

Projects commissioned in year 2 for the Emotional Resilience Project (ages 14 – 24)

Cumbria Youth Alliance is offering a range of interventions to help improve young people emotional resilience and self confidence over the next 8 months which are shown on the table below.

We would encourage you to contact our project officer Sophie Birkett, (email: Sophie@cya.org.uk , phone: 01900 603131) if you require any further information on individual projects or would like to make a referral. (Please note all the interventions below were chosen by young people)

Provider/project name	Description	District	Referral Route
Action for Children – Blues Project	Blues project is a school evidenced based programme that addresses depressive symptoms in 13 – 18yr olds. Supporting them to develop life skills to cope with exam stress pressure and general issues life throw at them. The project will offer cognitive reforming, coping strategies and supports self-reward, giving each young person a tool kit to enable them to cope with their emotional wellbeing.	Barrow	Action for Children Contact School/ youth group targeted 01229 877220 – reference “Blue’s Project”
Carlisle/Eden Mind – Mates in Mind	2 sessions per school of the Mates in Mind project; young people will receive an individual wellbeing action plan to support mental health and emotional resilience and well as providing support to the parents of the young people with newsletters and training.	Allerdale	Targeted to Schools in Allerdale
Soundwave – Hollr Project	Youth activism project and online platform specific to young people in Cumbria this project seeks to engage young local people and hold a safe, inclusive environment where young people can discuss issues affecting them and seek solutions, guidance and advice from both the Hollr team and their peers.	Copeland/ Barrow	Online platform – Search Hollr on Facebook – Resources available
Together We – Body Image	Offering six-hour long sessions of body image workshops,	Allerdale and Copeland	Targeted to:

Workshops	topics will include; <ul style="list-style-type: none"> • What is body image • Self Esteem and your body • Social Media and your body image • Positive Self Image • Managing your thoughts • Moving Forward 	secondary schools	Workington Academy Whitehaven Academy St Benedict's Netherhall Millom Solway CTC
Together We – Exam Stress Workshops	Offering six-hour long sessions of exam stress workshops, topics will include; <ul style="list-style-type: none"> • What is stress and exam stress • Stress control • Practical exam techniques • Managing your worries • Being Mindful and using relaxation • Planning ahead 	Allerdale and Copeland secondary schools	Targeted to: Workington Academy Whitehaven Academy St Benedict's Netherhall Millom Solway CTC
Wigton Youth Station – Positive relationships workshops	Positive Relationships Event – to be planned and organised by young people for young people using the title #youarestrongerthanyouthink. Working in partnership with (SHADES for body image) (Pam Eland for LGBTQ+ awareness) The event will cover; <ul style="list-style-type: none"> • Child sexual exploitation • Cyber bullying • LGBTQ+ community issues • Personal Safety • Benefits of increased emotional resilience • Bullying who to go to and what to do 	Allerdale	Event date to be released
Cumbria Youth Alliance – Duke of Edinburgh for PRU	To work with WCLC and the PRU to deliver DofE which includes an expedition, volunteering/ learning a new skill and a physical challenge.	Allerdale and Copeland	Cumbria Youth Alliance sophie@cya.org.uk / richard@cya.org.uk Sophie Birkett 01900 603131

	As well as this CYA will be delivering targeting sessions for emotional resilience		
Drop Zone – Targeted interventions for the PRU	Targeted intervention to key groups – PRU/WCLC etc to deliver sessions around <ul style="list-style-type: none"> • Anger management • Alternative and complimentary therapies • Coping skills • Understating emotions Building positive behaviours and relationships	Barrow	cathcorkill@yahoo.co.uk Cath Corkill 07787417838
Always Another Way – Targeted intervention around anger management and coping strategies	Targeted intervention to key groups – PRU/WCLC etc to deliver sessions around <ul style="list-style-type: none"> • Anger management • Alternative and complimentary therapies • Coping skills • Understating emotions • Building positive behaviours and relationships 	Allerdale and Copeland	Targeted to PRU Whitehaven and West Cumbria Learning Centre
Strong Language Theatre Company- Theatre workshops to tackle issues linked to Body image, Stereo typing and mental health	Theatre workshops to raise and address the issues around body image, Stereo typing and Mental health with actors used to set the scene. Groups discussions & theatre style role play will then be used so work through the issued raised by the actors.	Allerdale and Copeland	Ian Hinde Tel: 07708 500750 Email: stronglanguagetheatre@gmail.com
Spring Mount – Life Skills project	Life Skills courses including; money management, fitness sessions, online safety as well as one-to-one support for emotional resilience	Barrow –	Spring Mount Community Hall Contact Ros Harrison Tel: 01229 471676
Spiral- Cyber bullying, bullying and	Spiral work with children and young people that have/are being targeted by	Allerdale District	Mikaela Cockbain Community Development Worker Tel: 07474070236

sexting awareness workshops	bullying, and Cumbria Youth Alliance have commissioned them to deliver workshops in Allerdale district to educate young people about the impact of cyber-bullying, sexting, and to build self-confidence, self-esteem and young people social skills		E: mikaela.spiral@gmail.com
You Bring the Band – Battle of the Bands music therapy workshops	Full band sessions to record an album and deliver a gig at the end. The aim of project is to learn a new skill, gain confidence and self – esteem. The teams will also be responsible for event planning/ marketing and PR	Barrow	You Bring the Band Contact: Chris Burl Tel: Email: info@youbringtheband.co.uk
Phoenix Youth Club – Financial and life style programme	6-8 week Phoenix Youth Club targeted life skills programme tailored to individual needs; this will cover; <ul style="list-style-type: none"> • Financial management • Positive relationships • Bullying • Mental health • Understanding anxiety 	Copeland	Phoenix Youth Club Contact: Paul Rowe Tel: 01946 814555 Email: paul.rowe@phoenixyouthproject.org.uk
Carlisle Mencap – Positive Relationships workshops for people with disabilities	Workshops for those with autism and disabilities with a focus on positive relationships covering; <ul style="list-style-type: none"> • Bullying • Hate and mate crime • Sexuality • Sexual abuse • Exploitation 	Allerdale, Barrow-In-Furness & Copeland districts	Carlisle Mencap Contact: Shelia Gregory Tel: 01228 67493 Email: Sheila.Gregory@carlisle Mencap.co.uk
CADAS - Drugs & alcohol awareness sessions	Workshops to raise young people awareness about the dangers of taking drugs and alcohol	Allerdale, Barrow-In-Furness & Copeland districts	CADAS Contact: Jenn Marrs Email: jenm@cidas.co.uk
Cumbria Youth Alliance – Peer led wellbeing workshops	3-hour long sessions around health and wellbeing; including managing anxiety, understanding mental health and physical health – interactive sessions	Allerdale, Barrow-In-Furness & Copeland districts with focus on Schools/ Youth groups	Cumbria Youth Alliance Contact: Sophie Birkett Tel: 01900 603131 Email: sophie@cya.org.uk

<p>Embrace Resilience – Free on-line Emotional Resilience modules</p>	<p>Online modules covering –</p> <ul style="list-style-type: none"> • Body Image • Mental Health • LGBTQ+ awareness • Cyber Bullying • Social Media Pressures • Risk taking behaviour • Help and Support module of services in the local area 	<p>County-wide Schools/ Youth groups and establishments</p>	<p>Cumbria Youth Alliance Contact: Sophie Birkett Tel: 01900 603131 Email: sophie@cya.org.uk</p>
<p>SAFA – Self harm awareness prevention workshops</p>	<p>Self harm awareness sessions to make people aware of the issues, how to support peers and where to go for support.</p>	<p>Allerdale, Barrow-In-Furness & Copeland districts targeting secondary schools and PRU's</p>	<p>Kath Threlkeld (BSc Occupational Therapy) Project Manager SAFA - Self Harm Awareness for All Tel:01229 832269 Email: manager@safa-selfharm.com</p>