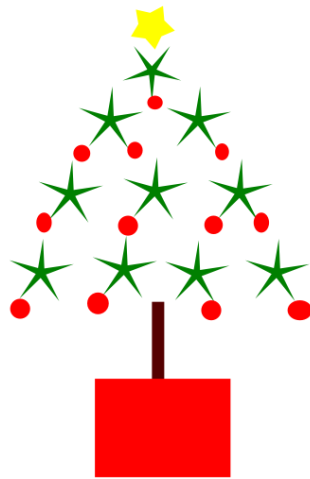


Cumbria Youth Alliance

December Newsletter

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



In this issue...

Foreword from Becky Wolstenholme

FREE Gaming Addiction Training Course

Dreamscheme Success

Every Mind Matters

More News from Cumbria and Beyond



Welcome to our December Newsletter



Welcome to the December edition of news from Cumbria Youth Alliance and I am sure most of us will be glad to see the back of 2020 and let's hope that 2021 is a much better year for us all when we get back to doing what we are best at – supporting young people to gain the skills and knowledge that they need so they can thrive and not just survive. It's certainly been a really busy year and over the last 12 months over 400 individuals have undertaken training with Cumbria Youth Alliance and we have supported 723 organisations across Cumbria.

We have supported over 500 young people with our direct services and through our strategic funding we have enabled another 2000 + young people to benefit from new services that improved their health and wellbeing through our lottery funded projects Every Mind Matters in Carlisle, Eden and South Lakes and our Emotional Resilience Project in Allerdale, Copeland and Barrow in Furness.

In addition thanks to Covid funding we have been able to rollout our Dreamscheme programmes for the first time ever right across Cumbria and we have groups in every part of our county taking part in youth led initiatives that help others improve their health and wellbeing.

Later in the newsletter you will see some great examples of how partnership working with Cumbria Youth Alliance is really empowering young people to contribute in their community through Dreamscheme programmes. Young People have so much to offer to their community and this is often overlooked so lets celebrate the great things they are achieving through social action projects.

Lastly from all at Cumbria Youth Alliance we want to wish you a very merry Christmas and all the very best for 2021. We look forward to working with and for you in 2021.

Stay safe and enjoy the celebrations, from all at Cumbria Youth Alliance



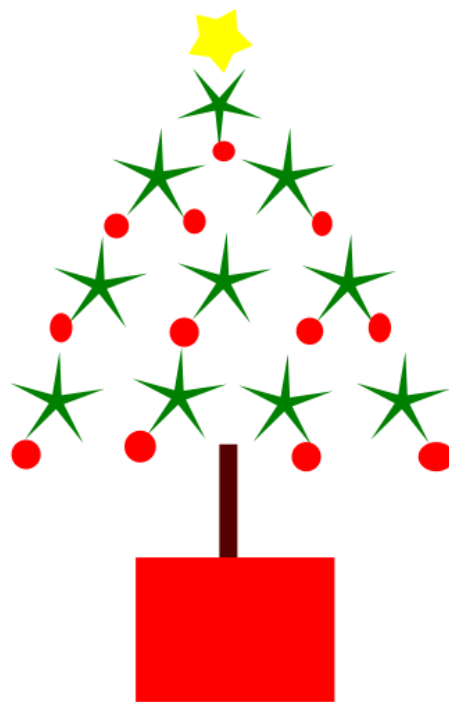
Foreword by our new CEO

Welcome to the Cumbria Youth Alliance December 2020 Newsletter. I should like to start by thanking staff, Trustees, colleagues and new partners I have met (albeit on a virtual platform) for making me so welcome and for the huge support provided by everyone as I take on the role of CEO for Cumbria Youth Alliance. In particular, Cath Clarke who continues to work for CYA, has been a fantastic source of knowledge and experience with her obvious continued passion for the sector, which is certainly rubbing off on me.

My first month in position has been a very steep learning journey, but I now feel I have a clearer understanding of the challenges ahead and how we can collectively work with and for young people to enable them to reach their full potential.

Key priorities include Infrastructure and Scalability. Recently attending the Youth Futures Foundation Induction event, we were delighted to note that CYA are one of '13' organisations from '3000' applicants to successfully receive funding. Initially, Year 1 will focus on the implementation of a Management Information System in order to develop our systems based approach to understand what works, encourage partnership working and evidence impact. The work will support young people who face discrimination and disadvantages, to reduce unemployment, improve progression pathways, provide equal employment outcomes, and better understand the challenges ahead.

I very much look forward to continuing to work collaboratively throughout Cumbria, working with our very significant partners in order to provide the best service possible for young people.



**With very best wishes for Christmas and The New Year,
Becky Wolstenholme**

New training courses FREE to you

We have a great new training opportunity for you starting now – we have limited places free to anybody working with young people here in Cumbria. The new course looks at understanding more about gaming addiction and how it can impact on the lives of young people and families and will give you the knowledge, skills and confidence to support young people. The course is also open to any young person over the age of 16 who either wants to know more about gaming addiction for themselves or to help others in their club or community.



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



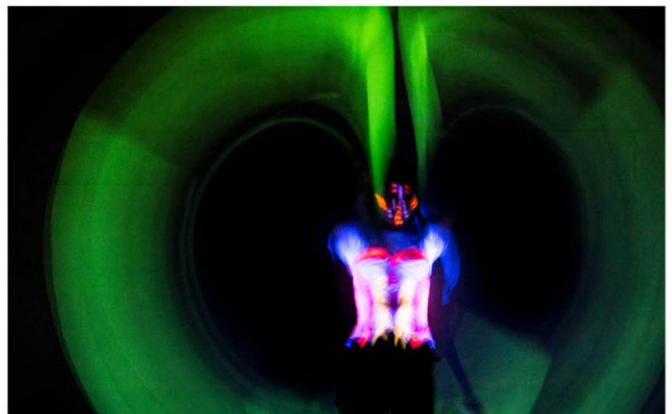
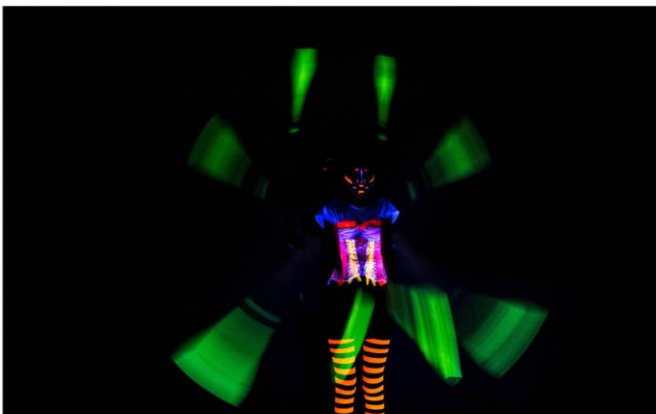
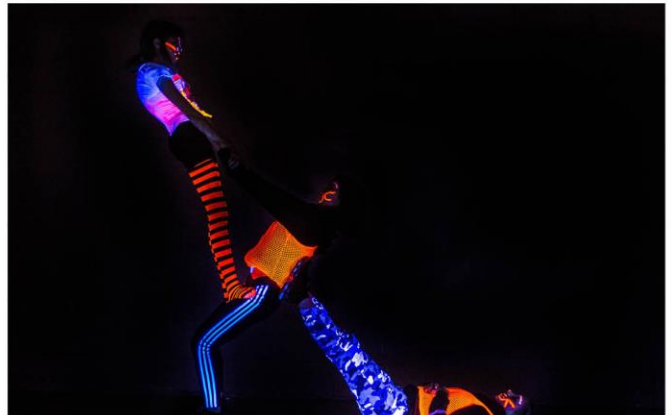
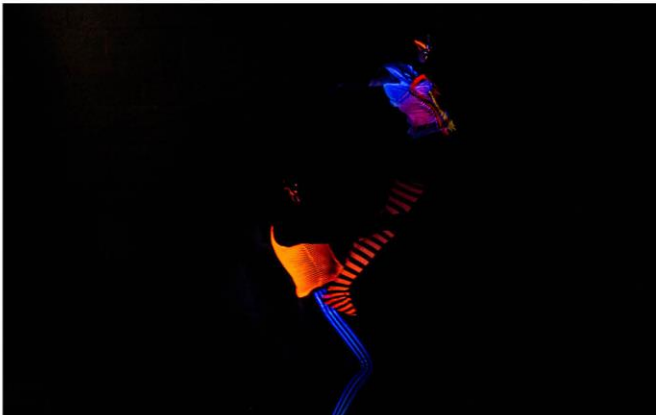
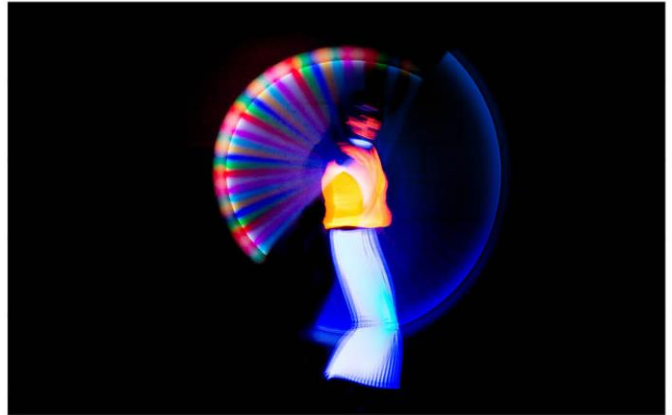
This course is available in Allerdale, Copeland, Carlisle & Eden for parents/ carers and front-line workers /volunteers who are working with children, young people & families. This course is also suitable for young people aged 16+ who have or may have a gaming addiction

CONTACT SOPHIE@CYA.ORG.UK TO REGISTER OR FOR FURTHER INFORMATION

Highlights - Dreamscheme Programmes

Fire and Light Event with Euphoric Circus

New from Toni at Euphoric Circus on her work with Dreamscheme funded by Cumbria Youth Alliance. *"With the help of Dreamscheme we made it a very memorable time by creating these wonderful black light pictures"...*



“After a difficult year, our group managed to meet for just six weeks in the autumn before the half term in October. With the help of Dreamscheme we made it a very memorable time by creating these wonderful black light pictures. Normally we invite parents to come and watch their offspring perform the fantastic skills that they have been working on. This year this was not possible so we decided to make pictures and film for them instead.

“We are very proud of our young people and the skills they have learned in such a short time. Big thanks go to the young leaders and trustees for all their time and effort spent towards making our group fabulous! Also a thank you to Dreamscheme run and funded by Cumbria Youth Alliance and Big Lottery Community Fund for all of your support over these tricky times. Normal services will resume in January 2021. To find out more information you can find us on facebook@euphoriccircustraining like the page to get the updates.”

Blue Jam



Blue Jam is just one of the groups taking part in our Dreamscheme programme in partnership with Cumbria Youth Alliance. Watch their video here: <https://youtu.be/JbE40LeZNyw>

Every Mind Matters



Every Mind Matters is partnership funded by the Lottery under their Covid response fund and here is just one of the projects that has benefited from funding via Cumbria Youth Alliance. Cadas have been working hard over lockdown to do events for young people whilst keeping them safe.



Success for our 'Time to Shine' leader

Danielle has worked with Cumbria Youth Alliance over the last year as our Time to Shine Leader. This position was funded by the Rank Foundation to enable individuals with the right skills mix, talent and work ethic, the opportunity to experience a 12- month paid leadership and development placement in a charity. Danielle has worked on the Looked after and Leaving Care transitions project where her role was to implement better communication with young people, support young people to overcome barriers and support the delivery of the programme. Danielle has successfully developed and delivered a weekly newsletter which promotes activities and opportunities for young people in Cumbria. She has also presented at National events which resulted in her being nominated to become a Young Peoples Bench Mark Champion. Danielle won an award for public speaking at their celebration earlier this year.

Danielle leaves us this month and moves onto a new apprenticeship opportunity where she will be able to continue the work that she enjoys and develop her skills further.

From all at CYA, we would like to congratulate you on your hard work and achievements and wish you all the best for your next chapter.

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Cumbria Youth Alliance
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You can now support CYA with your Amazon purchases! Click on the 'Get started' link above, it's quick, simple, and helps us to deliver our valuable youth support work in Cumbria.

When you shop on AmazonSmile, Amazon will donate 0.5% of the net purchase price (excluding VAT, returns and shipping fees) from your eligible AmazonSmile purchases.

Other News From Cumbria and Beyond

Peer Support Online Community

[View / Download poster \(pdf\)](#)



Wednesday Game
Nights 7-8pm

December 2nd

Among Us

December 16th

Scribble .IO

December 23rd

.IO game

Communities group choice

December 9th

*Launch of Minecraft
Server*

REMEMBER

Regular updates
what's happening
locally

Talk to mentors

Talk to peers

Links to useful sites

Resources to use at
home

Peer Support

Are you aged between 14-25? Do you live in Allerdale or Copeland? If yes, you can join our online community. Mentors will be running games nights, regular updates on what is happening, support available, and to be able to connect with others your age.

*Instructions on how to join can be found on our YouTube page.
YouTube – Spiral Cumbria*



3 Day Workshop - Social Skills

I have attached some information and costings as my Autism charity is part funding a 3 day workshop on developing social skills for any age, in March 2021. It is for professionals only who work with any one that may have difficulties with their social skills. We are limited to 24 places so we have to work on a first come first served basis. Please share with colleagues you may think would be interested.

[3 Day Course on Social Skills by Alex Kelly 9-11 March W Cumbria FLYER \(3\) \(1\) \(2\) \(pdf\)](#)

COVID-19 updates and information

As ever there continues to be a range of useful information and support available on the [county council's website](#) this also includes the weekly health protection board summary reports, the most recent of which can be [found here](#)

Over 40 MPs and Peers call for a Community Wealth Fund

A cross-party group of 41 MPs and Peers from the All Party Parliamentary Group (APPG) for 'left behind' neighbourhoods have co-signed a letter to the Prime Minister in support of the Community Wealth Fund to #LevelUpLeftBehind neighbourhoods.

The letter, led by co-chairs of the APPG Paul Howell MP and Dame Diana Johnson DBE MP, calls on the Prime Minister and Chancellor to ensure that 'left behind' neighbourhoods do not miss out on benefiting from the government's mission to level up the country.

[Show your support by retweeting the letter on Twitter.](#)

How to combat the issue of rising needs and declining resources

In this blog for NPC, Ed Mayo - Chief Executive of Pilotlight, argues that, in economic terms, charities are still an afterthought. This is proven by the 'scissors effect' of rising needs and declining resources, which charities are now grappling with. However, as Ed suggests, a counter cyclical approach to charity funding could create a system that is more effective at meeting needs, not just where, but also when they arise. [Click here to read his blog](#)

Ndidi Okezie: 'We have to give young people hope'

In this recent Third Sector article Emily Burt talks to Ndidi Okezie - the chief executive of UK Youth - about a turbulent first year in post, actively listening to young people, and her 'strange' OBE.

"Problems with digital inequality, health and safety and online safety, mental health – none of these things were new to us, but there was a broader societal awakening to them, and all of those issues were most certainly exacerbated by Covid.

"We did not have the option to close shop and figure out what we were going to do, because we exist for the youth sector, and needed to be there for these organisations." [Click here for the full article.](#)

People with learning disabilities had higher death rate from COVID-19

The Covid-19 death rate of people with learning disabilities in England was up to 6 times higher during the first wave of the pandemic than the rate for the general population, Public Health England study finds. The report found 451 per 100,000 people registered as having a learning disability died with Covid-19 between 21 March and 5 June, a death rate 4.1 times higher than the general population after adjusting for other factors such as age and sex. But as not all deaths in people with learning difficulties are registered on these databases, researchers estimated the real rate may have been as high as 692 per 100,000, 6.3 times higher.

[Click here for more details.](#)

FREE Debt Counselling

[View / Download the e-leaflet \(pdf\)](#)

CALL FREE ON 0800 328 0006

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Weighed down by debt?

Free debt counselling in your community from an award winning charity

Whatever the situation you are facing, there is hope. As a charity, we offer a completely free service to help you lift the burden of debt.

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

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