



**Cumbria Youth Alliance**

# February Newsletter

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# Welcome to our February Newsletter



## Welcome to the February edition of the Cumbria Youth Alliance Newsletter

Following National lockdown guidance we are still working hard to reach all our young people. We are all becoming far more able at providing services in the virtual world.

At a recent Cumbria Children and Young People's Reference Group Meeting which highlighted some excellent projects and opportunities for young people to engage and be supported. It was also apparent that whilst many organisations continue to provide services, we must find a way to better share information and disseminate the huge amount of excellent provision the youth sector organisations of Cumbria can and do offer to children, young people and families. If you would like further details about the group, please do not hesitate to contact me.

We know that there is an increase in the number of newly vulnerable young people with many different complexities, coupled with the disproportionate percentage of youth unemployment hitting Cumbria now and in the near future. At CYA we are de-lighted to announce that due to funding from the Rank Foundation we have appointed a Marketing and Media Officer, and working with Groundwork as the Gateway or-organisation, we have submitted a job description for a Kickstart Administrator.

Cumbria Youth Alliance staff are dedicated and passionate about providing the very best opportunities and experiences for all our most vulnerable and disadvantaged young people.

**Becky Wolstenholme**  
**CEO Cumbria Youth Alliance**

# The Coalfields Regeneration Trust

## Laptops for Young People at Cumbria Youth Alliance thanks to Coalfields Regeneration Trust



the coalfields  
regeneration trust

Thanks to funding from the Coalfields Regeneration Trust. Cumbria Youth Alliance have been able to purchase and distribute a number of Laptop Computers, to young people across the local area who did not have a device of their own. This will now enable each young person to access: online learning resources, courses, social activities, group sessions, advice and guidance or mental health support.



The young people are now making good progress; One completing an application and securing a place on an internship program, others are accessing and completing online learning modules via the Embrace platform plus one to one employability support through our Pre-employment and First Steps to Employment projects.

Having the tools to enable this kind of support will truly benefit these young people, help keeping them motivated and engaged. Safeguarding against the risk of individuals becoming more social isolated, feeling excluded or becoming disillusioned. There is an added benefit for the broader family, helping prevent arguments and tension due to the sharing of limited or inadequate devices.

## Support CYA via Amazon Smile

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and Amazon will make  
a donation to:

Get started

Cumbria Youth Alliance  
**amazon**smile

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.

## Robin Rigg Community Fund



Cumbria Youth Alliance has funding available from Robin Rigg Community Fund to distribute to any school or youth group at £500 per project. This is primarily to address any sort of environmental improvement work in locations along the West Cumbrian coast from Silloth down to St Bees.



For example, in 2020, the Kippford Association was awarded a grant to fund tree surgery, dry stone dyke repairs and the creation of a new entrance for the Kippford Community Nature Reserve.

The Colvend Public Hall Committee received a grant to fund the renovation of the floor at the Colvend Public Hall.

The Carnegie Theatre Trust received funding for the purchase of new LED house lights for the Carnegie Theatre in Workington.

The West Cumbria Society for the Blind received a grant to support its work providing advice, guidance and outreach services to visually impaired people in the West Cumbria area.

In 2016 Auchencairn Community Council used their grant to create the Millenium Garden and Link Park. Dundrennan Community Council received funding to renovate and decorate the village's gents toilets, purchased a tennis table and run Tai Chi and archery sessions.

Kirkbean Community Council designed and built an unlimited page website, including domain name registration and the first year's hosting.

All project ideas are welcome for work anywhere along the coastal plain, as long as young people are involved.

To discuss your ideas please contact Juan Shimmin

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

01900 603131



# Dreamscheme Project



## Penrith Town Council

Cumbria Youth Alliance in conjunction with Cumbria County Council, Cumbria Community Foundation, Frieda Scott Trust and Penrith District Council will manage a series of schools, youth and disability groups within Eden, South Lakeland and Carlisle Districts to carry out 'Dreamscheme' type projects.



This will give small grants (£400) to groups to carry out **volunteering** activities that will benefit the community and improve emotional resilience. The volunteers will earn points for their social action volunteering.

Young people will learn how to do business planning and budgeting for their project. They will then be eligible for accredited awards for Volunteering or Enterprize.

Please contact [Juan@cya.org.uk](mailto:Juan@cya.org.uk)  
by post to Cumbria Youth Alliance, Workington Community Hub,  
Oxford Street, Workington, CA14 2RS. Tel 01900 603131

# Cumbria Social Enterprise Awards

**Just 6 weeks left to apply!!!**

Entries are now open for this year's Social Enterprise awards. The awards celebrate and honour all the great work being done by social enterprises across Cumbria.

There are five categories for the awards this year ... with a special Innovation Award to mark the work social enterprises have been doing over the past year, rising above the crisis situation caused by Covid to adopt new ways of working and even delivering new services.

As well as the prestige, the five winners receive £750 cash for their social enterprise and the runners-up £250. So whether you're big or small, well established or have just started out on your journey, there's an award that could have your name on it!

The application process is straight forward, so what have you got to lose ... come on tell us why your social enterprise business, community enterprise or social entrepreneur is ahead of the rest and what makes them special.

**The 5 Award Categories are as follows:**

**1. Social Enterprise Award - Application Form**

**2. New Social Enterprise Award - Application Form**

**3. Community Enterprise Award - Application Form**

**4. Social Enterprise Innovation Award - Application Form**

**5. Social Entrepreneur Award - Application Form**

**Completed applications must be received by  
noon on Monday, 15th March**

**Visit <https://secumbria.org/2021-cumbria-social-enterprise-awards/>  
for more information**

# Dreamscheme Project



Cumbria Youth Alliance in conjunction with Cumbria County Council Foundation, Big Lottery Community Fund and CanDo Transforming West Cumbria will manage a series of schools, youth and disability groups within Allerdale, Copeland and Barrow to carry out 'Dreamscheme' type projects.

This will give small grants (£400) to groups to carry out **volunteering** that will benefit the community and improve their own emotional resilience. The volunteers will earn points for their social action volunteering.



Young people will learn how to do business planning and budgeting for their project. they will improve skills and self confidence.

Groups willing to take part should talk to Juan, see below:

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

Cumbria Youth Alliance, Workington Community Hub, Oxford Street, Workington, CA14 2RS

Tel. 01900 603131



## Eden Youth Council Needs your help to get the voices of young people heard.



**Title:** Life Opportunities Project Brief  
**Audience:** Eden Youth Council

- **Project Aim:** To find out what the challenges and barriers are for life opportunities including: Employment, Education, Training, Youth Services, Social Activities, Sports Activities.
- **Project Objective:** To identify what changes need to be made to improve life opportunities for young people in Eden and project ideas that will provide immediate solutions to any current barriers.
- **Project Outcome:** Evidence and feedback from young people in Eden on the challenges and barriers to Life Opportunities. Anecdotal feedback together with any quantitative and qualitative data. To protect the identity of individuals, any feedback or data should be anonymous.
- **Suggested Methodology:** The project brief will be shared with young groups from across Eden. 2-3 young people can take the lead from each group, to lead the project within their group/organisation.
  - To ensure that sufficient feedback is gathered to inform key stakeholders, we would ideally like to hear from at least 20 young people from each group that participates in the project.
  - The project does not have to be survey based, other methods for engagement with peers would achieve the project outcome such as engagement through conversation, using social media or other methods and tools.
- **Project Remit:** The geographical remit of the project will be Eden wide, including young people in hard to reach areas as well as towns and main centres. The age remit of the project will be 16-24 years.
- **Project Timeframe:** The project outcome is to be achieved by end of March 2021. Regular 'Cohort Update' meetings will be held virtually to allow participants to give an update on their project and share ideas, best practice and concerns.

If you can help contact Kellie Bradburn-Sims  
Community Development Officer | Community Development Team (Eden)

T: 01768 812661 - M: 07827 232479

**News from Helen Carter**

**Director at F C Scott Charitable Trust**

# FCSCCT

FRANCIS C SCOTT CHARITABLE TRUST

## **Francis C Scott current funding priorities and Coronavirus response**

In March 2020 when the UK population was put under restrictions, the immediate needs of individuals, families and communities changed dramatically and swiftly. From this time, the Francis C Scott Trust has been working with our colleagues at Cumbria Community Foundation, recognising their considerable expertise and agility in this area, by contributing funds to their Covid Response Fund and by working with CCF throughout the Fund's life span, until it was recently closed to new applications.

During this time, we have also been communicating with as many of our existing grant holders as possible, to ensure that our response has been proportionate and supportive. The biggest changes we have been making, in agreement with grant holders is the rescheduling of existing grant commitments. 2020 was characterised by continuous dynamic change.

Whilst many organisations have adapted to deliver services online, this hasn't been possible or appropriate for all. Some have extended what they offer and received emergency funds to do so, others have paused. The situation therefore, has not been the same for all organisations, and we have responded to each according to their particular needs and those of the groups who they are working with directly.

We also continued to operate our usual funding cycles, and continued 'business as usual'. The importance of doing so has been raised by many of the organisations we work with and we will continue to operate our business as usual funding cycles throughout 2021.

Our commitment to supporting organisations working with young people who are experiencing challenging circumstances and barriers preventing them from thriving remains. Never in our life times has it been more important to work towards ensuring all young people have access to positive and enriching opportunities.

We are critically interested in initiatives that identify and seek to mitigate risk factors which reduce young people's capacity to thrive, these include, but are not limited to ACEs, and those which create supportive factors, including but not limited to quality local youth provision, access to safe and secure housing, personal developmental activities and employability programmes.

Please get in touch with the team via email to talk through your plans before submitting an application.

[info@fcsct.org.uk](mailto:info@fcsct.org.uk)

## Other News From Cumbria and Beyond

### Mental health groups & practitioners: South Lakeland & Cumbria



**ROOKHOW** has been awarded £10,000 from the Quaker Mental Health Fund UK over 2 years to subsidise residentials for support groups and therapeutic work with people with mental health problems.

We welcome applications to this 'Retreat-Away Fund' to come and stay in our 16 bed bunkbarn and enjoy sole use of the 12 acres of ancient oak woodland with campfire and plenty of space to roam.

The Quaker Meeting House also provides a large simple meeting room for groups.

The fund would pay for part (or all) of your accommodation costs. Staffing, transport, food and activities would be organised and paid for by your own organisation. You would be greeted by us, but then have the place to yourselves.

We realise it's hard to plan anything with the current situation, but if you feel this is something your group would value, we're giving 1st April as a first deadline for subsidised bookings in 2021. We would obviously like the grant to be spread widely, so if you can cover part of your stay, the fund will go further.

Attached is a simple application form. We'd like to know how you think your participants would benefit from coming to Rookhow and what activities/ therapeutic work you might organise. We will consider the first group of applications at our meeting in mid-April and let you know soon after that. All suggested dates are Covid-dependant and it may be that you could consider coming with a smaller group at first.

Check our website for more information about Rookhow and an availability calendar: [rookhow.org.uk](http://rookhow.org.uk)

Please contact me if you would like to discuss this further or you have any questions. A quick email back to say if you might be interested would help to have a picture of the number of groups!

Best wishes, Sue Nicholls, Development Manager  
Tel 07557 919879

Also: **ROOKHOW WORKSHOPS** on Resilience and Gratitude. Open to all. Free with donations welcome. [CLICK HERE](#) for more details & to reserve a place.

Email: [contactrookhow@gmail.com](mailto:contactrookhow@gmail.com)  
Website: [rookhow.org.uk](http://rookhow.org.uk)

## Young people fear unemployment in a post-Covid world

Joe Lepper

Thursday, February 4, 2021

### **School leavers are pessimistic about securing a job, training or chances to study in a "post-Covid world", a report has warned.**

Concerns over unemployment are impacting young people's mental health, the think-tank. Young people leaving **education**, including university graduates and those leaving further education, fear missing out on professional and education opportunities due to the impact of the pandemic on the economy and their schooling.

- [Related news: Digital skills programme to tackle youth unemployment rolled-out](#)
- [Related news: NEET young people 'unable to cope with life' amid pandemic, Prince's Trust warns](#)

"Stress and uncertainty of living through a global pandemic" has "taken its toll" on young people's emotional wellbeing and aspirations, says the report by think tank New Philanthropy Capital (NPC) on the impact of Covid-19 on young people's mental health.

"Among school leavers and new graduates, there is a sense of pessimism around getting a job in a Covid-19 world or post-Covid-19 world," says the report.

It cites research by the charity Samaritans, which has found that young people are especially worried about rising unemployment due to the health crisis. The NPC report also warns of the long-term impact on young people's mental health, placing a further strain on already stretched mental health support. "These issues may go on long into the future," says the report.

"While a vaccine is being rolled out, inspiring hope for an end to the pandemic, there will continue to be uncertainty for young people, especially around exams and career opportunities," it adds.

Young people may also need support on coping with a relaxing of social distancing measures and re-entering places that have been off limits for months. Other mental health concerns raised include 'skin hunger' where young people miss hugs and other physical contact with their peers.

Young people have also lost "coping mechanisms" to tackle mental health problems due to school closures. This includes missing out on conversations with friends, playing sports and other hobbies. They are also missing out on emotional support services provided by schools "that might have helped them maintain their emotional wellbeing and reduce anxiety" says the report. It adds: "They might not even have realised that their peers were their support network until they were gone."

Charities supporting the mental health needs of young people are seeing further strains emerging among children. This includes conflict within families, especially as they are confined in their home together. "Children are more exposed to family challenges, such as money troubles, and are increasingly expressing concern for their parents and other family members," said the report.

University students are particularly vulnerable and feel "dejected" after missing out on the social side of higher education.

NPC is calling on charities and funders to invest in wide range of mental health support for young people, that blends in-person counselling with digital support, such as through webchats and video conferencing.

## **The changing role of voice in charity comms from NAVCA**

**The pandemic has changed every aspect of how we communicate.**

During the pandemic, we have all spent more time online, and it has made us more demanding consumers of digital media. As we have come to rely more and more on digital channels to meet important needs, we have raised our expectations.

In the past, supporters may have been willing to deal with clunky, outdated charity platforms, and to make excuses for poor charity comms. This is no longer the case. How can charities balance the restrictions placed upon them by remote working with a need to include a human element in comms strategies?

[Click here to read Charity Digital's guide on how to restructure your charity's comms.](#)

### **Resources and information from regional and national sources**

Children's Commissioner: Requesting details on Government plans to minimise learning loss during lockdown and support for reopening of schools:

<https://www.childrenscommissioner.gov.uk/2021/01/06/requesting-details-on-government-plans-to-minimise-learning-loss-during-lockdown-and-support-for-reopening-of-schools/>

Joseph Rowntree Foundation report 20/21 on the nature and scale of poverty across the UK:  
[UK Poverty 2020/21 | JRF](#)

Children's Commissioner's Report on the state of children's mental health services 2021/21:  
[cco-the-state-of-childrens-mental-health-services-2020-21.pdf \(childrenscommissioner.gov.uk\)](#)

Children's Commissioner's Report on Child Poverty: the crisis we can't keep ignoring:  
[cco-child-poverty.pdf \(childrenscommissioner.gov.uk\)](#)

Cumbria Safeguarding Children Partnership 5 minutes briefing on Child Mental Health week  
[CSCP 5 Minute Briefing - Children's Mental Health Week 2021 \(govdelivery.com\)](#)

### **Links to resources to support your work with mental health**

This morning we recorded another episode of the Mental Health Family Hour. Today's episode was all about suicide and suicide prevention, where we were joined by three wonderful guests. We talked about how we as individuals can help to prevent suicide, the training available and Matt shared his personal story of attempting to take his own life. I am incredibly grateful for Matt being so open and we ensure we had a debrief afterwards to ensure everyone was ok. Matt is an incredibly inspiring individual and I believe we would all benefit from listening to his story. Please jump forward to 1:30 as we experienced some technical faults early on, which I can only apologise for.

The link to the episode - <https://www.youtube.com/watch?v=IYDXUAY3gQE&feature=youtu.be>  
Below are some links if you want further support or are interested in training.

Help for suicidal thoughts, or if you are worried about someone, or bereaved by suicide (can search by district): [www.healthierlsc.co.uk/suicide](http://www.healthierlsc.co.uk/suicide)

[www.nhs.uk/conditions/suicide](http://www.nhs.uk/conditions/suicide)

Wider mental health support, not just suicide, if you are bereaved by suicide, debt/gambling/gaming, support for children and young people, self-harm and self-injury (hosted by google maps, so can search by district/area and category) [www.healthierlsc.co.uk/servicemap](http://www.healthierlsc.co.uk/servicemap)

Zero Suicide Alliance, 20 minute online awareness raising training

[www.zerosuicidealliance.com/training](http://www.zerosuicidealliance.com/training)



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Town Hall Community Hub Oxford Street, Workington. CA14 2RS

Telephone 01900 603131 / Email: [info@cya.org.uk](mailto:info@cya.org.uk)

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

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