



# Cumbria Youth Alliance

## May Newsletter

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# Welcome to our May Newsletter



Welcome to our Cumbria Youth Alliance Newsletter for Groups working with children, young people and families here in Cumbria

Sign up for our newsletters and free monthly funding gazette. Email: [juan@cya.org.uk](mailto:juan@cya.org.uk)

## A BIG CYA Welcome to our New Staff



### Rebekka Gambles Administrator

*"My name is Rebekka and I have worked across a variety of sectors including retail, administration and bar work as well as being a make-up artist. My employment history has been predominantly in customer service roles and during my time at CYA I would like to develop my administration skills and gain valuable experience that will help me in the future. I enjoy being creative and in my spare time I love to bake, I also volunteer at The Whitehaven Foyer assisting with shop window displays and merchandising. I would like to travel more and a personal goal of mine is to visit every Hard Rock Cafe around the world!"*

### Claire Reays Employability Link Worker



*"Previously I've worked with young people and adults to help them live their best life by overcoming different barriers. Now, I'm really excited to be on board with CYA who do such awesome work. It's such a fantastic opportunity to be a part of delivering 'First Steps To A Sustainable Future' funded through Youth Futures Foundation in order to help young people access and keep quality jobs or enter further education or training."*

# WHAT HAVE WE BEEN UP TO?

## Volunteering, Peer Mentoring, Careers and Experiencing Work



Groups of disabled young people from Lakes College, Realising Our Potential, Cumbria Autism Academy and South Workington Youth Partnership have been able to carry out Duke of Edinburgh activities including volunteering activities which we have used as evidence towards their achievement of Asdan awards. Also, by offering both Asdan volunteering awards and the Duke of Edinburgh's award scheme as a dual offer we have started doing both with Mayfield Special School, Whitehaven. This will now be extended to all special schools in the county as a result.

### Summary of results/outcomes

- 68 young people have increased their confidence through taking part.
- 68 young people feel more integrated in their community.
- 68 young people have gained accreditation, via Asdan a national awarding body, many for the first time.

The project has created more opportunities for social and economic integration and reduced prejudice. 68 disabled young people have improved their employability through volunteering, developing skills and gaining a qualification. Disability groups and the local community have benefited from the volunteers' work.

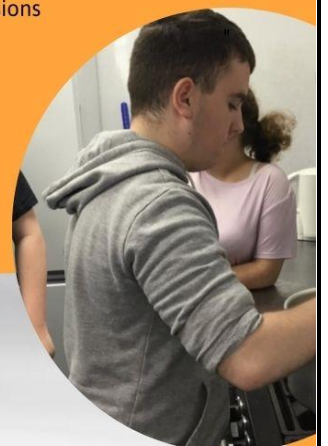
Our volunteers worked in an array of areas including: care homes, schools and adult training centres. They took part in drama workshops, mentored peers within the classroom environment, supported staff and participants in a number of independent living skills workshops, held gaming workshops and also volunteered in care homes where they got to know the older residents and helped them with crafts, played games with them and aided in distributing tea and coffee throughout the day.

## Testimonies

"N was able to reflect on his role as peer mentor to pupils during the workshops and it has helped him to consolidate his aspirations to develop this role and to study for a career working in the Care sector.

"R undertook his role as a peer mentor extremely seriously, he showed that he was reliable, committed and sensitive to the needs of all the individuals in his peer mentor group. R showed competent IT skills throughout the gaming sessions that he ran. He was keen to share this knowledge and expertise with others."

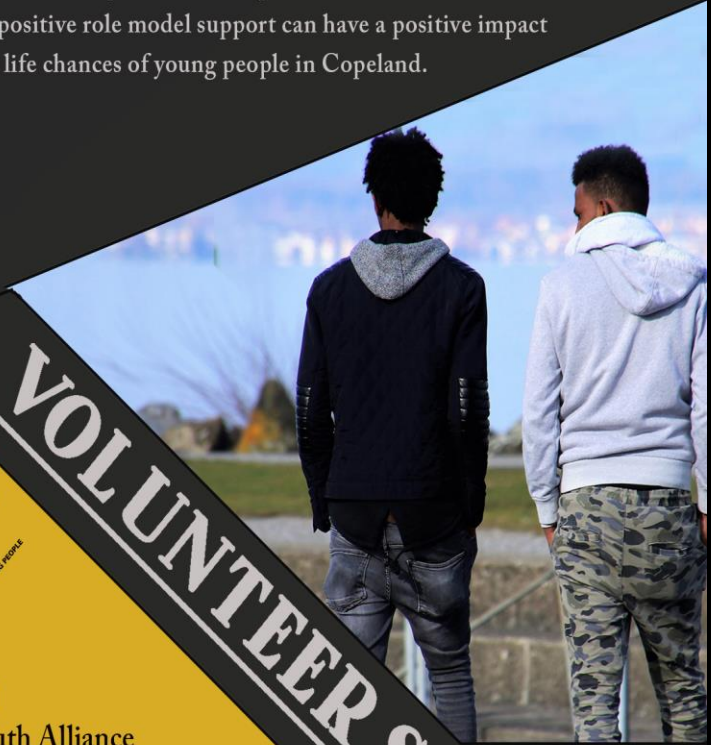
"K has mentored other participants by helping them with tasks and giving advice and support were needed. K took this role very seriously and used his own initiative to help others. K demonstrated that he understood his role and carried it out to a high standard. K could reflect on his role and would like to continue his mentoring role as he moves into the adult St Johns ambulance crew in the hope to help the younger members of the team with their lifesaving skills".



THE NETWORK OF YOUNG PEOPLE  
organisations working  
with and for Cumbria's  
YOUNG PEOPLE  
CUMBRIA YOUTH ALLIANCE

# COPELAND WE NEED YOU

The Positive Role Model Support Service is a pilot project that will work with young men aged 12 to 16 years, to build positive relationships, support their personal and social development, raise aspirations and build resilience. Demonstrating that positive role model support can have a positive impact on the outcomes and life chances of young people in Copeland.



## MALE ROLE MODEL VOLUNTEERS

THE NETWORK OF YOUNG PEOPLE  
organisations working  
with and for Cumbria's  
YOUNG PEOPLE  
CUMBRIA YOUTH ALLIANCE

Male volunteers will be recruited and trained, who will then provide positive role model support. Cumbria Youth Alliance would like to encourage Positive Role Model volunteers from a diverse range of backgrounds to ensure that young men are matched to an appropriate role model.

Cumbria Youth Alliance will have an assessment process to ensure that young men are matched to an appropriate Positive Role Model volunteer. Following training and support from Cumbria Youth Alliance the adult male mentor volunteer will support the young man best matched to them, based on the specific needs and interests of the individual.

### Positive Role Model volunteers will:

- Have appropriate and up to date training
- Undertake Cumbria Safeguarding Children Partnership safeguarding training
- Understand the roles and responsibilities of schools, local authorities and other voluntary and statutory agencies
- Have sufficient knowledge of special educational needs, ACEs, emotional wellbeing (including self-harm and suicide alertness), and health and social care structures, including Early Help

**For More Information Contact: [Jamie@cya.org.uk](mailto:Jamie@cya.org.uk)**

# FREE Accredited Courses from CYA

Check out what's on offer at: [www.cya.org.uk](http://www.cya.org.uk) or email [Katie@cya.org.uk](mailto:Katie@cya.org.uk)

Cumbria Youth Alliance

## Key Information: Tackling Gaming Addiction

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



# TACKLING GAMING ADDICTION



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 is aimed at young people who game, those who have an addiction or those who may have an addiction in later life without intervention. The contents of the course are titled below:

## Table of Contents:

- Ice Breaker
- Group Discussions
- What is Gaming Addiction?
- Signs and Symptoms
- What is Dopamine?
- How Important Is Sleep?
- Quiz
- Positive Effects of Video Gaming
- Reduce The Risk of Addiction
- Scenario
- Online Streamers
- Causes of Gaming Addiction
- Risk Factors of Gaming Addiction
- Predatorial Game Mechanics

During this interactive online session Katie will speak to young people about their own experiences, what gaming means to them and healthy alternatives.

When setting out this project CYA ensured it was co-produced and spoke to young people around Gaming Addiction and it was very clear that Peer Education would be the most effective route to take.

"ADULTS DON'T UNDERSTAND, BECAUSE THEY DON'T GAME SO HOW CAN THEY TELL US WHAT IT FEELS LIKE?"

"WHEN I GAME, I FEEL MORE CONFIDENT AND HAPPIER WHY DO I WANT TO STOP THAT?"

The World Health Organisation in 2018 defined gaming addiction as a disorder, and since lockdown numbers of children gaming unsociable hours has increased. Constant gaming can cause catastrophic impacts on relationships, social life, school, world view, life prospects and general well-being so it is important we teach young people the importance of moderation before it is too late.

The sessions are based on helping a person with gaming addiction to:

- *Gradually reduce the amount of time spent gaming.*
- *Recognise their own addictive behaviour.*
- *Understand the causes or triggers of their gaming addiction and so develop strategies to overcome them.*
- *Understand the harm their gaming addiction is causing.*

We want to offer the course to schools for free and to fit in with already busy schedules we have tried to schedule them during lunch time hours for a group of 10 young people at a time. We also have available sessions for young people who want to complete their course at home.

See below for schedule. We hope you can share this opportunity with parents and young people in your school.

If none of these schedules fit into your timetable but you would like to offer the sessions to young people in the school, please get in touch and we can arrange this for you. The offer is only available until June 2021.

Group 1 Part 1: Monday 26th April 12:30pm

Group 1 Part 2: Monday 3rd May 12:30pm

Group 2 Part 1: Monday 26th April 5:00pm

Group 2 Part 2: Monday 3rd May 5:00pm

Group 3 Part 1: Wednesday 28th April 12:30pm

Group 3 Part 2: Wednesday 5th May 12:30pm

Group 4 Part 1: Wednesday 28th April 4:00pm

Group 4 Part 2: Wednesday 5th May 4:00pm

Group 5 Part 1: Thursday 29th April 12:30pm

Group 5 Part 2: Thursday 6th May 5:00pm

Group 6 Part 1: Monday 10th May 12.30pm

Group 6 Part 2: Monday 17th May 12.30pm

Group 7 Part 1: Monday 10th May 5:00pm

Group 7 Part 2: Monday 17th May 5:00pm

Group 8 Part 1: Wednesday 12th May 12.30pm

Group 8 Part 2: Wednesday 19th May 12.30pm

Group 9 Part 1: Wednesday 12th May 5:00pm

Group 9 Part 2: Wednesday 19th May 5:00pm

Group 10 Part 1: Thursday 13th May 12.30pm

Group 10 Part 2: Thursday 20th May 12.30pm

## **FREE Modules from CYA**

CYA is offering free modules and training courses to enhance young people's employability. Sign up to one of our courses and register your interest by visiting our website [www.cya.org.uk](http://www.cya.org.uk) or emailing [Katie@cya.org.uk](mailto:Katie@cya.org.uk)

# 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.**



FOR MORE INFORMATION CONTACT:  
**KATIE@CYA.ORG.UK**

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

FREE ONLINE COURSE  
ACCREDITED



## Cumbria Youth Alliance TACKLING UNDERAGE GAMBLING ADDICTION

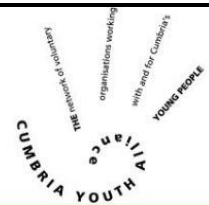
In these modern times, many children around the world have become increasingly engaged in online gambling. This in-depth course is designed to provide you with the knowledge and understanding to help yourself or young people who are potentially vulnerable to the gaming and gambling industry.



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**

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)

## Moving into an Apprenticeship/ Traineeship

Inspira are running a FREE online Apprenticeship/Traineeship information course

### You will cover:

- Transferable Skills.
- Confidence and Motivation Workshop.
- Interview Skills and Preparation.
- Digital Job Seeking Workshop.

Guest speaker from GEN2

You will also receive support with CV and vacancy applications.

To book your place on this course or for more information please call 01900 604674.

## Next Steps

FREE courses delivered by Inspira to help young people take the next step and kick start their careers

**INSPIRA**  
inspiring you

**INSPIRA**  
inspiring you

# SIA

## Are you unemployed and over 18?

We have a course to help you! Starting on Monday 24th May at AJ - Security, Maryport, CA15 6NF.

### You will cover:

- Level 3 Emergency First Aid at Work.
- Level 2 Door Supervisor.
- Level 2 Security Officer Course.
- Level 3 Security Operations.
- Level 2 Health & Safety.

Guaranteed Interview with AJ Security.

You will also receive support with CV and vacancy applications for the security roles.

To book your place on this course or for more information please call 01900 604674.

**INSPIRA**  
inspiring you

# Exploring Careers - Single Parent Support Group

Inspira are running a FREE online Single Parent Support Group starting Monday 24th May 2021 and will run for 5 days.

## You will cover:

- Transferable Skills.
- Confidence and Motivation Workshop.
- Interview Skills and Preparation.
- Digital Job Seeking Workshop.

You will also receive support with CV and vacancy applications.

To book your place on this course or for more information please call 01900 604674.

# Online Customer Service Course

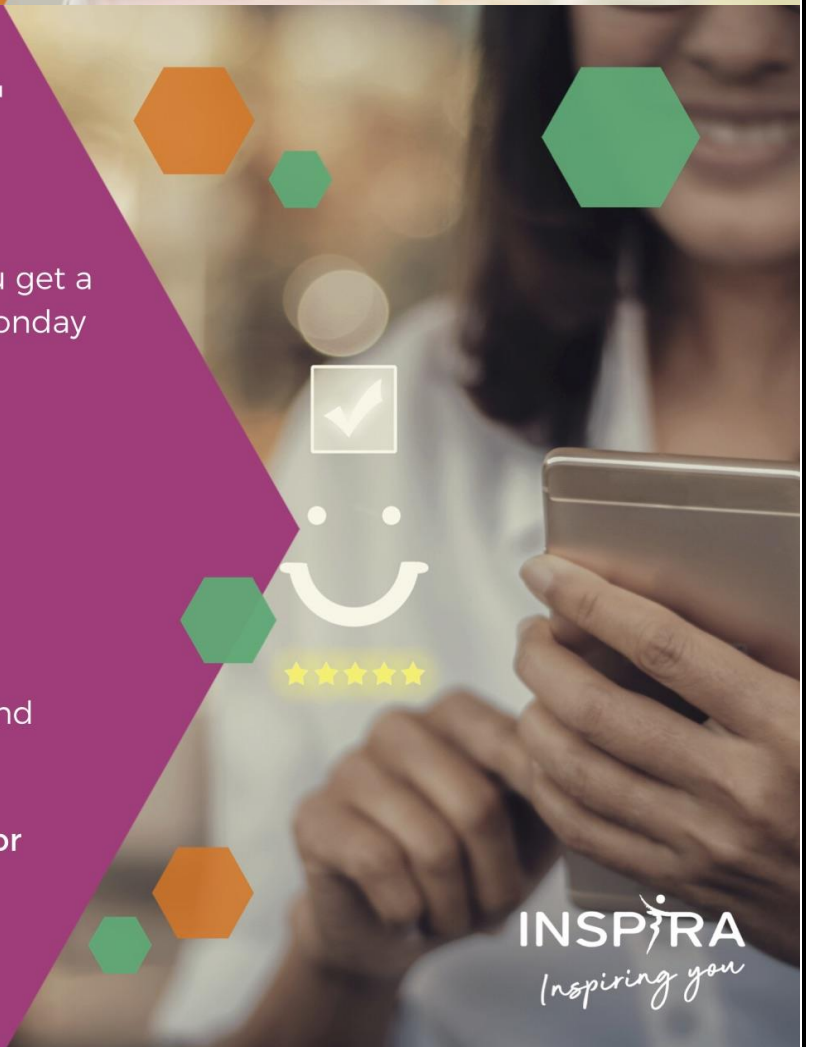
We have an ONLINE course to help you get a job in Customer Service! Starting on Monday 10th May 2021 for 10 days.

## You will cover:

- Level 2 Customer Service
- Communicating with customers
- Customer Service principles
- Delivering Customer Service

You will also receive support with CV and vacancy applications.

To book your place on this course or for more information please call 01900 604674.



# Exploring Careers in Hospitality

We have an online course starting 4th May 2021 and ending 14th May. If you want to improve your hospitality skills this is the course for you.

## You will cover:

- Food Hygiene
- Health & Safety in the Workplace
- CV Review
- Possible Interview opportunities with Lakeland Hotels & Haven Holiday Park

Get in touch today.  
You have nothing to lose, and everything to gain.

To book your place on this course or for more information please call 01900 604674

INSPIRA  
*Inspiring you*

# CSCS Course

## Fancy a job in Construction?

Inspira are running a FREE Face to Face CSCS course in Workington! The course will begin on Monday 17th May 2021 - Friday 28th May 2021.

## You will cover:

- Employability Skills
- Health and Safety Qualification Level 1
- CSCS Touch Screen Test
- CSCS Green Operator Card

You will also receive support with CV and vacancy applications.

To book your place on this course or for more information please call 01900 604674.

INSPIRA  
*Inspiring you*

# Cleaners Wanted!

Inspira will be working with A2K Cleaning Services for ongoing work in the Copeland and Allerdale area for domestic and commercial roles.

Anyone completing the 4 day programme will be guaranteed an interview with A2K.

## You will cover:

- Introduction to Employer.
- CV Review.
- Interview Techniques
- Health & Safety in the Workplace.
- Customer Service.

## Job Specification:

- DBS check will be required (funded).
- Own transport is desirable but could consider car share.
- Flexible roles.
- Flexible hours that would fit in and around school hours.

To book your place on this course or for more information please call 01900 604674.



## 2021 Virtual Cumbria School Games Dates

- 17 May 2021 - Teamwork Virtual Challenge, organised by Eden School Games Organiser
- 26 May 2021 - Panathlon Virtual Challenge, - this is an inclusive event please email Jackie Hayhow - jackie.hayhow@cumbria.gov.uk
- 31 May 2021 - Determination Virtual Challenge, organised by Furness School Games Organiser
- 14 June 2021 - Self-Belief Virtual Challenge, organised by Carlisle School Games Organiser
- 28 June 2021 - Respect Virtual Challenge, organised by Copeland School Games Organiser

To help get information to all schools in a simplified way, the LOC have created a Cumbria School Games Facebook page which will be used to share details of the challenges and all sorts of other exciting news moving forward.

## Blues in schools

Blues is for schools, colleges and sixth forms. It can help any 13 to 19-year-old who's struggling with how they're feeling.

Students go along to weekly one-hour group sessions for six weeks. These are run by our trained Blues specialists – we call them Blues Busters.

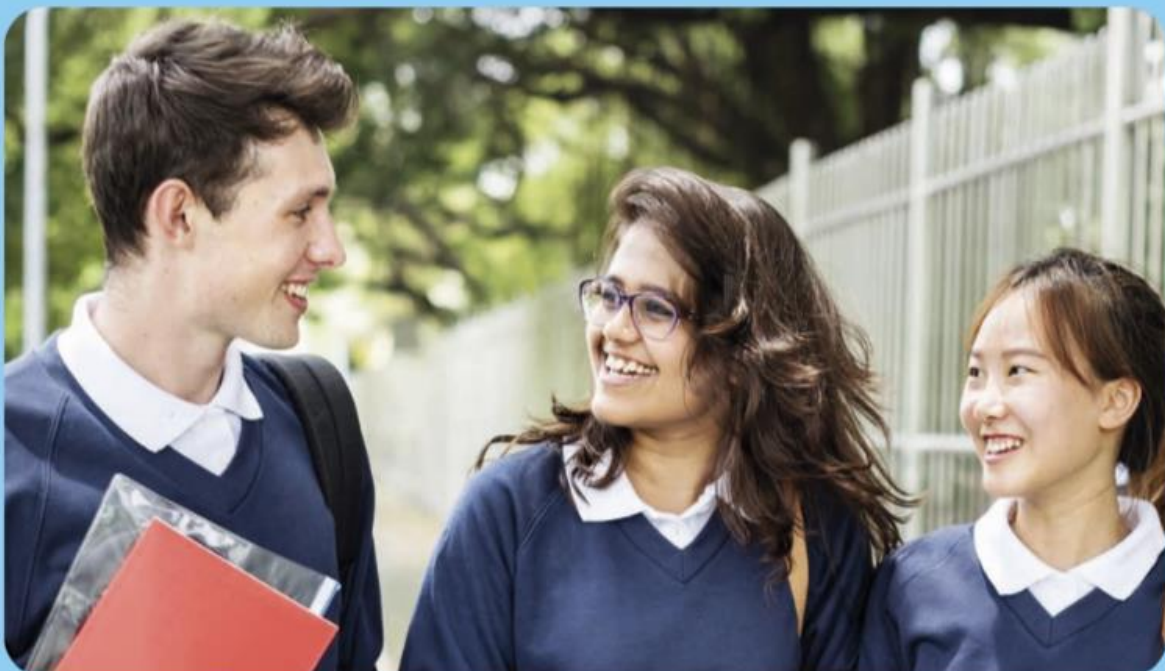
The sessions build a rapport between the students, introduce cognitive restructuring techniques (sessions two to four), and suggest coping strategies (sessions five and six). Students also keep a mood diary and have activities to do at home.

# 75%

of adults with lifelong mental health issues first experience symptoms before they turn 18.

# 1 in 8

5 to 19-year-olds in England have a diagnosable mental health condition.



**The Blues Programme helps young people with their mental health.**

Over six weeks in schools, Blues gives students the support they need to understand how they're feeling. It helps them to build resilience and reduces low mood, depression and anxiety. Really importantly, it gets teenagers talking.



Young people have told us that Blues really helps.

More than

**76%** of students have improved mental and emotional wellbeing.

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**80%** feel comfortable talking about mental health.

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**80%** say they are more engaged at school.

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**98%** would recommend Blues to one of their friends.

# This is Kooth.

# KOOTH.COM

## SUPPORT FOR YOUNG PEOPLE



Express yourself : write for our magazine



Connect with others : on the discussion boards



Peer support & self help using our mini activities :



Listen to our podcast



Get information and advice from the team's articles



Record your thoughts in our online journal



Set some wellbeing goals

Kooth is a web based confidential support service available to young people. Kooth provides a safe and secure means of accessing mental health and wellbeing support designed specifically for young people.

### PROFESSIONAL SUPPORT | PEER SUPPORT | SELF HELP

Kooth offers young people the opportunity to have a text-based conversation with a qualified professionals.

- Young people can access regular booked online counselling sessions as needed.
- Message our team and get support within 24 hours.
- Support can be gained not only through counselling but articles, forums and discussion boards.
- All content is age appropriate, clinically approved and fully moderated.

Counsellors are live from 12noon to 10pm on weekdays and 6pm to 10 pm at weekends, every day of the year on a drop-in basis. Message the team 24 hours a day

TO FIND OUT MORE VISIT [WWW.KOOTH.COM](http://WWW.KOOTH.COM) YOUNG PEOPLE CAN REGISTER FOR A FREE ACCOUNT

VIEW A SHORT VIDEO ABOUT THE SERVICE AT: [HTTPS://VIMEO.COM/318731977/A9F32C87DE](https://vimeo.com/318731977/A9F32C87DE).



# Gambling Harms Prevention Program for Children and Adults



Beacon Counselling Trust working in partnership with Lancashire and South Cumbria NHS Foundation Trust



YOUNG PEOPLES GAMBLING HARMS PREVENTION PROGRAMME  
SUPPORTING YOUNG PEOPLE ACROSS LANCASHIRE AND SOUTH CUMBRIA



## Bespoke Workshops

Our **FREE** educational workshops are tailored to meet the age and needs of any group, as well as being CPD accredited for youth facing professionals



## Information & Advice

Together we explore the issue of gambling related harms, including gaming, and encourage young people to make informed choices whilst signposting to available support & treatment



## Treatment Service

Gamcare offers **FREE**, confidential, specialist 1-2-1 support for young people aged 11-18 who may be experiencing gambling related harms

## How to book!

BCT are a North West provider of the Young Peoples Gambling Harms Prevention Programme. If you would like to book a **FREE** workshop for your organisation please get in touch!

email: [admin@beaconcounsellingtrust.co.uk](mailto:admin@beaconcounsellingtrust.co.uk) or telephone: 0151 226 0696  
visit: [www.beaconcounsellingtrust.co.uk](http://www.beaconcounsellingtrust.co.uk)



## Supporting communities across Lancashire and South Cumbria

Beacon Counselling Trust (BCT) offer **FREE** professional support and specialist services to anyone experiencing gambling related harms aged 16 and above.



### Confidential

Talk in confidence with our specialist practitioners who provide evidenced based models of care



### No Waiting Lists

Feel assured that our services have no waiting lists so help is available when you need it



### Affected Others

Support to anyone experiencing gambling related harm including family members & friends

## Talk to us!

BCT are a Mental Health Service provider operating across North West England.  
Get in touch and learn about the **FREE** support available!

email: [gamcare@beaconcounsellingtrust.co.uk](mailto:gamcare@beaconcounsellingtrust.co.uk) or telephone: 0151 226 0696  
visit: [www.beaconcounsellingtrust.co.uk](http://www.beaconcounsellingtrust.co.uk)

## Emotional Education Train your Brain!

Workshops are developed to equip young people to recognise and name emotions, learn strategies to calm and self sooth emotional storms. The outcomes of the workshops is for young people to recognise when they 'flip there lid' enabling young people to:

- communicate more effectively rather than act out
- manage overwhelming emotions to stop acting on impulse
- confidently ask for what they need

Sessions can be booked as a set of for 4, 3, 2 or a standalone session. Low mood and anxiety are FREE for young people aged 13-25, there can be up to 10 young people in a group within Cumbria, this may change in September. You can book by contacting [maryann@spiralcumbria.org.uk](mailto:maryann@spiralcumbria.org.uk)

The delivery will be done online, the group can be in one room or at individual devices in separate locations, all resources will be sent out to the organisations or the individual.

### Low mood Sessions/Group Work

Session 1	What is low mood? Signs and symptoms. Exploring our losses and how we feel about them in the last year Gain confidence talking in a group
Session 2	What is good mood? What factors contribute to good mood? The vicious cycle of low mood and how to break it: Behavioural activation, enjoy achieve connect Identify and Increase activities you enjoy Examine Exercise and physical activity practices
Session 3	Cultivating Gratitude over entitlement and Joy in adversity Focusing attention on gratitude and joy in the simple and ordinary Take part in gratitude meditation and gain ideas to cultivate this attitude
Session 4	Maintaining positive self esteem Radio doom and gloom-how the mind works Noticing negative thoughts and get on with what matters Clarify what matters to you and take small actions that honour the value

### Staying Calm when Anxious and Uncertain

Session 1	The Evolutionary brain: Modern Minds and Cave Man Reactions Learning to recognise the fight flight and freeze reaction Learn mindful Strategies to ground, soothe and calm
Session 2	What is Anxiety-recognising sensations in my body, ruminations and worry. Practice re-connecting with the present moment Learning to notice and watch thoughts
Session 3	Turning off the 'struggle switch' and opening up to experiencing feelings 'Name it to Tame it'-developing emotional vocabulary Tolerating uncomfortable body sensations
Session 4	Living with Ongoing Uncertainty in the pandemic, staying focused and optimistic. Identifying what I do have control over, and accepting things I don't Taking action on the things that matter to me.





**SPIRAL**

Preventing the Effects of Bullying



**SPIRAL**  
Preventing the Effects of Bullying



**#CANDO**  
TRANSFORMING WEST CUMBRIA  
Funded by Sellafield Ltd



## Volunteer Vacancies

Spiral are looking for 2-4 people to volunteer on our peer community site, between the ages of 17 and 25. Along with staff you will run game nights, take part in group conversations on the peer community site, and upload relevant information to the site. The young people you will be working with are aged 13-25, you will receive training and support throughout your volunteer role.

Must live in Cumbria

Email [maryann@spiralcumbria.org.uk](mailto:maryann@spiralcumbria.org.uk) or call 01228642641 to find out more.

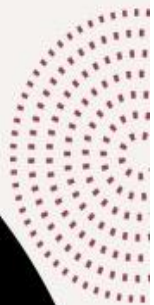
Charity No: 1179662



## Quiz Nights

- As a part of Spiral's peer community project, we are aiming to run quiz nights with youth clubs in Allerdale and Copeland.
- Quiz nights will take place online within your youth club and you will play against another youth club online. To sign up or find out more contact [maryann@spiralcumbria.org.uk](mailto:maryann@spiralcumbria.org.uk)
- Spiral's quiz master Sol will set up the meeting and run the quiz nights, all you need to do is turn up and have access to an electronic device.
- The quiz nights are aimed to connect young people and other youth groups and most importantly have FUN.
- Ages 13-25

Charity No: 1179662





# Reaching Wellness

Mind \* Body \* Spirit

## Adult Workshops

*Reaching 'Your' Wellness – Tuesday 4.30pm – 6.30pm*

4-week course beginning Tuesday 11<sup>th</sup> May 2020

Workshop fee is £60.

*"Nothing can stop a person with the right mental attitude from achieving a goal; nothing on earth can help a person with the wrong mental attitude".*

*Thomas Jefferson.*

Mental Toughness is a personality trait that determines your ability to perform consistently under stress and pressure, and is closely related to qualities such as character, resilience, grit and perseverance - A personality trait which determines, in large part, how people respond to challenge, stress and pressure, irrespective of their circumstances.

Mental Toughness is not being macho or uncaring or self-centred – it is about being tough in the sense of not giving up and being confident that you can prevail, even if the odds are stacked against you.

Emotional resilience refers to one's ability to adapt to stressful situations or crises. More resilient people are able to do this and adapt to change without lasting difficulties; less resilient people have a harder time with stress and life changes, both major and minor.

The goal of this workshop is to help you identify and modify the negative thought patterns that may be holding you back, pushing you down or blocking you from living a full and 'well' life. We will deliver a step-by-step guide to facing life's challenges, managing negative emotions and overcoming change and adversity with mental strength and resilience.



Reaching Wellness



## Do you need help with grief?

We are here to support you after the death of someone close

Losing someone we love can be one of the most difficult times in our life.

### Weekly Bereavement workshops

The small group allows an individualised approach that can provide emotional support.

Gives you an insight into bereavement and grief.

Will provide you with the tools to manage your emotions and feelings in a safe space in the present and the future.



These sessions are ran as weekly sessions and there are four workshops in total.

Topics covered include: understanding grief, self care, understanding emotions and remembering our loved ones

**Bereavement workshops ran over 4 weekly sessions  
£60 for full course (8 hours)**

Venue: The Wellness Centre, Duke Street, Barrow-in-Furness.

Date: TBC

To book a place or show interest please phone or contact us via the website:

01229 208864

[www.reachingwellness.co.uk](http://www.reachingwellness.co.uk)

### About Sea hope counselling @ Reaching Wellness



Hello, my name is Gemma Marie and I have worked in the counselling sector for over 15 years. I am now working with the Reaching Wellness centre.

I have a degree in Psychology and am a fully qualified counsellor. I am an experienced bereavement counsellor through my training and work. I have an insight into how best to support those who have suffered loss and I take pride in my ability to build a rapport with others and to help support them to through their grief.



## Child and Adolescent Workshops



**Have No Fear - 6-10 years Thursdays 4pm-6pm**

**My teenage brain and me - 11-16 years Thursdays 6pm-8pm**

Our term-time workshops are specifically designed for children who struggle with social interactions, making and maintaining friendships, may become anxious or stressed easily, have suffered from any type of bereavement or trauma, or just need a little help becoming more emotionally resilient.

The sessions are personalised around the children who attend and include a mixture of activities including mental health education, emotional resilience building and opportunities to develop their social and communication skills.

They also include seasonal outdoor activities, some arts and crafts thrown in for fun and yoga, meditation and fitness sessions.

Each child who attends will gain invaluable knowledge and applicable skills that will help them through any psychological or social issues they may be facing or may face in the future.

All sessions are hosted by qualified, fully insured, DBS checked and experienced psychotherapists.

The children will spend 1 hour in the training suite and 1 hour in the spirit studio (seasonal outdoor activities will be prearranged).

There are only ever 12 children at a time on each age category, so for any children who are socially anxious it is a smaller, more intimate group.

\*\*Your child will be assessed privately by a psychotherapist before they are allocated to their group, please contact us below for more details\*\*



52.7% of young women (between 5-15 years) with mental health issues have reported that they had self-harmed or attempted suicide.

1 in 10 children aged 5-15 have a mental health disorder (either emotional, behavioural, hyperactive, or other)

These figures illustrate how mental health disorders can occur from early childhood, and that their prevalence increases with age, particularly for young women. This highlights the importance of intervening early to prevent the development of mental health problems.

**We are offering the opportunity to become a YP Mental Health First Aider so that young people can be supported, and positive mental health can be encouraged.**

**Following completion of this 2-day course you will be able to:**

- Understand the important factors affecting a YP mental health
- Identify the signs and symptoms for a range of mental health conditions in YP
  - Offer early intervention for YP
- Listen non-judgementally and hold supportive conversations with YP
- Signpost YP to the correct professional support services

This course will train you, support you and build your confidence in supporting a young person who is experiencing mental distress. Much the same as a traditional first aider who is concerned with physical distress, a first aider for mental health provides the same type of immediate help and support for emotional distress.

**If you would like to register your interest in becoming a young person Mental Health First Aider, please contact us -**

[reachingwellness@outlook.com](mailto:reachingwellness@outlook.com)

# Kickstart Your Career

Koreo with over 250 non-profit organisations, social enterprises, charities and community businesses, are helping create more than 650 paid trainee placements for young people as part of the government-backed Kickstart youth employment scheme. The Kickstart offer will provide many employers with a route to accessing the extra resource they need, at no cost to them.



**Real jobs, fully-funded  
by the Government  
Kickstart scheme**

Contributing towards a shared mission of tackling long-term youth unemployment, and fully funded by the Government's £2 billion fund.

The Kickstart programme provides employers the chance to recruit diverse young talent aged 16-24 on Universal Credit into six month paid placements. You are able to access a grant covering the equivalent of 25 hours a week, all contributions as well as £500 of set-up costs, per trainee - with a further £1,000 going towards the delivery of a first-class wrap-around leadership and talent development programme.

## **Open to all, with support every step of the way as part of a committed community**

The Kickstart programme is one of the biggest in the UK, with a network of over 250 UK-based social change organisations and values-driven employers creating over 650 trainee placements in community advice and advocacy services, housing associations, hospices, disability charities, students' unions and non-profit organisations of all shapes and sizes.

As an approved gateway, the Kickstart scheme takes the strain off employers, streamlining the application process, offering help and support and providing the self-development and employability programme for trainees to help them reach their true and full potential.

The Kickstart program helps to: identify suitable roles for each individual, gets them registered and approved by the Department for Work and Pensions and support you with recruitment guides, tips and collateral.

**Getting started: Joining the scheme couldn't be easier and you can find all the information you need by emailing: [kickstart@koreo.co](mailto:kickstart@koreo.co)**

# Government unveils new support for disabled jobseekers

## More disabled people will be helped into work thanks to new government support

The government will boost the number of specialist advisers dedicated to helping disabled jobseekers to secure and stay in work, with an additional 315 Disability Employment Advisor (DEA) roles to be in jobcentres across the UK by May 2021.

Minister for Disabled People, Justin Tomlinson, said:

*“We are committed to seeing 1 million more disabled people in work by 2027 and as we recover from the pandemic we are redoubling our efforts to boost the support for disabled jobseekers.*

*I know this is a challenging time, but we will be building on the record disability employment we have seen by protecting, supporting and creating jobs for disabled people.*

*I know personally how valuable a diverse and inclusive workforce can be, so it is fantastic to see employers across Britain signed up to government programmes like Disability Confident. I would encourage other organisations, big or small, to follow their example and support disabled people to unlock their full potential.*

*The recruitment drive builds on the 13,500 new Work Coaches taken on by the department over the past 9 months to support Britain’s recovery effort.*

*The additional Disability Employment Advisers roles will start to be filled internally from this month, bringing total numbers to 1,115 once the process is complete.*

*DEAs cover every jobcentre in the country and work alongside Work Coaches, specialising in finding the right support to help clients who have a disability or health condition into work.*

*With the UK government’s Plan for Jobs underpinned by the Access to Work scheme, people with disabilities are already benefitting.*

*The scheme, now available to those who work from home, includes grants worth up to £62,900 and can cover the cost of the workplace adjustments that disabled people need to do their jobs, including sign language interpreters, as well as services such as mental health support.”*

# GOV.UK guide to Volunteering during Covid-19

DCMS (Department for Culture, Media and Society) has published a new public-facing GOV.UK guide (Volunteering during coronavirus (Covid-19) which sets out how people can volunteer safely during the ongoing coronavirus pandemic.

## Restrictions as of 12 April:

- People can meet in groups of any size, indoors or outdoors, while volunteering
- Volunteering which cannot be done from home can continue in closed business or venue while it remains closed to the public
- Businesses, venues, community centres and libraries which are otherwise required to close or restrict their activities are permitted to open and be used, including by volunteers, for a number of specific purposes only. These are also set out in legislation
- Accommodation is permitted to open for people who need to stay for volunteering purposes.
- Workplace Testing

Employers can register on GOV.UK to order free rapid lateral flow tests to carry out testing of their employees/volunteers twice a week in the workplace.

As of April 12th, employers with 10 or more employees/volunteers will be able to order tests for their employees/volunteers to collect from their workplace and use at home twice a week.

## Universal Testing

The Government has announced that everyone in England, including those without symptoms, will be able to take a free rapid coronavirus (COVID-19) test twice a week.

The expanded regular testing offer for people without symptoms will be delivered through:

- a home ordering service
- workplace testing programmes, on-site or at home
- community testing, offered by all local authorities
- collection at a local PCR test site during specific test collection time windows
- testing on-site at schools and colleges
- a new 'Pharmacy Collect' service where people will be able to collect a box of 7 rapid tests to use twice a week at home.

## Organised Events Guidance for Local Authorities

Group gatherings which are necessary for the purposes of delivering voluntary services will remain exempt from coronavirus restrictions throughout the steps of the Roadmap.

This means people can meet in groups of any size, indoors or outdoors, while volunteering, and while undertaking activities necessary for their volunteering roles, for example recruitment and training activities. Organisations should ensure they follow working safely guidance while involving volunteers in their work.

# NEET Support Programme



## 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 **19<sup>th</sup> 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: [www.nadtcommunity.com](http://www.nadtcommunity.com).

# Our Family Competition

This year's Furness Pride competition is focusing on families.

We want to celebrate inclusion by asking the children and young adults of Furness to draw their unique families. Please use the entry sheet and include your name and school on the back of the entry.

Return entries to Drop Zone, 22A Duke street or email them to [drop\\_zone@btconnect.com](mailto:drop_zone@btconnect.com) by 14th May .

**1st Prize  
£50 Voucher  
2nd & 3rd  
Prize £10  
Voucher**



**1st Prize  
£50 Voucher  
2nd & 3rd  
Prize £10  
Voucher**



# Celebrate our differences

# HRH The Duke of Edinburgh

## 1921 - 2021

The Duke of Edinburgh Award has allowed Cumbria Youth Alliance to work with hundreds of vulnerable young people and put them through the award from Bronze to Gold. The Duke of Edinburgh has given vulnerable young people the opportunity to discover new interests and talents and has given them the tools to develop essential skills for life and work.

Thank you, Prince Phillip. May you rest in peace.



THE DUKE OF  
EDINBURGH'S AWARD



# Volunteer Car Scheme

Coordinator drivers needed in: Maryport, Workington, Whitehaven, Egremont and Cleator Moor. Take transport requests, organising volunteer drivers and authorising financial claims.

You will ideally have some time to spare, enjoy talking with people, be well organised, good IT skills are a plus!

## What is the volunteer car scheme?

The volunteer car scheme provides transport to Cumbrian residents of any age (under 18s must be accompanied by an adult) who cannot make their journey by public or private transport.

## What does a volunteer coordinator do?

Volunteer coordinators receive requests for transport, then arranges volunteer drivers to provide the journeys. Collects and checks drivers claim forms. Helps recruit drivers and publicise the scheme locally.

## What does a volunteer driver do?

Volunteer drivers use their own car to provide journeys which are coordinated locally. Expenses are reimbursed.

For an informal chat and to find out more ring Katy on 07788396194 or visit:  
[www.cumbria.gov.uk/voluntarycarscheme](http://www.cumbria.gov.uk/voluntarycarscheme)



**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

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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