



# CUMBRIA YOUTH ALLIANCE

## June Newsletter

### Welcome to the Cumbria Youth Alliance News Round-up

Welcome to the June edition of the Cumbria Youth Alliance Newsletter for groups working with children, young people and families here in Cumbria.

Sign-up for our free monthly funding gazette and our monthly newsletter by emailing:  
[Juan@cya.org.uk](mailto:Juan@cya.org.uk)



# GREAT NEWS

**Lots and lots to celebrate. Fantastic news, enabling positive impact for the most vulnerable and disadvantaged young people of Cumbria.**

Cumbria Youth Alliance is delighted to announce funding from The National Lottery Community Fund, the largest funder of community activity in the UK, of £375,000 over the next five years.

Becky Wolstenholme, CEO of Cumbria Youth Alliance (CYA), said:



“We are absolutely delighted that The National Lottery Community Fund has, thanks to National Lottery players, committed this substantial amount of funding to CYA as the lead agency for organisations working with young people in Cumbria.

“Together with many other significant partners including Cumbria Community Fund, Francis C Scott Charitable Trust, Youth Futures Foundation, and Cumbria County Council to name but a few, we are extremely grateful and determined to provide the very best high quality service for young people in Cumbria.”

The funding will create a long-term sustainable model for CYA. This will include building upon current strengths and achievements and delivering meaningful and attainable programmes for the most vulnerable and disadvantaged young people aged 13 -25-years-old throughout Cumbria. This will ensure the organisation can best deliver, monitor, and evaluate projects, connect with each other and stakeholders.

CYA will also deliver programmes to enhance the links with schools to identify young people on the verge of not attending school, employment, or training - creating a model of working with schools, education establishments, and employers to assist these young people for the long term. CYA will also increase its scalability to work with partners to deliver a robust programme, helping to strengthen the emotional resilience and confidence of young people across the whole of Cumbria.

Additional funding has also been secured through Sellafield Ltd, which has partnered with Cumbria Community Foundation to invest in the Transforming West Cumbria programme. The programme, funded through Sellafield Ltd's social impact, multiplied SiX programme, focuses on promoting thriving communities by supporting sustainable activities that create self-reliance and independence.

The Bedrock Awards is a key strand of the Transforming West Cumbria programme that focuses on building the resilience, capabilities, and financial sustainability of Third Sector organisations in West Cumbria.

Becky Wolstenholme added: “This is excellent timing for Cumbria Youth Alliance who are already reaping the benefits of this award which in turn will positively impact on the lives of all the most vulnerable and disadvantaged young people”.

If you would like to know more about Cumbria Youth Alliance, the opportunities available to young people, and if we can work in partnership with your organisation or business, please visit our website [www.cya.org.uk](http://www.cya.org.uk) or contact Becky Wolstenholme at [becky@cya.org.uk](mailto:becky@cya.org.uk).

Cumbria Youth Alliance may be looking to expand and recruit over the next few months with lots of new and exciting positions. We are looking for people with a passion to work with young people, with qualifications in Youth Work or experience of supporting young people to progress and succeed. If this is you and you are interested in working for CYA, please contact either Cat Hawkes, [Catherineh@cya.org.uk](mailto:Catherineh@cya.org.uk) or Gary Frazer, [gary@cya.org.uk](mailto:gary@cya.org.uk) who would be delighted to send you an Expression of Interest form to complete. Thank you.


Becky Wolstenholme - Cumbria Youth Alliance - CEO


# VOLUNTEER

## CUMBRIA YOUTH ALLIANCE TRIPLE A VOLUNTEERING

### FOR MORE DETAILS:

Contact:  
Juan Shimmin;

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

 **Tel:** 07859092981

**Office:** 01900 603131

"The Triple A volunteers have all enjoyed being proactive. One Young lady has benefitted from volunteering with the project and has now been offered an opportunity with Riding for the Disabled at Happy Hooves, Eamont Bridge. The connections were made during a session we had booked for Equine therapy. The project gave her the confidence and experience required." (Project Manager Triple A)

If you would like to volunteer with a project in your area, get in touch and we will give you a list of organisations operating in your area.

our membership includes a wide range of organisations, so you can explore what suits you best.

This is an ideal way of looking at whether you want to work with young people as a career.

You will be eligible for our free online training programme to help you improve your CV.

Many people start as volunteers and go on to a successful career in the youth sector. We can advise on appropriate qualifications and job prospects near you.



# WHAT HAVE WE BEEN UP TO?

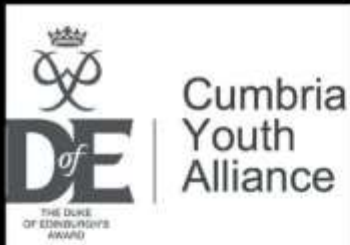
CUMBRIA YOUTH  
ALLIANCE  
Duke of  
Edinburgh Award



## Whitehaven Academy Practice Walk

The Young Leaders were lucky to have good weather for their practice walk around Loweswater. The group enjoyed being outside in the beautiful Lake District for the first time since the lockdown began to ease. The young leaders thoroughly enjoyed their experience and they are looking forward to their next expedition later on in the year.

Cumbria Youth Alliance would like to thank The British Army and Ms Lighthouse for their help throughout the expedition.



## Cockermouth School Expedition

Bronze Award

**Day 1:** The Young Leaders contended with a Blizzard and wintery conditions usually reserved for the winter months. The boys showed great resilience and a fantastic sense of humour despite the harsh weather conditions. The walk began at Bassenthwaite village via Skiddaw House to Threlkeld Village.

**Day 2:** The Young Leaders walked along the old coach road, fleeing a rain front for the majority of the day. The group were extremely motivated to avoid the weather and completed the walk in the fastest time so far this season.

Cumbria Youth Alliance would like to thank The British Army and Ms Lighthouse for their help throughout the expedition.



## Cumbria Youth Alliance



# CUMBRIA YOUTH ALLIANCE OUTCOME STAR TRAINING

Training To Become a Licensed User

This training is available to anyone who volunteers or works with children, young people, and families in Cumbria.

This is a one day training session so you can measure the outcomes and impacts of your work. We will be using the Youth Star to carry out the training but we will talk you through the other stars that are available so you can get the right star for your organisation.

Outcomes Star can only be used if you are trained and accredited to use the tools under license from Triangle Training - Cumbria Youth Alliance are licensed trainers in Cumbria for Outcomes Star.

This unique tool allows you to clearly demonstrate the impact your work has upon the service user and helps you understand where your service user is on the journey of change. Understanding more about this journey will help you become more effective in face to face working, as it guides your action planning with your service user.

It will make reporting to funders significantly more effective so you can really show what you are achieving with your service users. The Outcomes Star is highly regarded by a number of funders as it's an asset-based assessment which allows you to accurately draw up an action plan with your service user and monitor the impact of the work against a number of factors.

**Training will be held virtually on Tuesday 22nd June.**

If you think this is the course for you, then please contact:

**CatherineH@cya.org.uk**



**Cumbria Youth Alliance**

# FOOTBALL SESSIONS!



## Fun Inclusive Football Sessions

A new PAN football group is calling out for those with autism and ambulant physical disabilities and differences. Intermediate training sessions for those who don't get to play, come and join us!

Fun, social activities helping to improve well-being, mental health and inclusivity.

To find out more information please contact:  
[janine@togetherwe.uk](mailto:janine@togetherwe.uk) or [johnd@cya.org.uk](mailto:johnd@cya.org.uk)



# Check It Out

According to the CDC, Gaming Addiction is rising amongst youths – check out the key information regarding Gaming Addiction below.

Cumbria Youth Alliance

## Key Information: Tackling Gaming Addiction

katie@cya.org.uk



### What is it?

The World Health Organization added "gaming disorder" to the 2018 version of its medical reference book, International Classification of Diseases.

Compulsive video game addiction is a modern-day psychological disorder that is becoming more and more problematic. Young adults, teens, and even older adults have become increasingly hooked on video games. As a result, they have begun to neglect important priorities such as caring for themselves, performing well at school or work, and socializing with others. Some studies even suggest that gaming is taking over the minds of children altogether.

Gaming addiction is a behavioral problem that is described by a preoccupation with gaming, the ability of gaming to modify a person's mood, the presence of withdrawal symptoms upon discontinuation of gaming, and the development of interpersonal conflict because of gaming.



### Dangers:

1. Gaming addiction can affect your mood e.g. causing irritability, mood swings.
2. Gaming addiction makes the gamer forget about real life worries which means they can build up, un-dealt with resulting in depression and anxiety.
3. Having problems at work or school
4. Lying
5. Unable to quit
6. Increased risk of ADHD and ADD
7. Decrease in exercise
8. Lowered metabolism
9. Poor social interaction



### How to Control it?

1. Time Limits
2. Pay attention to problems that can arise due to gaming. These are listed in 'dangers'
3. Keep track of gaming time.
4. Counselling

Teaching the sufferer how to cope with their stress and triggers that make them want to play the video game and escape from reality.



# PEER LEAD COURSE

If you feel you need help regarding Gaming Addiction or know someone that might.

Please check out the course below. This course is offered through CYA and aims to tackle Gaming Addiction in young people.



Cumbria Youth Alliance are hosting Peer Led Gaming Addiction sessions for young people age 13 to 17. These sessions are delivered remotely in 2 parts, 30 minutes each. They will be delivered by our Peer Educator, Katie Tyson who has overcome gaming addiction in adolescence and wants to share the importance of gaming for fun in moderation and the dangers of becoming addicted.

Katie has now been with CYA for over 2 years in a participant capacity, a volunteer role and now a respected and valued member of staff. She has extensive experience of delivering peer led courses and has just completed her Level 2 in Information, Advice, and Guidance. The course has been developed by Katie and an experienced Project Manager at CYA, with guidance and support from the College of Life.

**The course will highlight subjects such as:**

- Predatorial Gaming Mechanics
- How to Create a Healthy Routine
- Positive Effects of Video Gaming

and many more...

The course is aimed at young people who game, those who have an addiction, or those who may have an addiction in later life without intervention. This course is available to those within the age gap in Allerdale, Carlisle, and Copeland and will run until the end of July 2021.



For more information, please contact:

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



# ARE YOU 18-24?



TAKE YOUR FIRST STEPS  
TOWARDS A SUSTAINABLE  
FUTURE

youth  
futures  
FOUNDATION

DO YOU FEEL LIKE  
YOU NEED TO  
UPSKILL?



ARE YOU HAVING  
DIFFICULTY FINDING  
WORK?



ARE YOU UNSURE OF  
WHERE TO TURN NEXT?



ARE BARRIERS  
STOPPING YOU FROM  
ACHIEVING YOUR  
GOALS?



THIS PROJECT OFFERS HELP WITH  
THE FIRST STEPS TO FINDING  
EMPLOYMENT, EDUCATION AND  
TRAINING TO HELP YOU ACHIEVE  
YOUR CAREER GOALS



01900 603131



yff@cya.org.uk

Through our partnerships, CYA offer many free, accredited courses. Check out what's on offer at: [Cya.org.uk](http://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**

# 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.**



THE network of voluntary  
organisations working  
with and for Cumbria's  
YOUNG PEOPLE  
Cumbria Youth  
Alliance  
CUMBRIA

FOR MORE INFORMATION CONTACT:

**KATIE@CYA.ORG.UK**

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

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

# VOLUNTEER

## CUMBRIA YOUTH ALLIANCE

recruits and trains volunteers and trustees for the youth sector anywhere in Cumbria.

If you would like to volunteer with a project in your area, get in touch and we will give you a list of organisations operating in your area. No previous experience is necessary. You can decide for yourself what you want to go for or talk to our Volunteer Co-ordinator to help make up your mind.

This will include a wide range of projects of all sorts; our membership includes a wide range of organisations, so you can explore what suits you best.

This is an ideal way of looking at whether you want to work with young people as a career.


You will be eligible for our free online training programme to help you improve your CV.

Many people start as volunteers and go on to a successful career in the youth sector. We can advise on appropriate qualifications and job prospects near you.

### FOR MORE DETAILS:

Contact:  
Juan Shimmin:

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

 **Tel:** 07859092981

**Office:** 01900 603131



# KENDAL CALLING JAMTENT

**LAST WEEKEND  
IN JULY | 10AM  
- 6.30 PM  
JAMTENT**

This year due to COVID-related issues, a lot of our more vulnerable regular participants cannot attend, for this reason, we are inviting groups who are members of CYA to get in touch and let us know if they would like to attend.

You will need a team of responsible adults and a minibus/transport. You will need to bring your own refreshments (or buy on-site), and let us know which day/days you wish to attend. We'll need all the attendees' names, vehicle registration numbers, and consent forms in advance, but you can camp and enjoy the rest of the festival during the breaks and in the evenings of your visit.

You can stay for one or two nights or just for the day if preferred, just let us know.

JamTent is offered free to all CYA member groups!

Each year we invite many artists and bands to visit/perform in the JamTent and take part in the jamming. We have a pool of instruments available and a great team including a sound crew and music tutors.

*Please note: At this time the festival is slated to go ahead, but like all such events, we are still not quite yet able to confirm one hundred percent whether the festival can run this year. Please be patient. In the meantime, we'd be grateful if you would register your interest asap.*



[musiclinks1@yahoo.co.uk](mailto:musiclinks1@yahoo.co.uk)



# Covid Recovery Programme

## Information Sheet

### Introduction:

As we come out of this 3<sup>rd</sup> and hopefully final lockdown, many members of our community are facing up to deteriorated physical and mental health as a consequence of the long-term effects of having Covid-19, long periods of relative inactivity and long periods of social isolation. Our new Covid Recovery Programme aims to support local people on their journey back to full physical and mental health and empower our communities to take back control of their own health.

### Eligibility Criteria:

- 1) Anyone who has had Covid-19 and is still suffering from long-term effects.
- 2) Anyone identified by health professionals as suffering a significant decline in physical and/or mental health as a consequence of shielding or being in lockdowns.

### The Programme:

- 6 Months Free Gym at Fit 4 Life
- Initial Health Assessment
- Motivational Interviewing & Goal Setting
- Personalised Home Exercise Programme
- Fitness Testing
- Regular Check-Ins with F4L Team
- WhatsApp Group for Peer Support
- Healthy Lifestyle Tips

### Expected Outcomes:

- Improved cardio-respiratory function
- Improved muscular strength
- Quicker return to Activities of Daily Living
- Increased Energy Levels
- Better Independence
- More Opportunities to Socialise
- Reduced Anxiety/Depression
- Improved Confidence
- Better Sleep
- Better Mood
- Improved Self-Esteem
- Return to Quality of Life

### How to Refer:

If you are a Health Professional and identify a patient who meets the eligibility criteria outlined above, simply complete a Fit 4 Life Referral Form and highlight in the comments section that the referral is for our Covid Recovery Programme. Send the form to our Maryport Office or Email and we will then contact the individual and book their initial assessment. There are 100 places available across our 3 centres and these are on a first come first served basis.

Tel: 01900 814782

Email: [dougie@fit4lifecumbria.org](mailto:dougie@fit4lifecumbria.org)

---

# FREE 1 Hour Online Information sessions

---

## Supporting childrens mental health and wellbeing

### For Parents & Carers



Mental Health



Self-harm



Suicide



---

We are aware more than ever that our young people's mental health is crucially important.

This hour long session delivered on Zoom is designed as an introduction for parents and carers or anyone who works with young people.

**To book your place visit:**

[www.every-live-matters.org.uk/training](http://www.every-live-matters.org.uk/training)

---

# Every life matters



# INSPIRA

**Course:** Careers In Construction (69 Hours)  
**Accredited Learning Provider:** Better Bodies  
**Venue:** Inspira Workington - Face to Face  
**Cut Off Date For Sign Up:** 11.06.2021  
**Course Start Date:** 14.06.2021/21.06.2021  
**Advisor:** Cath.porthouse@inspira.org.uk

**Course:** Business Admin (45 Hrs)  
**Accredited Learning Provider:** NCG  
**Venue:** Digital Via MS Team and Google Classrooms  
**Cut Off Date For Sign Up:** 11.06.2021  
**Course Start Date:** 14.06.2021/21.06.2021  
**Advisor:** Deborah.thompson@inspira.org.uk

**Course:** Careers In Security (69 Hrs)  
**Accredited Learning Provider:** Three Lions Security  
**Venue:** Three Lions Security - Face to Face  
**Cut Off Date For Sign Up:** 18.06.2021  
**Course Start Date:** 14.06.2021/21.06.2021  
**Advisor:** Rob.bright@inspira.org.uk

**Course:** Careers In Security (69 Hrs)  
**Accredited Learning Provider:** AJ Security Maryport  
**Venue:** AJ Security Face to Face  
**Cut Off Date For Sign Up:** 11.06.2021  
**Course Start Date:** 14.06.2021/21.06.2021  
**Advisor:** Deborah.thompson@inspira.org.uk

**Course:** Moving into an Apprenticeship/Traineeship - 45 Hrs  
**Accredited Learning Provider:** N/A  
**Venue:** Online Via MS Teams  
**Cut Off Date For Sign Up:** 14.06.2021  
**Course Start Date:** 17.06.2021  
**Advisor:** Deborah.thompson@inspira.org.uk

**Course:** Beginners ICT  
**Accredited Learning Provider:** N/A  
**Venue:** Inspira Workington  
**Cut Off Date For Sign Up:** 25.06.2021  
**Course Start Date:** 28.06.2021  
**Advisor:** Deborah.thompson@inspira.org.uk



### The Kooth Free Sessions Offer 2020/21

The Core Offer is available all year round to schools and services.

The Enrichment Offer is available only after delivery of Core Offer sessions. To book any sessions or to discuss any safeguarding questions that you may have, please email **Dez Wilson** at [Dwilson@kooth.com](mailto:Dwilson@kooth.com) or call **07930532639**

**Until further notice please note that all sessions are currently being delivered virtually in response to Covid-19.**

**Core Offer** - These sessions are available as the first engagement with Kooth.

Session Title	Session Description	Who it is suitable for	Duration
<b>Kooth Introductory Assembly</b>	A brief introduction to Kooth.com. Here, we show young people the range of resources available on the website, including how to access mentoring and counselling support.	This session can be delivered both in schools and local services, and can be adapted to suit all age groups.	15 - 20 mins
<b>Kooth Sign-Up Sessions</b>	An opportunity for young people to experience the Kooth site with a KEE, guiding them through the sign up process. This session is interactive and young people will need access to computers or tablets.	Any age group, but particularly beneficial for KS3. This session is also suitable for peer support/youth groups.	50 - 60 mins. This session cannot be delivered in less than 45 minutes.
<b>Kooth Staff Training Sessions</b>	Aims to help staff understand the details of the Kooth service to more confidently sign-post young people to Kooth, including a live site tour, safeguarding information and a Q&A.	All school staff, and any professionals who engage directly with young people.	45 - 60 mins.
<b>Parent/Carer Discover Kooth Session</b>	Provides wellbeing support tips and an insight to Kooth.com. This session aims to further parental knowledge of Kooth and encourage access to the service for young people.	All parents/carers	45 - 60 mins

**Enrichment Offer\*** Available following engagement with Kooth Core offer.

\*Can be offered to targeted groups of young people at school, college or service's discretion

Session Title	Session Description	Who it is suitable for	Duration
<b>Stress and Anxiety Session</b>	The session is designed to introduce the concepts of general stress and anxiety to young people. It encourages discussion around these points and offers support and resources on how to identify and manage both stress and anxiety.	Available for all age ranges.	60 minutes, can be delivered in two 30 minute sessions
<b>Year 6 Transition Session</b>	This session activity focused session is a general Kooth introduction for young people to support with common themes during their transition into secondary school.	Available for year 6 pupils.	45 - 60 minutes

SCROLL DOWN FOR MORE OPTIONS

Some things should be done alone  
Dealing with your mental wellbeing isn't one of them

Session title	Session description	Who is it suitable for	Duration
<b>Wellbeing Session</b>	This session highlights key wellbeing themes and looks at activities which support positive relationships with our personal mental well-being.	There are two sessions available: one tailored for staff and one for young people.  This session is suitable for peer support/youth groups.	45 - 60 mins
<b>LGBTQ+ Session</b>	This session covers what different terms mean under the LGBTQ+ umbrella, impacts on wellbeing, and ways to better support the welfare of LGBTQ+ young people.	Available for all age ranges.  This session is suitable for peer support/youth groups.	45 - 60 mins
<b>Self Care Session</b>	This is an interactive session involving group discussions on the relationships between wellbeing and self care, followed by a creative writing activity	Available for all age ranges.  Small group sizes are most suitable.	45 - 60 mins
<b>Young Carer Session</b>	This is an interactive session involving discussions on how young carers have been impacted by Covid-19, followed by a creative writing activity.	Available for all age ranges.  Small group sizes are most suitable.	45 - 60 mins



Some things should be done alone  
Dealing with your mental wellbeing isn't one of them

# KOOTH FREE SESSIONS OFFER

# ENDING ONLINE ABUSE - NSPCC

Online abuse is any type of abuse that happens on the internet. It can happen across any device that's connected to the web, like computers, tablets and mobile phones. And it can happen anywhere online,

including:

- social media
- text messages and messaging apps
- emails
- online chats
- online gaming
- live-streaming sites.

Children can be at risk of online abuse from people they know or from strangers. It might be part of other abuse which is taking place offline, like bullying or grooming. Or the abuse might only happen online.

A child or young person experiencing abuse online might:

- spend a lot more or a lot less time than usual online, texting, gaming or using social media
- seem distant, upset or angry after using the internet or texting
- be secretive about who they're talking to and what they're doing online or on their mobile phone
- have lots of new phone numbers, texts or email addresses on their mobile phone, laptop or tablet.

It can be difficult to know what to say and do if a child tells you they're being abused online. They might not realise what's happening is wrong. And they might even blame themselves. If a child talks to you about online abuse it's important to:

- listen carefully to what they're saying
- let them know they've done the right thing by telling you
- tell them it's not their fault
- say you'll take them seriously
- don't confront the alleged abuser
- explain what you'll do next
- report what the child has told you as soon as possible.

For parents and Carers:

- **Net Aware**
  - In partnership with O2. Your guide to the latest apps, games and social media sites kids are using.
  - Online safety advice
  - Whether you're an online expert or you're not sure where to start, our tools and advice will help you keep your child safe.
- **Parent Info**
  - A website for parents about life online.
  - ThinkUKnow
  - A website from National Crime Agency's CEOP Command about keeping children and young people safe on the internet.
- **UK Safer Internet Centre**
  - Promoting the safe and responsible use of technology for young people.
  - Internet Matters
- A site to help empower parents and carers to keep children safe in a digital world.

For children and young people:

- ThinkUKnow has age specific advice for children aged 4 through to teenagers.
- Own It is the BBC's dedicated site for helping young people with life online.
- How Childline can help
  - Childline also has lots of helpful advice on their website, on topics such as:
    - cyberbullying (online bullying)
    - bullying on social networks
    - building confidence after online bullying
    - emotional abuse
    - sexual abuse.
- Childline's Zipit app helps young people take control of their online chats.
- We understand how difficult it is for children to talk about online abuse. Whether it's happening now or happened in the past, Childline can be contacted 24/7. Calls to 0800 1111 are free and confidential. Children can also contact Childline online.

# NSPCC

ENDING ONLINE ABUSE - NSPCC - [HTTPS://YOUTU.BE/6FWOUJKZ1LO](https://youtu.be/6FWOUJKZ1LO)  
ANDY - INFLUENCING CHANGE - [HTTPS://YOUTU.BE/AWTSQEXLG7C](https://youtu.be/AWTSQEXLG7C)  
KATE - ADVISING PARENTS - [HTTPS://YOUTU.BE/UFLABX9J8XG](https://youtu.be/UFLABX9J8XG)  
REENA - SUPPORTING CHILDREN - [HTTPS://YOUTU.BE/T-50WQOVQZI](https://youtu.be/T-50WQOVQZI)



The National Youth Sector Census is now open and accepting responses.

We want to hear from all organisations and groups who deliver or support youth services and out of school activities to give us the essential information needed to invest in young people and out of school activities. The Census will inform policy-makers, service providers and funders as part of Covid-recovery and over the long term, to provide resources, training and opportunities across communities.

To complete the registration form, please follow the link below:

<https://nya.org.uk/national-youth-sector-census/#register-for-the-census>

Take a look at our upcoming events below! We have a number of Youth Work Tea Breaks coming up and the next exciting entry in our 'In Conversation With...' series.

Join us and Roy Smith in a closed session explore work with young people around democratic practice,

Event title	Date	Time	Link
Tea Break - Volunteer Week	08/06/2021	10:30-11:30	<a href="#">Sign Up Here</a>
In Conversation with... Roy Smith	10/06/2021	11:30-12:30	<a href="#">Sign Up Here</a>
Tea Break - RSE Explore	13/07/2021	10:30-11:30	<a href="#">Sign Up Here</a>
Tea Break - Global Youth Work	10/08/2021	10:30-11:30	<a href="#">Sign Up Here</a>
Tea Break - Sexual Health	14/09/2021	10:30-11:30	<a href="#">Sign Up Here</a>

*Stay in touch!*

*We are constantly looking to update our guidance and include new useful resources for the COVID-19 pandemic. Feel free to get in touch with us at [Network@nya.org.uk](mailto:Network@nya.org.uk).*

# HOLD THE DATE!

## Action for Health Network

Tuesday 08.06.2021 10.30am to 12pm

We are having a Get to Know Local Services meeting in June with presentations from:

- \* iCAN fitness
- \* CADAS - update on new Family Support Service in West Cumbria
  - \* Update from CHOICES project
  - \* COVID update from Citizen's Advice

## Mental Health Provider Forum

Wednesday 14.07.2021 10.30am to 12.30pm

Agenda includes:

- \* Carers & Patient Involvement Team @ CNTW
  - \* Update on services from Safety Net
  - \* Mental health cancer passport scheme
  - \* NEW Cumbria Pathways project

If you would like to present at the meetings or have ideas for speakers please contact: [claree@cumbriacvs.org.uk](mailto:claree@cumbriacvs.org.uk)

# NORTH AND WEST CUMBRIA

## Recovery College do you want to get involved?

Together We CIC, based in West Cumbria, have recently been commissioned to start developing a Recovery College for North Cumbria. The Recovery College will provide online and face to face mental health and wellbeing activities across the districts of Allerdale, Carlisle, Copeland (excluding Millom) and Eden. The Recovery College is all about Co-production so all your ideas and thoughts will be warmly welcomed.

Together We are looking for partners who are interested in helping to deliver activities and services. If you are interested in becoming part of the course provision at the new North Cumbria Recovery College? Please complete a Expression of Interest Form. EOI's need to be returned to Janine by the 30th June 2021  
[janine@ncrecoverycollege.org](mailto:janine@ncrecoverycollege.org)

Please contact: [janine@ncrecoverycollege.org](mailto:janine@ncrecoverycollege.org) for a EOI form.

## Dementia Café

The Copeland Age and Advice service have announced their new Dementia café, which will run fortnightly. The next session will run on Tuesday 1st June. The sessions will include coffee, cake, chat, games, and a variety of reminiscence activities. To find out more and book your place, either call 01946 552166 or email [referrals@caasteam.com](mailto:referrals@caasteam.com). Please note that there are limited spaces due to Covid-19 restrictions.





# ALL OVER CUMBRIA



## Cumbria County Council Safeguarding Adults advice mailbox

The Safeguarding Adults Service in Cumbria County Council now have a dedicated mail box which can be used by partner agencies and organisations to seek specialist advice and support with specific cases or safeguarding issues.

There may be occasions where staff or organisations are unclear on issues relating to safeguarding and would find it helpful to have a discussion, seek advice or clarify what steps need to take place.

The mailbox: [SafeguardingAdults@cumbria.gov.uk](mailto:SafeguardingAdults@cumbria.gov.uk) is monitored during office hours only, Monday to Friday and responses will ordinarily be within 48 hours.

For more information follow this link:

<https://content.govdelivery.com/accounts/UKCCC/bulletins/2d7e1a8>

<<https://content.govdelivery.com/accounts/UKCCC/bulletins/2d7e1a8>>

## Guidance for owners and operators of urban centres, public spaces and managing playgrounds and outdoor gyms

MHCLG has updated the guidance for owners and operators of urban centres and green spaces to help social distancing to reflect the further easing of national restrictions which came into effect on 17 May.

MHCLG also updated the guidance for owners and operators of playgrounds and outdoor gyms and the Department for Environment, Food and Rural Affairs (Defra) updated the guidance for using green spaces safely to reflect England moving to step three of the roadmap.

### Guidance for the safe use of multi-purpose community facilities

MHCLG has updated the guidance for those managing community centres, village halls and other community facilities on safely re-opening to reflect the further easing of national restrictions.

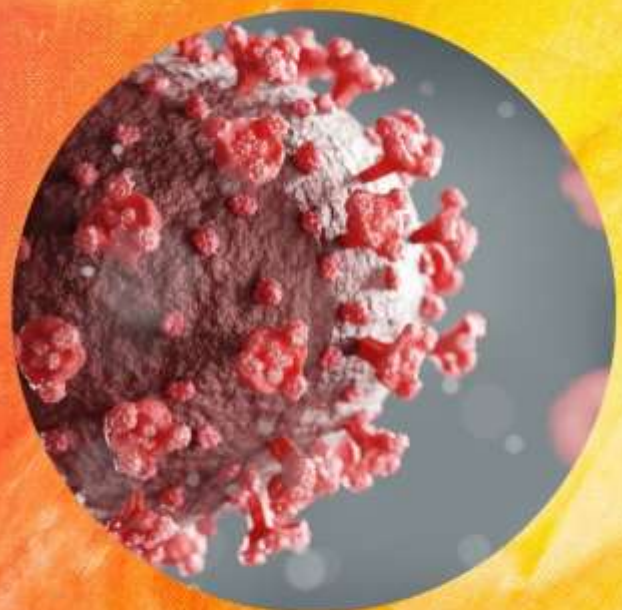
Please follow the links below for more info:

<https://www.gov.uk/government/publications/covid-19-guidance-for-managing-playgrounds-and-outdoor-gyms>

<https://www.gov.uk/guidance/coronavirus-covid-19-advice-on-accessing-green-spaces-safely>

<https://www.gov.uk/guidance/safer-public-places-urban-centres-and-green-spaces-covid-19>

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-safe-use-of-multi-purpose-community-facilities>



Come and meet HARRI near you!



Health  
Advice  
Recovery  
Resilience  
Information

HARRI is our health and wellbeing engagement vehicle, with it we are able to travel around Lancashire and South Cumbria to talk with the local communities and individuals.

On board:

- We engage with you; to share our ideas and plans for the future and to gain insight into what your need are.
- We offer simple signposting, advice and guidance to offer the right help at the right time in the right place for you.

On board there will be a mixed group from within the NHS and beyond, which will enable us to offer you a wide range of information on many of the issues you may be facing, such as job advice, quit smoking, diabetic DESMOND, Steady On, My Place, Lancashire Victims support job advice and much more. The vehicle includes a private consulting area with disabled access.

People can visit HARRI at various locations and events throughout the year in Lancashire. For HARRI's schedule, see the reverse of this leaflet or Lancashire Care Face book and twitter accounts for the latest updates.

HARRI is one of the many ways Lancashire Care NHS Foundation is using to reach out to communities to promote positive aspects of mental health and wellbeing.

We hope to see you with HARRI soon



# Meet HARRI

The Health and  
Wellbeing Vehicle



We are  
LSCft

experience.team@lancashirecare.nhs.uk

01772 773489

**NHS**  
**Lancashire &  
South Cumbria**  
NHS Foundation Trust

Venue/Event	Date	Times
Leyland Market Northcote St, <b>Leyland</b> PR25 2AA	Tues 6 <sup>th</sup> April 2021	10.00 – 3:00
Bickerstaffe Square, Taibot Road, <b>Blackpool</b> , FY1 3AH	Thurs 8 <sup>th</sup> April 2021	10:00 – 3:00
Morrison Central Drive, <b>Morecambe</b> LA4 4DA	Tues 13 <sup>th</sup> April 2021	10:00 - 3:00
Eamse Bay car park, <b>Barrow-in-furness</b> , LA14 3XZ.	Thurs 15 <sup>th</sup> April 2021	10:00 – 3:00
Little harwood health centre car Plane Tree Rd, <b>Blackburn</b> BB1 6PH	Tues 20 <sup>th</sup> April 2021	2:00 – 4:00
Morrison Pendle St, <b>Nelson</b> BB9 7TX	Fri 23 <sup>rd</sup> April 2021	10:00 – 3:00
<b>Dalton-in-Furness</b> venue TBC	Sat 24 <sup>th</sup> April 2021	10:00 – 3:00
Tesco Liverpool Road North Burscough Bridge, <b>Ormskirk</b> L40 0SA	Tues 27 <sup>th</sup> April 2021	10:00 – 3:00
Lytham Primary Care Centre. Victoria St <b>Lytham</b> . FY85DZ	Thurs 29 <sup>th</sup> April 2021	10:00 – 3:00

Call us on 01772 695 365 to speak to one of our friendly support team

Email us at [HARRI@lancashirecare.nhs.uk](mailto:HARRI@lancashirecare.nhs.uk)

[@HARRILSCFT](https://twitter.com/HARRILSCFT)

[@LancashireCare](https://www.facebook.com/LancashireCare)





OF COURSE  
YOU CAN

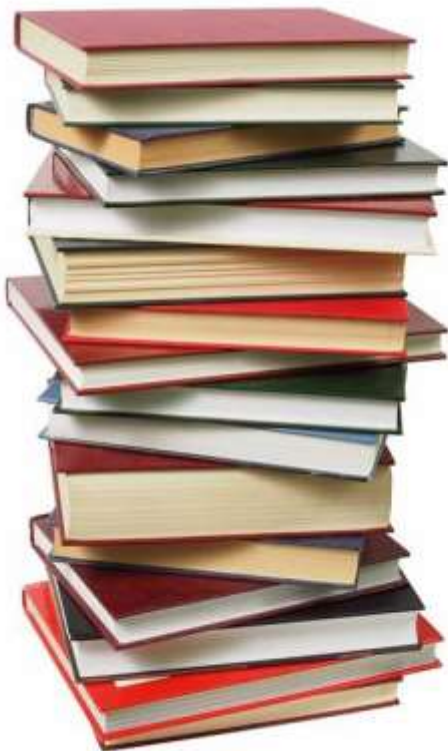
THIS IS WHERE IT STARTS >>

**OPEN DAY**  
**SATURDAY**  
**26TH JUNE**  
CHANNELSIDE CAMPUS  
**10AM - 2PM**

Plan your new future and get involved in our fun and informative open day! Explore our fantastic 247 million campus, meet our expert tutors and discover your course - from A Levels to BTECs and exciting new T Levels. We're excited to finally see you face-to-face!

Thinking about  
further  
education?  
Check out the  
open days in

For more info or to register your interest visit:  
[furness.ac.uk/open-day](https://furness.ac.uk/open-day)



Experience  
**BARROW  
SIXTH**

YEAR 11 TASTER EVENT



# What's happening in Barrow -In-Furness



**KALEIDOSCOPE**  
**Q** **U**  
**T** **P**  
**O** **P**  
**+** **O**  
**R**  
**T**

A safe space for our adult  
LGBTQ+ community to meet.  
Every Wednesday 7pm-9pm  
22A Duke Street  
Barrow-in-Furness  
LA14 1HH  
Contact us on 01229812888  
drop\_zone@btconnect.com



## **BAFTA**

### **Barrow Action for Trans Awareness**

### **#SHOWYOU CARE**

Barrow Action For Trans Awareness (BAFTA) is a social action project funded by the #Iwill campaign and designed by our LGBTQ+ youth group here at Drop Zone Youth Projects. The aim of our BAFTA awards is to celebrate organisations that go above and beyond to support gender inclusivity in the Furness area.

To be recognised for your commitment to gender acceptance, you can make your pledge today! By pledging to look at ways to progress your policies and better support members of the LGBTQ+ community, we promise to promote your business and the wonderful work you are doing through our social media platforms.

Our LGBTQ+ youth have expressed a need to feel welcome and equal when accessing local services; using our BAFTA charter you can identify new ways to achieve this. We will be supplying helpful resource packs including merchandise and window stickers to all of the organisations who sign up and adding your organisation/business name to our roll of honour. We will be awarding 3 BAFTA awards to an organisation, small business, and an individual who we feel has shown an outstanding contribution to gender inclusivity.

To sign up or for further information please contact Sue Johnson or Courtney Beech at Drop Zone on drop\_zone@btconnect.com or 01229 812888.



Telephone – 01900 603131

Registered Charity Number – 1079508

Registered Company in England and Wales Number – 3819033

Registered Address:

Cumbria Youth Alliance

Town Hall Community Hub

Oxford Street

Workington

CA142RS

# Cumbria Youth Alliance

