



Cumbria Youth Alliance

october newsletter

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

In this issue...

Youth and Community Conference

Choices Programme

Cumbria Safeguarding Children Partnership

Outcomes Star Update

National News

Member NEWS



Welcome to our October newsletter

Date for your Diary Youth and Community Conference

OCT
31



YOUTH & COMMUNITY WORK CONFERENCE

Youth & Community Work Conference

University of
Cumbria,
Fusehill Street
Campus.
The Learning
Gateway

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 the 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 (01228) 226730



University of
Cumbria

Cumbria
County Council

awaz
CUMBRIA
www.awaz.info

Cumbria
CVS



Choices Programme



Kieren (pictured right) joined Cumbria Youth Alliance Choices' Programme in May 2018, funded by The **National Lottery Community Fund** and the **European Social Fund** and managed by Groundwork Trust here in West Cumbria.



After attending short courses here at Cumbria Youth Alliance a local employer has now recognised his talents and he has found employment with Calderwood House Egremont as an Admin Assistant to the Manager and also secured a college placement to do his HNC in Business Management. Kieren has a lot to offer said John Dixon of Cumbria Youth Alliance who has worked with Kieren on the Choices Programme.

Kieren would like to thank CYA Choices staff for their help and support and also said:

“This is a job that will let me be me, more family orientated and an excellent opportunity going forward in my career.”

Cumbria Safeguarding Children Partnership

Briefing on Cumbria's New Multi-Agency Safeguarding Arrangements

Background

Every Local Authority area has an Independent Local Safeguarding Children Board (LSCB). LSCB's are responsible for ensuring agencies work together to safeguard children and for testing how effectively this happens.

Cumbria LSCB has fulfilled this role for our local area and has supported local safeguarding arrangements by delivering training, auditing, publishing learning, publishing procedures, undertaking reviews etc. Most of this activity can be seen on this website. However, LSCB's will soon be replaced, and new multi-agency safeguarding arrangements are required to be in place by September 2019. From 29 September 2019, The Cumbria Safeguarding Children Partnership (CSCP) will replace the current Cumbria Local Safeguarding Children Board.

Why are we changing?

The Children and Social Work Act 2017 replaces LSCBs with new local safeguarding arrangements, led by three named statutory safeguarding partners (local authorities, chief officers of police, and NHS clinical commissioning groups). The three partners will assume the responsibilities that currently sit with the LSCB. In Cumbria these partners are Cumbria County Council, Cumbria Constabulary, NHS North Cumbria Clinical Commissioning Group and NHS Morecambe Bay Clinical Commissioning Group.

The safeguarding partners are required to agree on ways to co-ordinate their safeguarding services; act as a strategic leadership group in supporting and engaging others; and implement local and national learning including from serious child safeguarding incidents.

Information for new arrangements

The new CSCP arrangements have been published today (27 June 2019). This document sets out how organisations, partnerships and people in Cumbria will move from the existing Safeguarding Board arrangements to a new Partnership. It highlights how we will build on emerging strengths and build new opportunities for scrutiny, support and challenge. We believe that we have created a realistic and sustainable model, which will enable a continuing focus on critical safeguarding matters to improve outcomes for children, young people and their families. We will begin to operate these new arrangements from 29 September 2019.

Our Partnership Vision, Principles and Values

As part of our new arrangements, the CSCP commits to the following shared values and principles which will underpin everything we do:

Key Features of the New Safeguarding Model

Executive Group

The Executive Group will be formed of senior responsible officers or their nominated representatives from the three statutory safeguarding partners and will be chaired by the existing independent chair. The Executive Group will drive forward the work of the CSCP, ensuring the vision is upheld and the priorities are delivered. The Group will review progress, assess strengths and identify areas for development.

Business Group

The Business Group membership will include the chairs of the partnership sub-groups and chairs of the Locality Safeguarding Groups, the statutory partners as well as the other 'relevant agencies' (as detailed in Working Together 2018). In Cumbria this will include representatives from education, health, district councils, criminal justice and the voluntary sector. The Business Group will develop, implement and monitor an annual plan and agree priority actions against core business; and will direct the subgroups in delivery of the plan.

Locality Safeguarding Groups

We believe the new arrangements present an opportunity to improve the consistency of our locality response to safeguarding issues. Our new arrangements will establish (on a phased approach) three Locality Safeguarding Groups based on the following locality areas: Allerdale and Copland; Carlisle and Eden; Barrow and South Lakeland. We will be working in consultation with partners to establish how the arrangements will work in practice.

Partnership Sub Groups

The Business Group will be supported to deliver the priorities through a number of countywide partnership sub groups:

How will this affect you?

- The CSCP will continue to undertake the functions of the LSCB including the delivery of multi-agency training, carrying out multi-agency audits, undertaking reviews and publishing learning. The current LSCB policies and procedures will be adopted by the CSCP.
- The LSCB website will remain in place until September 2019 while we update and transition all relevant information across to a new CSCP website.
- The process for if you have concerns about a child remain unchanged.

Opportunities for Engagement – help us shape our priorities

The safeguarding partners wish to engage with the safeguarding workforce and seek your views on our new arrangements. Between July and October 2019 there will be a number of opportunities to meet with others with safeguarding responsibilities across Cumbria to reflect, discuss and engage with future developments and plans for the CSCP.

During Safeguarding Fortnight, September 9-20, 7 practitioner forums will be held across the county, these will be used to share information on our new arrangements and take practitioners views on the partnership's priorities and the proposals around Locality Safeguarding Groups.

Further updates will be shared via a '5 Minute Briefing' which you can sign up to via www.cumbria.gov.uk/signup

Outcomes Star Update

Lots of new things from Outcomes Star An update from Triangle Training

Values	Outcomes Star	Many traditional approaches
EMPOWERMENT	<ul style="list-style-type: none">• Service users are active co-producers of change• Whilst recognising that there are external factors beyond an individual's control, there is a belief that the change that takes place within an individual (motivation, understanding, beliefs and skills) is a key active ingredient in achieving sustained outcomes• The focus is on the service user's relationship with the issue	<ul style="list-style-type: none">• Service users are seen as passive recipients of help, with 'experts' having the knowledge to devise solutions• The focus is on the severity of the issue• Only outputs or extrinsic 'hard' outcomes are measured
COLLABORATION	<ul style="list-style-type: none">• The worker and service user collaborate in assessment, with the potential to build a shared perspective on issues and the action needed	<ul style="list-style-type: none">• Employ either self-report measures that don't build a shared perspective or professional assessment measurement tools that do not make decisions explicit or bring the service user into their own process of change
INTEGRATION	<ul style="list-style-type: none">• Assessment and measurement are an integral part of keywork	<ul style="list-style-type: none">• Assessment and measurement are additional tasks that can be resented by workers as a distraction from 'real' work

Cumbria Youth Alliance is pleased to be the trainers for Outcomes Star here in Cumbria working with Triangle Training.

There are now over 40 different stars so there is always something that just fits your client group. There are stars that deal with early help in families, young people, unemployed people, drugs and alcohol, homelessness and so much more right through to end of life planning.

Training is essential to be able to use the stars and to gather the data- you cannot use the tools without being licensed and trained appropriately by an approved trainer. That is so important when you demonstrate the impact that your work is having up on the lives of your service users.

It can be used cheaply as a paper based system or you can purchase the back office computerised version which allows you do effectively gather data and analyse it within your organisation. Funders love this tool and more and more organisations are using the tool.

Want to find out more?

Cumbria Youth Alliance are happy to come along and talk to you about the star - help you chose the right star for your client group and train your team to use the star and to analyse the data and demonstrate effectiveness to a range of funders.

We can give you a quote to embed the programme within your organisation and in some cases we may be able to do this free of charge depending on the status of your organisation.

Increasingly funders are wanting qualitative data - it is no longer acceptable to say well we have 100 people coming along - what funders really want to know is by coming to your service what difference has been made their lives of 100 people.

We are really excited to see there are new stars arriving into Triangle Training Outcomes Star suite of stars and we are especially keen to see the new My Mind Star which has been developed in co-operation with Action for Children for young people with poor mental health.

There is also a new recovery star which might be of interest to other agencies here in Cumbria as its incorporates trauma based practice and impact on addictions.

For a demonstration or more information contact cath@cya.org.uk or ring 01900 603131 and we can come and see you

My Mind Star

A new Outcomes Stars for mental health - Introducing the new My Mind Star and a new, improved edition of the Recovery Star. My Mind Star is a much needed and timely tool for early intervention with young people. My Mind Star was developed in collaboration with managers, service users and professionals at leading UK children's charity, [Action for Children](#). It was also piloted by:

- [HeadStart Kernow](#), a Cornwall Council-led partnership programme to develop resilience and mental well-being in young people, funded by the Big Lottery.
- [The Community strand of the Learning Partnership for Cornwall and the Isles of Scilly](#), a partnership set up in 2001 to maximise the impact of the European Social Fund (ESF)

The results of the pilot were very positive, with 94% of young people agreeing that their complete Star was 'a good summary of my life right now'. 94% of practitioners agreed that My Mind Star gave them a better idea of the support needs of the young people they support.

"Often young people have not been listened to or given control: completing the Star gives them space and lets them take the lead."

Grainne Hart, Manager of the Choices Service, part of the My Mind Star pilot

The Recovery Star (4th Edition)

This is a new and improved edition, drawing on independent research and feedback from service users, key workers and organisations.

The new edition retains the person-centred, strengths based approach of previous editions but with even more accessible language, incorporating trauma-informed thinking and fuller acknowledgement of the impact of external factors.

There is fuller recognition of the necessity of on-going support for enduring and severe conditions. It is backed by a report on independent research into the psychometric properties and a review of literature supporting the Journey of Change and choice of outcome areas.

Both Stars were launched at the Govconnect Mental Health 2019 Conference at the Royal Society of Medicine on 26th September.

If you are in Cumbria and you want to more about embedding the outcomes star in your organisation contact cath@cya.org.uk or ring her on 01900 603131

National news

New guidance about independent examination

The Charity Commission has updated its guidance for trustees on what they need to know about independent examination.

This guidance gives trustees the information they need to:

- check whether their charity can have its accounts independently examined instead of audited
- appoint a suitable person to carry out the independent examination, and
- prepare for the independent examination.

This might be particularly relevant to small charities that don't meet the statutory audit threshold of £1 million. You can [read the updated guidance here](#). Thank you to [BVSC Business Solutions](#) for sharing.

Youth Services in England 'Decimated'.

Youth services in England have been "decimated" by £1bn worth of cuts, a drop of 73 per cent over the last decade, new research from the Labour Party shows.

Taken from Children and Young People Now 10/10/2019

Labour's shadow minister for youth affairs Cat Smith: "Labour will restore a nationwide youth service". Picture: Parliament.UK

The party's analysis of Department of Education figures on government spending reveals an "alarming scale" of cuts which it says have resulted in the loss of thousands of youth work jobs and hundreds of youth centres.

The Labour Party said the DfE statistics showed £1,184,122 was spent on youth services for 2010/11, plummeting to just around £375,000 by 2019/20, a fall of 73 per cent.

Adjusted for inflation, the spending for 2010/11 would be more than £1.38bn in 2019, it said. In nearly a decade, this meant a real-term change of more than £1bn on spending on total services for young people.

The research carried out by the party reveals 14,500 youth and community work jobs in England have been lost since 2008, a reduction of 58 per cent.

[Spending Round: key measures for children and family services](#)

[Analysis: Merits of Labour youth plans](#)

[Analysis: The policies that have dismantled youth work](#)

[Analysis: Leaders call for a clearer vision of council youth work duties](#)

It also drew on a [survey published by Unison](#) last year which found more than 760 youth centres had closed since 2012. The latest findings follow the announcement of [Labour's Only Young Once](#) strategy to deliver a universal youth service which takes a public health approach to young people's needs.

It said rising levels of knife crime, county lines, mental ill-health and loneliness, rising exclusions and exam pressures meant being a young person was "harder than ever".

The party is pledging to end a postcode lottery for young people accessing youth services by introducing a new national Youth Service Guarantee.

This would ensure every young person had access to high-quality youth work in their community regardless of their background and circumstances, it said.

Its youth services would also provide all young people with extra-curricular activities to encourage engagement in arts and sport and provide a safe space to develop social groups, it added.

"Labour will prioritise community-based non-formal education that harnesses young people's skills and empowers them to improve their own lives," the party said.

It unveiled plans to increase the number of qualified youth workers who would be able to signpost young people onto further services if needed and to help improve joint working between agencies.

Cat Smith, Labour's shadow minister for youth affairs, said young people deserved role models who could build their aspirations and empower them to recognise their strengths.

"There are far too many young people today growing up with nowhere to go, nothing to do, and no one to speak to about their lives."

"Labour will restore a nationwide youth service, built for the many young people who represent our future, not just for the few young people requiring youth justice interventions," she said.

Under the new proposals, Labour said it would develop a **young person-centred service** introducing a statutory right to young people to be consulted on the development of local youth service plans and in the formation of any national body.

The move has been welcomed by youth organisation Young Voices Heard which said it was part of a commitment to strengthening youth voice participation and scrutiny powers.

James Cathcart, the organisation's founder, said: *"It's important that the proposed impact and influence of young people will be recognised publicly so that their valued becomes the norm not the novelty to public opinion."*

National Youth Agency chief executive Leigh Middleton, said: "Youth services have all but disappeared from most communities.

"A shift to short-term, targeted funding has led to a postcode lottery of provision and a dramatic loss of trained youth workers."

"A revitalised universal youth service is vital to provide safe spaces and guidance outside of school, supporting young people in their communities and their ambitions for the future."

Safeguarding Resources Hub

This week **NCVO** has launched a new hub of safeguarding resources, produced with partners including NAVCA, the FSI, NSPCC, Children England and a number of other organisations.

This work forms part of the government's Civil Society Strategy and has been funded by The National Lottery Community Fund and the Department for Culture, Media and Sport. The resources are designed to help all organisations start their safeguarding journey, so they are a safe place for their staff, beneficiaries and volunteers.

You can access the **Safeguarding resource hub here**, join in the conversation on social media using #SafeguardingAsOne and finally, please share the resources far and wide with the charities and community groups in your network.

Member News

Lake District Mobility

I would like to make you aware of Lake District Mobility who aim to improve access to the countryside for people with limited or restricted mobility through the use of 'all-terrain'scooters. Currently one is available at Whinlatter and two are in Langdale.

The Trampers can be used by those aged over 14 years.

I would be grateful if you could pass on to anyone who would find this information of use. Further information for the charity and scheme can be found on our website www.lakedistrictmobility.org

Suzanne Megan, Charity Volunteer
Lake District Mobility 1172739
www.lakedistrictmobility.org

Vacancy - Centre Manager

- **21 hours per week**
- **Salary: £26,936 pro rata for initial 6 months rising to £29,591**
- **Fixed term for 2 years**

This is an exciting and rare opportunity to work in one of the most iconic locations in the Lake District based on the shore of Derwent Water. You will be responsible for the development and ongoing management of Young Cumbria's residential centre, Isthmus Cottage; to ensure the effective and efficient management and development of a high quality venue offering an excellent customer experience.

You will have a dynamic and proactive approach to managing the centre and be passionate about driving the business forward.

For further information and to apply please visit www.youngcumbria.org.uk or email admin@youngcumbria.org.uk for an application pack.

Closing date: Friday 25th October 2019 at Midday
Interview date: Tuesday 5th November 2019

Suicide Alertness Training - Allerdale



Living Matters SUICIDE ALERTNESS TRAINING

This tailored workshop will look at:

- the facts and figures around suicide
- why we should talk about suicide
- what we can do to help prevent suicide
- the 'signs' that someone may be having thoughts of suicide
- why it is important to ask directly about suicidal thoughts
- what resources are available locally and nationally

Option 1:

Date: Thursday 28th November 2019
Time: 9:30 to 13:00
Place: Workington Fire Station

Option 2:

Date: Wednesday 11th December 2019
Time: 13:00 to 16:30
Place: Ewarrigg Community Centre, Maryport

Option 3:

Date: Monday 16th December 2019
Time: 9:30 to 13:00
Place: Wigton Methodist Church

Places are limited and will be reserved on a first come, first served basis. (Further sessions will be arranged if needed)

To book a place, please email:
Jack.Wilson@cumbria.gov.uk

If you have any questions or concerns about the training prior to the event please contact Juliet Gray via email:

juliet@julietgraytraining.co.uk

SUICIDE IS EVERYONE'S BUSINESS

This training is funded by Public Health, Cumbria County Council

Do you feel you are doing enough to help prevent suicide?

On average we lose one person a week in our county to suicide

Cumbria's suicide rate is higher than the national average

Anyone can be at risk of suicide

We can all make a difference



Health and Wellbeing Team

What is the role of a Health and Wellbeing Officer?

The main aim of a Health and Wellbeing Officer's role is to engage with young people under the age of 18 who show substance misuse needs, with a particular emphasis on alcohol, cannabis and New Psychoactive Substances (NPS).

How do you refer?

We are a first point of contact for young people in crisis in relation to substance misuse. We mainly receive referrals from Health and Police; however referrals can be made by any statutory or voluntary agency. But if you are unsure on the suitability then please call for a discussion.

What does a Health and Wellbeing Officer do?

Once a referral is received an officer will complete an assessment of the young person's alcohol/substance use/misuse, usually within the family home, with the aim to deliver appropriate education, harm reduction advice, relating to alcohol/substance misuse and related risk taking behaviour.

Self Refer

If you're worried about your own or one of your mates' drug or alcohol use, we can help. We could support you on a one-to-one voluntary basis and can listen to your worries. You don't have to have an addiction but something might have happened that's worried you while you were drinking or using drugs. Contact your area worker for help.

What if more help is required?

The Health and Wellbeing team are part of a multi-agency approach therefore if it is identified that further work is required, an Early Help Assessment will be carried out to ensure the young person receives the correct support and achieves the best outcome.

Contact details:

North Cumbria (Carlisle and Eden)
Mobile: 0782 534 0514

West Cumbria (Allerdale and Copeland)
Mobile: 0788 794 7621

South Cumbria (Barrow and South Lakes)
Mobile: 0790 006 0645

cumbria.gov.uk/yphousing/youngpeople/DrugsandAlcohol.asp

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



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.



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



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Cumbria Youth Alliance

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