing work our commissioned providers have been doing to improve the emotional resilience of young people in Allerdale, Barrow and Copeland. By the end of year two 3,913 young people have been engaged on our programmes and a further 1,248 people have been reached through training, design, consultation, and awareness courses.

The capacity building elements of the project have allowed Cumbria Youth Alliance to cascade Youth Mental Health First Aid training, Understanding Adverse Childhood Experiences Training and we have been able to support many of our partners and providers to embed the Outcomes Star as a tool so we can all use similar methodologies to measure the impact of our work on the lives of young people. Being able to measure impact has been a key element of the project. These elements are designed to leave a legacy of sustainable skills when the Big Lottery funding comes to an end in March 2021.

Of those providers who have used the Outcome Star to measure impact we have been able to see a huge increase in confidence and self-esteem as well as improvements in other aspects of their lives.

Choices and Behaviour – 64% increase in positive choices and behaviours

Communication/ Confidence – 89% increase in self-confidence and ability to communicate

Education and Work – 71% increase in employability and work readiness

Health and Well-being – 79% increase in emotional wellbeing

Hopes and Dreams – 62% increase in confidence about their futures

Making a Difference – 57% increase in those taking part in community activities and volunteering in their community

We want to thank all those involved in making this possible; below are just a few examples of the work we have all been doing to help young people improve their emotional resilience.

Spiral, who have been carrying out anti-bullying and confidence workshops. One young person said that the confidence building workshop and cyberbullying workshop... 'gave me the courage to speak to teachers about my experiences of being bullied'.



Another young person expressed that...

'I am now more confident to speak about my mental health because I "understand that it makes me unique"'.

Together WE have been delivering exam stress and body image workshops within schools and youth clubs around Allerdale and Copeland. Extremely positive feedback has been received from the young people who attended the workshops.



Wigton Youth Station have been planning and organising an event around positive relationships. The date and location of the event will be on our Facebook page soon so keep an eye out!



Thank you to everyone for another successful year! Now for year 3!

First Steps to Employment

Good News for one young lady who finds a full-time job in retail thanks to joining First Steps to Employment at Cumbria Youth Alliance.

“Karla” was referred to Cumbria Youth Alliance by her work coach at Workington Job Centre. She really wanted to look for work in retail and had previously managed to secure some part time but irregular hours in a local corner shop. Karla really enjoyed this and started actively looking for other opportunities in retail and was very pro-active calling into businesses in Workington town centre, making enquiries and leaving copies of her C.V. as well as completing online applications.

Supported by staff at Cumbria Youth Alliance these positive actions proved very fruitful and Karla has secured a permanent full-time position with a Town Centre retailer and has settled into her role and is doing really well”

First Steps to Employment aims to deliver one to one support to young people between 16-24, who are currently not in Employment, Education and Training to help them achieve personal career/educational aspirations. Helping them move towards entering the workplace

The project uses a range of tailored interventions which can include targeted work experience placements and tasters, work related and educational qualifications and employability.

If you want to know more about this project call the team on 01900 603131

Email project officer gary@cya.org.uk

Congratulations to Mark from West House

Last month Mark took part in Disability Volunteering, becoming the first disabled young person in Cumbria to achieve the new Asdan Gardening Award. Mark has been volunteering at Grow West project at Allerby Community Gardens.



Adele Tyson Manager at West House said,

“Mark continues to develop in all areas at Allerby and is making positive relationships with his peers and the staff who work here. In addition to his achievements with the disability volunteering project at Cumbria Youth Alliance Mark has recently done lifting and handling training so as to improve his own health and safety”.

Mark continues to volunteer, developing his self-confidence, skills, and employability. Mark is one of 67 disabled young people to achieve Asdan Awards through this project in the last year supported by Cumbria Youth Alliance. The Disability Volunteering project provide by Cumbria Youth Alliance has run this year thanks to funding from Baily Thomas Charitable Trust, Margaret Dobson Trust and Douglas Arter Foundation.

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 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.

March 2020	April 2020	May 2020	June 2020
<p>31st March 2020 Safeguarding -an introduction for new staff and volunteers Workington – free training</p> <p>24th March 2020 Carlisle Dealing with Difficult and Challenging Behaviour with CADAS offices Carlisle 5 Victoria Place CA38 QT £20.00 for all attendees</p>	<p>Wednesday 15th 2020 full day ACES training The Forum Barrow £20 volunteers £30 for staff</p> <p>Wednesday 22nd 2020_full day ACES Training Penrith Methodist Church £20 for volunteers £30 for all staff</p> <p>29th April 2020 am only Kendal Rugby Club Youth Mental Health First Aid lite – Free training</p>	<p>Monday 11th May Health and Safety at Work for new staff and vols Delivered by Skills Shop Barrow at Barrow £30 per person</p>	<p>8th June Safeguarding for managers Workington -free training</p>
<p>August 2020</p> <p>11th August 2020 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>	<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.</p>		

Cumbria's Award Winning Youth Services

Youth Groups across Cumbria are demonstrating the high standards they are reaching thanks to help from Cumbria Youth Alliance



(Pictured) Janine Ward, founder of 'Together We' with her Silver Quality Mark – a remarkable achievement for a new organisation.

Simple Quality Protects

Twelve Groups Achieve Awards in the past three months supported and enabled by Cumbria Youth Alliance.



Our member groups working towards achieving **Simple Quality Protects** quality awards have hit the ground running in the New Year 2020, with eight groups completing their action plans and being awarded certificates with the first 7 weeks of the new year. With four having achieved in December, that makes twelve in three months all achieving quality marks for their work with children, young people and families.

Five groups who have been working towards **SQP Bronze Award** in recent months, CADAS, Appleby Heritage Centre, Cumbria Police Cadets, Triple A (All About Autism), Bransty junior Rangers, have all completed and been awarded their certificates in January/February. In December Carlisle Mencap, Carlisle Eden Mind, and Dalton Junior Rugby completed Bronze Awards.

Two groups who have been working towards **SQP Silver Awards**, The Rock, and Wigton Youth Station have completed and been awarded their certificates in January/February. In December 'Together We' completed their silver award a remarkable achievement for such a new organisation.

Longtown Youth Group has achieved **SQP Platinum**, the highest level of the Award and this was a renewal of their standards 5 years after they first achieved this standard at Platinum Level. Well done to Nigel and his team for all their hard work and for maintaining and raising the standard consistently over the last five years.

Cumbria Youth Alliance works with organisations to support completion of quality awards as part of our children, young people and families' infrastructure support contract funded by Cumbria County Council. Holding a national quality mark helps to show funders and local authorities that the group is well managed and has all policies and procedures in place.

Funders tell us that having a quality mark helps them decide if groups are providing activities in safe and secure environments and parents tell us it gives them confidence about sending their young people to that provider.

You could be next to achieve a quality award – it is all free and there is help and support every step of the way.

Contact juan@cya.org.uk or ring him on 01900 603131 to find out more about how you could gain a quality mark in 2020

Young People in the Care System

Young People leaving Care in Cumbria

Cumbria Youth Alliance was asked to present at the National Young Peoples Benchmark Forum in Manchester on the 30th Jan 2020. Cumbria County Council's Leaving Care Senior Manager approached Cat Hawkes and asked her to deliver a spotlight presentation as an example of best practice on the Share Foundation, Stepladder plus programme and the successful delivery model in Cumbria where the programme has additional help and support in place for candidates.

This event had 17 Local Authorities in attendance and the focus of the event was to look at Financial Capabilities in Leaving Care Young People. The Stepladder Plus programme is an online training course for 15-17 year-olds who are in the care system. This training teaches the young people basic skills in English and Maths, budgeting skills, financial capability and then provides additional support from a mentor to find a sustainable outcome.

Cumbria Youth Alliance's Young people in Care Transition Project Officer (Cat Hawkes) led the presentation and then invited Cumbria Youth Alliance's newest staff member, Danielle to read out case studies from young people who have completed the programme in Cumbria. The Presentation was very well received and as a result 2 local authorities have approached Cumbria Youth Alliance for more information since the event to find out more about the programme and how we are running it here in Cumbria.

If you would like to be a mentor for a young person in this programme then please contact Catherineh@cya.org.uk or ring Cat on 01900 603131. All mentors will be subject to enhanced DBS checks and undertake Safeguarding training. Full induction and support package are available for all volunteers.

CYA Vacancy - Operations Manager



Cumbria Youth Alliance Operations Manager
salary circa £32043 full time

Based in our Workington Office Cumbria Youth Alliance seeks to appoint a dynamic Operations Manager to assist us in our next phase of our organisational development. You will be educated to degree level or have the equivalent experience of undertaking a similar role within in either industry, public sector or the third sector. You will relish a challenge in a role where you can make a difference to the lives of children, young people and families across Cumbria. You will be supporting the organisation and its staff with business and financial planning and be responsible for contract/financial compliance across several external contracts/grants. You will have a proven track record of income generation through the development of new products and services that meet need identified needs. You will have extensive knowledge of safeguarding and will ensure all staff comply with policies and best practice. You will have proven contract management experience across several different large projects.

You will have previous experience of reporting at a board level and have been used to working at a strategic level in a previous role. This post is initially offered for a period of up to 2 years which may be extended if additional funding is secured. The post is subject to disclosure and barring checks. A pension scheme is in place.

If this sounds like the challenge you have been waiting for please contact cath@cya.org.uk for an application pack or download it from our website at www.cya.org.uk Closing date is Friday 20th March 2020.

Local and National News

Vacancies on the ICC

Closing date 30th March 2020 - get the job and person spec and expression of interest form by contacting Clare Edwards at CVS

Please note: if interest exceeds the number of places available there may be a need for a more formal voting process to select representatives. Do not hesitate to call or email me if you would like any more information.

Kind regards **Clare Edwards, Health Partnerships Officer - Cumbria CVS**

Shaddongate Resource Centre, Shaddongate Carlisle, Cumbria CA2 5TY

Tel: 01768 800350 Mobile: 07462041484

Email: claree@cumbriacvs.org.uk

Website: www.cumbriacvs.org.uk

Dear Cumbria Action for Health Network and Mental Health Provider Forum member

PLEASE NOTE – this is an extra Bulletin providing information about third sector Integrated Care Community Third Sector Representative nominations in the 8 ICCs in **North Cumbria**

NORTH Cumbria – ICC Third Sector Representatives nominations (see attached)

16 Representatives from a really broad range of organisations have done a great job representing our sector, busting myths about what we do and how we work and providing ICCs with loads of information about the great work our organisations do. They have been involved in local stakeholder groups, helping to plan and develop new services, been involved in the development of a social prescribing strategy and sharing their knowledge and experience with key people in our integrated health and care partnership.

What are ICCs?

ICCs bring together GP's, health and social care professionals, the third (voluntary and community) sector to work alongside the local community.

The aim is that staff, volunteers and local people will work as one team to address the challenges of an aging population and increasing demand on services, providing more out of hospital care and empowering people to take greater control of their health and wellbeing.

Over the past 2 years ICCs have focused on the needs of older adults. Health and social care staff have worked together to set up ICC Hubs, multi-disciplinary meetings, effective processes to prevent hospital admissions and to support hospital discharges. Over the coming years this focus will broaden and begin to focus much more on health problems specific to the local area, health inequalities and will include mental health issues and the health needs of children and young people.

Third sector and ICCs

At Cumbria CVS we believe that it is vital that the third sector is represented at each of the ICCs in North Cumbria. We lobbied successfully to gain places for two representatives on each ICC in 2018 and we recruited 16 ICC Third Sector Representatives who have been working in all 8 ICCs since January 2019.

Our representatives sit on ICC Delivery Groups and/or Leadership Groups. These groups work alongside an ICC Management Team and contribute to an individual ICC's development.

We have come to the end of the trial period of the new ICC Third Sector Representative role. This role has proved really successful in bringing the voice of our sector right into the heart of our 8 ICCs in North Cumbria and we are delighted that these important roles will be continuing.

Currently our team of ICC Third Sector Representatives are as follows:

ICC	Name	Organisation
Brampton & Longtown		
	Bill Parkin	Heathlands Project, Lawrie Brewis Trust
	Mike Godridge	Brampton Community Centre
Carlisle Healthcare		
	Julia Clifford	iCAN
	Andy Auld	Carlisle & Eden Citizen's Advice
Carlisle Network		
	Kevin Walsh	Rotary & Age UK Carlisle & Eden
	Iain Atkinson	British Red Cross
Cockermouth & Maryport		
	Ann-Marie Steel	Hug a Mug Project & Ewanrigg Community Trust
	Tamsin Beattie	Choice Project, Groundwork Trust
Copeland		
	Andrea Carlton	West Cumbria Carers
	VACANCY	
Eden		
	Dani Leslie	Eden Carers
	Sheila Gregory	Mencap
Solway & Keswick		
	Tara Edwards	Alzheimer's Society
	Sam Joughin	Together We
Workington		
	Russel Maddams	Cumbria Youth Alliance
	VACANCY	

All of our current Representatives have indicated that they will be standing again however we very much welcome nominations from anyone who is interested in the role. We particularly welcome nominations from organisations wanting to become a Representative for the Copeland or Workington ICCs.

Closing date for return of Expression of Interest Form Monday 30th March 2020 12 noon.

Access to Online Training

CSCP eLearning courses available

The CSCP is committed to providing a range of learning opportunities for all staff and volunteers who deliver services to children, young people and families. In order to achieve this we are pleased to introduce *a suite of eLearning opportunities* designed to complement the multi-agency learning and development programme. The following eLearning courses are available to book:

- Safeguarding and Child Protection Level 1
- Child Sexual Exploitation
- Domestic Abuse
- Female Genital Mutilation (FGM)
- Honour Based Violence and Forced Marriage
- Modern Slavery and Human Trafficking
- Neglect
- Self-Harm
- Social Media and Safeguarding
- Sudden Unexpected Death in Infancy (SUDI)
- Suicide Prevention Awareness

For further details and how to register please visit our website [here](#)

Childhood trauma and brain development

NSPCC Learning has published new content looking at how childhood trauma affects child brain development. The content covers: how children's brains develop from birth through adolescence; how trauma can affect this growth; and tips and guidance for parents, carers or anyone working with children for encouraging healthy brain growth. The content is explained by using six metaphors to describe different aspects of brain development.

Read the new content: [How childhood trauma affects child brain development](#)

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 \(PDF\)](#)

Priorities for Young people in 2019/20

These are the findings from the Cumbria Youth Commission as priorities for Young people in 2019/20 this work was commissioned by the Police and Crime commissioner for Cumbria -well done to all the young people who took part and to the staff at the Youth Commission for this piece of work which helps us understand more about the big issues for young people.

<h3>Abuse</h3> <p>(Abusive relationships, exploitation and sexual assault)</p>  <p>Our aims:</p> <ul style="list-style-type: none">• Explore what young people believe abuse looks like and raise awareness of the different types of abuse• Raise awareness of victim shaming and the impact this can have on an individual• Raise awareness of the signs of an abusive relationship and where you can safely report this• Explore perceptions around gender bias and physical boundaries• Highlight what healthy / unhealthy relationship can look like and how to spot the early signs of an unhealthy relationship or unsafe situation.• Support young people in understanding how they can safely help and support their friends and relatives in an abusive situation	<h3>Substance use vs misuse</h3> <p>(Drugs & Alcohol abuse)</p>  <p>Our aims:</p> <ul style="list-style-type: none">• Explore why young people use drugs and alcohol and how exploitation & county lines can effect young people• Educate young people about the different types of drugs, their effects and the possible legal implications of using them• Understand the impact peer pressure has on substance misuse and how to effectively tackle this• Raise awareness of the effect substance use can have on families and home life• Support young people in understanding the implications of substance use and mental health• Raise awareness of support services and places to go for help
<h3>Hate Crime</h3>  <p>Our aims:</p> <ul style="list-style-type: none">• Explore young people's perception of hate crime and what impact it can have.• Raise awareness of the effect hate crime can have on mental health.• Understand who young people believe are victims of hate crime• Explore young people's understanding of the laws and policing surrounding hate crime.• Ensure young people are aware of support services available and how to report instances safely	<h3>Mental Health</h3>  <p>Our aims:</p> <ul style="list-style-type: none">• Gain an understanding of current Constabulary mental health training• Educate young people on mental health issues and how they can help each other• Raise awareness of mental health to stamp out the stigma• Promote positive mental health, including clear signposting around support and help.• Support police training programme by reviewing police training on working with young people with mental health issues.

Member News

Volunteering & Paid Visitor Team Opportunities at Signal Film and Media

PAID TEAM MEMBER VACANCY (X 3)

Duties will Include:

- Talking to the public about the work in the exhibition & the featured artists
- Encouraging the public to visit other festival venues, talking to them about the wider programme of programmes / events
- Looking after the artworks, ensuring they are not damaged
- Helping with group visitors / tours... with school groups & community groups
- Ensuring the spaces are kept tidy & clean
- Being a point of contact for volunteers

Full training will be given so you can feel confident speaking about the artworks

Health & safety training will also be given

You may be a key holder, required to lock up the town centre space

You may at times be a point of contact for volunteers

[APPLY HERE](#)

You would be needed to commit to a minimum of 4 x full-day shifts in those 4 weeks: Wednesdays - Saturdays from 21st March - 18th April (For Barrow only). The shift days run 10.30am-17.30pm with 30 mins unpaid lunch at £9.50 per hour

VOLUNTEER TEAM MEMBER VACANCY (X 5)

Duties will Include

- Talking to the public about the work in the exhibition & the featured artists
- Encouraging the public to visit other festival venues, talking to them about the wider programme of programmes / events
- Helping looking after the artworks, ensuring they are not damaged
- Helping with group visitors / tours... with school groups & community groups
- Helping keep spaces tidy & clean
- Being a point of contact for volunteers

Full training will be given so you can feel confident speaking about the artworks

Health & safety training will also be given

[APPLY HERE](#)

You would be needed to commit to a minimum of 3 x 4-hour shifts in those 4 weeks: Wednesdays - Saturdays from 21st March - 18th April (For Barrow only)

Job Opportunity



We are recruiting...

MANAGERS POSITION AVAILABLE

We are recruiting a Manager for our organisation. The successful applicant will be a positive, self-motivated, creative and caring individual who will be expected to support the development of our community projects locally, as well as organising room hire and bookings, arranging training, courses, activities and events and having the responsibility for activities being run by Always Another Way Cumbria, Ltd and all other duties required to ensure the efficient running of the organisation

This is a PART TIME post (18 hours/week), X per annum

(Additional hours may be available dependant on future funding)

Please email info@alwaysanotherway.co.uk for full application pack and person specification

Closing date for applications is– March 31st 2020

Interviews commence- April 30th 2020

Subject to satisfactory Enhanced DBS Check



Keeping Young People Safe

HELP KEEP YOUNG PEOPLE SAFE FROM EXPLOITATION

Young people are being exploited and trafficked through **public transport**. We need your help to look out for young people and ensure they are protected from harm.

Look for the following behaviour and remember that exploited children don't always look like victims.

- * The young person is travelling alone – particularly in school hours, late at night or frequently.
- * They seem anxious and frightened or angry and aggressive.
- * They are unkempt or appear under the influence of drugs or alcohol.
- * They are avoiding ticket checks, or don't have a ticket or money to pay the fare.
- * They are carrying large amounts of cash.
- * They do not seem familiar with the location they are travelling to.
- * They are using more than one phone, or their phone is always ringing.

Help us protect children and young people from exploitation.

Don't wait. Report it:

If you are concerned about a child and think it's an emergency, dial **999** or **101** if it's not an emergency.

If you are on a train text British Transport Police on **61016**.

Otherwise contact Crimestoppers on **0800 555 111**.

childrenssociety.org.uk/stop-exploitation

Charity Registration No. 221124 © The Children's Society 2020 SC009a/0220



Vacancy: Lead Youth Worker



Enjoy Working with Young People?

Can you work with us to offer young people positive experiences through programmes that develop them both personally and socially?

SALARY: £9.90-£12.56 per hour depending on experience and qualifications. You should be able to demonstrate competency to at least NVQ Level 3 or equivalent.

HOURS: 18 hours per week (12 month contract, continuing subject to successful fundraising)

BASE: Wigton Youth Station

The work is challenging but rewarding and successful applicants will get the opportunity to make an impact on the lives of young people in this community. We hope that this post will increase the participation of young people in our programmes, as well as lead and support work with those young people with learning difficulties and disabilities. Evening working will be essential and the occasional weekend with prior agreement. Experience in comprehensive planning, delivery and evaluation of youth work programmes is essential.

For an informal chat about this role please contact Angela Bicknell on 016973 44200. CV's are not accepted without a fully completed application form. We offer you a challenge, support and training. All posts require an Enhanced DBS check.

The closing date for applications is 5pm on Friday 27th March 2020.

For more information and an application pack please visit:

<http://wigtonyouthstation.org.uk/vacancy-lead-youth-worker/> or contact:

Angela Bicknell, Centre Manager, Wigton Youth Station, 16 High Street, Wigton, Cumbria. CA7 9NJ. Email: wigtonyouthstation@hotmail.com

INVITATION: Just Me and My Thoughts



GIRLS GANG PRESENTS:



Just me and my Thoughts



TUESDAY 10TH MARCH | 6PM-7:30PM | INVITE ONLY
SAMUEL LINDOW BUILDING MOOR, UCLAN WEST LAKES CAMPUS,
WEST LAKES SCIENCE PARK, MOOR ROW



E-School Nurse Video Clinics



Twice weekly online health support and advice for parents, carers and professionals, supporting children and young people aged 5-19 years old.

Tuesday and Thursday

During school term only

You will be able to talk to the nurse over a live video link that is private, secure, confidential and convenient for you. In consultation with you, the nurse will assess the child or young person's health problem and provide you with the support and advice needed.

For more information on the **E-School Nurse video clinic** please read the information leaflet or visit:

www.cumbria.gov.uk/ph5to19

You can telephone for an appointment

0300 30 34 365

happierhealthiercommunities.

Copeland Community Fund

Who can apply?

To be eligible for a Copeland Community Fund grant, applications must come from community groups or organisations which are non-profit bodies. Parish councils and local authority partnership projects are also eligible. Applicants must have a constitution and bank account; they must be located within the Copeland Borough Council boundary or the project they are applying for must have a significant benefit to Copeland residents.

Due to the location of the Low Level Waste Repository site close to Drigg, we can only support projects that are in the local authority district of Copeland, this does not include the constituency boundary.

Copeland Community Fund prefer to be a funder of last resort, as such, it is expected that applicants thoroughly investigate other potential sources of match funding. However, Copeland Community Fund also recognise the need for local funding to act as an enabler for regional and national match funding.

SMALL GRANTS

Projects seeking Grants of
£3 - £25K

The small grant scheme can cover up to 75% of total project costs including VAT (if VAT is irrecoverable).



LARGE GRANTS

Projects seeking Grants of
£25K +

The large grant scheme can cover up to 50% of total project costs including VAT (if VAT is irrecoverable).



For further information please go to the Copeland Community Fund website

at: <https://copelandcommunityfund.co.uk/>

or contact The Copeland Community Fund Community Development Officers on **01946598352**

Street Games Conference - Sport: Right or Privilege?

As you might already be aware, the StreetGames annual Conference and Awards is being held in the North West for the first time next month. As usual, there is a stimulating programme of speakers, workshops and networking opportunities, covering all aspects of doorstep sport. The full programme and registration page can be accessed via the link below. There are options to attend for both days, or just on Day 1 or Day 2, with the latter incorporating the national *Youth Crime Prevention and Sport Conference*.

I very much hope you can join us and look forward to seeing lots of members of our North West StreetGames network at the conference. If you could forward this on through your own networks I'd very much appreciate it.

Wednesday 25th and Thursday 26th March, Crowne Plaza, Liverpool StreetGames Conference - Sport: Right or Privilege?

Where you live and grow up determines your access to sport. It's true, but is it fair? Is sport a 'nice to have', available to those who have the time, money and inclination? Or does everyone have a right to sport, whatever their circumstances? Those are the questions at the heart of this year's conference. Don't miss the debate!

<https://streetgames.events.idloom.com/streetgamesconference>

Workington GROW!

Workington Town Council are holding a new event this year called Workington Grow. The event will be held on Saturday 15th August from 11am-4pm in Vulcan Park, Workington.

The aim of the event is to tie in with National Allotments Week and their theme of 'Growing Food for Health and Well-being'. The event will feature a showcase of entries into our Fruit and Veg competition as well as an eco/fair-trade market, cooking demonstrations and activities.

It is widely recognised that regular contact with plants, animals and the natural environment can improve our physical health and mental wellbeing. For the large number of people in our society – children and adults – who live with challenging physical or mental health problems, gardening and community food growing can be especially beneficial. Such activities can relieve the symptoms of serious illnesses, prevent the development of some conditions, and introduce people to a way of life that can help them to improve their well-being in the longer term.

<https://smex12-5-en-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=www.sustranweb.org&umid=f6c60ed0-0271-4bdf-acf3-f52559b166a4&auth=438558d5329f5814a0a31cfd8e89073841978136-e967619ab89fbb2adb0d5f8037dc003bbe6e77c0>

We would love to have you along to the event; an information stall giving out advice / leaflets, perhaps you are able to run some activities for the public or maybe even run a mindfulness class. Maybe you have another suggestion on how you would like to get involved. Stalls are free of charge as this is the first year we are running the event. If you are interested, please just complete one of our online forms and we will be in touch - <http://bit.ly/2Uvczak> Please let me know if you have any questions and please feel free to pass this onto anyone who you think may be interested. Thanks Emma

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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

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