

June newsletter

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

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Welcome to our June Newsletter



FREE Access **Understanding Adverse Childhood Experiences**

For any staff and volunteers here in Cumbria who are supporting children, young people and families. To get your unique log in contact Sophie@cya.org.uk

If like me you are struggling to make sense of what is going on at the moment and trying to make short term, medium term and long terms plans so that your organisation is sustainable and fit for purpose going forward it is important that you talk to other leaders and read as much as possible about what guidance is out there to help you steer a clear path for the future.

There have certainly been challenges, here are just a few that we have encountered and found solutions for:

Supporting staff to work in a home environment

- Ensuring they have the right amount of equipment and can communicate effectively with their managers and with their colleagues.
- Making sure we have regular team meetings using things like zoom or Microsoft teams. Having elements of fun included in these meetings -such as fancy dress meetings or regular quizzes or competitions.
- Making sure there are regular calls to the staff to make sure they are okay and managing in this new environment.
- Being flexible as staff struggle to work from home and often become full time teachers for children at the same time.
- Making sure staff are coping mentally with the new challenges of offering services in a very different way and making sure they are aware of sources of help and support should they be struggling to cope.
- Making sure as we move from full lockdown to consult the staff on back to work arrangements as we start to slowly move forward and drafting our back to work plans.

Supporting Young People

Our services have traditionally been face to face either one to one or in small groups and that was no longer possible so mobilising quickly to develop another offer was essential.

- Got an open and distance learning offer for young people through partnerships with Embrace Resilience and Share Foundation to offer a range of learning opportunities. Basic skills, getting ready for work, improving emotional resilience and looking after mental health. Putting in place help to undertake the learning through their key workers
- Made sure they got regular contact from our key workers and they had their key workers telephone numbers so they could make contact if they needed help
- Worked with Drop Zone Barrow, Carlisle Youth Zone and Brathay to set up a Youth Repository with all the resources in one place so that workers and young people and their families could
- Set up weekly zoom activities that young people could join in with both informal education opportunities and fun activities
- Kept staff well informed about what else was out there through our networks so they could make referrals and work together to open up new forms of support when needed
- Worked with our partners in BBO Choices to facilitate young people getting phones via Groundwork who lead the partnership
- Applying for grants for laptops for young people who could not take part in the programmes due to lack of IT
- Applying for Cash for Kids Grants so we could distribute monies to the most vulnerable young people in our communities
- Some of these solutions we will retain long term as they have significantly reduced our travel costs and our time spent travelling across the county

Looking after our member organisations

We hold a contract with Cumbria County Council to support organisations in Cumbria who look after children, young people and families and normally we deliver this service face to face. We had to scratch our heads as to how we would deliver this remotely but again, found solutions.

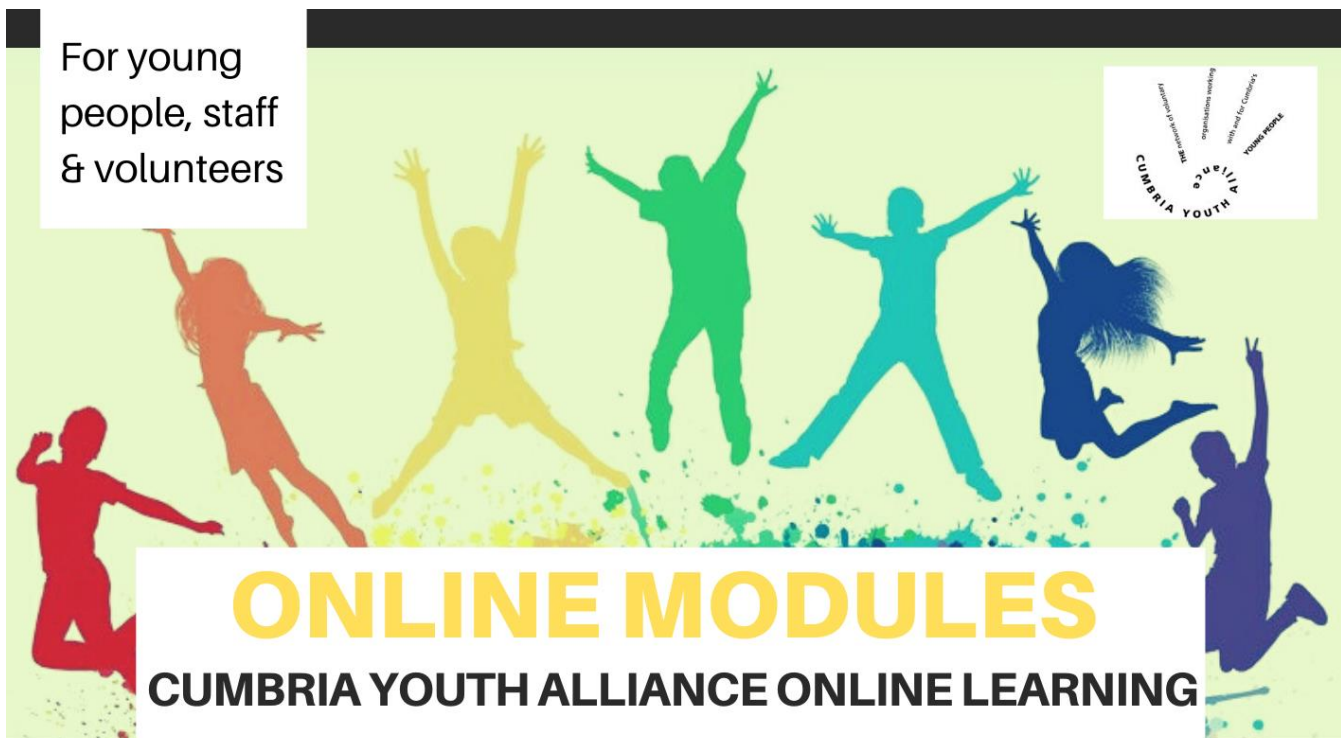
- Worked with our key supplier to buy block registrations so we could offer free online ACES training to staff and volunteers across Cumbria
- Worked with Embrace Resilience to buy access to a wide range of work place modules to enhance learning and equip staff to deal with emerging issues
- Offered support for trustees and carry out governance health checks remotely
- Continued to offer support for organisations to gain a quality mark remotely
- Offered fundraising support on-line and using zoom
- Helped recruit and refer volunteers to organisations across Cumbria
- During the first quarter of this financial year we have supported over 150 staff and volunteers to access on-line learning
- Supported groups to bring in over £500,000 in funding to sustain their services

We are here to help you in these challenging times -if you need help and support or if you just need a confidential ear to listen to your issues please do not hesitate to contact us either by phone on 01900 603131 or email me cath@cya.org.uk

Cath Clarke, CEO Cumbria Youth Alliance

Online Learning Modules

For young people, staff & volunteers



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 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

Charities Aid Foundation: Essential Reading

Useful information from the Charities Aid Foundation and essential reading for leaders and trustees across Cumbria.

Mark Rawsthorne, Senior Marketing Manager, explores how leaders can manage their charities through a crisis. The challenge of guiding a charity through the Covid-19 crisis and beyond brings into acute focus the key principles of leadership needed through any period of change. Clarity around what an organisation is trying to achieve, supported by robust governance, is paramount.

The Charity Governance Code recommends that every charity is headed by an effective board that provides strategic leadership in line with the charity's aims and values:

“Strong and effective leadership helps the charity adopt an appropriate strategy for effectively delivering its aims. It also sets the tone for the charity, including its vision, values and reputation.”

Therefore, while charities might consider repurposing to ensure they remain impactful and relevant, they should not forget the importance of why they exist.

Alex Skales, director at Cass Business School's Centre for Charity Effectiveness, argues that charity boards and leaders need to have absolute clarity of vision, maintain an unwavering focus on the unique contribution their organisation can make, and concentrate on their charitable purposes:

“Think about the best interests of the beneficiaries and services users rather than the best interests of the organisation – both now and longer term.”

“Ensure that the direction of travel, particularly in the short to medium-term, is understood and that you've got an eye on the long term, because ultimately this is all about remaining fit for purpose,” agrees **Neil Poynton**, Head of Charities at CAF.

Charities that are already well-managed will be best-placed to respond to the crisis, but it is important that they can identify the things they know they do well so that they can continue with them.

Other considerations include:

- Trustees asking the **key questions** to help them survive financially. Penny Wilson, Chief Executive at trustee recruitment organisation **Getting on Board**, suggests: How do we save as much as we can? Is it time to close or to merge? Which of our services are essential, and which can be lost? Where can we cut costs and find income? How much of our reserves can we use up? How can we deliver services in a different way? What can we do now to make sure the charity is in the best shape after the crisis?
- Investing time in strengthening governance and leadership – charities with diverse boards and a strong mix of appropriate skills and expertise will fare better than those which do not.

- Communicating and listening to staff and volunteers. Just as in normal times, people are an organisation's prime asset. Use all of the technology that's available to meet the challenge of physical distancing. Utilise skill sets, encourage and motivate staff and volunteers. There may be a need to rebuild team culture after remote working, furloughing or redundancies.
- Taking advantage of the plethora of free information and resources available on the websites of the umbrella organisations including NCVO, CFG, IoF and Acevo. Use our [Covid-19 hub](#), the Charity Commission's guidance, and Civil Society Media. Specialist charity banks, lawyers, accountants, and fund managers have also produced dedicated content. It is important to maintain relationships with professional advisers and keep the dialogue open.

Neil Poynton says that identifying and then drawing on the positives from this extremely difficult period could reap real benefit.

“There will be lots of things that went well, such as efficiency gains and new ways of operating, including remote working facilitated by technology. Don't let them fall by the wayside and make sure they become the norm.”

The crisis presents a real opportunity for change, at a speed driven by the external environment. Charity leaders should embrace, and be flexible about, innovation, and be prepared to adapt.

Crucially, they need to make sure that what is being done is articulated and understood internally. As Alex Skales says, “the challenge for leaders is how to carry others with them, at a pace such that they can take advantage of these opportunities.”

Ultimately, the charities that will be best placed to survive and thrive are ones that present a really powerful case for support.

Neil Poynton concludes: ***“Make it as compelling as you possibly can. It might be that your case needs to adapt in the short term and then revert back to your long-term objectives. But always think about your impact, and never lose sight of donors and supporters - what they do for you – and their relevance to all of what you do.”***

Top tips summarised:

- Be clear what you want to achieve, both in the short and long term
- Focus on being financially and operationally fit for purpose
- Look for the positives gained from new ways of working – and retain them
- Embrace the opportunity to adapt and innovate
- Keep the needs of beneficiaries and supporters to the fore

More information is available on the [Charities Aid Foundation website](#)

COVID-19 digital checklist for charities

The Charity Digital Code of Practice has launched a COVID-19 digital checklist to support charity leaders during this difficult time. The checklist aims to help charity trustees and leaders make the right digital decisions, evaluate key decisions, assess progress so far and create a consistent understanding of their charity's digital goals.

The checklist is split into 7 categories which include remote working, fundraising and governance.

[View and download the checklist here](#)

Coronavirus Community Support fund

The Coronavirus Community Support fund which is still open to new applicants. However, it is proving popular and the funds are likely to be exhausted soon so organisations are encouraged to get any new bids in asap. This powerpoint presentation provides a good summary of the funding available.

[Covid Presentation \(Powerpoint file\)](#)

Contact: Sarah Bowman - Funding Officer – North East & Cumbria Team
T: 0191 376 1853 Mobile: 07875 076 851
Sarah.Bowman@tnlcommunityfund.org.uk

CSCP Newsletter - June 2020

[Read it here](#)



CSCP Newsletter - June 2020

Cumbria County Council sent this bulletin at 17-06-2020 04:40 PM BST

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



Coronavirus Track & Trace Scams Advice

Advice from Cumbria Police: You need to remain alert for scams during the ongoing Coronavirus pandemic

Be aware of a growing trend of criminals taking advantage of the current Covid-19 crisis to defraud innocent people, including the new NHS Test and Trace service. The NHS Test and Trace service has been introduced to allow the NHS to trace the spread of the virus, isolate new infections and give early warning if the virus is increasing again. However, its feared scammers are now making phone calls, sending texts and emails pretending to be from NHS Test and Trace in order to obtain your personal details.

Genuine NHS contact tracers will:

- call you from 0300 013 5000
- send you text messages from 'NHS'
- ask you to sign into the NHS test and trace contact-tracing website
- ask for your full name and date of birth to confirm your identity, and postcode to offer support while self-isolating
- ask about the coronavirus symptoms you have been experiencing
- ask you to provide the name, telephone number and/or email address of anyone you have had close contact with in the two days prior to your symptoms starting - **ask if anyone you have been in contact with is under 18 or lives outside of England.**
- ask if anyone you have been in contact with is under 18 or lives outside of England

Contact tracers **will never**:

- ask you to dial a premium rate number to speak to them (e.g. those starting 09 or 087)
- **ask you to make any form of payment or purchase a product of any kind**
- **ask for any details about your bank account**
- ask for your social media identities or login details, or those of your contacts
- ask you for any passwords or PINs, or ask you to set up any passwords or PINs over the phone
- disclose any of your personal or medical information to your contacts
- provide medical advice on the treatment of any potential coronavirus symptoms
- ask you to download any software to your PC or ask you to hand over control of your PC, smartphone or tablet to anyone else
- ask you to access any website that does not belong to the government or NHS

If you or somebody you know has been caught out by a scam or fraud contact Action Fraud on 0300 123 2040 or visit the Action Fraud website. If you need advice on anything else, please contact the Citizens Advice Consumer Helpline 0344 411 1444

You will only ever be called from the number 0300 013 5000, or you will be texted from "NHS".

PC 2180 Lee Fuller - **Crime reduction officer, Humberside Police Community Safety Unit**

Mentoring Co-ordinator Vacancy



***Are you a motivator, who cares about young people?
Do you understand what motivates others – and know how to use that?
Do you know how to make change happen and take people with you?***

Wow! You're really special – and we'd like to talk to you.

Our mentoring programme is outstanding – pairing 50 trained adult volunteers with young people in need. It is transforming lives, crossing generations and bringing people together. Our current Mentoring Coordinator is retiring after an amazing almost 10 years with us.

Your role would be to make the outstanding better – recruiting, training, coaching, pairing, listening and trouble shooting. And then you will take all that experience and help CYZ more widely to become the stand out skilled volunteering opportunity in Carlisle.

You don't need to be a mentoring expert (we can coach you on that) but do need to be a people expert – relating easily to people 8 to 80+ and from all of Carlisle society – and to be able to demonstrate real leadership qualities.

Intrigued? Call Murray Winters on 07825 958961 for an initial conversation. To apply, see details at <https://www.carlisleouthzone.org/about-us/job-vacancies/>

Closing date for all applications is Monday 6 July, 9am. Interviews will be held mid-July. We are working to change the future for Carlisle's families and we want your help.

This is a rare full time (37.5 hours), permanent role. Benefits include 25 days holiday (+ BHs), a contributory pension, a great place to work and a daily sense of achievement.

Salary – Up to £24k for exceptional skills and experience. In accordance with our Child Protection and Safeguarding procedures, this position requires an enhanced DBS check. We accept completed application forms only –CV's will not be accepted. We request no agency contact.

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 poster \(pdf\)](#)

National Lottery funding awarded to Active Cumbria

Active Cumbria has been awarded £50,000 of National Lottery funding from Sport England's Tackling Inequalities Fund which aims to tackle inequalities in activity levels through working with its partners to reach those most in need as a result of the impact of COVID-19. The funding award will allow Active Cumbria to provide support to community groups and organisations that are working towards tackling inequalities in activity and have been disproportionately affected by COVID -19. Sport England's work and contribution to Tackling Inequalities focuses on reducing the negative impact of the COVID-19 pandemic on activity levels in under-represented groups, ensuring gaps between those who are active and those who are not do not widen during this period. With a strong understanding of the needs and issues in their areas, Sport England has initially channelled £3.3m through the 43 Active Partnerships across England to support community groups in their areas as a result of the impacts of COVID-19.

This funding and support will enable community groups working with target audiences – Lower Socio-Economic Groups, Black, Asian Minority Ethnic Communities, Disabled People and People with Long-Term Health Conditions (LTC) – to continue to exist and engage with their communities with a view to keeping them active during both the lockdown and early recovery stages.

Richard Johnston, Senior Manager (Operations) at Active Cumbria said:

“This funding has come at the right time for us as we assess what the future looks like in terms of sport and physical activity. This funding will help us bridge gaps and enable us to continue to tackle inactivity. We have always said we cannot do this alone and we need to make sure groups and organisations that connect with these key target audiences are supported at this time”.

Tim Hollingsworth, Sport England's Chief Executive, said:

“We are proud to be able to provide funding and support to Active Cumbria in this difficult period. This funding will help support our valuable community infrastructure that is so important in keeping the nation active and will also provide important connections and reconnections for people whose lives have been affected by COVID-19 and for whom remaining active is so important for their physical, mental and social wellbeing. We know from our research and data that there are existing inequalities between groups when it comes to activity levels and COVID-19 has re-inforced these.

“Thanks to the support of the National Lottery and its players, the Tackling Inequalities Fund will be both crucial and central to ensuring no-one is left behind when it comes to having the opportunity to be active during this period. This builds off the back of our £35m Community Emergency Fund that has already reached and supported over 7,500 community clubs and groups across England.”

For more details about the project please contact Richard Johnston, Senior Manager, Active Cumbria. Tel: 07973 811204. Email: Richard.johnston@cumbria.gov.uk

Cumbria Youth Repository

The one stop shop for resources for young people – families and workers has gone live – Access it here... We hope you will add resources to the repository and let young people know about it so they can use this great new resource.

CUMBRIA YOUTH REPOSITORY AN ONLINE RESOURCE BANK FOR YOUNG PEOPLE, SUPPORT STAFF AND PARENTS



MENTAL HEALTH
& WELL BEING



FUN/LEISURE/SPORTS &
FITNESS ACTIVITIES



CSE INFORMATION & SUPPORT



A COLLABARATIVE APPROACH FOR THE WHOLE OF CUMBRIA



COUNTY
PSYCHOLOGICAL
SERVICE



FOR MORE INFORMATION PLEASE CONTACT
CLINT.HOWAT@CARLISLEYOUTHZONE.ORG
SOPHIE@CYA.ORG

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](#)



CNTW's offer of mental wellbeing support

We are offering psychological wellbeing support to staff across the whole North East and Cumbria health and care system.

[Whole system staff offer 21.5.20.pdf](#)



NHS
Cumbria, Northumberland,
Tyne and Wear
NHS Foundation Trust

We are offering psychological wellbeing support to staff across the whole North East and Cumbria health and care system

1. Recommended websites and resource directories re Wellbeing and CNTW recorded livecasts on YouTube.
2. Psychological support, triage and signposting for individual staff members via our helpline.
3. Psychological First Aid Training (trauma-informed Psychological Wellness training programme incorporating moral distress/injury and BAME issues) for people in leadership/management roles.
4. Support for people in leadership/management roles to implement facilitated reflective team sessions for their staff.

To access our helpline, telephone: **0191 223 2030** (Monday to Friday 9am-6pm) excluding bank holidays.
To take up any other offers, email: StaffWellbeingandSupport@cntw.nhs.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.*

Cumbria Youth Alliance

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