

**Cumbria Youth Alliance**

## May newsletter

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

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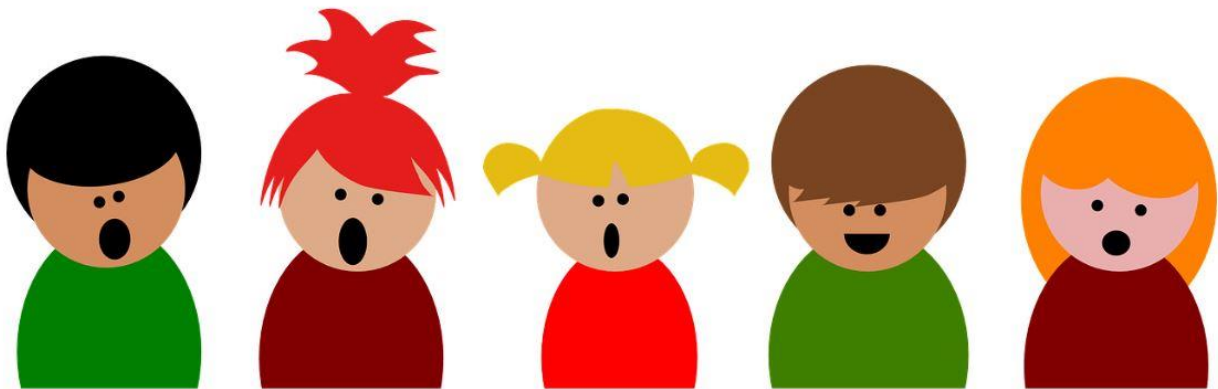


# Welcome to our May Newsletter



## Together We Are Stronger

Over the last 7 weeks the landscape for delivery of services has changed beyond all recognition. There have been huge challenges over how to respond to the challenges of working remotely and still providing the much-needed services to both young people and to organisations supporting children, young people and families.



The third sector here in Cumbria has risen to the challenge and some remarkable work is going on supporting our most vulnerable families and young people. People like Moorclose Community Centre stepping up food deliveries in Workington and the surrounding villages so that those most in need would not go without during lockdown. Organisations like Together We set up online support for those with emotional resilience issues and many other examples of outstanding work just too many to mention.

We have seen new partnerships emerging and have witnessed the strengthening of existing partnerships regardless of whether they are third sector or statutory sector and I truly hope this will remain with us when we emerge from this pandemic.

Working together makes us stronger and reduces duplication so we can focus on the real needs in our community and address things together.

I am proud to be a member of the charity sector here in Cumbria and am truly humbled by some of the work that is going on at the front line.

Staff, volunteers and trustees across a whole range of organisations have stood up and been counted when it most mattered. Trustees working alongside staff and volunteers supporting them when it most matters have really demonstrated their worth.

After we recovered from the initial issues of dealing with IT and the joys of Microsoft 365 and remote working we got down to looking at how best we could continue to support the young people currently on our programmes and how we could best support you our member organisations.

- We have been supporting organisations across Cumbria who work with children, people and families now for over 20 years and we continue to provide that support but just in a different way. We have over 300 young people on our programmes who all need support at this challenging time. We set about looking at how we could continue -what would we need to do?
- We have purchased a licence for Open and Distance Learning from Embrace Resilience and this is proving to be very popular with well over 200 people signed up to undertake learning.

The free open and distance learning is for staff, volunteers and young people and the poster that follows this introduction will show you just what can access. This is open free to any young person 14+ or any staff and volunteers here in Cumbria who support Children, young people and families. [www.embraceresilience.com](http://www.embraceresilience.com)

- We worked with the Share Foundation to open up the basic skills and preparation for independent living programme called Step Ladder to all young people 15+ here in Cumbria. See item three in this newsletter for more information.
- We have been remotely supporting over 100 organisations with fundraising, governance support and help to gain quality marks and giving them access to open and distance learning so we could upskill staff and volunteers to cope with emerging issues when normal service resumes.
- We have developed new policies and procedures for front line staff supporting young people using social media platforms or communication channels like Zoom and Google Hangouts
- We are working with Carlisle Youth Zone, Brathay and Drop Zone in Barrow to set up a new google drive where organisations can drop their resources so that young people will have a one stop shop to access a whole range of positive activities from helping with mental health to accessing music lessons to craft activities and this should be going live this week

Not only are we dealing with the current situation we are looking forward and have been gathering data from a range of sources and board meetings so that we can inform the sector of the emerging issues and look at how we prepare to deal with the new world in which we find ourselves.

The world we will operate in will be a different one that the one we left just two months ago – it may need new skills and knowledge and it will certainly be harder to fund going forward so stepping up your fundraising activity will be essential going forward.

It is apparent that lockdown is not a short-term option for many of the activities we all carry out a return to normal operating may be some way away with social distancing and shielding still being in place.

We are seeing lots of new issues...

- Increased issues with poor emotional resilience
- Food poverty and the enormous increase in those depending upon food banks to survive
- Increase in numbers of unemployed – not just young people but across the age range
- Educational attainment gaps likely to widen for the most deprived young people
- Less work opportunities when they transition to the world of work
- Many families still without IT and broadband access meaning many support services cannot be accessed currently
- Increased use of alcohol and drugs
- Loneliness and isolation taking its toll on people of all ages

Charities need to keep focussed on their core purpose and adapting the way they work to meet this new operating environment. Focus on what are the outcomes we want to achieve for our client group then work backwards to develop the service with your service users.

Money will be tighter going forward so how can we do more for less money?

How will we meet these new emerging needs, deal with existing needs and do this with significantly less resources?

Perhaps the answer lies in keeping some of the delivery methods we have adopted during this difficult time or making more use of volunteers in the future to support our most needy individuals and families. In a county like Cumbria with its geographical challenges this might reduce costs in the longer term.

We will need to think about new risk assessments and new ways of working to observe social distancing and writing new policies and procedures around access to offices, cleaning stations and visitors to premises.

There are pots of money around at the moment and this month we have circulated a CYA funding gazette focussing on the short term funds to address Covid 19 and later in the month will also produce our usual CYA funding gazette. When the government launched its **covid-19 business support measures** last month, it quickly became apparent that many of the schemes – despite being open to charities – included design features that would restrict the ability of charities to access the financial support they desperately needed.

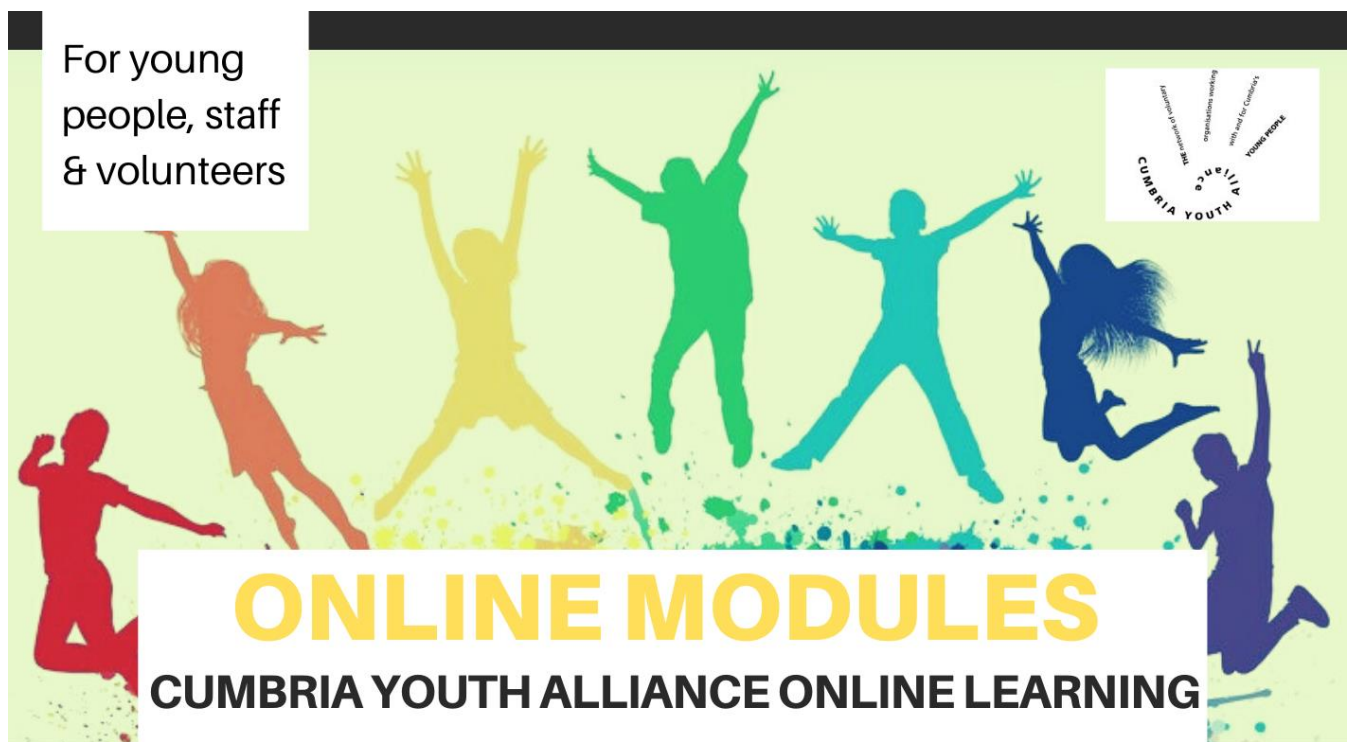
The need to address these challenges became even more urgent following the chancellor's announcement of the £750m charity support package. This amount, although welcome, will not be enough to prevent good charities around the country from closing their doors. Even many that survive will look very different in a few months' time, with a severely reduced capacity to provide the support that people rely on. Organisations like our Local Enterprise Partnership and national organisations like NAVCA and NCVO are lobbying on behalf of the sector for more support and we will keep you up to date with any new developments

**We want to tell you we are here to support you in your work with children, young people and families here in Cumbria and you can phone us on 01900 603131 or email me [cath@cya.org.uk](mailto:cath@cya.org.uk) and if we can't help we will know somebody who can.**

**Cath Clarke (nearing end of week 8 in solitary confinement)**

# Online Learning Modules

For young people, staff & volunteers



## ONLINE MODULES CUMBRIA YOUTH ALLIANCE ONLINE LEARNING

Cumbria Youth Alliance has joined up with Embrace Resilience a to offer all young people in Cumbria and all staff and volunteers in Cumbria working with children, young people and families access to a large range of online learning modules FREE of charge. Here are some examples



### Resilience

- Developing Mental Strength
- Mental Health First Response
- Nutrition Health and Diet
- Managing Stress and Anxiety
- Becoming a Wellbeing Champion



### Work

- Career ahead
- Career ahead the fundamentals
- Bullying and Harassment in the workplace
- Equality & Diversity



### Understanding

- Understanding Special Needs
- Epilepsy Awareness
- Understanding the role of a personal carer
- Understanding an individual with mental health and learning disabilities
- Supporting people with autism



### General

- Introduction to Food Hygiene
- Basics of Health and Safety
- Understanding Manual Handling



### Health & Social

- Alcohol and Substance Misuse
- Care Awareness
- Challenging Behaviours
- Safeguarding Adults
- Safeguarding Children

These are just a few of the modules that are available for you to undertake all free - you can undertake one module or several modules once you have registered with CYA



To register please contact [sophie@cya.org.uk](mailto:sophie@cya.org.uk) with the name of the young person or if it is a staff member the name of the organisation and the name of the individual staff member

# Stepladder of Achievement

The Stepladder of Achievement is an online learning tool for 15-25 year olds to develop financial know-how and for making plans for your future. It has six Steps for you to work through. And it's free for you to use!



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Cumbria Youth Alliance are offering this free online training from the Share Foundation

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When you complete all 6 steps, you'll receive a certificate of completion.

**Step 1:** Literacy

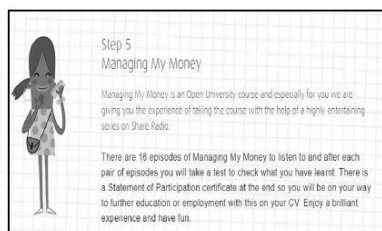
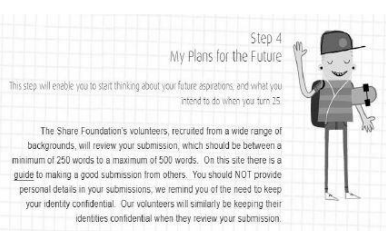
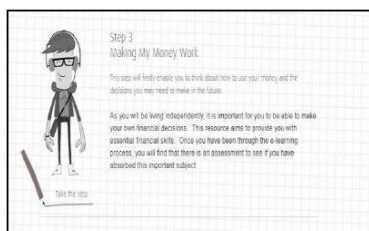
**Step 2:** Numeracy

**Step 3:** Making My Money Work

**Step 4:** My Plans for the Future

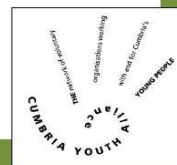
**Step 5:** Managing My Money

**Step 6:** Securing Future Education, Employment or Training



For more information call Cat Hawkes on 07444869460 or to register follow link below

<https://www.sharefound.org/stepladder>



When you complete all 6 steps, you'll receive a certificate of completion.

- ✓ **Step 1:** Literacy
- ✓ **Step 2:** Numeracy
- ✓ **Step 3:** Making My Money Work
- ✓ **Step 4:** My Plans for the Future
- ✓ **Step 5:** Managing My Money
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For more information call Cat Hawkes on 07444869460 or to register follow link below

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# Useful Resources

## 'We Will' youth mental health group

### Can You Listen? WE WILL

The WE WILL youth mental health group are based in Maryport, Cumbria and have been campaigning to improve youth mental health for several years. Supported by staff from Ewanrigg Local Trust, group members have created several films, won many awards, have lobbied members of parliament and visited Westminster to meet with MPs and ministers.

Young people reveal that the simplest and most effective way of helping themselves and others to cope during challenging times is to JUST LISTEN. To share this message the WE WILL youth mental health group are launching their latest film, JUST LISTEN. WE WILL say that listening better is a vital skill that can save relationships, health and lives. They ask, 'Will you be THAT person who steps up and LISTENS BETTER?'



LISTENING BETTER can be improved in minutes - watch 'BOY' to understand WHY it's important to listen. <https://www.youtube.com/watch?v=L9WBZ1L2s4I&t=11s>



To find out HOW to listen watch their new film 'JUST LISTEN'.

<https://www.youtube.com/watch?v=Kg053UnO7S0>

WE WILL – will you? [www.ewanrigg.com/wewill](http://www.ewanrigg.com/wewill)

Listen to your gut feeling. If you think someone needs professional mental health support encourage them to tell a teacher or health worker. If you think someone is at risk you must act, tell a trusted adult, seek support or ring 999. For a list of youth mental health support and resources see <https://www.camhs-resources.co.uk/>

## Latest News from ACAS

In her latest blog, Acas Chief Executive Susan Clews reflects on how coronavirus might be affecting us, and shares some ideas on how to support each other, whether you are an employer, line manager or just wanting to look after your own mental wellbeing:

Read: [It's ok to feel ok: working through your moods in a pandemic](#)

### More Acas blogs:

[Managers have feelings too: managing mental health during the coronavirus pandemic](#)

[Coronavirus: coping with the new normal](#)

### Mental health guidance and resources:

[Mind](#) - Coronavirus and your wellbeing

[Mental Health Foundation](#) - Looking after your mental health during the coronavirus outbreak

[NHS](#) - Mental wellbeing while staying at home

[Acas](#) - Supporting mental health in the workplace

Register for the upcoming Acas webinar:

[Managing mental health in the current climate](#)

Thursday 21 May 1:30pm-2:30pm | [register your place](#)

**Avoiding discrimination:** The Equality and Human Rights Commission has published new guidance for employers to help ensure they are not discriminating when making difficult decisions. [View details on their website](#)

Also view the recent blog from Julie Dennis, Acas head of Diversity and Inclusion:

[Don't let panic get in the way of good decision making](#)

### Acas guidance update

[Disciplinary and grievance procedures during the coronavirus pandemic](#)

The law and Acas Code of Practice on disciplinary and grievance procedures still apply during the coronavirus (COVID-19) pandemic. This includes while social distancing and lockdown measures are in place. The employer needs to decide if it would still be fair and reasonable to carry on with or start a disciplinary or grievance procedure while:

- people are on temporary leave because of coronavirus (on 'furlough')
- following social distancing and other public health guidelines, if they're in the workplace
- people are working from home, and it would have to be carried out remotely

[View guidance](#)

Register for the upcoming Acas webinar: [Managing a Fair Disciplinary Process](#)

Wednesday, 27 May, 10:30am - 11:30am

[View details](#) | [register your place](#)

## The Well Communities

- As a result of the recent Covid-19 lockdown conditions imposed by the UK Government The Well Communities have been particularly proactive in transferring all mechanisms of support to online platforms with great success.
- We are currently holding a daily caseload of 50 + people in Barrow-in-Furness and South Lakeland who are receiving support via zoom and other social media platforms, this is an essential intervention for individuals mental health and wellbeing and provides also a great platform to implement ongoing dynamic harm reduction advice.
- Each day community clients can access support at 10 a.m. with access to our 7-day a week online behavioral change platform and collectively gather at a mutual aid meeting 7 nights per week which is facilitated (via electronic linkage ) by The Well Communities staff team - this is backed up and underpinned by a 9 a.m. to 9 p.m. telephone contact availability with a member of staff if necessary 7 days per week. To get involved please call The Well Communities Dalton Road Hub on 01229 829832.
- The Well Communities supported housing project continues to support 26 residents each day, referrals can be made by calling 01229 829832 or email [ged@thewell2.co.uk](mailto:ged@thewell2.co.uk)
- Building Better Opportunities “Getting Cumbria to Work” removing barriers to employment is being delivered remotely each day via telephone, Microsoft Teams, Zoom & Email please call 01229 829 832 or email [ged~@thewell2.co.uk](mailto:ged~@thewell2.co.uk)
- Community clients we are currently supporting consist of individuals obtained via Furness General Hospital contract, MIND/CCG dual diagnosis contract, self-referrals by telephone or Facebook platform, Egerton Court Multi agency Hub & agency referrals. Should you fit these criteria and require support please call The Well Communities Dalton Road Hub on 01229 829832.
- Additionally, we currently host electronic quizzes, electronic metafit classes, electronic recovery shares and will be undertaking zoom virtual Family Easter egg hunt on Easter Sunday.

TITLE	TOPIC	ZOOM I.D.	PASSWORD
THURSDAY 1PM – 1.40PM	CHAIR BASED EXERCISE	680 863 828	087255
THURSDAY 2.00PM – 2.40PM	METAFIT	472 961 729	003949
WEDNESDAY 10AM	YOGA WITH RACHAEL	428 510 537	

- Wellfed Social Supermarket, 242 -244 Dalton Road, Barrow in Furness provides discounted foodstuffs 10am – 3.00pm Monday to Saturday.
- We are currently working with Love Barrow Families & Dropzone to deliver nutritional home cooked meals to the town’s most vulnerable isolated individuals [call The Well Communities Dalton Road Hub on 01229 829832 for details.](mailto:ged@thewell2.co.uk)

## Mental Health and Wellbeing Leaflet

This booklet contains practical information about things you can do now to look after your mental health and wellbeing, and how you can support others. The MH resource is finally ready and currently being delivered across homes in Allerdale and Copeland. [Link to resource](#)

### Wellbeing and mental health during Covid-19:

A guide to looking after yourself and others



## Public Health Information

Due to a national issue around the late presentation of children at hospitals, we have been asked to circulate the attached poster for parents/carers. This poster is also available on the Cumbria Safeguarding Children Partnership website

[Click here to view/download image \(pdf\)](#)

# Advice for parents during coronavirus

Whilst coronavirus is infectious to children it is rarely serious. If your child is unwell it is likely to be a non-coronavirus illness, rather than coronavirus itself.

Whilst it is extremely important to follow Government advice to stay at home during this period, it can be confusing to know what to do when your child is unwell or injured. Remember that NHS 111, GPs and hospitals are still providing the same safe care that they have always done. Here is some advice to help:



RED

### If your child has any of the following:

- Becomes pale, mottled and feels abnormally cold to the touch
- Has pauses in their breathing (apnoeas), has an irregular breathing pattern or starts **grunting**
- Severe difficulty in breathing becoming agitated or unresponsive
- Is going blue round the lips
- Has a fit/seizure
- Becomes extremely distressed (crying inconsolably despite distraction), confused, very lethargic (difficult to wake) or unresponsive
- Develops a rash that does not disappear with pressure (the 'Glass test')
- Has testicular pain, especially in teenage boys

### You need urgent help:

Go to the nearest A&E department or phone 999



AMBER

### If your child has any of the following:

- Is finding it hard to breathe including drawing in of the muscles below their lower ribs, at their neck or between their ribs (**recession**) or **head bobbing**
- Seems dehydrated (dry mouth, sunken eyes, no tears, drowsy or passing less urine than usual)
- Is becoming drowsy (excessively sleepy) or irritable (unable to settle them with toys, TV, food or picking up) - especially if they remain drowsy or irritable despite their fever coming down
- Has extreme shivering or complains of muscle pain
- Babies under 3 months of age with a temperature above 38°C / 100.4°F
- Infants 3-6 months of age with a temperature above 39°C / 102.2°F
- For all infants and children with a fever above 38°C for more than 5 days.
- Is getting worse or if you are worried
- Has persistent vomiting and/or persistent severe abdominal pain
- Has blood in their poo or wee
- Any limb injury causing reduced movement, persistent pain or head injury causing persistent crying or drowsiness

### You need to contact a doctor or nurse today.


Please ring your GP surgery or call NHS 111 - dial 111

The NHS is working for you. However, we recognise during the current coronavirus crisis at peak times, access to a health care professional may be delayed. If symptoms persist for 4 hours or more and you have not been able to speak to either a GP or 111, then take your child to the nearest A&E



GREEN

### If none of the above features are present

- You can continue to provide your child care at home. Information is also available on NHS Choices
- Additional **advice** is available to families for coping with crying of well babies 
- Additional **advice** is available for children with complex health needs and disabilities.

### Self care

Continue providing your child's care at home. If you are still concerned about your child, call NHS 111 - dial 111

## Reopening Guidance

Peninsula the employment specialists have produced guidance for preparing to reopen after lockdown: <http://go.peninsulagrouplimited.com/f00062B07Z00NM0UlcKfR0s>

## CADAS contact information

### CADAS how to contact us during COVID 19

CADAS service update - We are continuing to see and support clients (remotely) regarding their addictive and dependent behaviours via both 1:1 and peer group support sessions.

As of 27<sup>th</sup> April you can contact us as normal on our usual number - 0300 111 4002 to refer a client.

## Primary School Home Learning Survey

The Primary Business Partnership is a FREE brokerage and signposting service for primary schools and businesses across Copeland and Allerdale to support career related learning and help businesses and schools forge greater links and to try and coordinate and signpost to all the existing brilliant initiatives that are available to young people and schools.

[www.primarybusinesspartnership.org.uk](http://www.primarybusinesspartnership.org.uk)

As part of Primary Business Partnership, we are keen to understand the impact on parents and young people across Primary school age in Copeland and Allerdale and how we as businesses and local community groups can best support during this time, I would appreciate it if you could complete the following survey with your networks.

We will keep your answers in confidence and the information you give below will be used to help PBP develop its offer to schools and parents. No personal information will be shared to third parties without prior consent. [Complete the survey here>](#)



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

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

### Cumbria Youth Alliance

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