

CUMBRIA YOUTH ALLIANCE ANNUAL REPORT

2019 - 2020



*“Working with and for young people to
enable them to reach their full potential”*

Funders & Supporters

A big thank you goes out to our funders without whom we would not be able to provide any of the services to young people or to our member organisations. Thank you for your continued support which has helped us to change the lives of many young people and helped organisations become more sustainable and better equipped to deal with the emerging issues.

From all of us here at Cumbria Youth Alliance a BIG THANK YOU

- Cumbria County Council for our central infrastructure contract
- Cumbria County Council at South Lakes, Barrow, Copeland, Allerdale, Carlisle and Eden through local committee grants
- Alpkit for donations of outdoor equipment
- Four Acre Charitable Trust
- Big Lottery Partnerships Programme
- Big Lottery Community Fund
- Garfield Weston Foundation
- Allerdale Borough Council
- Sellafield Ltd
- Children in Need
- Cumbria Community Foundation
- James Cropper Ltd
- Eric Wright Charitable Trust
- F C Scott Charitable Trust
- Groundwork North East and Cumbria
- Phyllis Haney Charitable Trust
- John Gilpin Charitable Trust
- Cumbria Volunteer Service (CCVS)
- Badger Adventures
- DOE North West Office
- Metamorph Law Ltd
- Nineveh Charitable Trust
- Penrith Town Council
- Frieda Scott Charitable Trust
- Slater Trust
- Forrester's Charitable Trust
- Baily Thomas Charitable Fund
- Margaret Dobson Charitable Trust
- Douglas Arter Charitable Trust
- WEA through Building Better Opportunities
- Share Foundation
- Sir John Fisher Foundation
- Souter Charitable Trust
- Robin Rigg Community Fund
- Sport England
- 29th May 1961
- Rank Foundation
- United Utilities
- Alan and Nesta Ferguson
- StreetGames
- Coalfields Regeneration Trust
- A big thank you to members of the public who donated equipment for outdoor activities for young people
- EC Graham Charitable Trust

Chair's Foreword

Mark Hurley

The phrase, 'We live in a changing world' is one that trips off the tongue and is used by many of us as a way of justifying or delaying a decision. As I write this foreword we are in the midst of a global pandemic and society as we know it has changed. Whatever the new 'norm' will be, which in part we as a society will determine, it will be very different from the world we knew.



How charities operate, how they are funded will have to change to meet the environment they are operating in and Cumbria Youth Alliance will be no exception. Fortunately, as a charity under the leadership of our CEO and the phenomenal work undertaken by our staff, volunteers, and the board of trustees the organisation is in a good place as we continue to respond to these changing times.

Unfortunately, whilst our society is recalibrating because of coronavirus the needs of young people have not changed. Locking down society heightened the mental health crisis experienced by young people. Their education has been put on hold and the prospects of employment for many seem more remote.

It is easy to become disillusioned as you reflect what is happening, but I have both the good fortune and privilege of hearing the work our staff and volunteers are undertaking. The apprenticeships found with Cumbrian businesses due to generosity of funders such as Allerdale Borough Council are steps that are changing lives. How individuals have been positively impacted through our emotional resilience project which is now countywide has been inspiring and again is changing lives.

All of these steps taken by young people and supported by funders such as Cumbria County Council, Lloyds Foundation, Cumbria Community Foundation, Frances C Scott Charitable Trust, National Lottery Community Fund and too many others to mention will ensure the new 'norm' will see lives changed for the better irrespective of the new norm we as a society determine.

Mark Hurley

Chair of Trustees
31st March 2020

Chief Officer's Report

Cath Clarke

2019/2020 was a successful year for Cumbria Youth Alliance with lots of positive things being achieved by our team of staff and volunteers. We have an outstanding team of staff and volunteers who all go the extra mile for our young people and for our member organisations. We are rightly proud of what we have achieved this year with and for children, young people and families here in Cumbria and a big thank you to the staff and volunteers for all their hard work.

We directly supported over 500 young people with programmes like our Young Leaders Schools Programme, our Duke of Edinburgh programme and through a variety of youth unemployment projects and in care/leaving care projects. Indirectly we supported a further 4,000 young people through our partners on the Emotional Resilience project and other projects like our Allerdale Friday Night Youth Project and Dreamscheme programmes in Carlisle, Eden. Partnership working allows us to achieve so much more than working alone would let us achieve and thank you to the agencies we have worked alongside this year. Seeing young people achieve and growing in confidence is why we do this job.

We tendered for and retained our Cumbria County Council Youth Infrastructure contract and supported many organisations with their sustainability and staff training ensuring the youth sector is strong and can rise to the challenge of supporting young people often with complex and multiple needs.

We continue to provide a strong voice for organisations working with children, young people and families at a range of strategic tables locally and countywide such as the Children's Trust Board and the Third Sector Executive and we have seen the Cumbria Children and Young People's Voluntary Sector Reference Group, which we host and manage, go from strength to strength with increased membership and funders and statutory partners now attending our bi-monthly meetings on a regular basis. This gives us an opportunity to look at how we work together to get better outcomes for children, young people and families and for us jointly to address emerging priorities and reduce duplication.

During the year we implemented the Outcomes Star assessment and distance travelled tool across all our programmes working with young people so we can continue to report accurately to funders on the difference we have made to the lives of young people we support. We liked the tool so much that we have become trainers, licensed to train others, and during the year supported 34 organisations and 78 individual staff members to also learn how to use the tool and ongoing support is available for these organisations to implement it fully in their practice.

As we came to the end of a highly successful year we were hit, like everybody else, with COVID-19 and lockdown which left us trying to deliver services in a very different way. Making sure staff could work from home and safely support young people using a variety of communication channels was not without its challenges. We invested heavily in ensuring young people, staff and volunteers across the sector could access a range of open and distance learning packages to provide positive activities whilst in lockdown and that has proved very successful.

Financially we had a good year and end the year in a healthy position which will help us weather the storm that inevitably will follow on from the Covid-19 pandemic. We are eternally grateful to our funders many of whom support us year after year as they have confidence in our services and the outcomes we achieve for young people. We are especially grateful that funders have been flexible in supporting us to deliver the services during Covid-19 for without you we would not be able to continue the valuable work that can help change the lives of young people.

Looking forward to 2020/2021 we are already seeing a host of emerging problems for children, young people and families as a result of the lockdown due to Covid-19, not to mention the potential impact to our economy which will pose a challenge for us all going forward.

This coming year the big challenge will be how we can all respond to the increased demand for services against a backdrop of reduced funding.

Cath Clarke

Member Support

Cath Clarke



Volunteers at AAA (All About Autism) being presented with their SQP Bronze Award (SQP presentation AAA.jpg)

During 2019/2020 we were busy delivering our County Council Infrastructure services to organisations here in Cumbria who were supporting children, young people and families. Our old contract finished in December 2019 and we were successful in our tender to Cumbria County Council to continue the infrastructure service in 2020 and beyond with a new 42 month contract being awarded in December 2019.

In total over the period April 2019 to March 2020 we achieved a lot more than our contract required us to do and supported many youth groups to develop their services and be more robust and sustainable to face the future challenges and support young people across Cumbria. Little did we know that our services would be changed in March 2020 when we were struck by the Covid-19 pandemic. We were able to respond quickly and some of the new methods we have of delivering may well stay with us going forward.

- We assisted 53 organisations with governance - anything from setting up the organisation to providing training and assistance to new trustee boards and helping more established boards become more effective
- We supported 29 organisations to gain a quality mark so they can demonstrate the quality of the work they undertake

- We enabled 379 individuals from 89 organisations to undertake short courses in a range of topics from ACES to Dealing with Difficult and Challenging Behaviour to Safeguarding and Youth Mental Health First Aid
- In total 358 individuals signed up to receive our publications including a monthly newsletter a monthly funding gazette and a weekly ebulletin ensuring everybody is up to date with local, regional and national news
- We trained 34 organisations and 78 staff to use the Outcomes Star assessment and distance travelled tool and provided ongoing support so they could implement the programme within their organisation.
- We helped both recruit and train 36 new volunteers and many were placed with agencies all around the county from those who wanted to be trustees to those who wanted to volunteer with young people or become peer volunteers.
- We trained 76 organisations with fundraising training and in total we helped other organisations secure over £968,636 to work with children young people and families and in addition we secured over £300,000 of strategic funding to develop partnership working to meet identified needs in Allerdale, Copeland and Barrow in Furness.

Just as we came to the end of the financial year we went into lockdown and all our services are now being offered remotely including opportunities to sign up for remote/open and distance learning and we are exploring ways of delivery where we can continue to support other organisations working with children, young people and families here in Cumbria.

First Steps to Employment

Project Officer: Gary Frazer

First Steps to Employment aims to deliver 1 to 1 support to young people between 16–24, who are furthest from the labour market and who are not in employment, education or training. The programme helps them with a range of tailored interventions which can include targeted work experience placements and tasters, work related and educational qualifications. Annually we support approximately 50 young people on their journey into work or further education.

Aaron, 18, was referred to the First Steps to Employment project by his work coach at the local job centre. He really expressed a passion for construction but was finding it difficult to secure employment. We first booked Aaron onto a Site Safety and CSCS training course, which Aaron completed and passed. This enabled him to access and be able to work on construction sites. We then organised a short two week work taster for Aaron with P and R Roofing, Cockermouth during which he did well, showing a real flair for the industry. This was then extended for a further two weeks and became a formal work trial and Aaron continued to impress. Ryan, the co-owner of the company said, "Aaron is a really nice lad, he gets on well with everyone he is a real hard worker, so we would like to offer him a roofing apprenticeship". Aaron was delighted and started his Level 2 Roofing Apprenticeship in September 2019 and continues to do well and is very happy.

Over the last year, I have worked with a range of young people from a variety of differing backgrounds, facing a range of practical, emotional and educational barriers, some more complex than others and I really get that feel good factor when I help a young person move forward, gain a qualification, secure employment or simply feel more confident and positive about their prospects.

- 50 young people accessed First Steps this year
- 21 secured employment
- 26 young people participated in work experience, tasters and volunteer placements
- 9 moved into a full-time further education
- 28 gained relevant, recognised work related/educational qualifications
- 38 benefitted from continued In- work support
- 9 benefitted from support into and sustained further education
- All 50 young people gained a better understanding of the local labour market
- All have managed to address at least 1 of their own personal barriers.



Image First Steps to Employment McCauley Groundsman

McCauley, 23, joined the First Steps to employment project in July 2019. He really liked the idea of working outdoors, loves gardening and working with his hands. We managed to find him a volunteering opportunity working alongside the head groundsman at Whitehaven Golf Club. McCauley did really well, worked hard and was fully committed to the opportunity. He was offered a position as a grounds-keeping assistant, which he accepted and was overjoyed, McCauley continues to do well.

'Bounce Back' Emotional Resilience Project

Project Officers: Russell Maddams and Sophie Birkett

It has been another successful year for Cumbria Youth Alliance's emotional resilience project team building on the success of year 1 in delivering targeted interventions for young people with poor emotional resilience in partnership with Cumbria County Council, Active Cumbria, North/South Cumbria CCGs and its commissioned third sector partners.

From inception in April 2018 to date 5,161 young people have been engaged with either directly by resilience focussed interventions, training or in co-designing services passing the overall target of engaging 4500 young people by March 2021.

Through the project 27 commissioned interventions have been delivered by our partners across Cumbria's coastal communities to build young people's resilience and self-confidence. These interventions tackle issues around self-harm and risk taking behaviour, support young people to deal with exam stress, to look after their mental well-being and physical health and teach them new skills to build confidence and communication skills such as learning to play an instrument and how to practice mindfulness.

This year the emotional resilience project team was actively encouraged by the independent steering group to identify those groups of young people previously not engaged through the project and this has seen interventions targeted at young people studying at the pupil referral units, special education including autism and physical disabilities and those young people living in homeless shelters and in the care system.



Cumbria Youth Alliance has shaped a peer led programme from concept to design with young people telling us the issues they face and need support with. This year we have moved focus of the peer led programme from purely delivery to capacity building, focussing on training sixth form students in schools so they can act as mentors for their fellow peers and young students.

Cumbria Youth Alliance has also part funded a pilot project to work in the secondary schools in Allerdale along with Spiral delivering bullying/cyber bullying workshops in schools with prevention assemblies being delivered along with more targeted support provided in small groups to those young people who have been the victims of bullying, advice on coping strategies and where to go to report their concerns.

The emotional resilience team has also been busy pushing the online modules created in partnership with Embrace Resilience which are free for schools and youth clubs/organisation to use. The modules have been designed in partnership with key youth groups with modules on LGBTQ+ awareness, mental health, cyber bullying, body image and risk-taking behaviour.

Year 2 commissioned providers included Together We CIC who delivered exam stress and body image workshops alongside their well-being package which included mindfulness, yoga and physical activity classes and You Bring the Band music therapy sessions took place within the Barrow schools which taught young people how to play a raft of instruments.

Carlisle Mencap ran workshops targeting young people with autism teaching them about hate crime, and how to avoid online abuse including CSE and how to form positive relationships. Carlisle/Eden Mind ran their tried and tested Mates in Mind programme for the first time in Allerdale teaching young people about emotional resilience, mental health and what are the signs and symptoms of people struggling and how to help and signpost to further support.

Action for Children delivered their six week Blues Project in Barrow schools teaching young people about cognitive reforming, coping strategies, how to employ supporting self-rewards and provided young people with an emotional wellbeing toolkit. Spring Mount delivered a life skills project for local young people in Barrow looking at financial management, mental health, body image and self-esteem which finished with a wonderful photo workshop to express individuality. Other providers included Phoenix Youth Club life skills workshops and Soundwave who delivered their 'Hollr' workshops providing a safe environment for young people to voice and discuss issues they are facing.

Cumbria Youth Alliance ran another successful summer programme in Vulcan Park, Workington in partnership with Workington Town Council delivering access to free sport and lunch for local young people alongside targeted interventions which included first aid training, CV writing, developing interview skills, obtaining an ASDAN and StreetGames sport qualification and opportunities to try new activities like Lakes Escapes and fell walking.

Finally, Cumbria Youth Alliance teamed up with StreetGames to support capacity building amongst young people, parents and front line workers delivering six Mental Health First Aid courses in secondary schools across Allerdale and Copeland districts to provide people with listening skills and knowledge of where to go for help in order to support their friends and siblings in the case of parents.



Cumbria Children & Young People's Voluntary Sector Reference Group

Hosted and co-chaired by Cath Clarke

Over the year we had 6 full meetings of the Cumbria Children and Young People's Voluntary Sector Reference Group with over 60 different organisations taking part including a number of local Cumbrian funders who have started to attend so they can keep abreast with the local, regional and national developments for those working with children, young people and families here in Cumbria. The group has been ably supported by our administrator Christine White and our website administrator Chris James.

Over the year we had a great variety of speakers from statutory bodies, funding bodies and third sector agencies and the emphasis has been on how we work together to address the issues that are impacting on the most vulnerable children, young people and families here in Cumbria. Our focus was on improving outcomes for young people through education and alternative education, helping young people improve their mental health and wellbeing and how we work together to reduce duplication and address emerging priorities.

We provided free access to training for our membership and wider partners through commissioning training in Understanding Adverse Childhood Experiences and 40 people attended this free training event held in Penrith Methodist Church. Over the year the group has been funded and chaired by Cath Clarke from Cumbria Youth Alliance and was co-chaired by Pam Hutton from Cumbria Family Support with funding being provided via CVS through its support for the Third Sector Network. As we write this at the end of March 2020, all face to face meetings for the foreseeable future have been cancelled but we continue to provide regular mailing of relevant information and Cath still continues to represent the interests of the sector at a range of strategic tables including the Children's Trust Board and the Third Sector Executive.

Working Well

Project Officer: Juan Shimmin

Working Well is a Lottery Funded and European Social Funded Project funded under the Building Better Opportunities initiative and led by Workers Education Association which invited Cumbria Youth Alliance to be one of their partners in this project assisting those furthest from the labour market. It was a two year project supporting unemployed and economically inactive people across Carlisle and Eden who are facing barriers to work, education or training.

Our role was recruiting and supporting young people up to the age of 25. The partnership offers individual and group based packages and provide opportunities for participants to develop confidence and skills and have time to: Connect – with family, neighbours and community; Be active – do things; Take notice – of the world around and how they are in it; Learn – more about themselves and what they have to offer; Give – put learning into action.

We hope being involved in the project will help people gain:

- improvements in health and wellbeing,
- greater confidence in managing personal finances,
- a more active role in their community,
- active engagement with employment or training,
- ability and awareness of how to improve local service delivery.

This project came to an end for Cumbria Youth Alliance in July 2019.

Young Leaders (YLP)

Ben Jefferson and Jamie Lihou



In the last 6 months the YLP team has witnessed the most successful period of delivery in the project's history. Despite some staff changes the project has gone from strength to strength. All the secondary schools across both districts were contacted with a proposal.

Some new academic partners have been secured, and the existing partners have all expressed interest to continue the partnership.

The need for alternative provisions in West Cumbria cannot be understated. This has been apparent in the number of referrals YLP has received, not just from academic partners, but from organisations YLP has engaged with during this period.

This was achieved with only two project workers, Jamie (full time) covering Copeland District and Ben (part time) covering Allerdale and some of the Copeland schools. The objective is to get 80 of the hardest to engage young people through a Duke of Edinburgh's Award Bronze qualification, and all of the others through at least one alternative qualification such as an ASDAN.

We exceeded our targets and 130 ASDAN qualifications were successfully achieved. The emphasis this year was placed on the Duke of Edinburgh's Award due to the positive impact this can have on young people confidence and self-esteem. Each young person must complete 24 hours of physical exercise,

12 hours of skill development, 12 hours of volunteering and complete an 'independent' hike – camp – hike. The project gives the young person ownership over their qualification through the flexibility of choosing what area they want to work on, whilst providing a very good qualification and positively impacting their communities with the efforts committed to volunteering and development of skill sets.

YLP had 157 young people on the project before the COVID-19 outbreak halted delivery. All of the schools and 1-1 parents have been contacted with information on how to continue working towards their Duke of Edinburgh's Award from home, but it looks unlikely we will be able to deliver any more sessions this academic year. In this case students will be offered a new date when normal life and school schedules resume.

To ensure we are having a positive impact the YLP team has utilised the Outcomes Star assessment methodology to measure distance travelled for all the participants, so we can also monitor the soft outcomes achieved by the young people and both staff members have been trained as approved outcomes star users. This is combined with our own assessment tool - after every delivery block students complete evaluation sheets.

The hope is students remain engaged over this extended period of absence and they can continue working towards passing their respective D of E early next season.

Disability Volunteering

Project Officer: Juan Shimmin

This project has been funded to enable disabled young people to develop their capabilities through volunteering. The project rewards young people for their volunteering with accredited awards from ASDAN and encourages them to try new volunteering activities to stretch themselves in new situations and to learn new skills. 77 disabled young people have taken part and completed their Volunteering Certificates this year. Others have enrolled on a variety of ASDAN awards.

Some of the highlights this year have been:

- young people at West House have done mentoring work with disabled young people to complete the ASDAN Mentoring Award
- one of our volunteers has progressed onto employment via our First Steps to Employment project
- four volunteers have progressed into work via our Choices project

- A young man with Asperger's/ADHD has volunteered in the office to support his local youth group with admin tasks
- Two young people at All About Autism in Penrith have volunteered as mentors with the group, helping to make a film about life as an autistic young person and doing ASDAN Mentoring Awards
- Blue Jam Arts has enabled a disabled volunteer to gain experience helping in their office; the group also renovated a portacabin to be used by a disability youth orchestra enabling disabled young people to volunteer there; then organised a cultural participation event for young people in Penrith
- Several young people with learning disabilities have volunteered on community gardening projects in Maryport, Carlisle and Workington
- 16 young people have completed their ASDAN personal finance awards
- 15 have progressed onto ASDAN Mentoring Awards by working with groups of young disabled people in one of the disability network organisations
- 13 have progressed onto careers and vocational tasters courses
- In total 77 young disabled people have achieved ASDAN Awards from April 2019 to March 2020



Dreamscheme (Carlisle & Eden)

Project Officer: Juan Shimmin

Dreamscheme's combination of volunteering, social action and enterprise skills and accreditation is a unique opportunity for young people to participate in community based activity, learning and achieving self-development for themselves and their team. The social action projects were based upon identified need, within their community the need was seen for elderly residents to have their grass cut, walls that needed painting etc.

Young people report developing understanding improvements to their skills and self-confidence while learning to take part in voluntary extra-curricular activity which benefits their community. Young people learned to plan, cost and manage activities themselves. Having planned and budgeted for their activity, they presented to have the project and expenses approved. They planned and carried out the timeline and practicalities and communicated with others and represented their group in negotiations.

The groups of young people learned to take responsibility for decision making, planning, budgeting, often for the first time; this led to increased confidence and emotional resilience. This project has engaged young people in a different way, encouraged them to work together as a team, communicate, plan, deliver evaluate a small project with community benefits. At the heart of the programme has been the message: "Put something into your community and get something back".



- Eden Mencap had funding for a lawnmower to cut the lawns of elderly and disabled residents
- Newton Rigg forestry group had funding for equipment to carry out an environmental clear up and planting of new trees and shrubs
- CHOFHS youth group had funding for their activities as part of a cultural music and dance event in Brough
- Eden Youth Council worked with 'Ignite', local schools to organize a music and poetry event at The Gathering in Penrith
- Euphoric Circus organised an event in Penrith, demonstrating some of the skills the young people have learnt
- Students from Newton Rigg College mentored young people from Beacon Hill School enabling them to take part in the 'Cumbrian Award'
- Carlisle Youth Zone's disability inclusion group have learnt cooking and customer service skills to enable a youth café being opened, including 14 ASDAN awards
- PinC has planned and organised costumes and props to rehearse for a Pride play/event
- People First had funding for an accessible camera, used by disabled young people to make educational videos
- Young people from Keswick School had funding towards a cake sale which raised money for xmas presents for disadvantaged families
- 'Realising Our Potential' disability group had funding for tools, community gardening and other volunteering, enabling disabled people to achieve ASDAN accredited awards.

OTHER PROJECTS PLANNED:

- Police cadets Eden: modern slavery awareness and 'go-bags'
- Police cadets: Carlisle: anti knife crime project
- Police Cadets Allerdale: domestic violence project
- Blue Jam Arts: cultural event in Penrith
- Eden Ventures: karaoke in Alston for elderly care home residents
- The Rock youth group: to supply packs of baby items for family hostel
- Petteiril Bank youth group: to supply packs of items needed by homeless people
- Triple A (All About Autism) Carlisle: Autism awareness raising sessions

Choices Annual Report 2019-2020

John Dixon (Copeland), Anna Witty & Gary Frazer (Allerdale)

Cumbria Youth Alliance has been working in the Choices Partnership led by Groundwork North East and Cumbria.

CHOICES supports young people in Allerdale & Copeland who need guidance and support to progress into employment, education or training due to past or current difficulties. The focus is on those furthest from the labour market.

Choices has been delivering tailored support to 184 young people since July 2017. We are very proud of the fantastic things that young people have achieved and the impact that our support has had on many individuals; it has literally been life changing for many people. We love the fact that we can tailor the support to exactly what the participant wants and needs to help them move forward in life and we have given young people hope, rebuilt confidence and given many a new and more positive outlook regarding their future prospects and aspirations.

Offering specialist support to those who (not exclusive):

- Have learning difficulties or physical or mental disabilities
- Struggle with numeracy and literacy skills
- Have had substance dependency issues
- Have mental health issues or lack confidence
- Have benefit, housing or financial problems.

Connie, 20

Connie arrived with us a little lost, unsure where she was going and what she was going to do. Social and home life were not good and there were mental health problems. Connie has had support with her Mental Health, attended sessions to improve her own awareness and had key worker support.

Connie attended the CYA summer young leaders, the Coalfields emotional resilience programme and Together We mental health, well being and fitness sessions. This helped gain routine and stability. She also attended certificated workshops.

Connie now volunteers for CYA as a peer supporter. She has supported workshops and delivered her first session. Stating "I was excited and nervous all at the same time".

She has recently accepted an apprenticeship with Together We. The COVID 19 virus has given Connie the opportunity to do some online learning through the Cumbria Youth Alliance/Embrace modules, providing many skills she will need when she starts working.

"CYA has helped me massively with confidence, people skills and routine. I feel like a completely different person than I was at the beginning".



Chloe, 20

Chloe started on the Choices programme in November 2018. She received one to one support from Cumbria Youth Alliance with confidence and coping strategies to help her overcome barriers, as well as attending group sessions centred around emotional resilience, mental health and wellbeing, personal finance and positive decision making. Chloe received support from Choices to pass her driving theory (on the ninth attempt!) which improved her self confidence and she gained the courage to take her practical driving test and passed first time. This opened up more avenues to employment and gave her a much needed boost. She successfully gained temporary employment for approximately 16 hours per week with Asda working in security in November 2019 and bought her first car. She successfully extended this temporary employment and has recently been made a permanent member of staff working 30 hours per week!

CHOICES is funded by The National Lottery Community Fund and the European Social Fund and hosted by Groundwork NE & Cumbria.



Young People in Care Transition Project

Cat Hawkes

This Project has been designed to support looked after and leaving care young people aged between 14 – 25 across Cumbria to get the best possible outcomes and transition successfully into adulthood.

This programme offers:

- Individually tailored support for leaving care young people
- Holistic action plan to progress young people and address any issues they are facing
- Links to appropriate specialist agencies
- Support with aspirations
- Support with independent living skills
- Support with education/employment transition
- Help to access additional support like emotional resilience/ summer activity programmes and other social activities to enhance soft skills.

Over the last year 65 young people have been referred for support. They have received a range of different help and been able to grow in confidence, work on action plans to develop new skills and work towards their aspirations.

We are also working with the leaving care forum and children in care council to identify local need for these young people in relation to employment, independent living skills, emotional resilience and 1-1 support. These young people have co-produced a new programme of support that all looked after and leaving care young people will benefit from.

Outcomes for Cumbria's Looked after and leaving care young people 2019-2020

Cumbria Youth Alliance was successful in securing funding to employ a Rank Foundation "Time2Shine Leader". This young person is working alongside this project for a year and will gain valuable work experience and training while supporting the delivery of the project.

This project was invited to present at two national events to deliver a model of best practice to other Local Authorities at "The Young People's Benchmark Forum". These presentations were well received and as a result our Time2Shine Leader was nominated to be a national Looked After Champion and further present all the issues raised from these events to Local Authority Managers with a view of making positive change across the UK.

Over the last year the demand for this project has grown to a point where we are now looking for volunteer mentors to support young people across Cumbria. If you would be interested in supporting a Looked after young person in your community to get the best possible start in life then you can email catherineh@cya.org.uk for more information.

Covid-19 has brought with it different challenges in terms of how we engage differently with young people. The project adapted its approach and we are able to offer new online training modules to support young people's progression and keep them focused on their individual goals.



Time 2 Shine Leader

Danielle Crellin

I secured a Time2Shine position, placed with Cumbria Youth Alliance last year and started working with the organisation in January 2020. I attended a competitive interview to become the Time2Shine Leader in Newcastle, in which I was successful in securing the job role, funded by The Rank Foundation.

My key aims this year are to look at different ways of communicating with young people on the in care and leaving care project, to provide resources to improve their independent skills and to help increase their emotional resilience. Throughout the course of the year, I will gain valuable knowledge and work experience. We also offer the Stepladder of Achievement programme, which many of our young people have benefitted from. Our main goals are to continue to offer 1-1 support for the individuals we work with; this support includes building their confidence and enhancing their skills to help them access education, training or employment.

I am now a Champion for 'The Young Peoples Bench Marking Forum' after presenting at two national events. My presentation was of personal success, the project was asked to share our model of best practice to other local authorities in attendance. I successfully co-delivered these presentations; one was held in Manchester and the second in Birmingham.

Before Covid-19 lockdown, I was due to present in Leeds. I was nominated as a Leaving Care Champion for England; out of the nominees I was one of three individuals who were chosen. The purpose of the event in Leeds, was to present our findings from previous events to the Local Authority Managers, and to see if there were any changes/improvements that could be made.

Further events are planned, such as the Time2Shine event held in Windemere in June, and alternative forms of delivery are being explored due to new Government guidelines in relation to the Covid-19 pandemic.

Stepladder of Achievement

Cat Hawkes

The programme offers looked after young people aged 15-17 access to online learning modules designed to give them the best possible opportunity to gain the skills they will need to make that successful transition. They are nationally approved by a range of awarding bodies and completed with a local mentor to help and support the learning process.

Currently young people leave care at 18 with £200 in their Junior ISA. This programme gives them the opportunity to "earn whilst you learn" and if all modules are completed this £200 can be topped up by £1500 to a total of £1700.

The Stepladder of Achievement programme provides both life skills and financial resources in order to enhance the capability and prospects of young people in care, who are likely to have experienced an unpredictable education. Our aim is to break the cycle of deprivation by enabling these young people to look forward to a normal adult life, by helping them to reverse this instability and enhance their employability prospects.

Over the last year 37 young people have been supported with the programme. Six have completed all 6 modules and moved on to Employment or Further Education. Those young people who turned 18 before they could complete the programme are offered support through the young people in care transition programme to progress them towards their aspirations.

Quotes from Learners:

- "Stepladder has given me the confidence to look at learning again and think about a qualification"
- "Stepladder Plus supported me to finish school and find a job I really enjoyed".
- "With the money I have earned through this programme, I have been able to buy the things I wanted to move into my own flat".

Coalfields Regeneration Fund

John Dixon and Jasmine Cox

Thanks to funding we have been working with 30 young people aged 16 to 24. The programme has offered an opportunity for those that have had difficulties engaging, with poor communication skills, mental health issues and learning difficulties to access a variety of workshops all designed to promote positivity and build confidence.

Workshops included:

- emotional resilience support and Youth Mental Health First Aid
- Improving communication
- Improving employability

Partner organisations also delivered a wide range of workshops for us and thanks go to the following agencies for their support

- Together We:
- HOLLR:
- Spiral
- Cumberland Building Society
- CAB financial awareness team
- Cumbria County Council Learning & Skills,
- Fire Station Heart Start
- West House.
- Gem with his drumming workshops
- Street Games

Young people who attended gained a range of accredited learning and certificated outcomes ranging from Youth Mental Health Lite, L3 First Aid at Work, Asdan in Careers & Experience in Work, L1 Mental Health & Well Being, and Heart Start.

Other activities have involved young people accessing fitness activities, light gym exercise and walking in the Lakes, drum making & crafty workshop, art & pottery sessions and problem solving at the Lakes Escape Rooms.

6 young people have gone into volunteering roles, 4 have gained employment and 2 have gained apprenticeships while on programme. Young people also demonstrated increased confidence, increased employability skills and improved mental health and wellbeing and they all reported an increase in positivity about what the future might hold for them.

Duke of Edinburgh Awards Scheme

Richard Wilson and Nick Landells

Over the year we supported over 150 young people directly with their Duke of Edinburgh Awards programme. Most were in schools, but other groups included Lakes College, Realising Our Potential, and South Workington Youth Partnership. As our own operating authority, we also support other groups to pass their qualifications through our award.



Over the autumn and winter time the young people focussed on completing the elements of their award ready to undertake their expeditions once the spring arrived. Unfortunately Covid-19 had other plans and all of our activity had to cease. Before the coronavirus outbreak, we had three separate groups out at Loweswater, practicing for their upcoming Bronze Award expeditions. A group of 5 from Richmond House, 24 from Workington Academy and 14 from St Benedict's, all working on navigation and campcraft. Very well done indeed to everyone!

Our walks and expeditions are now on hold, but we look forward to getting things up and running again as soon as we can.



Friday Night Projects Allerdale Annual Report

Cath Clarke



Cumbria Youth Alliance leads a partnership of youth providers to make sure young people across Allerdale can provide open access to youth work on a Friday night.

Our partners this year are:

North Allerdale Development Trust, Wigton Youth Station, Aspatria Dreamscheme, The Castle Hill Trust in Maryport, Soundwave, Kings Church Cockermouth, Moorclose Community Centre and the new Moorclose Community/Youth.

Working together the partnership reached 2192 young people up to the end of December – some attending occasionally and others attending every session. Of the 2192 young people 1890 were aged 13 to 19 the other 202 were under the age of 13 at the time of starting the projects. Providers offered young people a range of universal youth work opportunities and also focused targeted sessions covering:

- Alcohol and drugs awareness
- Looking after your emotional health
- Avoiding risk taking behavior
- Staying safe face to face and on-line



Support for the partnership providers

All the partners were quality checked during the period 2019 for governance standards and for safeguarding policies and procedures and action plans agreed if there were any discrepancies.

Staff within the partnership were offered access to a range of short courses during this period such as

- Understanding adverse childhood experiences
- Safeguarding
- Dealing with difficult and challenging behavior
- Youth mental health first aid

We also offered fundraising support for agencies helping them identify pots of funding for other parts of their operation and helping with checking bids and being a referee for bids they were submitting. This wrap around support enables them to be more sustainable going forward.

Highlights from around the partnership

Just chatting at Maryport at Castle Hill Trust where groups have discussions on key topics that are important to them

Members

1st Great Broughton Scout Group
 1st Seaton Scout Group
 Abbeytown Juniors Football Club
 Abbeytown Youth Club
 Action with Communities in Cumbria
 Aspatria Dreamscheme
 Awaz (Cumbria) CIC
 Bay Search & Rescue
 Bendrigg Trust
 Bewcastle Children's Activity Club
 BlueJam Arts
 Brathay Hall Trust
 British Red Cross
 CADAS
 Carlisle Key
 Carlisle Key
 Carlisle MENCAP
 Carlisle Young Carers
 Carlisle Youth Zone
 Castle Hill Trust CIO
 CHOFHS
 Community Reach
 CPDA
 Cumbria & North Lancashire Wing Air Training Corps
 Cumbria CVS
 Cumbria Federation of Young Farmers' Clubs
 Cumbria Fire and Rescue Service
 Cumbria Outdoors
 Cumbria Outdoors
 Cumbria Wildlife Trust
 Dalton Community Association
 Dearham Youth Project
 Diocese of Carlisle Board of Education
 Distington Club for Young People
 Drop Zone Youth Project
 Eden Mencap Society
 Eden Young Carers
 Egremont Youth Partnership
 Embleton Youth Club
 Ewanrigg Local Trust
 Field Studies Council Blencathra
 Francis C. Scott Charitable Trust
 Furness Young Carers
 Girlguiding Cumbria North
 Girlguiding Cumbria South
 Greystones Community Centre
 Groundwork North East (Cumbria)
 Haig Colliery Mining Museum
 Harraby Youth Club
 Haverigg Nursery and The Clubbers
 Howgill Family Centre
 Impact Housing Association
 Inspira
 Kendal Impact Social Society (KISS)
 Kent Estuary Youthwork Trust
 Keppleway Centre
 Kings Church
 Kirkby Thore Youth Club
 Lake District National Park Authority
 Lakes Vision Services

Lakeside/Fylde Coast YMCA
 Lanercost Sports Club
 Lazonby & District Swimming Pool Association
 LC Disability
 Longtown Youth Project
 Maryport Boys & Girls Club
 Millom Children's Centre
 Musiclinks
 NISCU
 North Allerdale Development Trust
 North Copeland Youth Partnership
 Northern Fells Group Youth Initiative
 Northside Community Centre
 NYAS
 Our Place Youth Project
 Outdoor Studies School, University of Cumbria
 Outward Bound Trust
 PAC Ltd
 Pad 9 Kirkby Stephen Youth Group
 Penrith Methodist Church Youth Forum
 People First Independent Advocacy
 Petheril Bank Youth Project
 Phoenix Youth Project
 Pinc
 Quondam Arts Trust
 Radical Services
 RNIB (formerly Action for Blind People)
 Sailability - Cumbria
 Scout Council Administrator
 Scouts, Eden District
 Scouts, Kentdale District
 Scouts, Reivers District
 Scouts, South West Lakes
 Scouts, South West Lakes District
 Scouts, Western Lakes District
 Soundwave Cumbria
 South Lakes Young Carers
 South Whitehaven Youth Partnership
 South Workington Youth Partnership
 Spiral
 St John Ambulance
 St Mary's Vicarage
 TCV
 The Methodist Church
 The Rock - Currock Youth Project
 Theatre by the Lake
 Threlkeld Young People
 University of Cumbria
 Walney Community Trust
 West Cumbria Carers (Young Carers)
 Whitehaven Harbour Youth Project
 Wigton Youth Station
 Workington Junior Squash Club
 Workington Sea Cadets Corps
 Yorkshire Dales National Park Authority
 Youth Cumbria
 Youth/Church in the Barn



Executive Committee & Staff Team

Executive Committee

Mark Hurley (Chair)
 Tony Hindmoor (Treasurer)
 Kirsteen Laidlaw
 Mike Seaton (Vice Chair)
 Martin Ladds
 Sean Robinson
 Yvonne Lambert

Staff Team

Cath Clarke (Chief Officer)
 Russell Maddams Emotional Resilience Project Manager
 Sophie Birkett – Emotional Resilience Project Officer
 Danielle Crellin – Time To Shine Project Worker (joined 10/1/20)
 John Dixon – Choices Key Worker
 Gary Frazer – First Steps to Employment and Choices Key Worker
 Cat Hawkes – Young People in Care Transition
 Ben Jefferson – Youth Initiatives Project Lead (joined 12/8/19)
 Nick Landells – Duke of Edinburgh's Award Project Worker
 Jamie Lihou – Youth Initiatives Project Worker (joined 14/10/19)
 Elspeth Payne – Office Administrator
 Juan Shimmin – Project Officer
 Dreamschemes, Disability Volunteering, Member Support & WEA Carlisle (Building Better Opportunities)
 Richard Wilson – Duke of Edinburgh's Award Co-ordinator
 Anna Witty – Choices Key Worker

We said goodbye to the following staff

Martyn Rossi – Friday Night Projects & Youth Initiatives (left 31/12/19)
 Joe Sanczuk – Gap year post Emotional Resilience (left 20/8/19)
 Jasmine Cox – Casual Youth Project Worker (joined 3/6/19 left 31/1/20)

In addition, the following consultants and subcontractors supported the organisation by working with us:

Alan Stubbs – Accountant from CVS
 Chris James – Communications Support

Summarised Accounts


Cumbria Youth Alliance
(A Company Limited By Guarantee)
For the year ended 31 March 2020

	2020	2019
	£	£
Summary of Income and Expenditure		
Incoming Resources		
General Funds	108,312	104,945
Restricted Funds	647,462	632,839
	<u>755,774</u>	<u>737,784</u>
Resources Expended		
General Funds	-80,399	-69,201
Restricted Funds	-541,333	-552,119
	<u>-621,732</u>	<u>-621,320</u>
Net incoming (outgoing) resources	<u>134,042</u>	<u>116,464</u>
Summary Balance Sheet		
Fixed Assets	0	187
Current Assets	515,737	382,588
Current Liabilities	-6,328	-7,408
Net Assets	<u>509,409</u>	<u>375,367</u>
Represented By		
Restricted Funds	402,653	300,124
General Funds	106,756	75,243
Total Funds	<u>509,409</u>	<u>375,367</u>

Independent Examiners Statement to the Trustees of Cumbria Youth Alliance.

In my opinion the Summary Financial Statements are consistent with the full annual financial statements and the Trustees annual report of Cumbria Youth Alliance for the year ended 31st March 2020.

Independent Examiner:



Alan Stubbs FCMA CGMA
Chartered Management Accountant
Right Balance Accounting
Cumbria CVS.

Movement in Funds

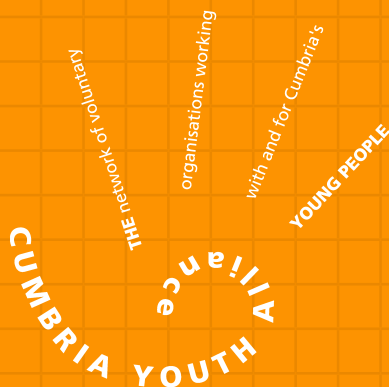
Summarised Accounts

	MOVEMENT IN FUNDS			
	At 31.3.19	Net movement in funds	Transfers between funds	At 31.3.20
£	£	£	£	
Unrestricted funds				
General fund	75,243	27,913	3,600	106,756
	<u>75,243</u>	<u>27,913</u>	<u>3,600</u>	<u>106,756</u>
Restricted funds				
Disabilities Volunteering	-46	1,958	0	1,912
VSRG	7,528	1,305	0	8,833
First Steps	46,179	885	0	47,064
Duke of Edinburgh	11,081	2,912	0	13,993
NMP	29,340	9,497	0	38,837
Cumbria Parent Carers Forum	37,011	1,061	0	38,072
Allerdale Dream Scheme	158	-158	0	0
BBO Choices West Cumbria	2,292	996	0	3,288
BBO Carlisle & Eden	6,896	-6,546	0	350
Share Foundation YP	4,325	0	-4,325	0
Allerdale Work Bursary	23,540	-6,175	0	17,365
Big Lottery Emotional Resilience	44,284	2,711	3,900	50,895
Francis Scott Leaving Care	32,193	-12,988	4,325	23,530
Copeland Bursary Fund	2,195	-1,500	0	695
Leadership Initiative	40,870	83,007	-7,500	116,377
Carlisle & Eden Dreamscheme	10,763	-6,146	0	4,617
Streetgames Chance to Shine	1,515	1,639	0	3,154
Time to Shine	0	6,179	0	6,179
Dreamscheme South Lakeland	0	6,900	0	6,900
Well West	0	-2,585	0	-2,585
Sporting Buddies	0	9,716	0	9,716
Robinrigg	0	13,239	0	13,239
Coalfield Regeneration Trust	0	222	0	222
	<u>300,124</u>	<u>106,129</u>	<u>-3,600</u>	<u>402,653</u>
TOTAL FUNDS	<u>375,367</u>	<u>134,042</u>	<u>-</u>	<u>509,409</u>

MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	108,312	-80,399	27,913
	<u>108,312</u>	<u>-80,399</u>	<u>27,913</u>
Restricted funds			
Disabilities Volunteering	9,500	-7,542	1,958
VSRG	5,000	-3,695	1,305
First Steps	30,000	-29,115	885
Duke of Edinburgh	23,581	-20,669	2,912
NMP	62,845	-53,348	9,497
Cumbria Parent Carers Forum	28,450	-27,389	1,061
Allerdale Dream Scheme	0	-158	-158
BBO Choices West Cumbria	70,552	-69,556	996
BBO Carlisle & Eden	0	-6,546	-6,546
Share Foundation YP	0	0	0
Allerdale Work Bursary	0	-6,175	-6,175
Big Lottery Emotional Resilience	184,500	-181,789	2,711
Francis Scott Leaving Care	23,780	-36,768	-12,988
Copeland Bursary Fund	0	-1,500	-1,500
Leadership Initiative	145,761	-62,754	83,007
Carlisle & Eden Dreamscheme	10,100	-16,246	-6,146
Streetgames Chance to Shine	4,400	-2,761	1,639
Time to Shine	10,277	-4,098	6,179
Dreamscheme South Lakeland	7,000	-100	6,900
Well West	0	-2,585	-2,585
Sporting Buddies	9,716	0	9,716
Robinrigg	13,239	0	13,239
Coalfield Regeneration Trust	8,761	-8,539	222
	<u>647,462</u>	<u>-541,333</u>	<u>106,129</u>
TOTAL FUNDS	<u>755,774</u>	<u>-621,732</u>	<u>134,042</u>



CUMBRIA YOUTH ALLIANCE

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