

September Newsletter

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

In this issue...

Community Lottery COVID response fund

ACES Training

FREE Online Learning

Dreamscheme in South Lakes

Decision Making Tools free from NCVO

Sporting Buddies

Other News



Welcome to our September Newsletter



We are starting to come out of a very difficult period of lockdown where we could not see the young people we usually work with face to face and wondering what will be different as we look towards the autumn and the winter of 2020/21. It is such an uncertain time and if you, like me, are finding it hard to plan for the future then you are certainly not alone. It is difficult to plan against a backdrop of uncertainty around our health and around where the funding will come from to sustain our services.

Talking to other agencies there is a real concern over the lack of funding going forward and understanding how this will impact on our ability to meet increased need for our services. There are real concerns with young people around returning to school and we are seeing more young people with emotional health issues than before.

There have been lessons learned during this pandemic. Here are the lessons we have learned at CYA – some positive some less so.

- We do not all need to be in the office every day and we can work from home when the role allows it providing, we are equipped to do so
- It takes more work to manage a team remotely than office based where you see each other most days
- We can use new technologies to keep in touch with our service users and deliver services online, but it is no long-term substitute for face to face and small group support especially for the more marginalized service users
- It can be cheaper to deliver on -line than face to face in respect of our training offer to other organisations working with children and young people
- We need to improve our IT skills if this is to become the new working norm so we can function efficiently
- It can be lonely working in isolation, and it does not suit everybody in the team
- You do not have to spend hours driving to a meeting and incur costs when you can effectively meet using zoom or teams or WebEx
- Not everybody has access to IT to link into the new delivery online offer and sourcing IT to enable people to engage has been key.

During lock down we quickly got up and running with our infrastructure services so we could fulfil our contract with Cumbria County Council and during this period a lot more agencies have engaged than normal so we have been able to achieve more using remote access so that has been really positive.

Here are some of our headline successes:

- 252 individual staff or volunteers from across the sectors have undertaken training in ACES
- 15 organisations have taken part in our Quality Mark and 12 have achieved a nationally recognized quality mark for their work with young people
- We have carried out 25 governance health checks allowing organisations to benchmark themselves against best practice
- We have assisted 22 groups with fundraising bringing in almost £330,000
- We have set up new partnerships to deliver services in Carlisle, Eden, and South Lakes to reach young people with poor mental health and secured £96,500
- 265 have undertaken short courses via our Embrace Resilience Modules
- Helped recruit 12 new volunteers ready to place with host agencies.

We are here to help you in these challenging times - if you need help and support or if you just need a confidential ear to listen to your issues please do not hesitate to contact us either by phone on 01900 603131 or email me cath@cya.org.uk

(If you would like your organisation to be featured in the next edition of our newsletter please do email me your information)

Catherine Clarke

cath@cya.org.uk 01900 603131

Cath Clarke, CEO Cumbria Youth Alliance

Organisational Members of the Institute of Fundraising



Community Lottery COVID response fund



We have secured £96,500 from Community Lottery COVID response fund to assist young people 14-25 improve emotional resilience and wellbeing. This is a short programme running from 1st Aug 2020 to 31st Jan 2021 so it is hitting the ground running.

It will be a mixture of direct and remote delivery, covering three districts, Carlisle, Eden, and South Lakeland. In addition to the direct delivery to young people a variety of capacity building activities will be provided by Cumbria Youth Alliance for staff and volunteers across the three localities. The project will be delivered in partnership with a number of third sector commissioned organisations including:

- PINC in Carlisle with online support for LGBTQ issues; contact Pam Eland; 01228 267247 pinc-cumbria@hotmail.co.uk
- Carlisle Mencap activity sessions for young people with learning disabilities; Sheila Gregory 01228674393
- Eden Young Carers with specialist support work with young carers in Eden; Dani Leslie dani@edencarers.co.uk 01768 890280
- Child Bereavement UK providing specialist counselling in all three districts; contact Carol.Green@childbereavementuk.org
- Music Links with music based activities in South Lakeland; contact Andy Halsey; 01539 568165; mob 07788 646259 musiclinks1@yahoo.co.uk
- ICan with health and fitness sessions in Carlisle, Longtown, Brampton; contact Lisa Dykes 01228 819101 lisa@icanfitnesscumbria.co.uk
- CADAS with drug and alcohol support and information via schools; contact Leigh Williams, 07714766658, leighw@cadas.co.uk
- SAFA with specialist self-harm awareness and training via schools; contact Kath Threlkeld, Training@safa-selfharm.com 01229 832269
- SPIRAL with anti-bullying and cyberbullying workshops for schools; contact Maryann Liddle - 07474070236 / spiral.carlisle@gmail.com
- Together We with online support sessions in exam stress and body image; contact Janine Ward 07969497258 janine@togetherwe.co.uk
- Triple A (All About Autism) with 'positive pals' support groups for autistic young people in Penrith, Carlisle and Kendal, offering a wide range of activities to choose from; contact Helen Storey and Susan McKenzie; projectsupport@tripleaproject.org.uk Mobile: 07733818776 Landline: 01768 867629
- Blue Jam Arts with a series of arts-based webinars e.g. youth jazz and learn to play sessions; Contact Jilly Jarman bluejamarts@gmail.com
- Kent Estuary Youth Project, working in schools and youth groups in South Lakeland; contact Emma Banks, emmabankskey@yahoo.co.uk

These agencies will all be delivering a range of services to young people 14+ in schools, colleges, youth work settings and remotely with online support and webinars.

ACES Training

Essential training for those supporting children, young people, and families here in Cumbria and the best part is it is all free for a limited period.

Cumbria Youth Alliance can offer any staff or volunteers working with children, young people and families free access to on-line training in ACES –Adverse Childhood Experiences. This course will give insight into the longer-term impacts of childhood trauma on the lives of the young people who are supporting. To register for a place on this one line training contact Sophie@cya.org and she will issue you with a code to enable you to access this course **FREE of charge**. The course is approximately 10 hours long and can be done at your own pace over a period of time.

FREE Online Learning

Cumbria Youth Alliance in partnership with Embrace Resilience to provide free access to on line learning.

Young People aged 14 + in Cumbria can access free of charge access to a range of almost 80 online modules. There is something for everybody ranging from learning more about looking after your mental health to getting prepared for the workplace and it is all free for young people until January 2021 – they can do one module or up to 5 modules of their choosing

Here are just a few examples of the learning available:

- Becoming a Wellbeing Champion
- Developing Mental Strength
- Managing anxiety and Stress
- Looking after health mind and body
- Nutrition diet and health
- Planning for your career
- Health and Safety
- First Aid
- Food Hygiene

Young people need to email sophie@cya.org.uk to request a registration form to begin their learning programmes.

Dreamscheme in South Lakes

Good news from Andy Halsey at 'Musiclinks' in Kendal. They are taking part in our Dreamscheme project which now covers South Lakeland for the first time thanks to funding from Cumbria County Council, Frieda Scott Trust and Cumbria Community Fund.

'Musiclinks' is one of many organisations that have been looking at new and interesting ways to run projects this year within covid19 restrictions. They have developed a project called Magic Notes, whereby young musicians can join the project via a virtual group meeting on computer and play 'together'.

Dreamscheme funding has enabled specialist support and equipment to support severely disabled young people to access the project. For more information about Magic Notes and other projects contact Andy Halsey, musiclinks1@yahoo.co.uk

For more information on the new project in Carlisle, Eden and South Lakes please make contact with Juan@cya.org.uk or by post to Cumbria Youth Alliance, Workington Community Hub, Oxford Street, Workington, CA14 2RS. Or telephone 01900 603131

Decision Making Tools free from NCVO

We are aware some of our members may be experiencing uncertain times and require support to make some difficult financial decisions. Charities facing financial difficulty due to Covid-19 can make use of a free new decision-making tool created by a law firm in consultation with the National Council for Voluntary Organisations (NCVO).

The tool, set up by Bates Wells, aims to guide charities and social enterprises through difficult decisions based on individual need. Users are asked up to six questions to receive a detailed report on their options, such as insolvency, merger, collaboration, cost-cutting and raising finance.

Please click on the link to access the Crisis Decision Tool <https://bateswells.co.uk/crisis-decision-tool/>

Sporting Buddies



Sporting Buddies Allerdale & Copeland

Thanks to funding from Sport England we are offering one to one support to young people who may be struggling with their emotional health. The programme is for young people aged 14-24 living in Allerdale or Copeland and will provide one to one support for the young person to undertake some sport or leisure activities. It could be a visit to the gym, a visit to the pool, a gentle walk in the countryside or even a kick about in the local park.

It's all free of charge thanks to the funding received.

If you know of any young people who could benefit from this service please contact **jamie@cya.org.uk** or ring him on **07704303325** to request a referral form.



Other News

Charity Finance Group News

Collapse in charity provision looms at moment of greatest need

The Charity Finance Group has issued a depressing but all too familiar report which states that 58% of charities are to cut back services costing the sector 60,000 jobs.

The survey of 455 charities found that 19% have already made redundancies, and that 23% plan to make further cutbacks once the government's furlough scheme comes to an end. That number jumps to 44% among the UK's largest charities. Remarkably, nearly one-in-ten (8%) large charities anticipate reducing their headcount by 25-50%.

[Read the full details here](#)

Government creates new National Institute for Health Protection

This week you may have seen that the Government has launched a brand new organisation whose primary focus is public health protection and infectious disease capability.

The National Institute for Health Protection (NIHP) will start work immediately, with a single command structure to advance the country's response to the COVID-19 pandemic.

From 18 August, the NIHP will bring together Public Health England and the NHS Test and Trace, as well as the Joint Biosecurity Centre under a single leadership team. This is the first step towards becoming a single organisation, focused on tackling COVID-19 and protecting the nation's health.

[Click here for the Government's announcement.](#)

Vacancy - Housing Support Officer



Carlisle Key is a registered Charity working with young people aged 16-25 years who are homeless or experiencing housing related issues. Amongst our services we offer a drop-in service, counselling, supported accommodation, 1 to 1 support and practical support.

We are looking to recruit a team member, 37 hours per week, to work within our Supported Accommodation Service. This is an opportunity to make a direct and positive impact to lives of people with varied needs, who require support to live independently. This role will be evenings and weekends but some flexibility is also required.

- The salary will be £18,525 pro rata.
- Full DBS clearance is required for this role.
- For details on how to apply please visit: <https://www.carlislekey.co.uk/join-our-team.html>

Free training for energy advice champions

[Read it here](#)



CAFS Cumbria Action
for Sustainability



Cold to Cosy Homes Cumbria - Champions Training Session

Dear partner

Our Cold to Cosy Homes Cumbria service has been a great success helping Cumbrian householders over the last winter. We're now planning for the colder weather and have new ambitious targets to reach more households.

This free service offers clear advice and practical help – including free draught proofing and energy saving equipment, LED bulbs, advice on energy tariffs and referrals for other improvements.

Job Opportunity - Youth Focus North West

Vacancy for: Deputy CEO (JNC Professional Range, pts 27-30 (£36,945 – 39,851. Plus inclusion to the YFNW Work Bonus Scheme)

Youth Focus North West (YFNW)

The Trustees and CEO of Youth Focus North West (YFNW) are seeking to appoint an outstanding and dynamic individual. A new Deputy CEO to manage and develop our repertoire of programmes and networks. This is an exciting post within a refreshing organisation with the opportunity to grow our work within and beyond North West England.

Visit https://youthfocusnw.org.uk/latest_news/poshbites/ for more details

Parents' Guide To Keeping Kids Suicide-Safe

A national suicide prevention charity has launched a new guide to help desperate parents who fear for their children's lives.

PAPYRUS Prevention of Young Suicide says families across the UK feel powerless and with nowhere to turn as their children suffer mental anguish and distress.

The new guide offers practical and professional advice to help break the silence around self-harm and suicide and encourage fearful parents to talk to their children before it is too late.

It was commissioned by the mother and father of a 15-year-old boy who took his own life, parents who were frustrated by the lack of information and resources for worried families.

[Read the full article here](#)

Cumbria CVS E-Bulletin

[Read it here](#)



Cumbria CVS Ebulletin 27 August 2020

Phoenix Project - Civil Service Local North West – Employee Volunteering

We have all witnessed the impact of Covid 19 on our county, the UK and the world. The Phoenix project has been created to utilise the resources of the Civil Service to help support the citizens of Cumbria in their recovery.

Project Phoenix has been created as part of Civil Service Local North West. The purpose of this community is to bring together Civil Service departments and agencies to collaborate and use our collective strength in each locality, and to be a catalyst for positive change.

We are aware of the vast amount of life changing work and support that has already been provided by the voluntary sector in Cumbria. Some of these support networks are now reducing as volunteers are shielding or returning to business as usual, causing the resource pool to be stretched.

Action for Health & Mental Health Provider Forum Bulletin

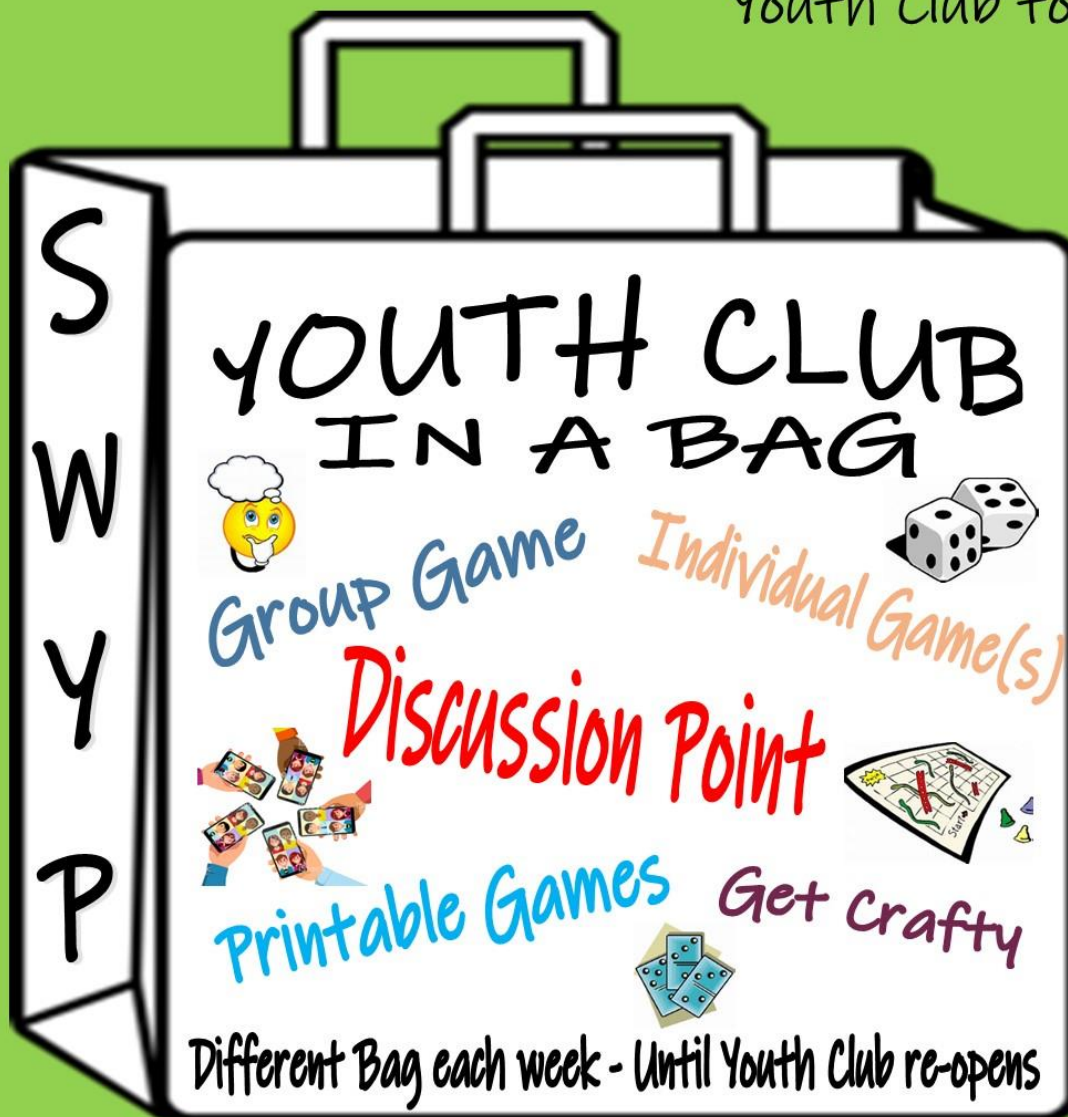
Dear Cumbria Action for Health Network and Mental Health Provider Forum member, we have three great meetings and learning opportunities coming up so I thought I might dedicate a quick Bulletin to them alone. See below for all the details.

We are particularly excited about the Put Your Oxygen Mask on First – delivered by Venetia Young a regular attender at our Mental Health Provider Forum this 1 hour session promises to be a great resource for all our key workers in the third sector.

[Read the full bulletin here](#)



Missing Youth Club?
Getting Bored?
SWYP are bringing
Youth Club to You!!!



To request your FREE bag contact your local youth workers via:
South Whitehaven Youth Partnership Facebook Page / Call, text
or Whats app: 07955713143 (9am-9pm)

Bags will also be handed out on detached youth work

Cumbria Youth Repository

The one stop shop for resources for young people – families and workers has gone live – Access it here... We hope you will add resources to the repository and let young people know about it so they can use this great new resource.

CUMBRIA YOUTH REPOSITORY AN ONLINE RESOURCE BANK FOR YOUNG PEOPLE, SUPPORT STAFF AND PARENTS



CSE INFORMATION & SUPPORT



A COLLABARATIVE APPROACH FOR THE WHOLE OF CUMBRIA



FOR MORE INFORMATION PLEASE CONTACT
CLINT.HOWAT@CARLISLEYOUTHZONE.ORG
SOPHIE@CYA.ORG



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

Website: www.cya.org.uk

Registered Charity No 1079508 / Company No 3819033