



# Cumbria Youth Alliance

## April Newsletter

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# Welcome to our April Newsletter



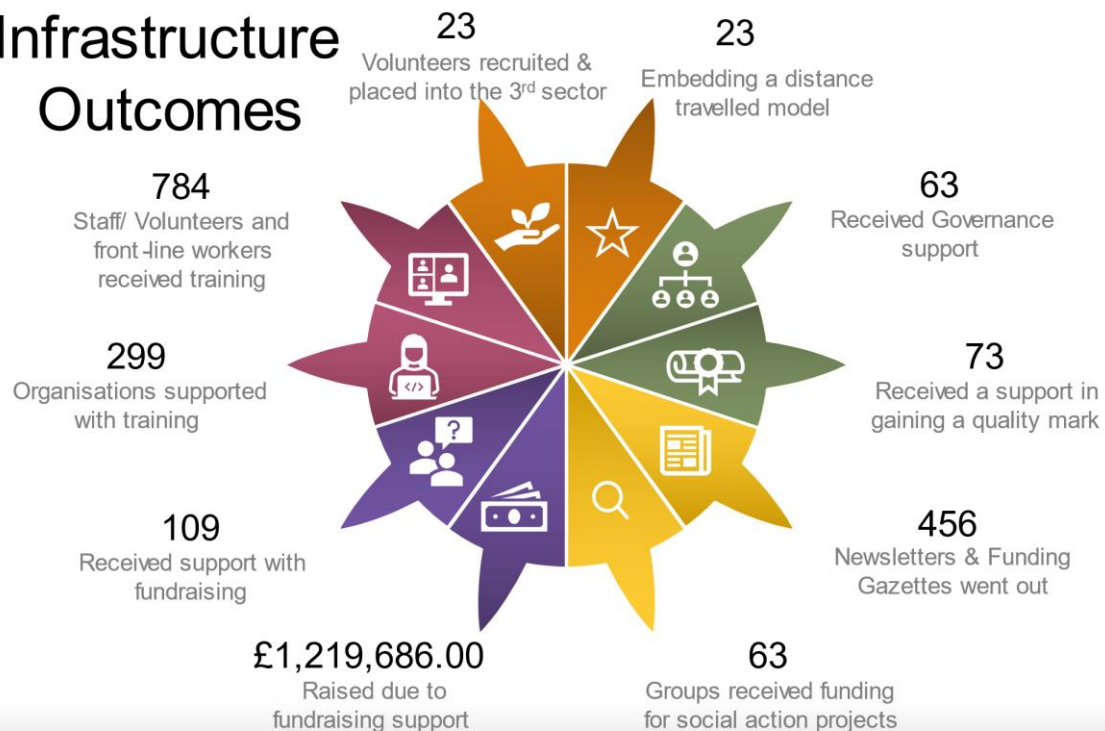
## Welcome to our Cumbria Youth Alliance Newsletter for Groups working with children, young people and families here in Cumbria

Sign up for our newsletters and free monthly funding gazette. Email: [juan@cya.org.uk](mailto:juan@cya.org.uk)

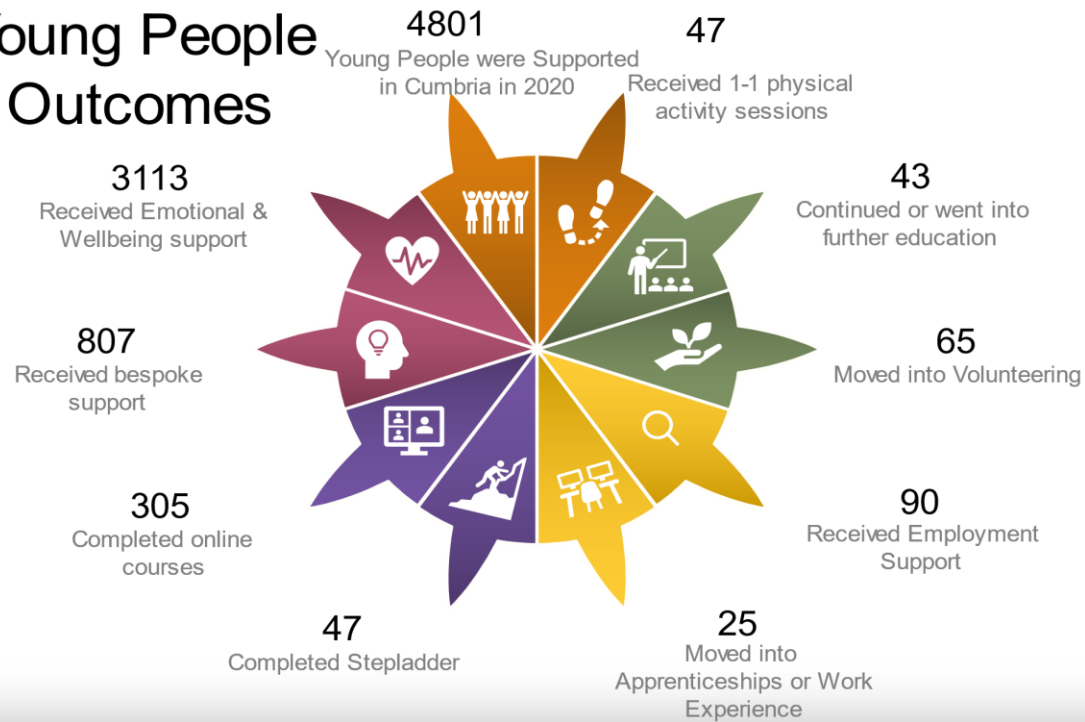
As reported at our recent AGM, despite being in the midst of the pandemic our infrastructure support services have been in great demand and over the period we quickly made new resources available on-line and within 10 days of going into lockdown we had taken our training offer on-line and extended it considerably to meet the emerging needs.

The Cumbria County Council Contact allows us to deliver the support to organisations working with children, young people, and families across Cumbria and in this period, we exceeded all targets set for us by CCC. Many of the services we adapted to an online offer proved to be very popular as they could be delivered at their own pace and in their own time and of course they were much more cost effective.

### Infrastructure Outcomes



# Young People Outcomes



## So, what does 'Next' look like...

- **We will continue with online training** because that is what a lot of our young people and voluntary sector organisations have said they prefer. It will also reduce travel and overhead expenses meaning we can deliver more training and support in a very cost-effective manner, as well as being mindful of carbon emissions through reduced travelling.
- **Joint working with the National Youth Agency** to deliver a series of webinars and access to Level 2 Youth Work Principles.
- **Joined up approach with employers** to provide 'home grown' talent and working with new partners to consider the emerging increase in employment through environmental opportunities. It is also very important to recognise that employers will need support and training to provide our young people who are the most vulnerable and disadvantaged, with a positive, appropriate experience, resulting in real potential for appropriate employment to meet the needs of the young person and the employer.
- Reducing anti-social and risk-taking behaviour, reduce the risks of Child Sexual Exploitation, Knife Crime & County Lines
- Promoting economic development, reducing inequalities, Promoting Social Inclusion, Increasing access to opportunities, collaborative working to identify gaps in service.

The platforms are already emerging through the Youth Futures Foundation funding with in excess of £180,000 for the next 15 months, with its systems approach and a Management Information System which we would like to develop to include all our projects, in order to clearly demonstrate impact and promote nationally the essential role of youth sector organisations.

Alongside this is our recent National Lottery Community Fund award of £375,000; funding over 5 years to restructure, support and improve collaboration with all organisations throughout Cumbria working with young people, and so improve the Infrastructure which will be vital in the years ahead, with increased numbers of vulnerable young people with new and emerging complexities. We know there are gaps in provision. We need to engage with long term partners and sustainable sources of funding. We want to do that in collaboration and most certainly not in conflict with the many essential local and countywide specialist organisations also providing essential services to the young people of Cumbria.

**Becky Wolstenholme – CEO Cumbria Youth Alliance [becky@cya.org.uk](mailto:becky@cya.org.uk)**

# Transforming West Cumbria



## STAGE 1 – BEDROCK AWARD TO CUMBRIA

Transforming West Cumbria is funded through Sellafield Ltd's social impact, multiplies SiX programme. The initial 3 year social investment programme has been developed in partnership with Cumbria Community Foundation and focuses on promoting thriving communities by supporting sustainable activities that create self-reliance and independence.

Bedrock, a key strand of the programme, focuses on building the resilience, capabilities and financial sustainability of Third sector organisations in West Cumbria. Cumbria Youth Alliance are delighted to announce that they have been awarded the Stage 1 Bedrock Award.

*“This is excellent timing for CYA as we begin a staffing restructure and work with specialists to build on existing strengths, improve planning and strategic thinking and develop new innovation, together providing new ideas to better serve and represent youth organisations and ultimately enable the most vulnerable and disadvantaged young people to reach their full potential”.*

**Becky Wolstenholme**



# CHECK IT Out!

Through our partnerships, CYA offer many free, accredited courses. Check out what's on offer at: [www.cya.org.uk](http://www.cya.org.uk) or email [Katie@cya.org.uk](mailto:Katie@cya.org.uk)

FREE ONLINE COURSE  
ACCREDITED



## Cumbria Youth Alliance TACKLING UNDERAGE GAMBLING ADDICTION

In these modern times, many children around the world have become increasingly engaged in online gambling. This in-depth course is designed to provide you with the knowledge and understanding to help yourself or young people who are potentially vulnerable to the gaming and gambling industry.



This course is available for parents/carers and front-line workers/volunteers in Cumbria who are working with children, young people & families. This course is also suitable for young people aged 16+ who have or may have a gambling addiction.



**CONTACT [KATIE@CYA.ORG.UK](mailto:katie@cya.org.uk) TO REGISTER OR FOR FURTHER INFORMATION**



Cumbria Youth Alliance

## TACKLING GAMING ADDICTION IN YOUNG PEOPLE

FREE ONLINE COURSE  
ACCREDITED

This CPD course considers gaming addiction as an ACE and looks at the science, the technology, the dangers, why it is addictive, and what can be done to protect children and young people



This course is available in Allerdale, Copeland, Carlisle & Eden for parents/ carers and front-line workers /volunteers who are working with children, young people & families. This course is also suitable for young people aged 16+ who have or may have a gaming addiction

**CONTACT [SOPHIE@CYA.ORG.UK](mailto:sophie@cya.org.uk) TO REGISTER OR FOR FURTHER INFORMATION**

# ACES

## UNDERSTANDING THE IMPACT OF CHILDHOOD TRAUMA

A FREE COURSE FROM CUMBRIA YOUTH ALLIANCE  
TO HELP CHANGE THE LIFE PROSPECTS  
OF YOUTHS IN CUMBRIA

THE ACES COURSE AIDS IN UNDERSTANDING THE IMPACTS OF CHILDHOOD TRAUMA AND HOW BEST TO HELP AND SUPPORT THE YOUNG PEOPLE WHO HAVE EXPERIENCED IT.

THE ACES COURSE WILL ALLOW YOU TO PLAY AN IMPORTANT ROLE IN THEIR RECOVERY PROCESS.



FOR MORE INFORMATION CONTACT:  
**[KATIE@CYA.ORG.UK](mailto:katie@cya.org.uk)**

# CHECK IT Out!

Through our partnerships CYA are offering free modules and training courses to enhance young people's employability. Sign up to one of our courses and register your interest in our job fair...

## FREE TRAINING FROM CUMBRIA YOUTH ALLIANCE IN PARTNERSHIP WITH THE NATIONAL YOUTH AGENCY

This training session will give learners the opportunity to explore the impact of a digital offer within a youth work approach. Examine the tools available and consider how youth workers plan and deliver digital youth work effectively and safely.

Youth Work Specialist: Lydia Allen  
Date: 14th April 2021  
Time: 10:00 - 12:00



To secure your place, please contact:



[juan@cya.org.uk](mailto:juan@cya.org.uk)



# NORTHWESTWORKS4U

YOU'RE INVITED TO A BRAND-NEW VIRTUAL JOBS FAIR

The first of its kind, NorthWestWorks4U is a partnership between JobCentrePlus and the region's largest private sector employers.

**LOOKING FOR A NEW CHALLENGE?**  
Join us on **6-8th April** where we'll be showcasing thousands of job opportunities across the North West. Each day will focus on a different work sector so there's going to be something of interest for everyone. It's completely free to attend and will be hosted on the Jobs Live platform, so there will be lots of advice and support too!

**REGISTER FOR FREE NOW AT**  
**WWW.NORTHWESTWORKS4U.COM**

NORTHWESTWORKS4U IS BROUGHT TO YOU BY

For Young People, Staff & Volunteers

## ONLINE MODULES

CUMBRIA YOUTH ALLIANCE ONLINE LEARNING

Cumbria Youth Alliance have joined up with Embrace Resilience a to offer all staff, volunteers and Young People 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

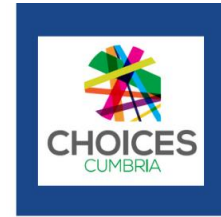
- | Resilience  | Work  | Understanding  | General  | Health & Social  |
|---|---|--|--|--|
| <ul style="list-style-type: none"> <li>• Developing Mental Strength</li> <li>• Mental Health First Response</li> <li>• Nutrition Health and Diet</li> <li>• Managing Stress and Anxiety</li> <li>• Becoming a Wellbeing Champion</li> </ul> | <ul style="list-style-type: none"> <li>• Career Ahead</li> <li>• Career Ahead the Fundamentals</li> <li>• Bullying and Harassment in the Workplace</li> <li>• Equality &amp; Diversity</li> </ul> | <ul style="list-style-type: none"> <li>• Understanding Special Needs</li> <li>• Epilepsy Awareness</li> <li>• Understanding the Role of a Personal Carer</li> <li>• Understanding an Individual with Mental Health and Learning Disabilities</li> <li>• Supporting People with Autism</li> </ul> | <ul style="list-style-type: none"> <li>• Introduction to Food Hygiene</li> <li>• Basics of Health and Safety</li> <li>• Understanding Manual Handling</li> </ul> | <ul style="list-style-type: none"> <li>• Alcohol and Substance Misuse</li> <li>• Care Awareness</li> <li>• Challenging Behaviours</li> <li>• Safeguarding Adults</li> <li>• Safeguarding Children</li> </ul> |

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 [katie@cya.org.uk](mailto:katie@cya.org.uk)

# GOOD NEWS STORY – Jarrod CYA



## GOOD NEWS STORY JARROD - CUMBRIA YOUTH ALLIANCE

Jarrod has been on the PHX Training / Insta Blinds apprenticeship for 2 months and is loving it.  
*"It's the best thing ever."*

Jarrod joined Choices in July 2020, just as the country was coming out of the Covid-19 lockdown not knowing if he would get a job.

He struggles with dyslexia and understanding. He needed initial support from the Choices Financial Inclusion Key worker from CAB to help sort debt and housing maintenance issues. His Key worker on the Choices programme then set Jarrod up with their Embrace online learning and he completed the Emotional Resilience Module on his own.

Jarrod was set up on a work placement/trial with Insta Blinds. Gary, who owns the company, understands Jarrod's needs and has taken him under his wing.

With limited funding, Gary could only keep him 2 to 3 days a week unpaid but gaining valuable practical experience and customer service skills.

Cumbria Youth Alliance Key worker John has worked hard to get Jarrod onto the apprenticeship scheme so Gary at Insta Blinds could employ him. Training providers were reluctant to offer Jarrod an Apprenticeship as he could not complete English/Maths assessments. PHX Training has been supportive and worked alongside CYA, Insta Blinds and Jarrod to make sure he had this opportunity.

CYA and DWP JCP Whitehaven have supported Jarrod in getting work tools for him to do the job role and apprenticeship. Jarrod received a laptop to help him with his courses and CYA are providing Jarrod with learning support with his studies. If he gets stuck during the Covid-19 lockdown while studying he has someone to help him.



FOR MORE INFORMATION CONTACT  
Mobile: 07860850227  
Email: [choices-cumbria@groundwork.org.uk](mailto:choices-cumbria@groundwork.org.uk)



@ChoicesInCumbria



# Coffee and Chat

Thursday 15 April 2021,  
10.30am-12noon online via zoom

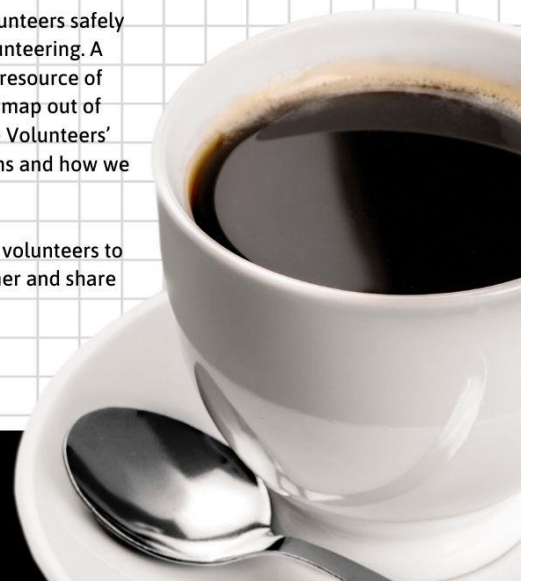
At the next Volunteer Manager Coffee Chat and Network Meeting, Volunteer Managers can find out more about:

- Safe Working Practices To Support The Return To Volunteering
- Opening Checklist for Volunteer Managers
- Community Leaders Pack – Roadmap out of lockdown
- Planning for Volunteers' Week in June 2021

This session will look at how Volunteer Managers can start to review how to bring back volunteers safely during Covid-19 through Safe Working Practices Guidelines to Support the Return to Volunteering. A Community Leaders Pack will also be discussed and shared which is an extremely useful resource of information and support to help Volunteer Managers or Community Leaders for the roadmap out of lockdown. We will also discuss how together as a Volunteering Network we can celebrate Volunteers' Week 2021 in June to recruit new volunteers through joint Volunteer Recruitment Campaigns and how we can recognise and celebrate our existing volunteers.

This is a fantastic opportunity for Volunteer Managers or anyone responsible for managing volunteers to come together with other Volunteer Managers in Cumbria to network, learn from each other and share ideas.

For joining details for zoom please email: [info@cumbriacvs.org.uk](mailto:info@cumbriacvs.org.uk)



# #ClubsInCrisis Fund



Grants for grassroots organisations where sport is used as a vehicle to improve social outcomes (rather than just being about opportunities to participate in sport) for young people ages 5 – 25 with the aim of:

- developing life skills
- improving mental health
- reducing crime and anti-social behaviour
- developing employability
- building stronger communities

Organisations must demonstrate that the COVID pandemic has adversely affected them, either operationally or financially, and that the funding will help ensure the sustainability of their organisation post-pandemic.

**Donor:** Made by Sport

## **Who can apply?**

Small voluntary and community groups with an annual income of less than £75,000, with a particular focus on clubs in crisis.

Priority will be to organisations in the following order:

- priority 1 – annual turnover up to £25,000
- priority 2 – annual turnover up to £50,000
- priority 3 – annual turnover up to £75,000

Examples of activities that might be supported:

- direct costs for projects supporting vulnerable or marginalised groups
- staff costs related to the project including appropriately apportioned management time
- appropriately apportioned core costs
- volunteer expenses
- walking and running for health activities
- small capital expenditure items, e.g., kit or IT equipment
- projects that encourage integration or bridge divides between groups of people

What the fund will not support in addition to our normal exclusions:

- individuals, sole traders or private companies
- government-linked bodies (excluding clubs which have received National Lottery or Sport England Funding)

## **How much can you apply for?**

Grants will normally be £2,021 and funding must be spent by 30 September 2021.

Applications will be accepted from 12th April 2021.

If you would like to know more about this fund please contact:

Ellen Clements on 01900 825760 or email [ellen@cumbriafoundation.org](mailto:ellen@cumbriafoundation.org)

# High Sheriff Awards

High Sheriff of Cumbria, Julie Barton, welcomed people from around the county to an online award ceremony recognising their tireless efforts to enhance and enrich the places where they live.



*Pictured: Copeland Age and Advice Service (CAAS) recipients of the prestigious High Sheriff's Shield*

Individuals, businesses, community and voluntary-led groups, who often go unrecognised for their outstanding efforts, come together on Wednesday 24th March to celebrate their achievements and receive recognition and awards from the High Sheriff.

The awards are part of the High Sheriff's Fund, managed by Cumbria Community Foundation, and publicly recognise both charities and individual volunteers who help improve their communities. Representatives from 14 community organisations were invited to attend the ceremony in recognition of their service.

The High Sheriff handed out certificates and three organisations were the recipients of the prestigious High Sheriff's Shield:

- Copeland Age and Advice Service (CAAS)
- Dignity in Dementia in South Lakeland
- The Well Communities in Barrow

# There's a New High Sheriff in Town!

David Beeby of Cockermouth is the county's new High Sheriff. He was appointed as High Sheriff at the end of March and is promising to place particular emphasis on the opportunities for young people to develop the skills necessary to prosper.



*"Cumbria is an amazing county with many great attributes and success stories. It is a county of contrasts where many of its people face significant challenges which have been exacerbated by COVID19.*

*"By actively engaging with those in Cumbria who are working to help their fellow Cumbrians I plan to highlight and support the many amazing people and organisations that are making such a positive contribution to this great county.*

*"Whilst I will seek to support all the fantastic work that goes on in Cumbria, I will place particular emphasis on the opportunities for young people to develop all the skills necessary to prosper. By highlighting and encouraging all the activities that can help young people to develop the life skills to be good, successful, fulfilled and law abiding citizens."*

## **High Sheriff David Beeby, March 2021**

Becky Wolstenholme CEO, Cumbria Youth Alliance said:

*"Former CEO Cath Clarke and myself were very lucky to be invited to have a chat with David who has chosen 'Young People' for his theme / term in Office. So, we are really excited as David will make a significant positive impact for the young people of Cumbria."*

# Cumbria SEND Improvement Program



*"Our working group aims to ensure leaders across education, health and social care truly understand what life is like for children and young people with SEND growing up in our county.*

*"Only by creating this deep understanding can we ensure positive changes will continue to be made."*

**Fiona Musgrave, Assistant Director at Cumbria County Council**

## SEND Surveys

The SEND Improvement Partnership's annual surveys are live now - complete yours today to help shape the future of SEND provision in our county.

The SEND Improvement Partnership is inviting all families of children and young people with special educational needs and/or disabilities to complete its annual surveys about their experiences. The partnership wants to find out what effect the work done so far by the SEND Improvement Programme has had, and what we need to do next to continue to make things better, as we know there is still much to do.

The surveys are completely anonymous and take around 10 minutes to complete. There are separate surveys for those whose children have an Education, Health and Care plan (EHCP), those whose children do not have an EHCP and for children and young people themselves. You can find the survey links below to take you to the appropriate survey - please take care to choose the right survey for you.

Surveys available:

- [Survey for those whose children and young people HAVE an education, health and care plan \(EHCP\)](#)
- [Survey for those whose children and young people DO NOT have an education, health and care plan \(EHCP\)](#)
- [Survey for children and young people with SEND](#)

# Cumbria VCFSE Survey 2021

ACTion with Communities in Cumbria, Cumbria Community Resilience Group, Cumbria Community Foundation, Cumbria CVS and the Cumbria Funders' Network are working together to understand the impact of the COVID-19 pandemic on local voluntary, community, faith and social enterprise sector (VCFSE) organisations.

If you are a VCFSE organisation in Cumbria please help us understand what support you require beyond COVID-19 by completing the [Cumbria VCFSE Sector Survey 2021](#) before the deadline of Monday 26th April 2021.

The information from this work will be used to:

- Help you recover and develop your local services, where we can
- Lobby on behalf of the sector on issues that matter to you
- Make sure the services and support we currently offer, and are developing, are the right ones
- Inform future funding needs and programmes
- Help us tailor and plan our resources to meet the needs of the sector and inform the strategic priorities for our work at Cumbria Community Foundation, ACTion with communities in Cumbria and Cumbria CVS
- Inform the work of wider partners (for example: councils and the NHS) involved in Cumbria's recovery from the pandemic.

A series of themed 'conversations' with local VCFSE organisations will follow, shaped by the results of this survey, so that we can work together to develop a deeper understanding of how we can address the identified needs and challenges. We would encourage you to take the time to participate in the survey. If you support us, we can better support you.

If you have any questions about completing the survey please contact one of the following partners:

- Carolyn Otley, Cumbria Community Resilience Group, Email: [CarolynO@cumbriacvs.org.uk](mailto:CarolynO@cumbriacvs.org.uk)
- Jozi Brown, Cumbria CVS, Email: [JoziB@cumbriacvs.org.uk](mailto:JoziB@cumbriacvs.org.uk)
- Lorraine Smyth, ACT, Email: [LorraineSmyth@cumbriaaction.org.uk](mailto:LorraineSmyth@cumbriaaction.org.uk)
- Jenny Benson, Cumbria Community Foundation, Email: [jenny@cumbriafoundation.org](mailto:jenny@cumbriafoundation.org)

# Safeguarding Children in Sport as Lockdown Eases

**NSPCC**

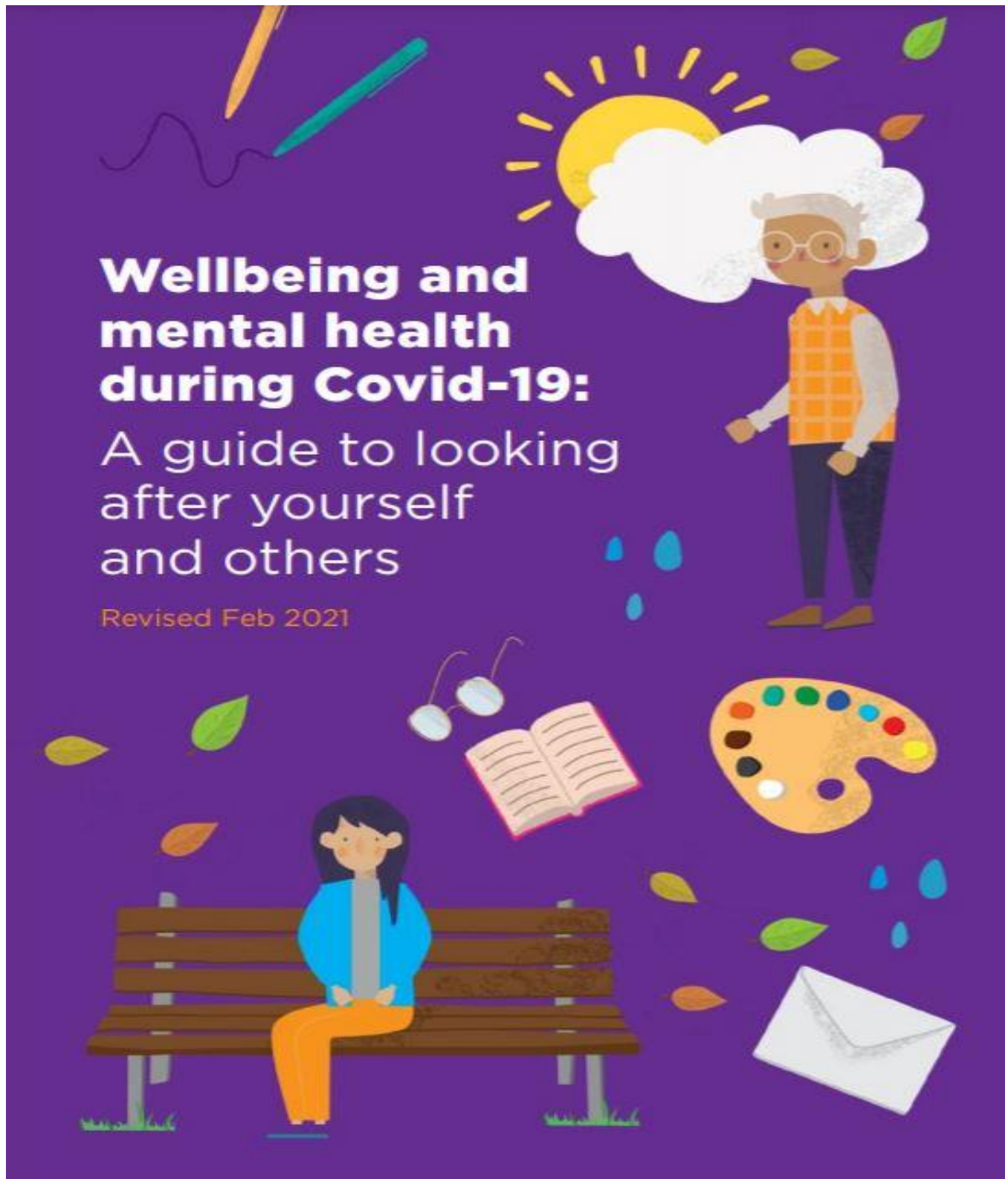
Many children and young people have been apart from friends and away from any sort of social interaction for a long period of time. As they start to attend sports activities again, it is understandable that there may be some nerves and anxieties about returning. Here are some additional safeguarding considerations to take into account as sport and activity begin to operate again and children return to play.

- Regularly review and put all practical coronavirus safety arrangements in place and communicate these clearly to children and parents prior to reopening
- Reassure children and parents and be clear on everyone's responsibilities
- Listen to what children and young people may be saying or showing – be receptive, patient, if necessary make time outside the activity
- Be alert to possible disclosures and indicators of harm that occurred during lockdown
- Be extra vigilant and aware of your reporting responsibilities and routes
- Clubs may have children or staff members who have lost family or friends to coronavirus - be sensitive and supportive for bereaved individuals
- Understand that many children, parents and carers will still be very anxious and afraid of existing risks (including returning to club activities)
- Be aware of the impact of extended periods of social isolation on children and young people - disabled young people are more likely to have been identified as particularly virus-vulnerable and therefore isolated to a higher degree and for longer
- Ensure continued communication with all members - whether they return to play or not
- Understand the limitations of face masks for those who rely on lip reading or non-verbal facial expressions. Try to safely accommodate these needs.



## Wellbeing and Mental Health during Covid-19: Revised Guide 2021

Covid-19 has now had a far reaching impact on our nations mental health. It's more important than ever that we take positive steps to look after our ourselves, to seek help when we need it, and check-in and support people around us.



This revised [Guide to looking after yourself and others](#) contains practical information about things you can do now to look after your mental health and wellbeing, on how you can support others, and where to find support if you or others need it.



**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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Website: [www.cya.org.uk](http://www.cya.org.uk)

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