



CUMBRIA YOUTH ALLIANCE

July Newsletter

Welcome to the Cumbria Youth Alliance News Round-up

Welcome to the July edition of the Cumbria Youth Alliance Newsletter for groups working with children, young people and families here in Cumbria.

Sign-up for our free monthly funding gazette and our monthly newsletter by emailing:
Juan@cya.org.uk



WELCOME TO THE JULY NEWSLETTER

Welcome to a packed Newsletter with lots of information and detail for organisations working with and for the young people of Cumbria.

If you have any information you would like to be included in future editions, please do not hesitate to contact Chelsea Reynolds our Marketing and Comms Officer –
chelsea@cya.org.uk

And, if you know of any organisation or individual who would like to receive a copy of our monthly Newsletter, please contact Juan Shimmin who will be pleased to add to the mailing list –
juan@cya.org.uk

We are delighted to welcome '2' new Trustees to Cumbria Youth Alliance, Jo McGlasson who is featured in this months edition of the Newsletter and John Cooper who will feature in next months Newsletter. Both Trustees bring a wealth of knowledge, expertise and experience which will enhance and compliment the current Board of Trustees. We are also really pleased and excited to welcome Charlotte Frears and Rachel Gaw to the Cumbria Youth Alliance Team, who are also featured in this month's Newsletter.

Thank you,

Becky Wolstenholme - CEO

Cumbria Youth Alliance



Thank you

To the
Duke of Edinburgh's Award Participants
from

The North West of England

who donated

57,239 hours

of voluntary service to the local community
during Covid-19 pandemic*

The social value of hours is

£260,437.45

* Number of hours of volunteer service
is based on participants who have achieved their
Volunteering section between 1 January 2020 and 31 December 2020

February 2021



**YOUTH
WITHOUT
LIMITS**

Thank you

to the
Duke of Edinburgh's Award participants

from

Cumbria Youth Alliance

who spent

676 hours

**volunteering between
1 April 2020 and 31 March 2021.**

Despite the challenges of the pandemic, we are immensely proud
of the dedication, effort and achievement of our participants.

The social value of these hours is

£3075.8

RUTH MARVEL CEO

May 2021

WELCOME ABOARD



Employability Link Work - Charlotte Frears

I am super excited to now be working with Cumbria Youth Alliance on their Youth Futures Foundation Project! I love working with young people, supporting them to achieve their dreams and watching them flourish.

It is wonderful to listen to the young people in Cumbria and discuss what they want to achieve and find a way to make that possible. People nurturing their passions, whether that be in the work they do or the training they undertake, is incredibly rewarding.

Outside of work, I am creative and passionate about mental health, so I am keen to bring some of that into CYA and help people build confidence in their abilities through writing, arts and crafts, as well as encouraging people to reach their full potential. We are so lucky to live in Cumbria and the endless opportunities it brings!

Freelance Project Co-ordinator - Rachel Gaw



I am delighted to be working with CYA on the Positive Role Model Support Project. Over the past 15 yrs, I have worked with young people within a variety of roles including; Youth Work, Teaching, and Safeguarding.

As well as having an invested interest in supporting young people to follow their passions and dreams I also run my own business, Go Your Own Way Apparel. A travel and adventure giftware brand based from my 'shedquarters' at home.

I love anything to do with the outdoors, whether it be mountain biking, wild swimming, or adventuring in our Campervan Gina.

I also have quite an unhealthy obsession with shoes, but that's a different story.

MEET A TRUSTEE



Jo McGlasson

Jo, originally from Cumbria, has worked with young people for 34 years. Jo currently works in an education establishment that focuses on alternative provision and has more recently taken on the role of 'Trustee' for Cumbria Youth Alliance.

Throughout her time as Trustee with Cumbria Youth Alliance, Jo would like to see a focus on Safeguarding and Mental Health Awareness and Support. She believes that with the rise in online usage, comes more opportunity for: online grooming, social media bullying and child sexual exploitation. She believes that if we create more awareness around this, we are more likely to successfully tackle the threats that come with the internet. In addition to this, Jo believes that there is more room for a focus on mental health. Understanding it, raising awareness of it and advertising what help is available can go a long way in aiding young people in dealing with their mental health and it can even go on to build relationships going forward.

We, at Cumbria Youth Alliance, believe that Jo's focus' really align with what Cumbria Youth Alliance is all about and we are so excited to have her on board. In her free time, Jo loves travelling to the Greek Islands, going outdoors and spending time with family and we are delighted to welcome her into our 'CYA' family.

20/09/2021

We're Looking For

Youth Workers



Request an expression of
interest form by
emailing:

Catherineh@cya.org.uk or
Gary@cya.org.uk

Cumbria Youth Alliance may be looking to expand and recruit over the next few months with lots of new and exciting positions. We are looking for people with a passion to work with young people, with qualifications in Youth Work or experience of supporting young people to progress and succeed. If this is you and you are interested in working for CYA, please contact either Cat Hawkes, Catherineh@cya.org.uk or Gary Frazer, gary@cya.org.uk who would be delighted to send you an Expression of Interest form to complete.

Thank you.



Cumbria Youth Alliance are hosting Peer Led Gaming Addiction sessions for young people age 13 to 17. These sessions are delivered remotely in 2 parts, 30 minutes each. They will be delivered by our Peer Educator, Katie Tyson who has overcome gaming addiction in adolescence and wants to share the importance of gaming for fun in moderation and the dangers of becoming addicted.

Katie has now been with CYA for over 2 years in a participant capacity, a volunteer role and now a respected and valued member of staff. She has extensive experience of delivering peer led courses and has just completed her Level 2 in Information, Advice, and Guidance. The course has been developed by Katie and an experienced Project Manager at CYA, with guidance and support from the College of Life.

The course will highlight subjects such as:

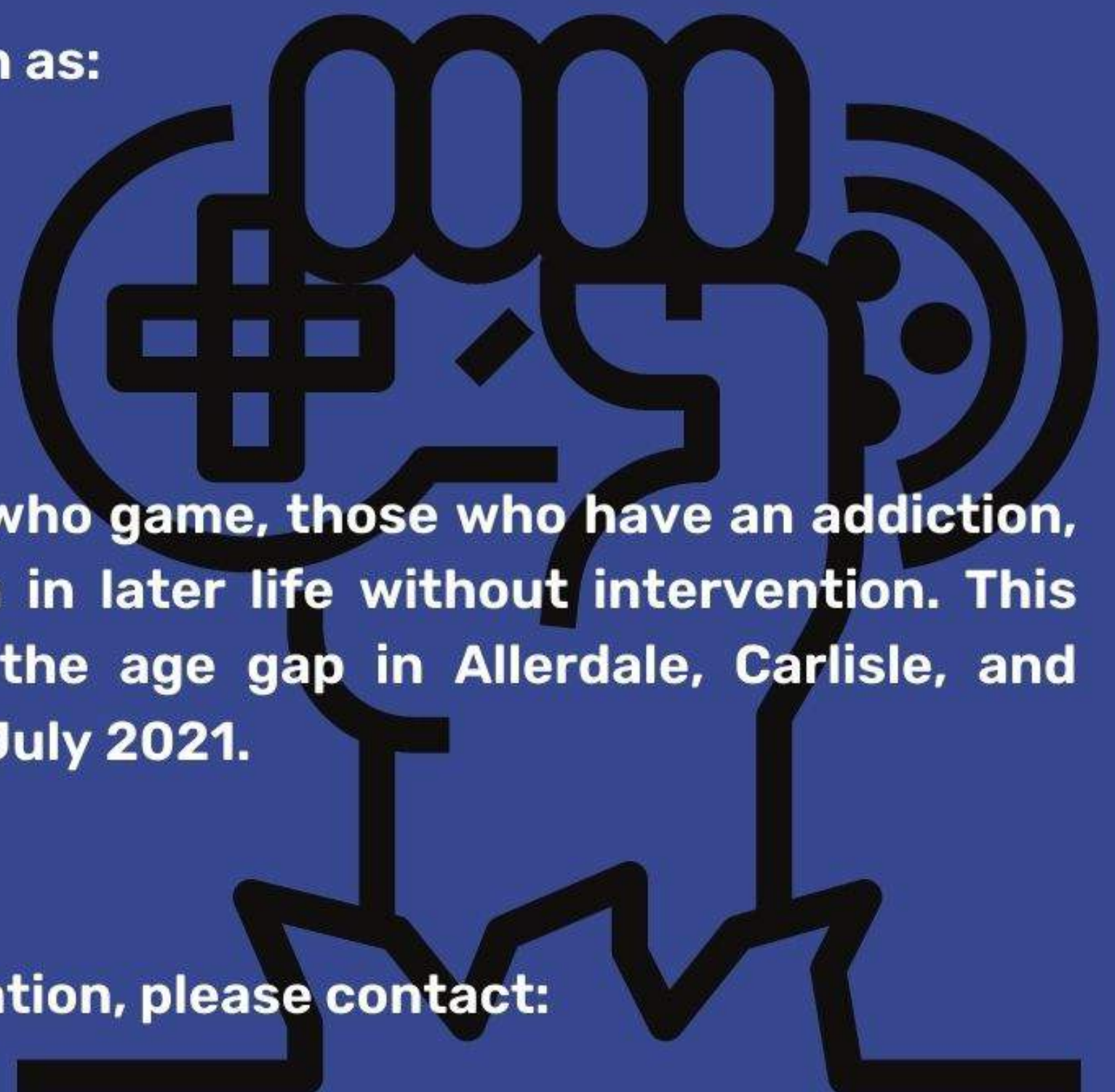
- Predatorial Gaming Mechanics
 - How to Create a Healthy Routine
 - Positive Effects of Video Gaming
- and many more...

The course is aimed at young people who game, those who have an addiction, or those who may have an addiction in later life without intervention. This course is available to those within the age gap in Allerdale, Carlisle, and Copeland and will run until the end of July 2021.



For more information, please contact:

katie@cya.org.uk



Fun Inclusive Football Sessions

West Cumbria



A new PAN football group is calling out for those with autism and ambulant physical disabilities and differences. Intermediate training sessions for those who don't get to play, come and join us!

Fun, social activities helping to improve well-being, mental health and inclusivity.

For more information, please use the details below.

TEXT: **07969 497258**

CALL: **0808 196 1773**

EMAIL: **info@togetherwe.uk**
charlotte@togetherwe.uk
johnd@cya.org.uk



together we
Cumbria





Volunteer

CUMBRIA YOUTH ALLIANCE

recruits and trains volunteers and trustees for
the youth sector anywhere in Cumbria.

If you would like to volunteer with a project in
Cumbria, please contact us on 01223 360000 or email info@cumbriayouthalliance.org.uk

CUMBRIA YOUTH ALLIANCE

recruits and trains volunteers and trustees for the youth sector anywhere in Cumbria.

If you would like to volunteer with a project in your area, get in touch and we will give you a list of organisations operating in your area. No previous experience is necessary. You can decide for yourself what you want to go for or talk to our Volunteer Co-ordinator to help make up your mind.

This will include a wide range of projects of all sorts; our membership includes a wide range of organisations, so you can explore what suits you best.

This is an ideal way of looking at whether you want to work with young people as a career.

You will be eligible for our free online training programme to help you improve your CV.

Many people start as volunteers and go on to a successful career in the youth sector. We can advise on appropriate qualifications and job prospects near you.

FOR MORE DETAILS:

Contact:
Juan Shimmin:

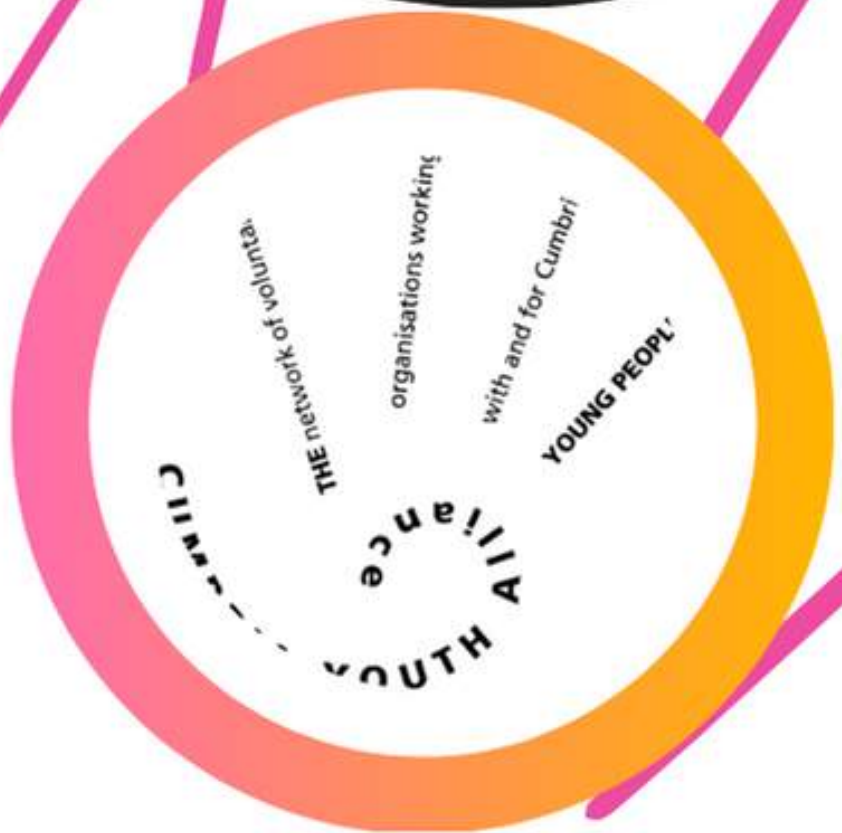


Email: juan@cya.org.uk



Tel: 07859092981

Office: 01900 603131





Make **choices,** see **changes**

The CHOICES programme is able to help you to achieve your goals and enable you to move into education, training, job searching or employment.

What does CHOICES offer?

- One to one advice, guidance and mentoring to help to make the positive changes you want in life
- Opportunities for all ages and abilities, if you are not currently employed in any capacity
- Specialist advice on health & wellbeing, finance & benefits, gaining work experience, rebuilding confidence and improving social skills & self esteem



CHOICES Cumbria is funded by The National Lottery Community Fund and the European Social Fund



Hosted by
Groundwork NE & Cumbria



FIRST AID

WITH BRITISH RED CROSS

Are you interested in learning essential, life-saving first aid skills to help in an emergency? If so, our digital classroom might be for you! These are interactive workshops, run by an experienced British Red Cross educator, where you will tackle four first aid skills and have the opportunity to ask questions. The aim is to build confidence so you can help someone in a first aid emergency, using everyday objects that you have around you.

As a result of this workshop we aim to help you:

- learn essential first aid skills
- assess and manage risks to make informed choices when helping others
- build confidence and willingness to help in a first aid emergency



WEDNESDAY 21ST JULY

2:00pm - 3:30pm

Via Zoom

**MUST BE
19+**

FOR MORE INFORMATION, PLEASE
CONTACT:

CHARLOTTE@CYA.ORG.UK





Department
for Education

**SOLWAY
HALL**



Holiday Activity Programme

Monday 19th July 2021 10am - 4pm Arts Painting Pebbles/Rounders

Wednesday 21st July 2021 10am - 4pm Singing Workshop/Football

Monday 26th July 2021 10am - 4pm Acting Workshop/Volleyball

Wednesday 28th July 2021 10am - 4pm Healthy Meal Workshop/Badminton

Monday 2nd August 2021 10am - 4pm Dance Workshop/Cricket

Wednesday 4th August 2021 10am - 4pm Arts Clay Making/Rounders

Monday 16th August 2021 10am - 4pm Singing Workshop/Football

Wednesday 18th August 2021 10am - 4pm Acting Workshop/Volleyball

Monday 23rd August 2021 10am - 4pm Dance Workshop/Badminton

Wednesday 25th August 2021 10am - 4pm Healthy Meal Workshop/Cricket

Thursday 26th August 2021 10am - 4pm Rounders/Awards afternoon
with medals and certificates for all young people that have attended an activity.

Additional information:

Each day will start at 10am, we shall break for lunch at 12.30pm and start the afternoon sessions at 1.30pm, finishing at 4pm, lunch provided.

All performing arts will be for all abilities.

All afternoon activities will be with soft ball equipment.

All staff and volunteers delivering the activities have DBS checks/matrons.

We have GDPR policy in place and safeguarding.

We will have a track and trace system in place due to Covid-19.

The Solway Hall has a large space so we can socially distance.

Criteria: 11-18 years, from Copeland, young people on free school meals or other disadvantaged groups.

email: thesolwayhallactivities@outlook.com or call: 07722589859

Registered Charity Number: 1128826

Step into Work

Always wanted to pursue career in health, the NHS or simply wanting a career change?

Do you lack experience? Have you applied before and been unsuccessful?

Do you want to work with people and build a rewarding career?



'Step into Work' is a pre-employment program, designed to help those currently unemployed build employability skills and gain real work experience. Upon successful completion, candidates will secure a **guaranteed interview** with **North Cumbria Integrated Care NHS Trust** for a **Health Care Assistant position** on our **Bank of Staff**.

This **six week long program** runs across both our hospital sites in **Carlisle** and **Whitehaven**. Training sessions run from Monday to Friday and consist of employability skills and sector based skills training. In addition, participants undertake a two week work experience placement, shadowing other Health Care Assistants. Upon completion, participants are expected to have completed all required essential learning associated with the role and be working towards completion of the **National Care Certificate** program.

Previous healthcare experience and associated qualifications are not necessary to apply. To be eligible, you must be **aged 18 or over**, **currently unemployed/claiming Universal Credit**. You must also **be able to prove you have the right to work in the UK**. All offers of employment are **subject to satisfactory pre-employment checks, including enhanced DBS check**.

For further information, please contact:

Amy Cockton (Learning Facilitator) | Amy.Cockton@ncic.nhs.uk

Tracey Garbarino (Assistant Learning Facilitator) | Tracey.Garbarino@ncic.nhs.uk

Pathways to Employment

FREE 16 Week programme
1 full Day a week.

Pathways to Employment Outdoors project will allow **young people in Copeland** to gain the skills required to progress towards employment through Outdoor Activities

Starting from **July 29th** at
Whitehaven Harbour Youth Project

Available for **18-24 year olds**
not in Education, Employment or Training.

Qualifications you will gain:

- First Aid 2 (day outdoor)
- NICAS 1 and 2
- Climbing Assistant Award
- Paddle Discover

**Closing date to apply :
12th July**

**All Activities
will follow the
latest government
guidelines**

**Transport costs
can be covered**

**10
places
available**

**Informal
Interviews
14-16 July**

For more information visit our website
www.outdoorpartnership.co.uk/en/our-areas/cumbria
or contact Claire Bryant on claire.bryant@outdoorpartnership.co.uk / 07516507357
or Stuart Dunnet on stuart@whyp.org.uk / 01946 690404

This project has been supported by Copeland Community Fund

PARTNERIAETH AWYR-AGORED
Profiad • Mwynhau • Llwyddo



Experience • Enjoy • Achieve
OUTDOOR PARTNERSHIP



Apprenticeships

A P P L Y N O W

Apprenticeship opportunities now available!

Apply for apprenticeships in Customer Service, Business Administration, Care and Civil Engineering and start this September!
Don't miss out, apply today!

Carlisle area

Business Administration Apprenticeship Level 3 – Adult Social Care Team – Carlisle

Business Administration Apprenticeship Level 3 – Commissioning Team – Carlisle

Business Administration Apprenticeship Level 3 – HR Service Centre (x 2 posts) – Carlisle

Business Administration Apprenticeship Level 3 – ICT Team – Carlisle

Civil Engineering Technician Apprenticeship x3 – Level 3 (Carlisle)

South Lakes area

Adult Social Care Worker Apprenticeship Level 2 progressing to Level 3 – South Lakes Area (x2 posts)

Eden area

Business Administration Apprenticeship Level 3 – Cumbria Fire and Rescue Services (x2 posts) – Penrith

Get in touch

Email: apprentice@cumbria.gov.uk

Telephone: 01228 221400



We are looking for a new MyTime Cumbria logo for our service.

MyTime is an emotional wellbeing service who support children and young people who are experiencing mild to moderate emotional health presentations such as anger, anxiety, low mood, self-harm and depression. Young people learn how to build strategies for their mental wellbeing in everyday life, encouraging to be proactive in deciding how to react to emotions positively.

The competition is open to all young people in Primary and secondary school.

All entries must be sent to amy.armstrong@barnardos.org.uk before the closing date 16th July 2021.

The logo design must include:

- **Barnardo's, MyTime Cumbria Service**
- Fit within the box below.
- Be in black and white (colour will be added later).

The winning design will be professionally created and will be the face of all promotion for the MyTime service across Cumbria.

Name:

Age:

School:

Incredible things happen
when we believe in children.

**Believe in
children**
 **Barnardo's**



IT'S NOT OKAY

IT'S NOT OK is a Child Exploitation awareness raising campaign being run by Cumbria Safeguarding Children's Partnership in partnership with the NSPCC.

The campaign will:

- Raise awareness of this crime and how to spot the signs
- Help children identify when it is happening then and know how to get help
- Provide information to support parents and carers.
- Support professionals to spot the signs and report it.

What is Child Exploitation?

Child Exploitation is a form of child abuse. It occurs where an individual or a group takes advantage of an imbalance of power to coerce, manipulate or deceive a child or young person under the age of 18 into sexual/criminal activity (a) in exchange for something the victim needs or wants, and/or (b) for the financial advantage or increased status of the perpetrator or facilitator. The victim may have been sexually/criminally exploited even if the activity appears consensual. Child exploitation does not always involve physical contact; it can also occur through the use of technology.

Spotting the signs

It can be hard to sometimes tell the difference between normal behaviour and signs that a child is being exploited. Abusers can also be very clever in their manipulation; some young people won't even be aware that it is happening to them.

These are some of the signs that may indicate that children are being groomed for exploitation or actually being exploited. If you spot any of these signs you should get help.

- Unhealthy or inappropriate sexual behaviour.
- Being frightened of some people, places or situations.
- Bring secretive.
- Sharp changes in mood or character.
- Going missing.
- Having money or things they can't or won't explain.
- Physical signs of abuse, like bruises or bleeding in their genital or anal area.
- Alcohol or drug misuse.
- Sexually transmitted infections.
- Pregnancy.
- Having an older boyfriend or girlfriend.
- Staying out late or overnight.
- Having a new group of friends.
- Stopping going to school or college.
- Hanging out with older people, other vulnerable people or in antisocial groups.
- Involved in a gang
- Involved in criminal activities like selling drugs or shoplifting.

How to get help

If you are a young person and are worried about yourself or someone else you can:

- Speak to an adult you trust
- Speak to Childline
- Call 999 if you think someone is in immediate danger

You can get more information on exploitation at www.childline.org.uk or you can call Childline on 0800 1111. Childline are at the other end of the phone, 24 hours a day, 7 days a week, 365 days a year.

POT GANG

Getting Britain Growing on
Their Own,

GET KIDS GROWING

£20 a pop

Our boxes come as a monthly subscription. Each time you get three bags of seasonal veg and herb seed, the pots and compost for growing them, plus loads of well simple guidance. We deliver all over the UK on the first full weekend of each month.

Cancel anytime.

Next deliveries are 3rd - 4th July with Lettuce, Chard and an unconfirmed herb.
Let's groooooow.

We Deliver



You Grow



You Feast



If you fancy gifting a subscription or offering us as a corporate perk, drop us an email at sam@potgang.co.uk and we'll get it sorted.

Or bag a one-off box on Etsy.





GFS Stanwix needs you

Help us create a place where every girl can feel valued for who she is



FOR GIRLS
FOR FRIENDSHIP
FOR SOCIETY

Find out more about our group at
girlsfriendlysociety.org.uk/volunteer-stanwix

GFS is looking for women with a passion for empowering girls.

We offer sessions which provide a space for girls and young women to meet new friends in a relaxed, girls-only environment and to have fun. You don't need to have experience in working with children to join us, just an enthusiasm for improving the lives of girls and young women. Being an Activity Leader is a hands on role, helping the group leader deliver fun and inspiring activities, as well as helping with group planning and social media. You'll be a role model for the girls and young women in your group and get the chance to help build their confidence. This role requires around 3-4 hours each week for commitment of around a year. The Group runs on Monday evenings from 6.30 – 8pm for girls aged 7-16 years.

To Sign Up Follow:

<https://girlsfriendlysociety.org.uk/get-involved/volunteer-with-us-be-part-of-something-great/volunteer-registration/>



Generation Green project set to connect more than 100,000 young people to nature

National Parks **Green Pathways** are part of the **Generation Green Project** - a multiagency project funded by UK Government to help young people recover from the negative economic and health impacts of COVID related restrictions.

Green Pathways is a collection of programmes that reach out into communities beyond National Parks boundaries and down into the youngest age groups to provide a route to employment in the Green Economy through inspiration, experiences, skills, training and career development opportunities.

Levelling the Green Playing Field is the aim that all of the **Green Pathways** must be accessible to the widest possible cross section of society and that extra effort must be made to understand and remove barriers to access for social groups that are currently underrepresented in green spaces and the Green Economy. This means that 50% of participation is targeted to specific groups. We are reaching out to you as your group meets these targets and we would like to offer you opportunities to connect to a **Green Pathway**.

Eligibility criteria:

1. Geographically in a specified area (by postcode)
2. State funded schools entitled to receive free school meals for >10% of pupils
3. Under represented communities

At the **Lake District National Park**, we are running a fully funded **Green Action** residential programme to provide inspirational residential experiences for over 12 year olds. Each residential is for 12 young people.

Participants take part in an instructed programme led by our **Generation green team** (trained educators, youth leaders and volunteers). Together with experiencing, an unforgettable night under the stars, in accommodation provided by the YHA, set in the inspirational landscape of the Lake District National Park.

Participants will experience what is special about this National Park and learn how to look after both themselves and this special place, whilst working together as a team to build resilience and a connection to nature. They will gain both physical and mental health and wellbeing benefits by spending time exploring and immersing themselves in the natural world and take part in practical **Green Action** as custodians for the landscape.

There is an opportunity for our staff to come and provide an introductory activity at your school or youth group to help prepare and get the most from the residential. This will again be led by our **Generation green team**.

You will need to provide enough staff to adequately supervise your group, including overnight and provide your own transport to and from the residential.

An example programme:

DAY 1	<ul style="list-style-type: none"> ➤ travel to YHA ➤ Arrive and drop off bags into storage ➤ Collect packed lunches ➤ Day Activity – focusing on nature connection and outdoor skills. ➤ Access rooms ➤ Dinner – all catered ➤ Overnight in YHA bunk accommodation – under school or youth group supervision, no project leaders support.
DAY 2	<ul style="list-style-type: none"> ➤ Breakfast & collect packed lunches – all catered ➤ Day Activity caring for nature - focus on gaining practical conservation and habitat management skills. Learning to look after our countryside, and what lives there. This could be improving habitats for birds, bugs and bees, planting trees or taking pro environmental behaviours in a social action. ➤ Depart on coach back home

Dates and locations available

Location	Date
YHA Hawkshead	Sat 25/09/2021 – Sun 26/09/2021
YHA Hawkshead	Sat 09/10/2021 – Sun 10/10/2021

Next steps

If your school or youth group is interested in taking part or would like further information on our **Green Action** residential programme please fill in the expression of interest form and send it too BrockholeLearning@lakedistrict.gov.uk

DO YOU LIVE IN BARROW? DO YOU WANT TO SAVE MONEY ON YOUR FUEL BILLS?



We are a charity who offer a **FREE** telephone service with practical energy advice to help save you money and keep you warm & well at home.

- Advice on tariffs & switching to save
- Reducing energy costs in the home
- Assisting in billing concerns or disputes
- Damp/condensation/mould advice
- Draught proofing
- Energy saving measures
- Linking households up with energy grants and funding available to them.



www.thegreendoctors.org

[f](#) [t](#) [i](#) @TheGreenDoctors

For more info or to arrange A FREE PHONE CALL contact:

Tel: 07515 327185

Email: GreenDoctorCumbria@groundwork.org.uk

Green Doctor is provided by Groundwork the community charity, number 519846. Free service is subject to eligibility criteria.

HEALTH WALKS

Walking for Health Summer Programme 2021

Take the first steps to a healthier lifestyle with this programme of **FREE** easy, one hour walks. All are on good paths but please wear sensible footwear.

Each walk will take place on a Wednesday at 10.30am and 1pm



come and join us!

Discover more of your local area, meet new people and enjoy being outdoors



CADAS Health Walk

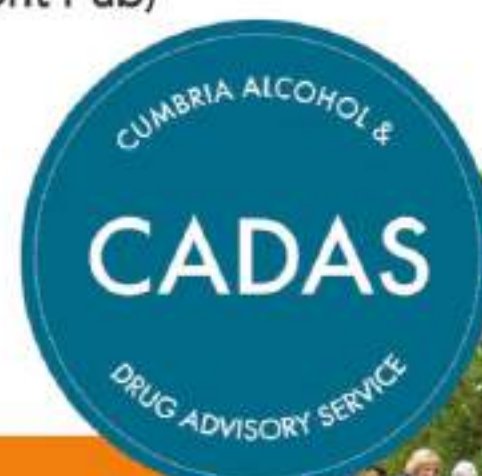
Monday 14th July at 10am

Walking is one of the best ways to stay healthy. Join our trained walk leader Mick on our first health walk on Monday 14th July in Whitehaven.

We meet up at 10am at West Strand, Whitehaven, CA28 7LR (opposite the Waterfront Pub)

To pre-book, please contact:
Health & Wellbeing coordinator –
Jacqui Wallace

jacquiw@cadass.co.uk
07835685123



Hammond's Pond

Wednesday 23 June
Meet at Blackwell Road car park, CA2 4RU

Watchtree Nature Reserve

Wednesday 7 July
Meet by the visitor centre, Watchtree Nature Reserve near Wiggonby, Great Orton, CA5 6NL

Rickerby Park, Carlisle

Wednesday 21 July
Meet at The Sands Centre Carlisle, CA1 1JQ (Pay and Display)

Miltonrigg Wood, Brampton

Wednesday 4 August
Meet at Miltonrigg car park off the A69, on the minor road between Naworth Castle and Hallbankgate, CA2 2QT

Carlisle Cemetery

Wednesday 18 August
Meet at the Richardson Street entrance to the cemetery, CA2 6AL

Melbourne Park

Wednesday 1 September
Meet at Walkmill Crescent (Lakeland Gate), CA1 2WF

Heysham Park, Carlisle

Wednesday 15 September
Meet by the sports area/ Raffles Community House off Raffles Avenue, Carlisle, CA2 7EG

Talkin Tarn Country Park

Wednesday 29 September
Meet at Talkin Tarn car park, CA8 1HN (Pay and Display)



Please note to ensure that our walks are COVID-safe, places on each walk must be pre-booked and spaces on each walk are limited.

To book please contact Carlisle City Council on 07935 001511 or email walkingforhealth@carlisle.gov.uk



Supported through funding from players of People's Postcode Lottery

MARCUS RASHFORD MBE

Dear Parent/Guardian,

We hope you are well and that your child/ren is enjoying the summer term and the warm weather!

Ahead of the summer holidays, we wanted to let you know about the brilliant new Holiday Activities and Food programme which is operating in your local area. We are helping to launch a new film to promote the programme so parents know that their children can get involved in a local holiday club when the school term ends this July.

We know that the holidays can be a really difficult time for families who are struggling to make ends meet or who are juggling work and childcare. The holidays should be a time for every child to enjoy themselves rather than worrying about having enough to eat or how they can spend their free time.

That's why we're really excited about the summer holiday programmes that are being funded by the Government and will take place across the whole of England. This was recommended by the National Food Strategy when it was published last year. A petition supporting the recommendation was signed by over 1 million people.

Places on the holiday schemes are available for free to children who receive free school meals, but children and young people of all ages and backgrounds are welcome to attend. Each local programme will provide delicious, healthy meals, allow kids to get active, help them learn new things, make friends and have fun.

And that is what the holidays are all about!

You can find out more by watching this new film that we've made: <https://youtu.be/KDgm8KpXAXE>

The holiday programmes are open to children of any age and are free for children eligible for free school meals. They will:

- Provide a safe and supportive environment for children
- Be led by experienced local coordinators teaming up with a range of different partners in their communities
- Serve children tasty and nutritious food and opportunities to learn about food and nutrition
- Organise lots of activities so every child can find something they enjoy - from Kung Fu and cooking to bushcraft.
- Keep children and young people happy, healthy and active
- Offer a flexible childcare option for busy parents

You can find out exactly what's available in your local area either by visiting your council's website or by searching online for HAF (that stands for Holiday Activity and Food).

We hope you and your family have a great summer with the Holiday Activities and Food programme!

Yours sincerely,

Marcus Rashford MBE

Henry Dimbleby MBE (Founder of Leon, Independent Lead of the National Food Strategy)

Annual Meeting - Spiral

Annual Meeting

23th July at 1-2pm

Location: Teams

Trustees at Spiral have chosen for this years annual meeting to take place online.

- One person from each organisation can attend
- Please RSVP by the 19th July
- If you cannot attend but would like to know how Spiral got on in the last year, you can request the annual report to be sent online.
- The agenda will be sent with your Teams invite

Charity No:1179662



SPIRAL

Preventing the Effects of Bullying



CorporateLiveWire
NORTH ENGLAND
PRESTIGE AWARDS

SPIRAL

2020 WINNER

Anti Bullying Charity
of the Year | Cumbria

RSVP

25th July - 1pm

COVID-19: VARIANT OF CONCERN IN YOUR AREA

GET TESTED NOW WHETHER YOU HAVE SYMPTOMS OR NOT

A variant of concern is present **in your area.**

Help to keep your community safer – get a test.

Cumbria County Council and NHS Test and Trace are asking every person living and working in Cumbria between the ages of 12 and 30 to get a PCR test for COVID-19, even if they do not have symptoms.

COVID-19 infections have risen sharply over recent weeks – particularly among younger age groups. Tests will be conducted using PCR test kits, not the rapid result Lateral Flow Device tests that are used for regular weekly testing.

- People not at school can attend any of Cumbria's testing sites between 8am and 8pm from 19 June 2021. You do not need to book your test, simply walk-in and you will be tested.
- Parents/carers will be informed of testing arrangements for school age children by their child's school.
- If you cannot attend a test site you can get a test kit delivered to your home via <https://www.gov.uk/get-coronavirus-test>. Choose the "I have been advised to get a test by local Public Health officials" option.

Test site locations:

- Carlisle RTS, Carlisle Lake District Airport, Irvington, Carlisle, CA6 4NW
- Carlisle Cecil Street LTS, Cecil Street Car Park, Carlisle, CA1 1NX
- Penrith Sandgate Car Park LTS, Penrith Sandgate Car Park, 32 Albert Street, Penrith, CA11 7XA
- West Cumbria Allerdale House LTS, Allerdale House Overflow Car Park, Workington, CA14 9SA
- Barrow-in-Furness Town Hall LTS, Barrow Town Hall Courtyard, Cornwallis Street, Barrow, LA14 2LG
- Copeland Castle Meadows LTS, Castle Meadows Car Park, Whitehaven, CA28 7RG
- Kendal County Hall LTS, Kendal County Hall Car Park, Busher Walk, Kendal, LA9 4RQ

If you test positive, develop any symptoms, or are contact traced following contact with someone who tests positive, you should self-isolate immediately.

Why this is happening?

Infections have risen from 35 cases per week at the end of May to 250 per week now, and concerns have grown that many Cumbrians remain vulnerable to the virus.

Nearly 150,000 Cumbrians have not been vaccinated yet and around 85,000 people have so far only received one dose of the vaccine. People who have only had one dose have significantly less protection from the new Delta variant of the virus which is now circulating.

Visit cumbria.gov.uk/stopthespread

ASK FOR HELP

Feel like you could use some emotional support?

No problem is too small at Kooth. Explore our mental wellbeing community for free, safe and anonymous support.



Sign up for free at **Kooth.com**



How to sign up to Kooth.

Kooth is a **FREE**, anonymous, confidential, safe, online wellbeing service, offering professional support, information, and forums for young people.

Access to counsellors, 365 days a year - who are available from:

12 noon-10pm Monday- Friday
6pm-10pm Saturday and Sunday

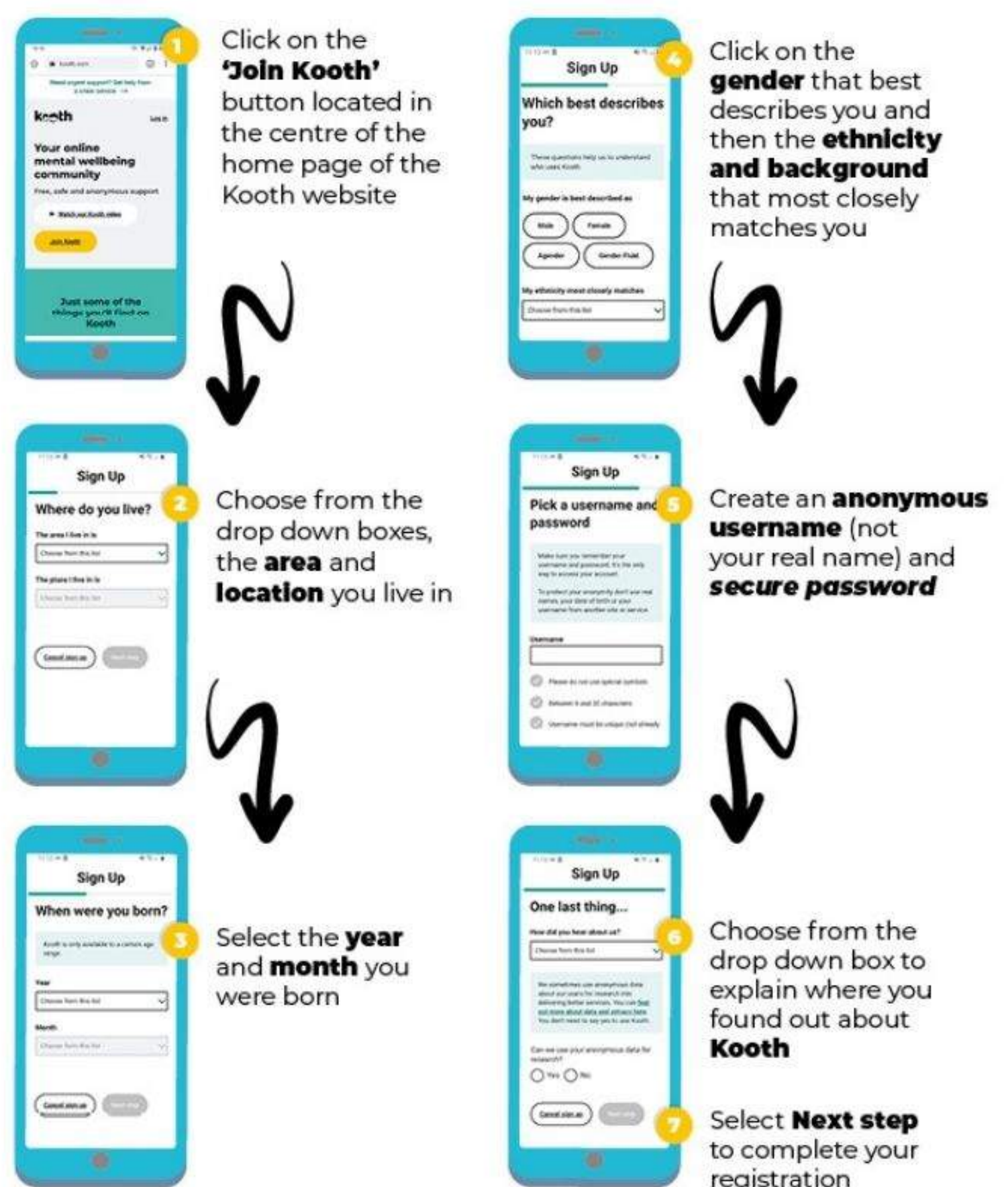
Log on through **mobile**, **laptop** and **tablet**.

Now that you are in you can click on the icons at the top of the page to choose from articles, topic page, forums, or choose to talk to a counsellor by clicking the speech marks next to the turquoise circle.

To talk to a counsellor click on:
"Chat now button"

To write a message to the team, click on:
"message the team"

www.kooth.com



The pandemic has been a very tough period for everyone, we believe now more than ever is a time to focus on our mental health.

With some new funding for our mini project Pass It On, we have organised two workshops to be ran by mental health charity, MIND.

These will broaden our knowledge and understanding about mental health, the theme is to pass it on. We will relay things we have learnt to our friends and family to help them.

**9th August 10am-12pm Wellbeing
16th August 10am-12pm Mates in Mind
Free workshops**

**At the People First Conference Centre, Milbourne Street, Carlisle,
CA2 5XB.**

**Open to young people and their families and friends, let us know if
you want to join us**

**youthprojects@wearepeoplefirst.co.uk
07592 042553**

SELF HARM SAFE KITS



Our Self-harm Safe Kits are a resource for anyone wanting to understand, and begin to find ways to manage, their self-harming behaviour. The kits can be handed out directly to those dealing with self harming behaviour and include a wealth of paper based information, including; local and national support, safety planning information and a parent's guide to self harm.

If you would like to order Kits for use in your school, primary care practice or other organisation please contact us direct at info@every-life-matters.org.uk

SUICIDE PREVENTION RESOURCE TINS

Our FREE Suicide prevention resource tins provide vital at-hand information to offer someone experiencing thoughts of suicide or who is self-harming, as well as where to get help and support, both in a crisis and longer term.

They provide information for people who are worried about someone else, and what they can do to practically help, as well as information for people who have experienced a suicide bereavement.



To order a tin for your organisation please email: lan.alcock@every-life-matters.org.uk

TRAINING

Every Life matters deliver a comprehensive package of Suicide and Self Harm training courses to schools across the county. Below you will find a short overview of each training course we deliver, In house sessions for organisations are welcomed and we do offer bespoke training for young people and students.



Suicide Awareness

Our one hour bitesize FREE awareness session is aimed at anyone in the community who wants to learn more about the myths and facts surrounding suicide, understand when someone might be at risk, how to talk directly and comfortably about suicide, and what we can all do to offer practical support. Booking for open courses is through Eventbrite. For in-house sessions or other enquiries training@every-life-matters.org.uk

Suicide Alertness

This three hour FREE interactive training session is aimed at anyone in a helping role who wants to understand more about the context of suicide, identify when someone may be at risk, how to ask directly about suicide, and what we can do to support someone and guide them to the help they need. Booking for open courses is through Eventbrite. For in-house sessions or other enquiries training@every-life-matters.org.uk



Suicide First Aid

Suicide First Aid is a FREE half day online course for PEOPLE LIVING OR WORKING IN SOUTH CUMBRIA which teaches and practices the skills and knowledge needed to identify someone who may be thinking about suicide and competently intervene to help create suicide-safety as a first aid approach. Booking through Eventbrite. Booking for open courses is through Eventbrite. For in-house sessions or other enquiries training@every-life-matters.org.uk

Safety Planning

This FREE practical and interactive two hour session looks at how to support someone with thoughts of suicide through creating a stepped Safety Plan, helping us manage thoughts of suicide from fleeting ideas to an overwhelming desire to end ones own life. Suitable for anyone who has attended any of our one hour or half day suicide awareness sessions. Booking for open courses is through Eventbrite. For in-house sessions or other enquiries training@every-life-matters.org.uk





Emotional Resilience

Emotional resilience is the ability to cope with life's challenges and ups and downs. This FREE half-day Connecting with People course helps you develop an understanding of practical strategies and coping mechanisms to promote wellbeing, whilst improving your own emotional literacy. Booking for open courses is through Eventbrite. For in-house sessions or other enquiries training@every-life-matters.org.uk

Self-harm Alertness

This FREE half day course is suitable for school staff, health and social care practitioners and professionals and anyone who wants to understand why people self-harm, develop practical tools and strategies to support people, and gain knowledge of the range of local and national support available. Booking for open courses is through Eventbrite. For in-house sessions or other enquiries training@every-life-matters.org.uk



Supporting Children's Mental Health and Wellbeing

This short one-hour information session is designed as an introduction to mental health, self-harm and suicide for parents and carers, or anyone who works with young people, who wants to understand how to help support the wellbeing of young people. Booking for open courses is through Eventbrite. For in-house sessions or other enquiries training@every-life-matters.org.uk

Assessing for Suicide in Kids

The one day ASK workshop is the only suicide prevention workshop that specifically addresses suicide risk in children and gives participants developmentally appropriate strategies and tools to identify young children at risk of suicide and quickly gather and organize key details needed to assess risk and inform safety planning. Booking for open courses is through Eventbrite. For in-house sessions or other enquiries training@every-life-matters.org.uk



Mental Health First Aid

The 2 day Mental Health First Aid (MHFA) programme teaches people how to identify, understand and help someone who may be experiencing a mental health issue. Adult or Youth versions available. Available as 2 day MHFA, 1 day Champion, half day MHFA Awareness and MHFA Refresher modules. For in-house sessions or other enquiries training@every-life-matters.org.uk



Summer Activities

Get in touch to book on!

Drum Nation Session 1

Wednesday 21st July
11AM-2PM

Green Acres Day

Thursday 22nd July
9:30AM-3PM

Eid Al-Adha BBQ

Friday 23rd July
4PM-7PM

Drum Nation Session 2

Wednesday 28th July
11AM-2PM

Drum Nation Session 3

Wednesday 4th August
11AM-2PM

FMCF Fundraiser

Saturday 7th August
1PM-5PM

Drum Nation Session 4

Wednesday 11th August
11AM-2PM

Green Acres Family Event

Thursday 12th August
10AM-2PM



furnessmulticulturalforum@gmail.com



+44 7561 611499



EXAM STRESS TOOLKIT

'WHAT SUCCESS REALLY LOOKS LIKE IS A LOT OF UPS AND DOWNS, AS OPPOSED TO THE STRAIGHT LINE WE ALL IMAGINE. WITHOUT FAILURE WE CANNOT GROW, AND WITHOUT FAILURE THERE IS NO SUCCESS.'

Are thoughts of your exams causing you:

- Sleepless nights
- To feel overwhelmed
- To have racing thoughts or difficulty concentrating
- A lack of self-confidence
- To feel constant worry, anxiety or fear
- To eat more or less than usual
- To be irritable
- To drink or smoke more than usual
- Avoid things or people

There are many different signs and symptoms of exam stress:

- Difficulty getting to sleep or difficulty Waking up in the morning
- Constant fatigue
- Forgetfulness
- Aches and pains for no apparent reason
- Poor appetite
- Social withdrawal
- Increased anxiety and irritability
- Increased heart rate
- Migraines/headaches
- Blurred vision and/or Dizziness
- Loss of interest in activities.

Both exams and the anticipation of results can be a stressful time Having fears and concerns is completely natural – your mates are probably feeling exactly the same, whether they let on or not. If these anxieties start to overwhelm you, don't worry – there are things you can do to help yourself.

- **Practice Mindfulness:** <https://www.mindful.org/how-to-practice-mindfulness/>
- **Create a Self-Management Plan:** <https://www.positiveaction.net/blog/teaching-self-management-skills>
- **Learn to Understand the Physical Signs of Emotion on Your Body:** <https://www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/symptoms/>
- **STOPP Strategy:** Take a breath, Observe, Pull Back, Practise What Works.
- **Identify the things that cause you stress and the things you can do to manage them.**
- **Create a Revision Planner**
- **Colour**
- **Find Some positive Affirmations**
- **Find Apps for Besting Exam Stress**
- **Tips to Deal with Exam Stress and Burn Out:** <https://www.timeshighereducation.com/student/advice/how-deal-exam-stress>
- **Before an Exam CheckList** - Have a good Breakfast, Make sure you know where the exam is being held and at what time, Give yourself plenty of time to get there, Take all the equipment you need, Take a bottle of e water, Go to the loo beforehand.

For further help and information contact: MyTime Cumbria on 01539 742626

Rookhow's Retreat Away Fund



[ROOKHOW](#) has been awarded £10,000 from the Quaker Mental Health Fund UK over 2 years to support residentials and therapeutic work with people with mental health problems. Our first round of applications has funded: Lighthouse Community Mental Health Hub, Well Minds, The Well Communities, Vision of Adventure, Mind over Mountains, KEY youth project and Home 2 Work (Cleator Moor).

The next round's deadline is **1st October 2021.**

We welcome applications to the 'Retreat-Away Fund' to come and stay in our 16 bed bunkbarn and enjoy sole use of the 12 acres of ancient oak woodland with campfire, yurt and plenty of space to roam. The Quaker Meeting House also provides a large simple meeting room for groups.

The fund would pay for part (or all) of your accommodation costs* (2 night minimum, mid-week or weekend) or day use of the meeting space and woodland. Staffing, transport, food and activities would be organised and paid for by your own organisation. You would be greeted by us, but then have the place to yourselves.



Attached is a simple application form. We'd like to know how you think your participants would benefit from coming to Rookhow and what activities/ therapeutic work you might organise. We will consider applications at our meeting in early-October and let you know soon after that. Check our website for more information about Rookhow and an availability calendar. rookhow.org.uk

Please contact Sue Nicholls if you would like to discuss this further or if you have any questions. We would be happy to show you round and have a chat about your application and the needs of your group before you apply. We can also pencil dates in the calendar if there is a particular time you'd like to stay.

**Current rates are £300 per night bunkbarn (2 night minimum) + £50 Quaker Meeting House or £100 per day for just the use of Meeting House and woodland. You can apply for 100%/ 75%/ 50% or 25% funding.*

Sue Nicholls, Development Manager
Tel 07557 919879

Email: contactrookhow@gmail.com

Website: rookhow.org.uk



Rookhow is a registered Charitable Incorporated Organisation: Charity No 1188409



ROOKHOW

Quaker Meeting House and Bunkbarn






Next Steps



Talk-Active supports young people with learning difficulties (aged 10-18) to develop key skills and knowledge around 6 areas of life; A healthy life, safe life, expressive life, future life, skills for life and relationships.

Next Steps supports and prepares young people to become more tech savvy, transition out of lockdown and increase their confidence to reengage with the community.

Activity	Day, Time & cost	Description of Activity and additional information
	Thursday 1st July 6pm – 7pm FREE activity	Staying Safe on Twitch This virtual workshop will look at ways to stay safe and have fun whilst using the online platform Twitch.
	Thursday 8th July 5:30pm – 7pm FREE activity	Bitts Park Outdoor Gym and Sports Fun An outdoor activity in Bitt's Park using the outdoor gym and fun session with some footballs and frisbees.
	Thursday 14th July 5:30pm – 7pm FREE activity First attendees can create the club name!	New Youth Club We want to begin a regular club where young people can drop in and do what they would like in a supported, inclusive environment. Activities on offer can range from art, music, sport, homework help and info workshops. All depending on and tailored to those who come and what they would like to do. FREEDOM is our theme of the day. Drop in and draw all the things you want to be doing with your summer freedom.
	Tuesday 20th July All day activity £10 for the day	Bendrigg Trust Activity Day We have organized a day of activities at the outdoor activity centre, The Bendrigg Trust who are experts in providing outdoor activities for those with disabilities. The cost of this activity has been discounted by us as a thank you and reward for keeping going through the pandemic and maintaining your engagement with us. You will need your own transport to get there. Lifts from the nearby train station can be organized.

	<p>Thursday 22nd July</p> <p>2pm – 4pm FREE activity</p>	<p>Fruit Ninjas</p> <p>We will heading to Sainsbury's to find our favourite fruits and some unusual ones that we may not have tried before. Back at the Conference Centre we will be creating some fruit kebabs together.</p>
	<p>Wednesday 28th July</p> <p>11am- 12pm 1pm – 3pm</p> <p>£8.50 Clip N Climb £6 Aquarium</p>	<p>Maryport Day Clip 'n' Climb and Aquarium</p> <p>A jam packed activity day based in Maryport; the morning's activity will be at Clip 'n' Climb followed by a packed lunch on the promenade. In the afternoon we will be exploring the ocean secrets of the aquarium.</p> <p>If you would like to only come to one activity instead of both this is fine just let us know what you would like to do.</p>
	<p>Thursday 29th July</p> <p>2pm – 4pm</p> <p>Under 16s £6 Over 16s £8</p>	<p>Foot Golf.</p> <p>Get ready for golf with a twist, no drivers or putters just footers! Hole in one!</p> <p>Carlisle Foot Golf, California Road, Kingstown, Carlisle, CA3 0BY</p>

Booking is essential! To book onto an activity or for more info please contact
The Youth Team on youthprojects@wearepeoplefirst.co.uk
07592 042553



Holiday Activity Program

Over 100 NEW activities added.

The Cumbria Holiday Activity Programme now has 200 different FREE activities on offer to suit all age ranges, from firefighter experiences and drama & dance workshops to visiting the zoo, football academies and rock climbing.

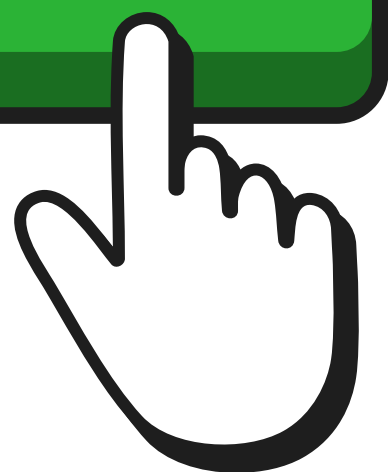
NEW ACTIVITIES ADDED IN:

- Appleby
- Barrow-in-Furness
- Brampton
- Carlisle
- Cleator Moor
- Crosby on Eden
- Penrith
- Silloth
- Frizington
- Keswick
- Houghton
- Kendal
- Egremont
- Whitehaven
- Windermere
- Workington
- Kirkandrews-on-Eden
- Kirkby Stephen
- Longtown
- Maryport
- Rockcliffe
- Millom
- Scaleby
- Ulverston

Who is the Holiday Activity Programme for?

- Activities are free of charge for children and young people who receive benefits-related Free School Meals and all children who attend will also be provided with a free lunchtime meal.
- Places are limited and bookings will work on a first-come-first served basis.
- Some activities are also available to children and young people who do not receive benefits-related Free School Meals, but there may be a charge.
- **Find out more and book at cumbria.gov.uk/holidays**

BOOK NOW





CUMBRIA YOUTH ALLIANCE

*Thank
you*

Have a great July from all at Cumbria
Youth Alliance

