



Cumbria Youth Alliance

April newsletter

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

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Welcome to our April Newsletter



Nobody could have predicted the situation we find ourselves in today and the most important thing is for all the young people, staff and volunteers in Cumbria and beyond to stay safe and well during these challenging days.

I suspect by the time you read this that the events will have changed again, and we may be facing more significant challenges. We will be here to help you with all the usual things and if you are working with us on the emotional resilience project we will be in regular contact with you to see what we can do together to reach and engage young people in the days and weeks ahead using remote support and on line learning etc. We are being bombarded with information and we will try and sift through the information so that we can keep you up to date with the most important things. Sophie will be doing an additional newsletter on COVID19 keeping us up to date with what we need to know and what is out there to support us all.

The whole team at Cumbria Youth Alliance are still working away from home and are contactable through the office phone number 01900 603131 or the numbers listed below. Cumbria Youth Alliance have had to stop all face to face contact and close our offices from 19/3/2020 due to the Covid-19 virus, This is to keep young people safe and protect our staff and wider general public during these difficult days. We have cancelled all our meetings and cancelled all our training events for the foreseeable future. All training will be rebooked as soon as we can safely do so.

We are maintaining contact with all the young people and the key worker and other contacts appear at the foot of this announcement

Key workers will stay in regular contact throughout this period and you can contact them and they are still there to support you remotely by phone by email and video calling– we will be sharing helpful information and contact numbers for groups who will offer on line support to you during this period and make resources available to help you during this time.

We will still be taking calls to our Main Office in Workington as the calls are being diverted to another number which is manned by a staff member and likewise you can still send mail for our attention.

We have a link on our website www.cya.org.uk and more information in this newsletter follows detailing a series of on line modules focussing on young peoples mental health and all young people from Cumbria can access these free of charge and we hope to have more on line shortly.

If your organisation has something to offer young people during this time please let us know and we can collate information and send it out to young people who could benefit cath@cya.org.uk

Emotional Resilience Online Modules

Now available for your school or youth group!

Free to use for all young people in Cumbria

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

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

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

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

Current modules cover:

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

If you are interested in registering your school or youth group please contact sophie@cya.org.uk for a registration form and guidance notes.

The process to set up is straightforward and each young person who completes the modules will receive a certificate. Recommended for ages 11- 14



CYA Contact Information

For Choices Young People the contacts are:

John Dixon on 07384 751290
Gary Frazer on 07400310542
Anna Witty on 07503 595091

For Looked After and Leaving Care young people the contacts are:

Cat Hawkes on 07444869460

For the emotional resilience programme the contact is:

Russell Maddams on 07825 340312

For Young People in schools and on DOE the contact is:

Ben or Jamie on 07704303325

For organisations wanting help and support with fundraising or other general organisational issues the contact is:

Cath Clarke on 01900 603131

We can source places to go for funding and help structure and check funding applications so when normality resumes you can provide the services that will be in great need across Cumbria.

For general enquiries ring our Workington number on 01900 603131 and calls will be diverted and answered 9 till 5 daily Monday to Friday.

New Course: Coping during the Pandemic

This course has been developed for everyone in response to the recent global pandemic. There is information about how to avoid catching/spreading the virus, what immediate feelings you may have and common reactions, managing your mental health at this time, managing isolation and social distancing, self-care, supporting children and young people and some accessible information.

The course is free to access for everyone. You can find the link on our homepage: <https://www.recoverycollegeonline.co.uk/> or click on the image above

Please share this as it will be helpful to everyone you know, and it will be continually updated with the latest information and advice.

We also have a Coronavirus page on the website:

<https://www.recoverycollegeonline.co.uk/your-mental-health/coronavirus/>

Mental Wellbeing Resources

<https://www.nhs.uk/oneyou/every-mind-matters/> (PHE)

<https://www.nsun.org.uk/News/covid-19-mental-health-information> (NSUN)

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/> (MIND)

<https://www.mentalhealth.org.uk/> (MENTAL HEALTH FOUNDATION)

Culture and Arts and Wellbeing resources

<https://www.culturehealthandwellbeing.org.uk/coronavirus-resources-practitioners-and-organisations> (Culture and Wellbeing Alliance)

Local Community Action

<https://covidmutualaid.org/>

<https://www.facebook.com/CovidAidUK/>

DWP

<https://www.gov.uk/government/news/face-to-face-health-assessments-for-benefits-suspended-amid-coronavirus-outbreak>

Public Health England

<https://www.gov.uk/government/organisations/public-health-england>

Global perspective and advice around staying mentally well at this time of crisis

<https://news.un.org/en/story/2020/03/1059542> United Nations News

https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_2 **World Health Organisation**

<https://www.weforum.org/agenda/2020/03/covid19-coronavirus-mental-health-expert-insights/> **World Economic Forum**

Talking to Funders in Difficult Times

For all groups who have current funding from trusts, foundations and big lottery I urge you to talk to your funders – tell them what you are doing from home or remotely to support young people and then check that the funding you currently receive is not in jeopardy – if it is there will be funds available to prevent you from having to pay of staff and we will bring you that information as soon as we have it from GVT sources

Support Cumbria Collaboration

www.supportcumbria.org more information

Support Cumbria

Support Cumbria is an official collaboration of partners across Cumbria who are working together to provide community support to residents who are struggling to access basic or essential services during the coronavirus (COVID-19) outbreak.

This site provides a central point to help coordinate volunteering efforts to support Cumbria residents who may need help.

Volunteering in your community

This website can help you find local organisations to register an interest with in volunteering in your community. They will talk to you about what you could do, and try to connect you with a suitable volunteering role.

This site also allows volunteer groups to register with Cumbria CVS and recruit volunteer support.

Safe Volunteering

This site is supported by agencies coordinating the response to coronavirus in Cumbria, including Cumbria County Council, Cumbria CVS, district councils, NHS and Cumbria Police. Voluntary organisations will use their safeguarding processes to keep people safe in their communities. New volunteer groups registering will be approved by Cumbria CVS who will help you to recruit volunteers safely.

Donations

People are already giving generously to a Cumbria Community Foundation fund to help charitable groups support vulnerable people affected by coronavirus.

As the virus spreads across the county, those who are vulnerable will be hardest hit and in times of crisis, many people turn to charities for support.

Like other sectors, Cumbria's charitable organisations are likely to face challenges in the coming weeks and months.

There will be an increase in demand for their services while they are already under resourced and at capacity, with some having to completely change the way they operate. Many are reliant on volunteers and will struggle if they must self-isolate, become ill or have caring responsibilities. Many will also see a drop in their income due to cancelled fundraising events and reduced rental and activity income.

The Cumbria COVID-19 Response Fund will prioritise funding to charitable projects across the county that are supporting people affected by the virus, helping to keep them safe and supported in their homes and reducing pressure on the NHS. Cumbria Community Foundation has contributed £100,000 to the Fund. The Foundation is aware that many people and businesses will be struggling financially, however, for those that are able and would like to donate to the Fund, they can [click here](#) or contact 01900 825760. The Fund will also provide a focus for charitable trusts, companies and other organisations wishing to support the community and charity response. **HELP IF YOU CAN!**

Top Tips for Homeworking



The space where you work...

- Create a space for the work that you can tidy away or close off so work isn't around you all the time.
- Find somewhere where you can maintain confidentiality and concentration.
- Get a headset or use earphones when making calls.
- Make time to get familiar with other IT options such as video calls.
- Prioritise your internet access.
- Think about your posture, the chair you use
- Make sure you have enough light.

Boundaries and connections....

- Let people know if you are in isolation and what times you are available and an alternative contact in an emergency.
- Sound off to colleagues about the strains, find practical solutions, be tolerant and use humour.
- Check in on your own stress levels and ask for help if you need it.
- If you are having a good day, then offer support to others.
- Encourage teams to have communication groups (group text chat – which includes all staff)
- Need to work flexibly but keep to limits
- Keep supervision slots in place, phone in if working from home and regular check ins
- Try to give oneself breaks between calls, especially those that are high threat

For managers....

- Daily Huddles to include conference call option for those working in isolation
- Make sure staff at home are contacted informally by others. Basic compassionate connection may prevent added stress or a referral on for support.
- Allocate a Staff responder to support others but swop regularly
- Recognise that there will be a number of difficulties for staff – swift changing of roles, parenting, work etc – colleagues will be adapting ways to work that they have not experienced before
- Watch out for signs that someone is struggling.
- Accept that some staff may react in ways that you would not but that should not automatically be pathologised.

The basics....

- Get dressed for the day
- Try and create a routine – especially if children are home. It may not be realistic to be able to work 9-5.
- Agree your working schedules with other adults at home.
- Regular drinks but not too much tea and coffee (caffeine)!
- Don't forget meal times and breaks!
- Move about/ stretch – make use of online exercise or meditation programmes, sing or go and walk the dog
- Check in with family and friends, especially those alone or more at risk.
- Find activities that help distract from news, anxiety and work.

The household balance....

- Agree a homeworking / schooling structure with family
- Accepting more 'screen time' may need to be allowed for children
- Be kind to self especially if you can't live up to your expectations
- Be aware of own limits
- Take breaks so you and your children / partner/ friends know what's happening and you get time together (and apart)
- Getting out of the house if you are not self-isolating (remember social distancing)
- Finding time on own
- Check in with work colleagues verbally – be mindful of those who may not have any social contact at home.
- Be mindful that people might be more reactive and not behave in their usual way, try to not take it personally.
- Avoid watching too much news or getting regular news updates where possible, try to limit or set times.
- Talk about something different than work
- Self-care has never been so important – what can you do that you enjoy
- Recovery college online has lots of resources and information for us and our communities <https://www.recoverycollegeonline.co.uk/>
- Find ways of managing the household tension.
- If there are relational difficulties (or domestic abuse) at home, then try to seek help for this
- Have things around you that help you when you feel stressed or overwhelmed
- Be mindful of alcohol use

**Remember that these times are unprecedented, reactions may be unpredictable...
connect, forgive and use your own and others strengths.**

News From Other Agencies

Online Training Opportunity

First of all can I just wish everyone all the very best in this difficult time. With the issue of close downs, working from home etc... Your EDGE wanted to reach out and offer some support to organisations. We have a huge online training platform (over 100 courses) that we will be offering to organisations and individuals in the voluntary sector at a reduced rate through this time which might provide CPD opportunities benefiting your organisation in the long term and reducing impact at later dates. The platform consists of 3 Business suites

- Health & Safety (examples include; fire safety, risk assessment, manual handling and first aid refreshers)
- Business (examples include; GDPR, Managing meetings, project management)
- Health & Social Care (examples include; equality & Diversity, autism awareness, safeguarding)

For a full list of courses please check out our website at:

<https://videotilehost.com/probusinessedge/purchaseCourse.php>

We will offer all courses at a price of £15 per registration for voluntary and community sector organisations. If anyone requires any registrations or would like to discuss further don't hesitate to contact us on the details below. Email: paulhogan@probusinessedge.co.uk Phone Number: **07388 538 347**

New emergency support line

For vulnerable people needing urgent help

Today (Monday 30 March) Cumbria County Council and partners have launched a new emergency support service for people at high risk of becoming seriously ill, as a result of COVID-19, and who do not have support available from friends, family or neighbours.

Those at high risk include people over 70 years old, pregnant women and those with underlying health conditions who should be protecting themselves by staying at home. The majority of these people will already be receiving support from family, friends or local voluntary groups with tasks like shopping or collection of medicines if they require it. But we know that a small number of people will not have this support. If they have no alternative, these people will now be able to call the Freephone number to request help with getting food, medicines, essential supplies and home deliveries.

Cumbria County Council has been working closely with District Councils, CVS, Cumbria Community Foundation, community and voluntary sector, private sector and military to establish these new arrangements. To support the new helpline every area is coordinating a supply of essential food, medicines and supplies which can only be accessed via the emergency helpline or email. The requests received asking for help will then be matched with local support and supplies being offered by community groups, volunteers, councils and businesses.

The Emergency telephone support line is 0800 783 1966. Or you can email your request for help to COVID19support@cumbria.gov.uk.

The National Youth Agency Guides

The National Youth Agency and UK Youth have published three guides offering advice to youth services managers as well as frontline youth workers. These cover issues such as moving youth activities online, home working for youth workers and ensuring vulnerable young people are protected.

In addition, a website from the two groups compiling advice and resources for the youth work sector surrounding the coronavirus outbreak is due to go online today. National Youth Agency Together with @UKYouth we have worked to provide some simple support around #covid19UK for young people and youth workers! Access, download and share from here:

[https://nya.org.uk/reacting-to-covid-19-advice-to-youth-services/ ...](https://nya.org.uk/reacting-to-covid-19-advice-to-youth-services/)



Reacting to COVID-19 - NYA

Some of the key advice from the guides:

Guidance on closures

This guide from the National Youth Agency's youth work expert group advises that any "non-essential group meetings" are cancelled and delivered digitally. Suggested online platforms include using Facebook, Google Hangouts or a WhatsApp group call. Activities such as drop-in sessions at youth clubs should also end.

With much of youth work moving online, the guide urges youth services to ensure they have a plan in place to stay in contact with young people and colleagues through telephone and social media. This includes having contact information to hand for additional support that young people may need. But the guide stresses that targeted "acute" youth work, such as those focusing on youth violence, child exploitation, domestic abuse and health, "is essential and should continue". Youth workers carrying out this work should ensure that any group sizes are small, preferably with only one or two young people. Social distancing guidance from Public Health England also needs to be adhered to, this includes avoiding any physical contact such as "fist bumps, handshakes and touching".

Support for Youth Workers

The main themes of this guide for youth workers is to keep calm, stay connected and be safe.

This reiterates the importance of using social media and digital technology, especially with colleagues, through platforms including work management tool Slack and video conferencing services such as Zoom. **Microsoft Teams** is another that is recommended for youth workers.

Following latest health advice from Public Health England is vital. This guide also urges youth workers to ensure that “information being shared is fact-checked and doesn’t perpetuate panic-mongering or myths”.

There is also advice on home working for youth workers, who are well and working, although self-isolating. This includes sticking to a routine and plan for each day. “Keep ‘home’ and ‘work’ as separate as possible – routines help with this,” states the guide.

Dealing with a crisis and managing risks is another focus. This includes identifying the most vulnerable young people and ensuring “there is a support plan in place for them that includes connectivity with a trusted adult”.

Recommended is ensuring vulnerable young people are able to access information from the charity The Mix, which offers a range of digital support and guidance to young people.

Support for Young People

Young people being bullied, or even assaulted because of their ethnicity and myths around the spread of coronavirus, are in need of particular support, says this guide. Youth workers are able to act as a witness in any police action, if the young person wants to report any abuse.

Advising young people on education issues is also key. Youth workers are recommended to keep on top of advice coming from schools, exam boards and the Department for Education.

Another likely top concern among young people is around training, work and financial uncertainty.

Advising young people how to protect their physical and mental health is also important.

“While you might have to keep your distance from other people you can still go outside and keep a physical distance from others,” the guide urges youth workers to convey to young people. Go for a walk, run or cycle and explore a local park – phone a friend or listen to a podcast as you wander. Exercise, meditate, and keep to a daily routine as much as you can.”

And while social media and news stories can be a vital way of keeping connected and helping young people’s mental health, they can also increase anxiety levels.

“If the 24-hour news is making you anxious, think about only reading a few headlines a day and limiting how much you see,” adds the guide.

Coalfields Regeneration Trust Support

Calling all agencies in Allerdale and Copeland if you are a member of the Coalfields Regeneration Trust then you can access a lot of support – here is a message from them

Just a quick update from the Practical Support team at Coalfields Regeneration Team. As of today all staff at the Trust, that have the capacity to work from home, have been instructed to do so which includes myself, Lynn and our support staff Allison and Alisha. The best way to contact us will be via email and if needed we will call you back. Please see further information on our website <https://www.coalfields-regen.org.uk/funding-and-programmes/england-support/>

Until further notice all face to face meetings have been cancelled but we will still be providing as much of our practical support services as possible, albeit from a distance, including:

- **Local Area Profiling** – detailed Community Insight reports of local statistics. Just tell us what area you need the report to cover
- **Support applying for funding/finance** - including looking over draft applications for any funder including applications to the Trust
- **Identifying Sources of Funding/Finance** – please let us know if we can perform a GrantFinder search for you
- **Online information resource library** – we will be reviewing this and adding to the 600+ reports, studies, how-to-guides and other useful information
- **Signposting** - to partner organisations and other sources of support, please let us know if you need anything

We were going to start planning **Regional information and training events** but due to the current situation we cannot say exactly when these will take place but we want to see as many members as possible at these events later in the year.

There are now 318 member organisations and we appreciate many of you are going to face challenging times over the next few weeks and months. We all know recent events have brought out the worst in some people, particularly the panic buying in supermarkets and it will be a test for many organisations to support the most vulnerable and needy in coalfield communities. I hope the situation will bring out the best in many people and we will try and support members as best we can because you are providing valuable services.

Stay well, keep up the good work and please let us know if we can be of any assistance.

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

Suicide Prevention Network

Please share this suicide prevention document across your networks as you see fit and my apologies if you have already received this information from other channels.



Download it here: [COVID-19 suicide prevention and mental health support March 2020](#)

NORTH CUMBRIA ONLY - can you help our health services?

NORTH CUMBRIA ONLY - our health services need skilled volunteers/staff with DBS checks during the COVID 19 crisis.

All of you will be aware just how much pressure our local health services are under as a result of the COVID 19 virus crisis. Due to rapid rises in the number of patients requiring treatment and increasing rates of absence due to sickness, isolation, personal care responsibilities etc amongst current health service staff there is a need for our local health services to draw on the support of volunteers.

Our health services are keen to recruit volunteers who have the following:

- Recent care experience/knowledge
- A current DBS

And whom are currently registered with a third sector organisation or employed by a third sector organisation but unable to work due to service closures, furlough etc

Volunteers will be required to work in the following environments:

- Acute and/or community hospital settings (caring for both virus free patients and those that are COVID +ve)
- Step down facilities (caring for COVID+ve patients who no longer require hospital care)
- Community settings, clinics etc
- GP settings

We do not as yet want personal details of individuals who want to volunteer we want to hear from your organisation if you think you and /or your staff can help. **If you think you can offer some support please complete the attached form and return to:**

Clare Edwards claree@cumbriacvs.org.uk



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

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

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