



Cumbria Youth Alliance

September newsletter

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

In this issue...

Celebrating our AGM

Training, training and more training!

Looked After Children Project

Summer Success for our activities programme

FREE Online resources

Lakes College achieve Bronze

National News

Member NEWS



Welcome to our September newsletter

Celebrating CYA's AGM Salterbeck - Saturday 21st September

Standing room only at our Annual General Meeting

It was standing room only at our Annual General Meeting held at the Oval Centre last Saturday with a wide variety of people attending from front line workers, funders, managers and loads of young people who came with their parents to receive their certificates for all the amazing achievements they have made this year.

Young people received outstanding achievement awards, Duke of Edinburgh Certificates and Asdan Volunteering and Asdan vocational certificates presented by our guests of honour.

Entertainment was provided by Dave Roberts and his team from Soundwave who ran a drumming workshop and Chris Burl and his young performers from You Bring the Band who came all the way from Barrow to perform at the closing of our AGM.

A big thank you to our special guests:

- The mayor of Allerdale Hilary Harrington
- Leader of Council in Allerdale Marion Fitzgerald
- Councillor Emma Williamson from Copeland
- Lorraine Smith CEO Action with communities in Cumbria



Chair Mark Hurley with fellow Trustee Yvonne Lambert



Treasurer Tony Hindmoor reports on a successful year for CYA



Young people receiving their ASDAN for volunteering



Outstanding achievement winners from our summer 2019 project



Young people receiving their ASDAN for volunteering



Soundwave - Drumming workshop



Audience enjoying the award ceremony...

Training - Training and More Training

Youth mental health first aid

It has been a very busy month with lots of third sector/multi agency training going on thanks to support from Cumbria County Council and Eric Wright Charitable Trust.

We have had 4 separate Youth mental health first aid courses in the South of the County and over 80 participants have taken part in the youth mental health first aid training delivered for us by Graham Helm of Street Games.

Pictured: Our Kendal training event with just some of the attendees who gain certification...



Here is a sample of the feedback we received for our Youth Mental Health First Aid Training sessions...

"I wish we had the opportunity to do this training before we started fostering - we feel so much better equipped".

"As a parent/carer looking after young people with learning difficulties and mental health issues this showed me simple techniques I could adopt and use at home".

"Despite being a qualified and experienced youth worker this course gave me a real insight into the issues of young people with poor mental health and how this impacts on every part of their lives".

"This course showed me I am not alone and that others also experience hopelessness when working with young people with poor mental health".

Understanding Adverse Childhood Experiences

We also had Understanding Adverse Childhood Experiences delivered for us by University of Life and we had 42 multi agency staff attending this training event - which proved to be our most popular training with all 40 places filling up within 5 days of it going out to advert.

The training was a great success and here are some photos and a selection of feedback received via the trainer...



“Amazing, best training I have ever been on!”

“Seeing ACEs from a survivors experience bring it all to life”

“This is one of the best training sessions I have ever been on”

“ Cumbria County Council should commission this training for all front line practitioners”

“A very powerful empowered trainer who inspired me to change”

“Good mix of learning materials, excellent handouts with training that had depth and perspective.”

Summer Activities Programme for young people in West Cumbria

Our six-week programme has now come to end. During this exciting journey 100% of our participants have increased their confidence! Some of the young people who attend did not speak when they first arrived. Several struggled to get on public transport due to anxiety. Three of our young people achieved their goal of being able to get on public transport in six-weeks, a huge stepping-stone for them.



A lot of friendships have been formed and everyone is pushing themselves to be more active! (See photo above 'meeting and thanking the town mayor for the match funding to help make the programme possible, after a game of Football in the park').

The programme has helped 19 vulnerable young people grow in self-esteem and confidence as well as improve their life choices and behaviours. Our main focus was on mental health and wellbeing, understanding finances and life skills, improving career prospects, becoming more active and socialising.

The programme has helped them achieve their own personal goals and as a group they have succeeded in improving everyone's emotional resilience.

CYA will continue to work with the young people to ensure they reach their potential; many are working with us to achieve employment, education or training outcomes.

FREE Online Resources from CYA

Free on line resources for young people to use to improve their Emotional Resilience

Young People from Cumbria Youth Alliance working with learning developers. Embrace Learning have developed a range of Emotional Resilience online modules now available for your school or youth group!

Free to use for all young people in Cumbria

These online modules are available free of charge to schools and youth groups all you need to do is register as a youth group or school and make young people aware of the learning opportunity.

Poor mental health is closely related to many other complex and interdependent health and social concerns for young people, including educational achievements, employment, family, relationships and substance misuse. We accept that young people aged 14 – 24 have their own distinct mental health needs, so working with young people we created the right resources for them by involving young people in service design and decision making. All modules have been developed and chosen by young people in Cumbria, they have told us they want, and we have produced it together. Healthwatch Cumbria recently surveyed 1077 young people aged 11 – 25 around mental health, the key message from the young people was “to make it easier for young people to access support and more online support should be readily available”. With our emotional resilience modules young people will have the right information and access to resources needed to support their mental health.

Current modules that you can access online - young people get certificates for completing modules

- **Mental health**
- **Cyber bullying**
- **Body image (key concern for young people according to Healthwatch Cumbria 2018)**
- **LGBTQ+**
- **Social media pressures**
- **Risk taking behaviour**
- **Where to go for support**

If you are interested in registering your school or youth group please contact sophie@cya.org.uk for a registration form and guidance notes. The process to set up is straightforward and each young person who completes the modules will receive a certificate



Embrace



On top of the world

August was another productive month for us on the Duke of Edinburgh's Award, with a superb group from Lakes College completing their Bronze expedition at Ennerdale. Extra well done for braving the less than perfect weather on day two as well! With their other sections of the award complete too, we'll be presenting the certificates and badges very soon. **Very well done!**



And fittingly, in news from Cumbria Youth Alliance, a few words from the young people we have had the pleasure of meeting this summer...

“Being at CYA I have had help and enjoyed being here and it has boosted everything, I thank CYA for their help” .

“I enjoyed participating in all of the activities and going out of my comfort zone. I have built a lot of confidence during the programme and I am very grateful”.

“The programme has helped me become more aware of my feelings and improved my confidence. The leaders were all so understanding and energetic” .

National news

Health developments and reports

Publications for those who want to keep up to date with health developments and reports just click on the blue links to read the briefings and reports

Building healthier communities: the role of the NHS as an anchor institution

Our new report explores how NHS organisations act as anchor institutions in their local communities. Focusing on five key areas, the report outlines how decision makers across the health care system can maximise the NHS's contribution to the health and wellbeing of local populations.

[Read the briefing](#)

Implementing health in all policies

Health in all policies is an established approach to improving health through cross-sector action on the wider determinants of health. Implementing health in all policies: lessons from around the world explores how this has been implemented around the world, from Australia to Canada. Nine case studies offer insights into what's worked and why, and what the UK can learn.

[Read our analysis](#)

Preparing for tomorrow's possibilities today

The UK is facing a time of significant change and uncertainty, with implications for our health. Our new report, Shaping Health Futures, highlights why a greater focus on the long term is needed and outlines some of the major trends and changes that will impact the future of health and social care.

[Read the report](#)

How stress in childhood affects future health

A new working paper from the Young people's future health inquiry outlining how socioeconomic disadvantages early in life can cause a build-up 'allostatic load' in the body, leading to chronic diseases later on in life.

[Read more](#)

New GP/Specialist Medical Report for Child Protection Conferences

NHS Cumbria Clinical Commissioning Groups (North & South) have been working with Children's Services and PRIMIS to develop a template for Child Protection case conference reports that will be accessible on EMIS. The aim of this is to help you to share the most relevant information so that those present at the child protection conference are able to agree on the actions needed to ensure the safety and wellbeing of children.

To enable you to do this guidance is included which we hope you will find helpful.

The attached template is in EMIS format and will need to be imported into the Document Templates section of Template Manager. It cannot be opened or viewed outside of EMIS. For practices who are on Resource Publisher this document is available in the Cumbria Referral Forms / Other Forms folder.

- **GP/Medical: Child Protection Conference Report**

Once completed, this report can be emailed directly to the IRO Service (who chair Child Protection Conferences) by replying to the conference invite that you receive using Egress.

It is vital that all relevant information is shared and we urge you to complete the report when requested, even if you are not able to attend the meeting. You may have knowledge of a key piece of information that no other agency has.

For North Cumbria practices please note that there is a form to complete for QIS to capture when you are invited to a case conference and whether or not you attend or submit a report.

Contacts for your information

For technical support please contact PRIMIS on 01228 603751 or PRIMIS@cumbria.nhs.uk

For support to return your report via egress, please contact Samantha Davidson, or a member of the IRO Service Business Support Team on (01228) 227766.

Or if you have any comments about the content of the form please send comments to myself (North) on amanda.boardman@northcumbriaccg.nhs.uk or Amy Lee (South) on Amy.Lee@GP-A82025.nhs.uk

Dr Amanda Boardman (GP Lead for Safeguarding, Maternity, Children, Mental Health & Learning Disability) NHS North Cumbria CCG

Samantha Davidson (Business Support Team Leader) IRO Service, Children's Services Cumbria County Council

Kirsty Byrne (Deputy Designated Safeguarding Nurse) NHS Morecambe Bay CCG

Entry requirements for roles in the children and young people's workforce.

Source: Children and Young People Now

Amid reforms and challenges, Charlotte Goddard identifies entry-level requirements and continuing professional development for roles in the children and young people's workforce.

Work to reform qualifications and training continues against a backdrop of budget cuts. The past year has not been a stable one for central government and inevitably long-term policymaking has suffered in the shadow of Brexit. Budget cuts continue to bite with an inevitable effect on the children's workforce. For many parts of the sector, such as the **Troubled Families** programme, workforce issues are unresolved until the government's delayed Spending Review takes place.

However, efforts to reform qualifications and training continue. In March, the Association of Directors of Children's Services called on the government to appoint a **national child, young people and families workforce lead** to oversee a coherent **strategy for the entire children's workforce**, addressing capacity issues and ensuring adequate and up-to-date training.

Youth work has had a particularly busy year, with the government carrying out reviews into statutory guidance and promising the development of a **Youth Charter**, while the National Youth Agency develops a **Youth Workforce Strategy** and carries out its own review of youth work qualifications.

The Youth Justice Board has also issued a **Workforce Development Strategy**, and this autumn will see the launch of the **Youth Justice Institute**, an initiative that aims to provide professional leadership for youth justice workers. There are numerous plans afoot in health, with the **NHS Long Term Plan** setting out action to increase the number of nurses, move towards a 0-25 service, and expand the neonatal nursing workforce. Meanwhile, the **early years** sector has seen the launch of a raft of new qualifications, including the much delayed **Level 3 Early Years Educator Apprenticeship**.

- [Read the Children's Workforce Qualifications and Training Guide online here](#) 
- [Download the guide as a PDF](#)

Download the link to youth work here

[Youth work](#)

Member News

Youth & Community Development Day

OCT
31



YOUTH & COMMUNITY WORK CONFERENCE

Youth & Community Work Conference

University of Cumbria,
The Learning Gateway, Fusehill Street Campus.,

Thursday, 31
October 2019
Starting at 9am
with a networking
lunch.

(programme on the other side)

What is youth and community work and what difference does it make?

Who are the people delivering this type of work and is it important?

This conference aims to celebrate and highlight the importance of youth and community work in developing and supporting the people of Carlisle. It will also explore the challenges and opportunities for future work in the community and how community groups and local government can work together.

The conference includes workshops, panel discussions and the opportunity to meet and find out about a range of different youth and community groups delivering work across the Carlisle area.



To register your interest to take part, or if you want a stall to showcase your project get in touch with joanne.mckenna@cumbria.gov.uk or ring/text 07469 414170



Workplace Netball Tournament



ARE YOU INTERESTED IN A...

WORKPLACE NETBALL EVENT... IN WORKINGTON, CUMBRIA

To register your interest please email:
Stephanie.Hastwell@Englandnetball.co.uk

Vacancy - Development Assistant

DEVELOPMENT ASSISTANT

37.5 hours £22.5K - £27K depending on experience

The Community Foundation provides high quality philanthropic services (grant making) to a wide range of public, corporate and individual donors.

The role underpins the work of the Development Team, undertaking research, managing data, providing information and practical support to staff and trustees. The role also includes event organisation, project work and lead responsibility for relations with professional advisers (solicitors, accountants etc).

Download the job description and application form from our website www.cumbriafoundation.org. For an informal discussion about the role, contact Andy Beeforth on 01900 825760. The post is based at our offices in Dovenby near Cockermouth.

Closing date is midnight Sunday 6 October.
Interviews commence week beginning 14 October.



CVS - North Funding Fair

Join CVS at its **North Funding Fair** on **Thursday 10 October 2019**, 10am – 3pm, Shaddongate Resource Centre, Shaddongate, Carlisle CA2 5TY

Speak directly to funders; access essential funding information, advice and support; network with other local organisations.

Funders include: ACTION with Communities in Cumbria, Charity Bank, Cumbria Community Foundation, Cumbria Youth Alliance, First Ark Social Investment, Francis C Scott Trust, The Hadfield Trust, Heritage Lottery Fund and The National Lottery Community Fund.

This event is aimed at local voluntary and community groups, especially those new to the funding arena in West Cumbria. Please book to attend one of these two sessions:

- **10am – 12noon** Registration from 9.45am
- **1pm – 3pm** Registration from 12.45pm

You do not need to attend for the full two hour session, but it is advised for you to allow at least one hour to make best use of your time and speak to all relevant funders. This event is **FREE*** - **Book your place today!**

Download a booking form at www.cumbriacvs.org.uk

Complete and return a booking form (attached) to:

Shaddongate Resource Centre, Shaddongate, Carlisle, CA2 5TY OR info@cumbriacvs.org.uk

Any queries or for further information, call 01768 800350

Cumbria LEP - Young People's Campaign

You might be aware that Cumbria LEP and our partners are in the process of developing a place marketing campaign to promote Cumbria as a great place to live, work and invest, as well as visit.

This campaign is looking to help address our declining working age population and some of the workforce and skills shortages that we are currently facing by encouraging people to start and build their career here. In order to bring the campaign to life, we need to find real life role models, who would be willing to appear in the campaign, and if required act as brand ambassadors for Cumbria.

We're looking for:

- Young people living in Cumbria aged 14-25 who have done something exceptional!:
- Young people living in Cumbria aged 14-25 who are thoroughly enjoying their education and/or early career experience in Cumbria
- People aged 21+ who have moved to Cumbria from outside of the region
- Career starters aged 21-30 who are thriving in their first or second role.
- Career growers 30+ who have developed their career in Cumbria.
- Working age families who are benefiting from Cumbria's unique offer.
- Entrepreneurs who have established or grown their business in Cumbria.

If you know somebody within your organisation, network, or you yourself, who is suited and willing to become an ambassador, please contact myself, John Reynolds or Lucy Clarke, here at CLEP.

John can be contacted at: john.reynolds@thecumbrialep.co.uk (tel: 01768 212853), Lucy's details are lucy.clarke@thecumbrialep.co.uk (tel: 01768 212865).

Lancashire and South Cumbria Suicide Prevention Training Consortium

Available Courses and Interventions 2019

The consortium is commissioned to provide a range of training, interventions and campaigns to help professionals and community members across Lancashire and South Cumbria grow in confidence and skills around talking about suicide and helping to prevent it.

[View full details \(word doc\)](#)

Hannah Boyd

Support Manager Children and Maternity
Morecambe Bay Clinical Commissioning Group (CCG)

Hannah.Boyd@morecambebayccg.nhs.uk
<http://morecambebayccg.nhs.uk/>



Tea and Tonic

A new fortnightly session for adults
at Workington and Whitehaven Libraries



Join us for a bit of fun
in a relaxed, friendly
setting.

There will be music, song,
poetry, craft and creative
activities to join in with if
you fancy,
or just enjoy a chat over
tea and cake.



Come on your own or
bring a friend or someone
you are caring for.
Everyone welcome.



Photo credits: Tom Kay

Whitehaven Library 10-11.30am
Workington Library 1.30-3pm

on Mondays:
16th & 30th Sept
14th & 28th Oct
11th & 25th Nov
9th Dec

Just drop in,
no need to book.
£3 per session,
includes tea and cake.

For more info: gilli@amys-care.co.uk



Keppleway Centre Offers

New: Save even more on Off Peak rates at the Keppleway Centre

The Keppleway Centre is a great place to come for exciting outdoor activities and fantastic home-cooked food. That's true all year round, and to encourage off peak groups, Keppleway is offering a further 5% off our reduced low season rates on new bookings (*). Call us to discuss dates, and remember to mention our extra 5% discount when booking!

*** Offer applies only to new bookings made by 31 st December 2019, starting between 1st November 2019 - 29th February 2020.**

New: Refer A Friend to the Keppleway Centre and both get money off next booking

If your group already comes to the Keppleway Centre, and you refer a new group which makes a booking, then you and they can both claim a 5% discount as a thank you from us.

- (**)! Remember to mention our Refer A Friend discount when booking!
- (**) Parties must both make a new group booking to start by 30 June 2020 for offer to apply. Maximum discount per party of £250.



Call us now on 01229 716936 or email stay@keppleway.org.uk

www.keppleway.org.uk

The Keppleway Centre, Broughton in Furness, LA20 6HE

Cumbria LGBT Pride Event



CUMBRIA LGBT PRIDE

FREE
EVENT

FAMILY
FRIENDLY

SATURDAY 28TH SEPTEMBER - MIDDAY-10PM
INSIDE CARLISLE CASTLE



CELEBRATING 50 YEARS OF STONEWALL

HEATHER PEACE PLUS LIVE BAND
SONIQUE, JANICE ROBINSON, CAPPELLA
CHRISTOPHER MALONEY X FACTOR



STEVIE D
ROSS ALEXANDER 2019 SHOW
BIG GUYS DONT CRY

JACQUI CANN AS ALISON MOYET
NORTHERN PROUD VOICES
UKES AKIMBO
MICHAEL T OGILVIE
CHANNY LIAM MOORHOUSE



SPECIAL GUEST DRAG HOSTESSES
ACCOMPANIED BY MARC ALLEN
EVENING DJ KELLY DIXON



PARADE STARTS 11AM
FROM THE CIVIC CENTRE



NO ALCOHOL ALLOWED TO BE BROUGHT ON SITE. BAG CHECKS IN OPERATION BY SECURITY.
ALCOHOLIC AND SOFT DRINKS WILL BE AVAILABLE TO PURCHASE AT THE BAR.

CASTLE WAY, CARLISLE CA3 8UR

WWW.CUMBRIAPRIDE.ORG

#CUMBRIAPRIDE10YEARS



STORY

Sellafield Ltd



Riverside



PINC



enterprise

North Cumbria
University of Cumbria

Cumbria Partnership
Council

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[click here to find out how you can support CYA](#)

You can now support CYA with your Amazon purchases! Click on the 'Get started' link below, 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.

Shop at AmazonSmile
and Amazon will make
a donation to:

Get started

Cumbria Youth Alliance



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Cumbria Youth Alliance

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