



January Newsletter

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Welcome to our January Newsletter



Happy New Year to you all from the team at Cumbria Youth Alliance

I hope everyone managed to stay safe and enjoy the best possible Christmas and New Year, given the current circumstances.

2021 is yet another very challenging start with full lockdown and the huge consequences that this has for everyone. We must support one another; collaboration and partnership working has never been more important to ensure our member organisations survive this critical time and are well placed to support all our young people in and beyond lockdown.

I can positively report that Cumbria Youth Alliance has signed the Youth Futures Foundation Grant Offer Letter and are now engaging with Youth Futures Staff to successfully implement the Project Milestones which will address youth unemployment. This forms the platform of further positive conversations with key partners to ensure Infrastructure sustainability and scalability of CYA.

Additionally, as a delivery partner we are very pleased to announce that CYA will lead the Cumbria County Council pilot project Positive Role Model Support in Copeland.

We are awaiting news to share with you about the opportunity to provide Youth Work qualifications to Member organisations.

We continue to support young people within the current lockdown guidelines and recognise this is not the service we want to provide for young people and look forward to the important interaction and engagement with individual young people who all face their own unique challenges, which we can support and work with them in order to enable them to reach their full potential.

Please stay safe and I look forward to working with you all in 2021.

Becky Wolstenholme
CEO Cumbria Youth Alliance

Active Cumbria Survey

Dear Colleague,

Even in these most unprecedented of times, we at Active Cumbria are keen to improve the service we provide to our partner organisations. As a key partner, we would be grateful if you could take a few minutes to complete our Annual Survey, which asks a few key questions that will really help us continue our mission to improve the services we provide.

The results of the survey will help us in our planning for the coming year, and will also help identify areas that need further development.

The survey is designed to:

- Help us understand the needs of our key stakeholders;
- Provide information that ensure our services meet the needs and expectations of people that use them

This link is uniquely tied to this survey and your email address. Please do not forward this message. The [survey can be found here](#) and will take around 10 minutes to complete.

Your views are important to us so can I thank you in advance for taking part in this survey, which will be open until **Friday 29 January at 5.00pm**.

With best wishes, Richard Johnston, Senior Manager (Operations) Active Cumbria

Support CYA via 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.

Leaving Care Transitions Project

Highlights from our Leaving Care Transitions Project here at Cumbria Youth Alliance

The Leaving Care Transitions project had a great year through 2020. Despite moving through a Global pandemic, we were still able to offer a fantastic service to our Young People.

Over this last year we have supported 72 Cumbrian young people through the transitions project. In total we have worked with 48 males and 24 females between the ages of 15-24, 14 of these young people have additional support needs or learning difficulties.

Outcomes for Cumbria's Looked after and leaving care young people through this project in 2020:

- 14 x Young People into College/further education
- 10 x Young People into Employment
- 13 x Young People completed vocational training.
- 1 x Young Person started University.
- 23 x Young People attended Emotional Resilience sessions
- 4 x Young People started volunteering.
- 3 x Young People sustained school placements.
- 24 x Young People completed online modules with us.
- 7 x YP completed all 6 steps on Stepladder and put money into their ISA for when they are 18.

In addition, we have also developed a weekly newsletter that is distributed to all Looked after and leaving care young people aged 14-24. This promotes activities in their local areas, opportunities and offers support to young people in need.

We also started a weekly virtual quiz and social for the young people to join to get peer support, advice and guidance from keyworkers, tackle feelings of isolation and loneliness. This has been very well received and will continue this year.

We are currently working on a Leaving care web portal that will be accessible through our website. This is for any Looked after or Leaving care young person to access and find resources on Independent Living, Employability skills, online learning, their entitlements as a care leaver and support and advice.

If you would like to know more about this project and how it can support young people in care or leaving care, then contact Cat@cya.org.uk

If you would like to receive the weekly newsletter then again contact Cat@cya.org.uk to be added to the distribution lists. Thanks to our various funders for their help and support these include:

- Lloyds Foundation
- Share Foundation for their support with Step Ladder Programme
- The Police and Crime Commissioner for Cumbria
- Emotional Resilience Project
- Four Acre Trust
- Sir John Fisher
- Frances C Scott Charitable Trust

Catherine Hawkes, Project Manager at Cumbria Youth Alliance

Carlisle and Eden Dreamscheme

This has been the second year that Cumbria Youth Alliance Dreamscheme has been run in Carlisle and Eden and has built well upon a successful first year.

However, due to lockdown some projects being planned early in the year have not yet completed. Others have come forward after lock down and have been supported in their effort to resume activity. All groups taking part have undergone a governance health check to establish that all policies and procedures are in place along with insurance. The groups have been given information about free training on offer and support with governance and fundraising etc.; several have taken up our offer to do the SQP quality assurance certification offered free by CYA.

Some examples of successful projects:-

- Eden Mencap had funding for a lawnmower to cut the lawns of elderly and disabled residents in Penrith
- Newton Rigg forestry group had funding for equipment to carry out an environmental clear up and planting of new trees and shrubs at Clifton
- CHOFHS youth group had funding for their activities as part of a cultural music and dance event in Brough
- Eden Youth Council worked with 'Ignite', and four local schools to organize a music and poetry event at The Gathering in Penrith
- Euphoric Circus organised an event in Penrith, demonstrating some of the skills the young people have learnt, and also ran the Appleby Fire and Light event as a zoom webinar
- Students from Newton Rigg College mentored young people from Beacon Hill School enabling them to take part in the 'Cumbrian Award'
- PinC has planned and organised costumes and props to rehearse for a Pride play/event
- People First had funding for an accessible camera, used by disabled young people to make educational videos
- 'Realising Our Potential' disability group had funding for tools, community gardening and other volunteering, enabling 27 disabled people to achieve ASDAN accredited awards.
- Blue jam ran successful jazz webinars and are now planning a drumming workshop
- CADAS brought in a group of young people from NCS to design leaflets which went into bags to be distributed to 5000 young people via schools in Carlisle and Eden
- The Studio in Morland has a group of young people planning willow sculptures as part of a local winter festival

Dreamscheme's combination of volunteering, social action and enterprise skills and accreditation is a unique opportunity for young people to participate in community-based activity, learning and achieving self-development for themselves and their team. The social action projects were based upon identified need, within their community the need was seen for elderly residents to have their grass cut, walls that were in need of painting etc.

Young people report developing understanding improvements to their skills and self-confidence while learning to take part in voluntary extra-curricular activity which benefits their community. Young people learned to plan, cost and manage activities themselves. Having planned and budgeted for their activity, they presented to have the project and expenses approved. They planned and carried out the timeline and practicalities and communicated with others and represented their group in negotiations.

The groups of young people learned to take responsibility for decision making, planning, budgeting, often for the first time; this led to increased confidence and emotional resilience. This project has engaged young people in a different way, encouraged them to work together as a team, communicate, plan, deliver evaluate a small project with community benefits. At the heart of the programme has been the message: "Put something into your community and get something back".

Dreamscheme from Cumbria Youth Alliance is available now in all 6 areas across Cumbria so if you want to know how your group of young people can get involved please contact Juan@cya.org.uk



CYA Job Vacancy



Do you have social media and website skills? Fancy being apart of our CYA Team?
Then this could be the job for you!

Cumbria Youth Alliance are seeking to appoint a young person to take a lead on our social media, communications, and website. This will help raise our profile and reach our very varied customer base and our supporters and funders.

For the full job description and more information contact Cat Hawkes via email at catherineh@cya.org.uk



Gaming Addiction Course



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

Other News From Cumbria and Beyond

Many youth work organisations facing closure in 2021 (Guardian Newspaper)

England faces a wholesale closure of youth organisations, leaving a generation of vulnerable young people without life-changing support, according to research. Almost two-thirds of youth organisations with incomes under £250,000 say they are at risk of closure, with 31% saying they might have to shut in the next six months. The forced withdrawal of support officially recognised as “essential” comes at a time when the pandemic has left more than 1.5 million vulnerable young people in critical need of help, the research by the charity UK Youth found.

The full article is available on the Guardian website at:

www.theguardian.com/uk-news/2021/jan/03/youth-organisations-in-england-face-wholesale-closure

Theatre by The Lake (TBTL) - an opportunity for young creatives

I'm supporting TBTL with their communications of their 2021 programme, including the Youth Theatre Workshops, Which is now going online.

Going online means that young creatives from all over Cumbria can join in relaxed fun activities from home with no travel time or costs. (There are a few bursary places available to cover fees).

Could you help to spread the word?

They will take part in a series of fun activities from their home whilst among good company and exploring theatre-making and a life in the theatre.

It doesn't matter if they are totally new to acting, writing, or design or already part of the school theatre or writing group – they may even have their first script, song or soliloquy drafted in their pocket, these workshops will help them sharpen their ideas and understand how we create the magic of theatre.

Curated and led by Cumbrian theatre director Lexie Ward, workshops include: Tatty Hennessy, playwright; Kash Arshad, Oscar Toeman and John Wilkinson, directors; Chi San Howard, movement director and Cory Shipp, designer.

Eight weekly sessions, starting on Mondays 8 February – 29 March, cost £48 for the series of sessions. They'll just need a computer or smart phone and internet connection and no other equipment that you wouldn't be able to find about the house.

Booking is essential as this will be a small group of about 20:

<https://www.theatrebythelake.com/event/youth-theatre/>

A limited number of bursaries are available, for more information contact claire.dunk@theatrebythelake.com

Free, Friendly and Fun! Community Learning and Skills

*Mystified by your child's schoolwork?
Stuck for ideas?
Feeling a bit rusty in Maths and English?*

Lockdown means home-schooling is back but help is at hand for parents and families in Cumbria.

The Community Learning and Skills Family Learning Team are keen to support families with home-learning, with their exciting and varied offer of free, short, online "Family Learning Quick-Skill" courses, all packed with ideas and activities.

Details of all courses and how to enrol can be found online at: <https://adultlearning.cumbria.gov.uk/subjects/family.asp>

Alternatively contact your local centre to have a chat with one of our friendly staff:

Allerdale: alderdaleclas@cumbria.gov.uk / 01900 706023

Barrow: barrowclas@cumbria.gov.uk / 07867 182841

Carlisle: carlisleclas@cumbria.gov.uk / 01228 227304/305

Copeland: copelandclas@cumbria.gov.uk / 01946 506416

Eden: edencclas@cumbria.gov.uk / 07468 709606

South Lakeland: southlakelandclas@cumbria.gov.uk / 01539 713257



CORONAVIRUS (COVID-19) UPDATE

**ALLERDALE &
COPELAND**

**Issue 20
11 January
2021**

Newsletter for the Allerdale and Copeland Area

This is the twentieth edition of the joint Allerdale and Copeland newsletter which is a weekly newsletter aiming to give information, advice, guidance and details of useful contacts during these challenging times during the Covid-19 pandemic. Updated information is also available on the Cumbria County Council website: <https://cumbria.gov.uk/coronavirus/>



Guidance on volunteering during lockdown from NAVCA

An initial summary of what the [national lockdown](#) means for volunteering in England the outlined steps we will be taking to update guidance on GOV.UK relating to volunteering is listed below. There is separate guidance on coronavirus in [Scotland](#), [Wales](#) and [Northern Ireland](#).

Volunteering from home/outside the home

- People must volunteer from home, unless it is not reasonably possible for them to do so.
- If they cannot volunteer from home, people can volunteer outside their home, provided they do not need to [self-isolate](#) for any reason, and follow [social distancing guidance](#), or [COVID-secure guidance](#) if volunteering in a workplace.
- This also applies to [clinically vulnerable people](#).

Clinically extremely vulnerable people

- [Clinically extremely vulnerable](#) people should be supported to volunteer from home, and should not volunteer outside their home.

Travelling to volunteer or while volunteering

Where they are unable to volunteer from home, people can travel to volunteer or while volunteering in England. While travelling, they should:

- where possible, stay local – meaning avoiding travelling outside of their village, town or the part of a city where they live, unless absolutely necessary
- walk or cycle if they can – where that is not possible, use public transport or drive
- plan ahead and avoid the busiest routes, as well as busy times.
- follow the [safer travel guidance](#).

Volunteering in groups

- While volunteering, people can meet in groups of any size, indoors or outdoors.
- Formal support groups are exempt from gathering restrictions up to a limit of 15 participants (aged 5 and older), however there is no limit on the number of volunteers. For, example, 10 volunteers could support a group of 15 participants.

Volunteers in critical roles who can access schools or educational settings

- Volunteers classified as being in [critical worker roles](#) are allowed to send their children to school or other educational settings.

Accommodation

- Accommodation such as hotels, B&Bs, campsites, holiday lets and guest houses, which are otherwise ordered to close, are permitted to open for people who need to stay for volunteering purposes.

Next steps; GOV.UK guidance on how volunteering can be done safely and effectively will soon be updated in line with the national lockdown restrictions. This includes guidance for [‘formal’](#) and [‘informal’](#) volunteers, and for [volunteer-involving organisations and groups](#).

Youth Workers Get Key Worker Status

By Fiona Simpson, National Youth Agency : Youth organisations have praised a move to confirm youth workers as key workers during the third national lockdown.

Youth workers currently holding or actively training for National Youth Agency (JNC)-recognised qualifications are classified as key/critical workers in the context of the Covid-19 pandemic," a letter from the NYA and Department for Culture, Media and Sport states.

- [Interview: Kathryn Morley, OnSide chief executive](#)
- [Youth jobs crisis: schemes set up to help young people find work](#)

This means youth workers are now listed under the "key public services" and "local government" categories as either charity workers/volunteers or local authority staff/volunteers delivering key frontline services. This will enable workers to travel to and from work and deliver services for vulnerable young people despite tightened restrictions due to a spike in coronavirus cases across the UK. "This status applies for all workers who are actively delivering youth sector activity and youth work that is Covid secure and permitted in regulations in line with National Youth Agency guidance," the letter adds.

Leigh Middleton, chief executive at the NYA, hailed the change to guidance as a "huge step in recognising the vital role and specialist skills that youth workers have, ensuring young people are supported during the pandemic".

"It makes clear the importance of their frontline work now and as we prepare for Covid-19 recovery in the months – and years – ahead.

"As key workers seen to be providing an essential service, it gives a great boost to the professional status of qualified youth workers, and to up-skill all who work with young people. We are delighted this includes all those students and youth workers who are working towards NYA qualifications, and further supports take-up of the Level 2 and 3 bursaries for youth work training," he said.

Organisations and youth workers celebrated the change of status on Twitter.

Youth Work and Community Development wrote: "Brilliant! Recognising the crucial role youth work can have within communities/society, especially in challenging and difficult times."



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.

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