

# March Newsletter

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

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# Welcome to our March Newsletter



Welcome to the March 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)

## Cumbria Youth Alliance awarded grant by Youth Futures Foundation



We're thrilled to announce our partnership with Youth Futures Foundation helping to realise our common ambition for all young people to be able to access and keep quality jobs



We are delighted to announce that we have been awarded a Development grant by the Youth Futures Foundation. The **£165,300** award will support the organisation in its work to deliver **First Steps to a Sustainable Future** to 150 young people (aged 16 – 24 years). Supporting Cumbria Youth Alliance with a fully developed and agreed delivery model so that Youth Futures Foundation can assess overall impact of the programme upon its completion.

The Youth Futures Foundation was established to find, fund, support and evaluate programmes which help young people to move into meaningful work. Unemployment amongst 16-24-year olds is currently four times as high as any other age group; those from the most disadvantaged backgrounds face the biggest challenge in getting a job.

Youth Futures Foundation's Chief Executive, Anna Smee, commented:

***“We are delighted to support Cumbria Youth Alliance in their work on First Steps to a Sustainable Future. Youth Futures Foundation is committed to a society where all young people have equitable access to good quality jobs, by identifying ‘what works’, investing in good practice and initiating new ways of working – to ignite systems change. This partnership will support our ambitions and help to deliver our vision.”***

Becky Wolstenholme, CEO at Cumbria Youth Alliance said:

***“The partnership with Youth Futures Foundation is perfect timing for CYA, providing the platform for our organisation to build upon the fantastic support we provide the most vulnerable and disadvantaged young people in Cumbria. We are excited to be in partnership with Youth Futures to support the most marginalised young people overcome the challenges they face to moving into meaningful work. With established partners and with a restructuring of the organisation, we will improve the Infrastructure support throughout Cumbria, strengthen and embed the positive journey for every young person we work with to enable them to reach their full potential.”***

## National Youth Agency - COVID Guidance Version 5

Version 5 of the NYA COVID Guidance document is now available for the sector to read and digest. The document lays out the implications of last week's Roadmap announcement on the Youth Sector. We have altered our Readiness framework to match the restrictions and allowances of each step of the new roadmap, please read through the full document to properly digest all changes.



**These changes will begin to come into effect on Mon 8th March 2021**

[Watch Latest Guidance Webinar](#)

[View / Download Guidance document here \(pdf\)](#)

Note: The National Youth Agency [guidance@nya.org.uk](mailto:guidance@nya.org.uk) inbox is available if the above document and livestream do not answer your COVID-19 enquiries.

## Training & Support Offer - FREE for a limited time

Take advantage of our FREE Training and Support Offer for organisations, staff and volunteers working with children and young people in Cumbria. Funded by Cumbria County Council through our Infrastructure contract and F C Scott Charitable Trust.



### Using Digital Services in Youth Provision:

A live webinar with the National Youth Agency on using digital services in youth work on the 24th of April. Looking at various ideas and tools to use in your service. Contact [cath@cya.org.uk](mailto:cath@cya.org.uk)

### ACES – Understanding Adverse Childhood Experiences:

Essential training as we move into recovery -gives you and understanding of how these adverse experiences impact on the lives of young people. Contact [katie@cya.org.uk](mailto:katie@cya.org.uk)

### Gaming Addiction:

Understanding more about gaming addiction and supporting young people impacted by this. Contact [katie@cya.org.uk](mailto:katie@cya.org.uk)

### Supporting Young people with a Gambling addiction:

Understanding how this happens and how it can dominate the lives of young people. Contact [katie@cya.org.uk](mailto:katie@cya.org.uk)

### Mental Health:

Access to a range of shorter courses to help you gain the skills and knowledge to support young people with poor emotional resilience- they range from Family Resilience, Mind and Body, Mental Health First Aider and Becoming a Mental Health Champion. Contact [katie@cya.org.uk](mailto:katie@cya.org.uk)

### Working with Young People with additional support needs:

A range of short courses ranging from Supporting people with Autism to Supporting young people with Asperger's and Understanding people with learning disabilities to help you make your youth provision more accessible to all young people. Contact [katie@cya.org.uk](mailto:katie@cya.org.uk)

### Workplace Compliance:

Safeguarding, Health and Safety, Dealing with Difficult and Challenging Behaviour and Food Hygiene. Contact [Katie@cya.org.uk](mailto:Katie@cya.org.uk)

### Support for Organisations:

Fundraising Training via webinar – help to source funding and checking bids etc. Governance Training-trustee training and a free governance health check. Gain a Quality Mark for your work with young people and embed a distance travelled model like Outcomes Star. Contact [Juan@cya.org.uk](mailto:Juan@cya.org.uk)

### Coming soon:

Level 2 Youth Work Principles in partnership with the National Youth Agency at a much reduced price of only £100 per candidate

## Meet CYA's New Recruits



# Chelsea Reynolds

Marketing and Communications Officer

My name is Chelsea Reynolds, I have been employed by Cumbria Youth Alliance as Marketing and Communications Officer. My aim is to improve CYA's online presence and create a stronger brand image online. This, I hope, will give CYA more exposure which will attract more young people toward the amazing schemes and programs CYA have to offer. What CYA do is important and I want to give them the best opportunity to reach out across the whole of Cumbria. I am excited for this opportunity and feel very honoured to working alongside people that are helping the youths of the county I grew up in. The support I have received throughout my time at CYA has been incredible and I look forward to what the future has to offer throughout my time here.

My employment with CYA has been funded by The Rank Foundation whose aim is to improve the lives of people and their communities. To do this, The Rank Foundation encourage leadership and innovation opportunities. I hope that my role at CYA will innovate the way CYA market themselves and create better exposure opportunities for them going forward.



# Katie Tyson

Project Officer

My name is Katie Tyson, and I have been employed as a Project Officer working on the Gaming Addiction Project. I will be delivering a course to young people in schools, providing them with the knowledge and understanding of Tackling Gaming Addiction, what it is, what the risks are and how to prevent it from becoming a problem. I also spend some time working on the Emotional Resilience Project.

I was part of the Choices program in 2018. My first impression was that it would just be another one of those organisations that gave minimal effort and tried to throw you into work as soon as they could, but I could not have been more wrong. The support I received through the entire program was overwhelming, the whole organisation stepped in to help and I wouldn't be where I was today without Cumbria Youth Alliance. They have well and truly changed my life. I'm grateful that they have now given me the opportunity to be a part of their team and help others who are in a similar position to what I once was.

I hope that in the future I can give that support to others that Cumbria Youth Alliance gave, and still continue to give to me.

## CYA Vacancies – Employability Link Workers

Cumbria Youth Alliance is seeking to appoint 1 x full time and 2 x part time employability Link workers to support 18- 24-year-olds into employment, education, or training. They would be part of the new Youth Futures Programme being delivered across Copeland and Allerdale. They will help develop and deliver a new model focused on young people's individual aspirations, removal of personal barriers to progression, develop links and networks with local businesses and partner organisations with the view to sustainable employment / training opportunities. [Download the full job description>](#)



Cumbria Youth Alliance



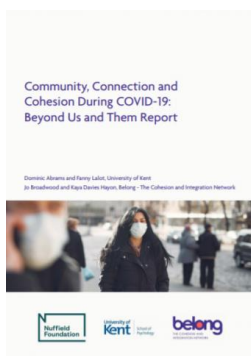
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### JOB DESCRIPTION & PERSON SPECIFICATION

<b>JOB TITLE:</b>	1x full time & 2 x part-time Employability Link Worker
<b>REPORTS TO:</b>	Youth Futures Manager in Cumbria Youth Alliance
<b>LOCATION:</b>	Allerdale and Copeland
<b>CONTRACT:</b>	minimum 10-month fixed term contract
<b>HOURS:</b>	FT – 37.5hrs PT – 18hrs
<b>Salary</b>	£24,000 pro rata with stakeholder pension + mileage allowance

## New reports that will be useful for you

### Community, Connection and Cohesion during COVID-19



'Community, Connection and Cohesion During Covid-19: Beyond Us and Them Report' is the latest report from the Belong Network, looking at the effects of COVID-19 on social cohesion. Trust in government, optimism about the future, a sense of neighbourliness and individual wellbeing are all explored alongside wider comparisons of areas that invested in social cohesion ahead of the pandemic against those that did not, and the outcomes for people living there.

You can [read the report here](#).

### The impact of COVID-19 on England's youth organisations



A new publication from UK Youth reports that COVID-19 is having a significant, negative impact on young people and 66% of participating youth organisations are experiencing an increase in demand for their services. The charity's research also found that 20% of youth organisations are temporarily closed or preparing to permanently due to financial implications of the pandemic.

Find out more about the research in the executive summary, by [clicking here](#)

## Other News From Cumbria and Beyond

### NEET Support Programme (NSP)



#### North Allerdale Development Trust NEET Support Programme (NSP)

North Allerdale Development Trust are delighted to announce their new **NEET Support Programme (NSP)** in partnership with 'Where Poppies Grow' Ltd, **Film Studio** in Carlisle. Based in a **working** film studio NSP offers a **unique hands-on work experience** programme for 16 – 24yr olds who are out of education, employment, or training.

NSP runs one day a week, young people will participate in practical tasks relating to the everyday work schedule of a film studio, for example, construction of scenes and painting. This provides the young people with an insight into the different employment opportunities that would be available in such an environment.

NSP offers young people the experience of a non-formal learning environment through experiential learning. It encourages peer to peer support amongst the young people improving communication skills, promoting leadership, responsibility, wellbeing whilst expanding their life skills through practical means. NSP provides an alternative option to help prevent a young person becoming long term NEET.

NSP focuses on removing the barriers that exist to a young person's employment or training aspirations, they will be supported both emotionally and practically. The young people will learn to recognise and identify their strengths, build their confidence and feel supported in formulating a career plan that sets them on track to progress more positively into the world of employment, further education or training.

Young people often have a lack of work experience and many can also face a variety of challenges, often overlapping, that have prevented them from gaining the most out of their education and taking the next step successfully. By providing practical work experience and structure through NSP, young people's self-esteem and self-belief will build giving them more aspirations for the future.

NSP starts 19th March 2021 (Friday), 10am -3pm at Kingmoor Park Carlisle.

Our referral form is available on request via email.

**Contact Information: Email: [info@nadtcommunity.com](mailto:info@nadtcommunity.com)**

**Telephone: 016973-44555**

**Website: <http://www.nadtcommunity.com>**

## Vacancy: Communications and Fundraising Officer



| Working for wellbeing

Communications and Fundraising Officer  
£8571 per annum (£25k FTE)  
12 hours per week  
Based in South Lakeland (location to be confirmed)  
Initial 1 Year Contract

Are you looking for an opportunity to raise awareness and understanding of mental health and to support the establishment of a new charity?

Do you have experience of managing websites and social media accounts, organising campaigns and events and of generating income from community fundraising and charitable trusts?

Well Minds is a new charity that is supporting young people (age 12 to 25) in South Cumbria to improve their wellbeing.

We are seeking a Communications and Fundraising Officer to work with trustees, staff, volunteers and partners to promote opportunities to improve wellbeing and generate new income for our counselling service and wellbeing programme.

To find out more about this exciting opportunity please email [info@wellminds.org.uk](mailto:info@wellminds.org.uk) or call David Beuzeval on 07768 901384

**Applications should be submitted by 5pm on April 12<sup>th</sup> and interviews will be held via zoom on April 19<sup>th</sup>.** Appointment will be subject to references and DBS checks.

**Psychological First Aid for Children and Young People Course**  
Public Health England is offering a **Psychological First Aid for children and young people** e-learning course.

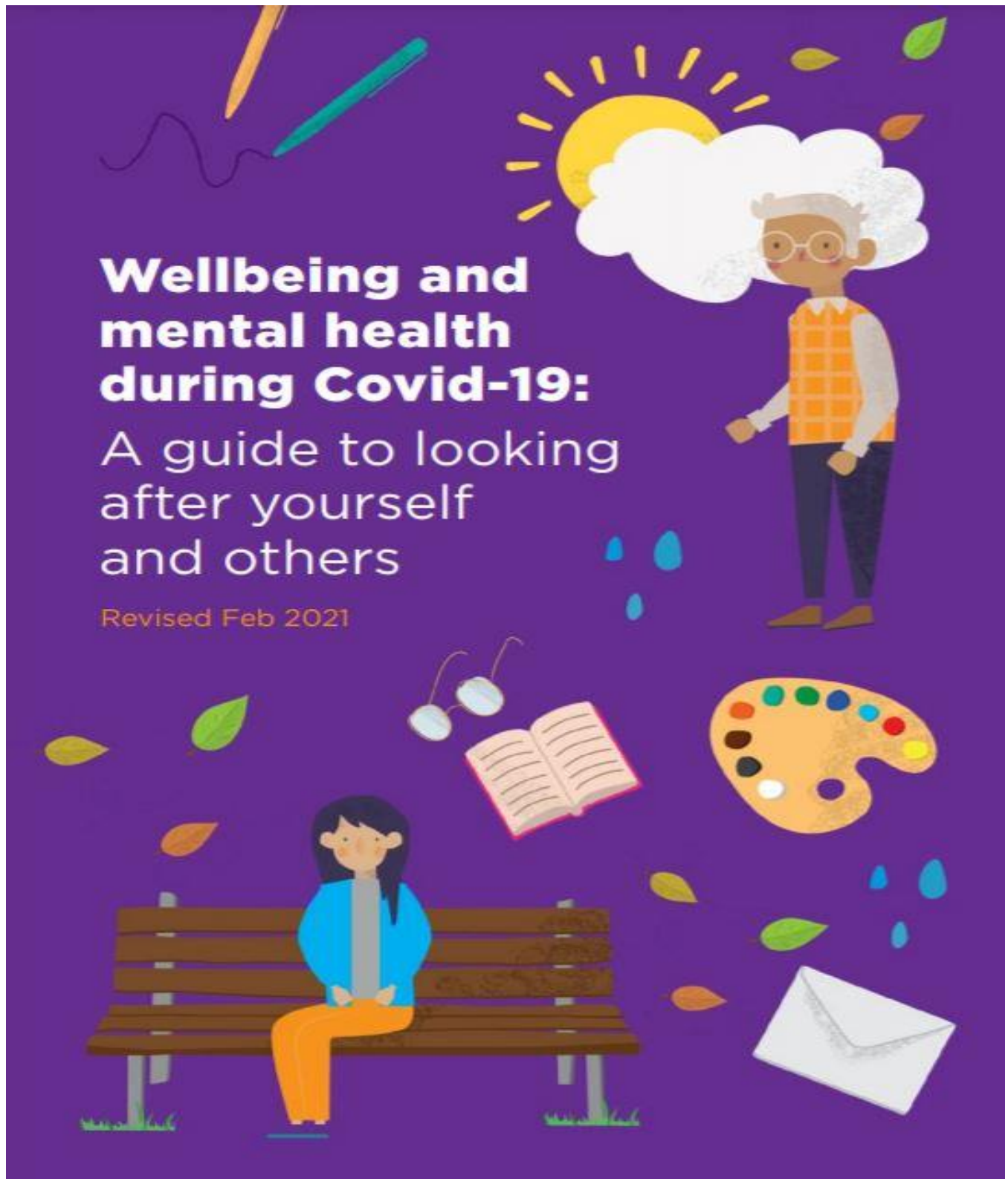
This free, short online course is aimed at frontline or essential workers and volunteers who come into contact with children and young people aged 0-25 during emergency and crisis situations. This course and our Wellbeing for Education Return materials - including our 'Every interaction matters' webinar for education staff - are designed to complement one another, with both covering the 'look, listen, link' framework.

Those who may benefit from this course include parents and carers, front line workers or volunteers - including teachers and education staff - and young adults who wish to support their peers or families. Previous experience or qualifications is not a pre-requisite for delivering Psychological First Aid.

**Please do share this link with your local networks, including schools and further education providers.**

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

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



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

## Cumbria Social Enterprise Awards

**Just 5 days left to apply!!!** Entries are still 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



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

**Accessibility:** If you require this information in another format, please contact 01900 603131 and we will do our best to meet your requirements.

#### Cumbria Youth Alliance

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