



# CUMBRIA YOUTH ALLIANCE

## August Newsletter

### Welcome to the Cumbria Youth Alliance News Round-up

Welcome to the August 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](mailto:Juan@cya.org.uk)







Cumbria  
Youth Alliance

# PLAY TODAY & WIN A STAY

Support Our Lottery  
This Summer

**WIN** A Luxury Forest  
Staycation!

- £25,000 jackpot!
- Sign up from £1 per week
- Help our cause help the community
- Don't miss the special draw!

To start supporting, visit:

[www.allerdalelottery.com](http://www.allerdalelottery.com)

and search for: Youth Alliance



Supporters must be 16 years of age or older. Offer ends 28<sup>th</sup> August 2021. See website for terms and conditions.



# MEET A TRUSTEE



**John Cooper**

John, originally from London, moved to Cumbria in 1988 and has been involved in youth work here for many years, from education in special schools, secondary and primary schools, to running rugby events for young people in Cumbria and South Africa. John took on various roles within Rugby, such as: coaching community club sides to selecting and managing at England youth level. In addition to this, John has been farming with his wife for over 30 years in Cumbria and still continues to do so in his retirement. Although retired, John does not plan to slow down and has taken on the role of 'Trustee' for Cumbria Youth Alliance. John has always worked with young people and felt that his retirement should be no different. John plans to make use of his time and dedicate it to something meaningful and useful to the young people in Cumbria.

A key area of focus for John is Multiculturalism. John believes that introducing the young people of Cumbria to the bigger, wider world will educate them in more ways than a book can and may inspire them to do great things. This belief is evident with Asha, Asha Richardson is a former young person that John took on a school trip from Appleby to KZN, South Africa. Asha has since returned to the continent to open up the Ankoma Outreach in Ghana. The Ankoma Outreach aims to ensure every child has the opportunity of education, every individual has access to healthcare and good sanitation levels are maintained.

In the next 5 years, John would like to see Cumbria Youth Alliance become more of an umbrella organisation that will bring together many youth organisations in the county. This, he hopes, will create a stronger network that can provide more opportunities for young people throughout Cumbria and beyond. John believes that our new CEO, Becky Wolstenholme, has the drive and determination to lead Cumbria Youth Alliance into a brighter future and he is delighted to be a part of that.



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.**





## GOOD NEWS STORY

JAMIE - CYA

“I've got a job... this is something I never thought I would be able to do.”

Jamie started on Choices in July 2020.

Jamie had no work experience and he was struggling with anxiety, personal skills and social interactions. He was spending all of his time in the house shut away from society and not learning any skills. Combined with COVID 19 lockdowns and uncertainties he was not in a good place.

With perseverance from his Key Worker, Jamie was encouraged to join the CYA/Embrace online learning and certification. ICT equipment was provided. His Key Worker supported him and they went on to develop a CV together.

Jamie lacked confidence in his communication and interaction skills. He had low self esteem and couldn't envisage doing a job. With encouragement, he agreed to take a volunteering role at the Whitehaven Farplace Animal Rescue Shop. After 3 weeks they have offered Jamie 6 months paid employment through the Kickstart Scheme. This has been transformational for Jamie and demonstrates that once you get an opportunity, things change. New doors open and positivity improves wellbeing and mental health.

Jamie has reflected on the change by saying “This is something I never thought I would be able to do or get. It's good. I have to get up in the mornings and do different shifts. It is life changing from doing nothing but I've adapted”.



FOR MORE INFORMATION CONTACT  
Mobile: 07860850227  
Email: [choices-cumbria@groundwork.org.uk](mailto:choices-cumbria@groundwork.org.uk)



@ChoicesInCumbria





## GOOD NEWS STORY

LIAM - CYA

**Liam gained interviews with Kaefer and United Utilities.**

Liam started on the Choices Programme in the middle of a Covid-19 lockdown early in 2021.

This was a difficult time for everyone in the UK and Liam struggled to see how things would work out for him.

Face to face contact was not possible but through one-to-one phone calls, text messaging and virtual media contact with his CYA Key Worker Liam became more positive, developed his CV and started looking around for Job/career opportunities.

Liam has also been encouraged to do some further online learning through the CYA/Embrace certificated modules covering wellbeing and work based skills.

Liam gained interviews with Kaefer and United Utilities resulting in the latter offering him a Kickstart 6 month role with every chance of a progression route beyond this. He is really looking forward to taking advantage of this opportunity.

CYA will keep in touch with Liam and arrange any further support as required.



**FOR MORE INFORMATION CONTACT**  
Mobile: 07860850227  
Email: [choices-cumbria@groundwork.org.uk](mailto:choices-cumbria@groundwork.org.uk)



@ChoicesInCumbria







**Copeland**  
borough council



*roud of our past. Energised for our future*

## GOOD NEWS STORY

TYLER - CYA

### “ Groundsman role under the Kickstart scheme. ”

Tyler joined Choices Cumbria looking for options and opportunities but didn't have any expectations of getting employment.

These feelings were made worse by the Covid-19 pandemic and associated lockdowns and restrictions. Tyler was stuck.

His CYA Choices Key Worker spoke to him about motivating things. Supporting Tyler with employability skills, upgrading CV, looking at application forms, general wellbeing and helped him applying for jobs.

Tyler volunteered at Whitehaven AFC football and this got him learning new skills. His Choices CYA Key worker built a strong link with Whitehaven AFC to ensure he got the most from the role.

Tyler then attended an interview for Copeland Borough Council and was later given a groundsman role under the kickstart scheme for 6 months with the potential of going further and gaining an additional ground working qualification in using machinery.

The Choices Programme is funded by The National Lottery Community Fund and the European Social Fund, hosted by Groundwork NE & Cumbria



**FOR MORE INFORMATION CONTACT**

Mobile: 07860850227

Email: [choices-cumbria@groundwork.org.uk](mailto:choices-cumbria@groundwork.org.uk)



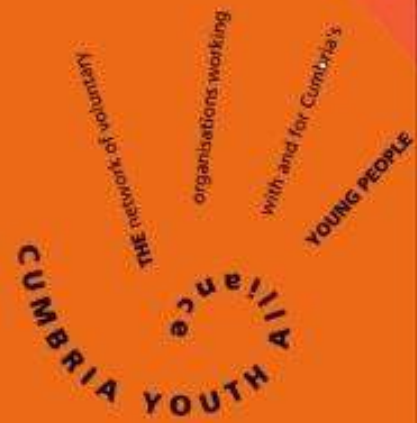
@ChoicesInCumbria





# ARE YOU 18-24?

TAKE YOUR FIRST STEPS  
TOWARDS A SUSTAINABLE  
FUTURE



youth  
futures  
FOUNDATION

DO YOU FEEL LIKE  
YOU NEED TO  
UPSKILL?



ARE YOU HAVING  
DIFFICULTY FINDING  
WORK?



ARE BARRIERS  
STOPPING YOU FROM  
ACHIEVING YOUR  
GOALS?



ARE YOU UNSURE OF  
WHERE TO TURN NEXT?



THIS PROJECT OFFERS HELP WITH  
THE FIRST STEPS TO FINDING  
EMPLOYMENT, EDUCATION AND  
TRAINING TO HELP YOU ACHIEVE  
YOUR CAREER GOALS



01900 603131



yff@cya.org.uk





**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:**

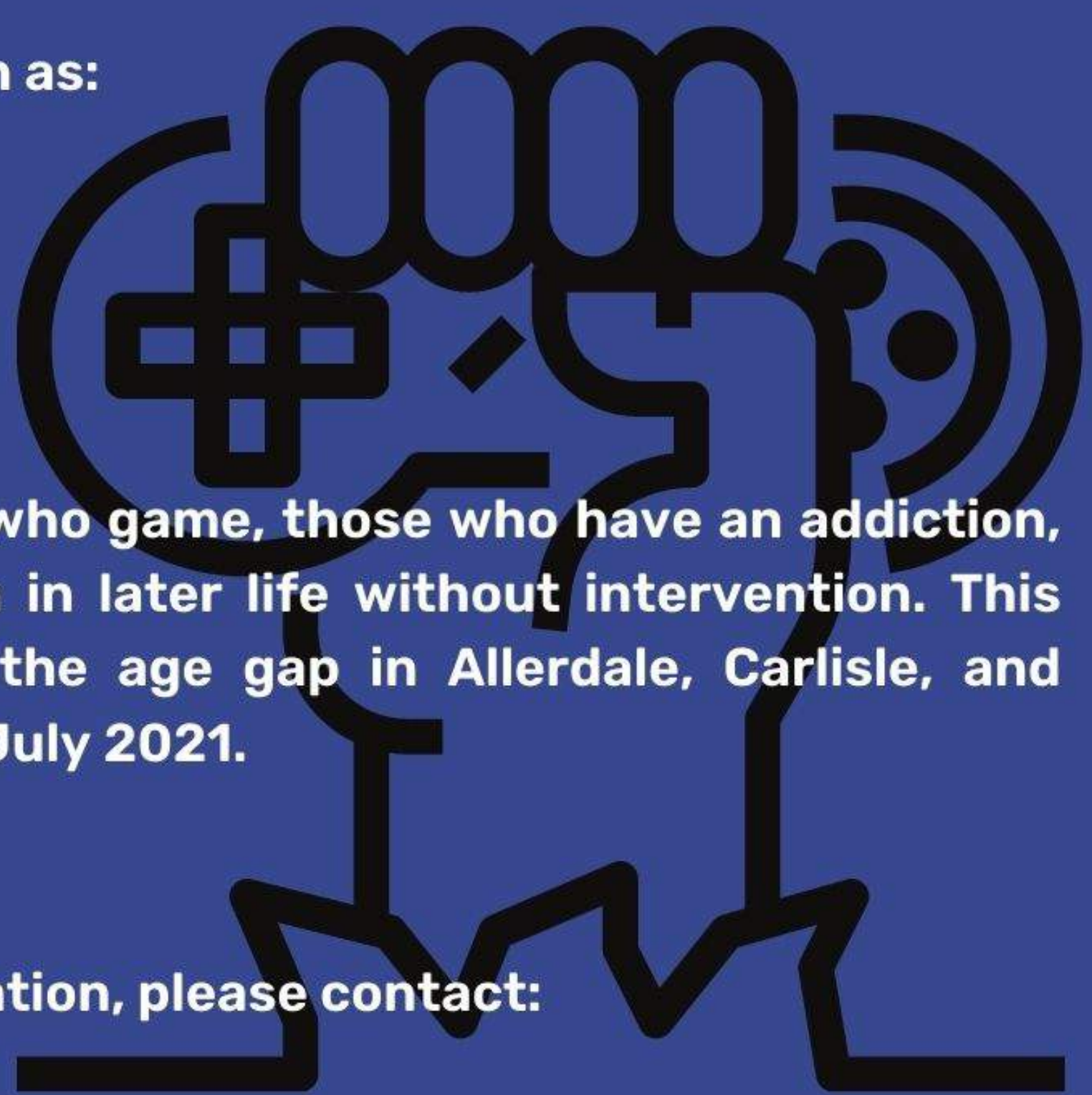
- Predatorial Gaming Mechanics
  - How to Create a Healthy Routine
  - Positive Effects of Video Gaming
- and many more...

**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](mailto: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 353333 or email [info@cumbriayouthalliance.org.uk](mailto: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:

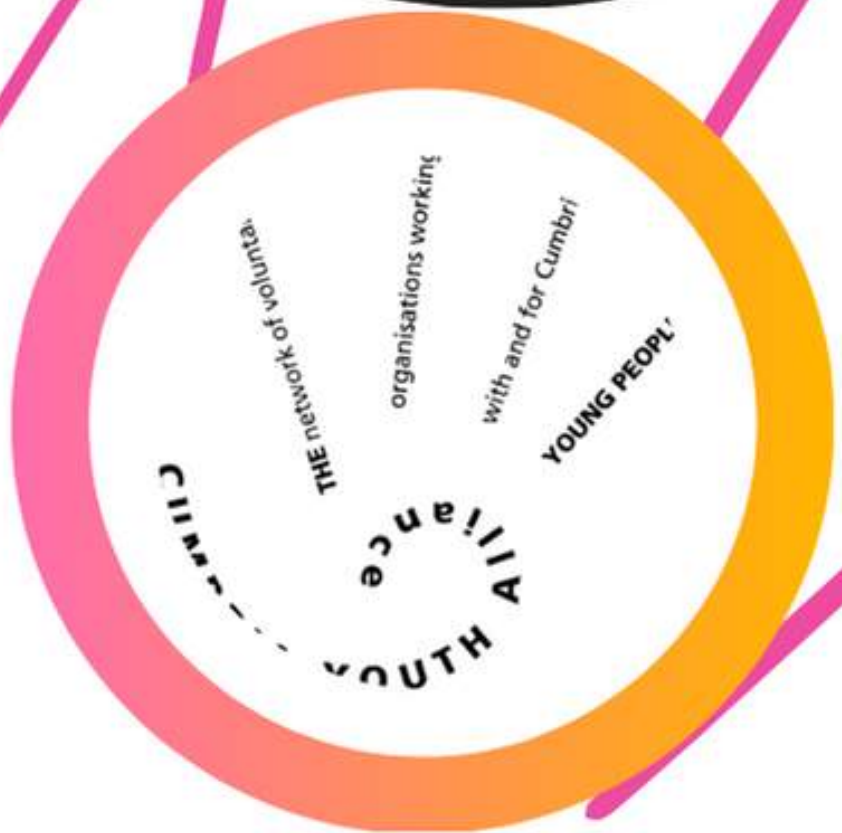


**Email:** [juan@cya.org.uk](mailto:juan@cya.org.uk)



**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





# Keppleway Holiday Club

**Discover Adventure This Summer!**  
**Monday - Friday August 2021**  
(Excluding 30th and 31st August )

Join us at The Keppleway Centre during the school holidays for fun and outdoor activities - what a great way to keep the kids occupied. Discover adventure and blast away that holiday boredom by canoeing, ghyll scrambling, paddle boarding, and lots of other great activities with our team of instructors.

During all activities, we will ensure social distancing measures are in place. All those taking part including staff will have their temperature taken on arrival and masks will be worn when using our transport. Hand washing will take place throughout the day and equipment will be thoroughly cleaned between each use. All activities will take place outdoors.

Different activities each day of the week. Prices £35 per child (local discounts available). Activities may change due to weather conditions on the day. Wednesday and Friday each week will be wet activities on or in the water whilst Monday, Tuesday and Thursday will mainly be on dry land.

Booking is essential. Payment must be received prior to arrival. Minimum age is 7.

To book your places contact us at [Keppleway stay@keppleway.org.uk](mailto:stay@keppleway.org.uk) or call us on (01229) 716936

**Please note:** The Holiday Club is dependent on Government Guidelines allowing it to run. We will inform guests as soon as possible if we are not able to offer the club and offer a refund if Keppleway has to cancel. Normal terms and conditions apply.

**The Keppleway Centre** Broughton in Furness Cumbria LA20 6HE

**Tel:** 01229 716936 **E-mail:** [stay@keppleway.org.uk](mailto:stay@keppleway.org.uk) **Web:** [www.keppleway.org.uk](http://www.keppleway.org.uk)

Charity No: 1015762



**DISCOVER @ KEPPLEWAY**  
DISCOVER ADVENTURE, DISCOVER LIFE





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](mailto:thesolwayhallactivities@outlook.com) or call: 07722589859

**Registered Charity Number: 1128826**



**Volunteer Virtual Information Event  
Tuesday 17 August 2021, 6pm - 7pm**

**Online  
Via Zoom**

**Interested in becoming a volunteer and supporting  
The Carnegie Theatre in Workington?**

Cumbria CVS is hosting this Volunteer Information Event with the Carnegie Theatre so anyone can find out more about the volunteering opportunities listed below!



**Evening Box Office Assistant**



**Trustees**



**Front of House Stewards**







Kendal Lads and Girls Club

Charity Number 523060

Beezon Fields

iankendalladsandgirlsclub@gmail.com

Kendal

07877038401

LA9 6BD

## SELF CONTAINED 2 STOREY OFFICE/ MEETING ROOMS FOR RENT

- PARKING FOR 2 STAFF.
- CAR PARK FOR VISITORS.
- USE OF THE GARDEN
- PRIVATE ENTRANCE
- WHEELCHAIR ACCESS

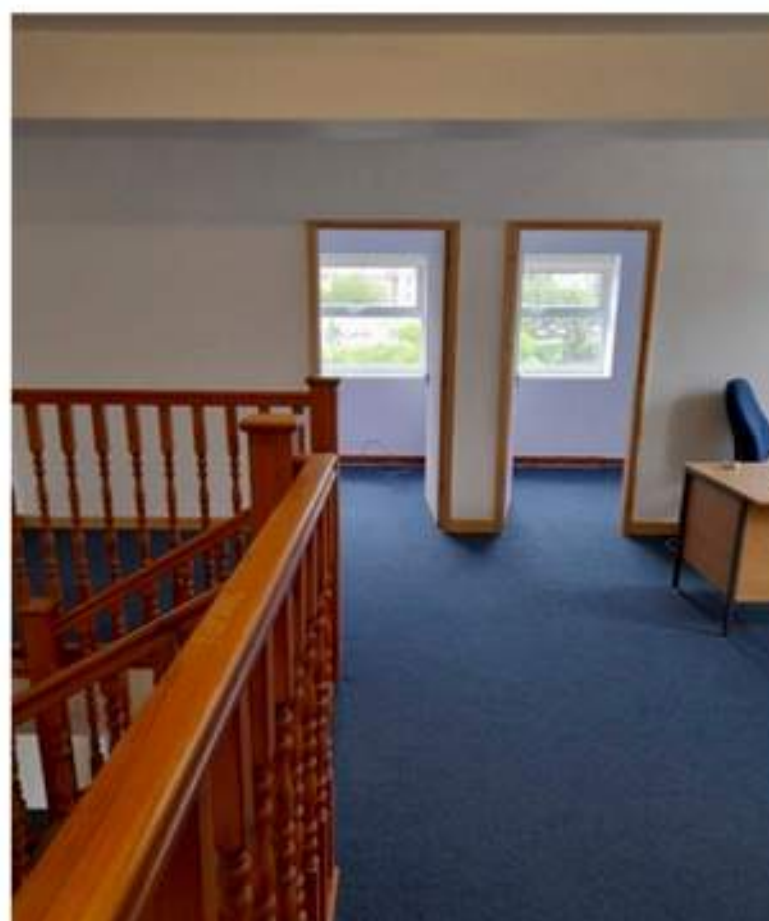


### DOWNSTAIRS

- TOILET
- KITCHEN AREA
- SPACE FOR MEETINGS/ WORKSHOPS

### UPSTAIRS

- 2 OFFICES/ INTERVIEW ROOMS
- OFFICE SPACE



LEASE HOLD -Rental £6,700. per annum. Water and waste included.

Utilities and 1/5 share of the insurance are payable. Rate relief for charities or similar





Kendal Lads and Girls Club

Charity Number 523060

Beezon Fields

iankendalladsandgirlsclub@gmail.com

Kendal

07877038401

LA9 6BD



**USE YOUR  
VOICE  
USE YOUR  
VOICE  
USE YOUR  
VOICE**

Aged 16-25?  
Living in the North of England?  
Got something to say?  
Want the chance to influence  
Arts and Culture for young  
people?

**APPLY TO BE ON THE NEW**

**ARTS COUNCIL ENGLAND**

**YOUTH ADVISORY BOARD**



**youth focus** NW

**Youth  
work unit**

**Youth  
focus:**

## About our Youth Advisory Board

Our Youth Advisory Board will consist of approx. 10-15 young people from across the North of England. Together they will work with staff from across the organisation to ensure the voices of young people are at the heart of what we do.

Our first cohort will be in post from September 2021 – July 2022, during our pilot phase, where they will have the opportunity to engage in arts and culture whilst developing skills to support them in their future careers.

We're working with three organisations to support the delivery of this programme: Youth Focus North West, Youth Focus North East and Youth Work Unit Yorkshire and the Humber.

Find out more >

<https://www.artscouncil.org.uk/news/we%E2%80%99re-recruiting-our-youth-advisory-board>





## 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"> <li>➤ travel to YHA</li> <li>➤ Arrive and drop off bags into storage</li> <li>➤ Collect packed lunches</li> <li>➤ Day Activity – focusing on nature connection and outdoor skills.</li> <li>➤ Access rooms</li> <li>➤ Dinner – all catered</li> <li>➤ Overnight in YHA bunk accommodation – under school or youth group supervision, no project leaders support.</li> </ul>
DAY 2	<ul style="list-style-type: none"> <li>➤ Breakfast &amp; collect packed lunches – all catered</li> <li>➤ 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.</li> <li>➤ Depart on coach back home</li> </ul>

### 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](mailto: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](http://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](mailto:GreenDoctorCumbria@groundwork.org.uk)**

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



# MIND OVER MIRROR

## FEELING MY MIND

We all have our ups and downs on the journey to self-acceptance. It takes practice and time, and everyone's paths are different. Here's some tips to help you maintain a healthy sense of self.

### 1. TAKE NOTE OF THE ACCOUNTS YOU FOLLOW AND HOW THEY MAKE YOU FEEL

Recognise unrealistic body images posted on social media. Follow groups or people with different ideas. If you start seeing pictures that make you feel uncomfortable or unhappy, try unfollowing the pages so that they don't keep showing in your feed.

### 2. BE MINDFUL ABOUT UNREALISTIC BODY IDEALS

Try not to pick up unrealistic ideas about what your body should look like. Social media often has a shiny filter to make things look 'perfect'. It may help to educate yourself on the average UK body sizes to bring some perspective. There is a wider range of body shapes and sizes than the limited range you might be seeing online

### 3. TAKE BREAKS FROM SOCIAL MEDIA

Being online for long periods of time means that you can be mentally exhausted without even knowing about it. Whether you 'follow' influencers or friends online, taking a break from social media is always a good idea. Think about setting a limit on how long you're online each day and have a go at a 'No-social-media-Sunday'. You'll feel better for taking that space. Instead use the time to go out and do something you enjoy- connect with nature and see friends in person.

### 4. BUILD A POSITIVE FEEDBACK LOOP BETWEEN YOU AND YOUR FRIENDS

Supporting each other and receiving positive comments from those you care about can affect us more than a 'like' or a comment from someone you barely know. Be honest in setting boundaries in your group so everyone knows what is positive for everyone to hear. Not only will you feel better but your friends will too. It's a win-win situation!

### 5. EMBRACE YOURSELF WHAT IS PERFECT?

Practice gratitude for everything your body does for you, not just how it looks. After all, your body carries you through life. Appreciating all that your body does can lead to self-acceptance and a much more positive body image

### 6. EVERYONE IS DIFFERENT IN THEIR OWN WAY - AND THAT IS AMAZING!

People come in all shapes, sizes and shades, with scars, markings or different skin textures. Sometimes these differences can make us feel self-conscious about ourselves. We all feel selfconscious at times but we can re-focus our mind to become more accepting of our uniqueness. We can become proud of what makes us special...After all, variety is the norm.

### 7. CREATE A RIPPLE EFFECT

Speak to and about yourself as you would talk to a friend. You wouldn't point out a friend's flaws so try not to point out your own. The way we think and speak about ourselves or how others talk about bodies is then internalised as the standard. If we challenge negative comments and work to change that narrative, then we can internalise positive messages about our own bodies.



# MIND OVER MIRROR

## FEELING MY MIND

We all have our ups and downs on the journey to self-acceptance. It takes practice and time, and everyone's paths are different. Here's some tips to help you maintain a healthy sense of self.

### 8. FIND OTHERS THAT ARE LIKE-MINDED OR A SUPPORT GROUP AND HAVE AN HONEST CONVERSATION ABOUT HOW YOU'RE FEELING

If you're feeling a little down about your body image or a particular 'flaw', it can help to find like-minded people who struggle with the same things as you do. You are not alone with whatever you're feeling, so don't be alone with your thoughts either. It may help to open up and chat with others. A good place to start might be YoungMinds.

### 9. MAKE SURE YOU'RE SAFE WHEN AIMING FOR BODY CHANGES.

It's easy to see dieting pills, steroids or cosmetic treatments as a quick way to achieve your goal. Before making any decisions about products, find out first if the product is safe, tested, and ethical. Know the product and be safe.

### 10. IF YOU DECIDE TO GO FOR TREATMENTS, CHECK THE FACTS FIRST

Although the products used in the non-surgical cosmetic industry are standardised, there are currently no standards for training and qualifications of the person doing the procedure. If you decide that a procedure is right for you, research on sites such as JCCP (Joint Council for Cosmetic Practitioners) or Save Face. Read up and ask questions about aftercare, insurance, risks and possible adverse reactions.

### 11. SPREAD THE WORD AND CHECK IN WITH FRIENDS WHO ARE ALSO THINKING OF GETTING TREATMENTS

Surveys show that a big motivation (43%) for getting cosmetic surgery is to increase confidence and self-esteem. Talk to your friends about the reasons behind getting a treatment. Is it to look better or feel better? If it's about self-esteem, it's a good idea to talk to someone about that first. Help your friends to ask questions about possible risks, aftercare, insurance, and costs.

### 12. MAKE COMPLIMENTS BASED ON PERSONALITY AND STRENGTHS RATHER THAN JUST LOOKS

It's easy when complimenting someone to focus on their appearance, such as 'you look like you've lost weight' or 'you look like you've gained some muscle'. There isn't anything wrong with this but consider that if someone just receives compliments about their image, they will apply a higher worth to how they look and feel more pressure to look a certain way. Switch it up and compliment someone's skills or personality, let them know that what you like about them is on the inside, not just the outside.

### For More Help:

If you live with body image concerns or if you would like to address mental health concerns related to body image, the websites listed can offer advice on who can help. Mental Health Foundation, Beat Eating disorders, NHS information about cosmetic procedures and Body Dysmorphia, Young Minds (for people age 25 and younger), MIND: information about Body Dysmorphia Body Dysmorphic Disorder (BDD) Foundation and where to get help for BDD. If you are feeling distressed or upset and would like to speak with someone, please freephone Samaritans on 116 123.



# 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

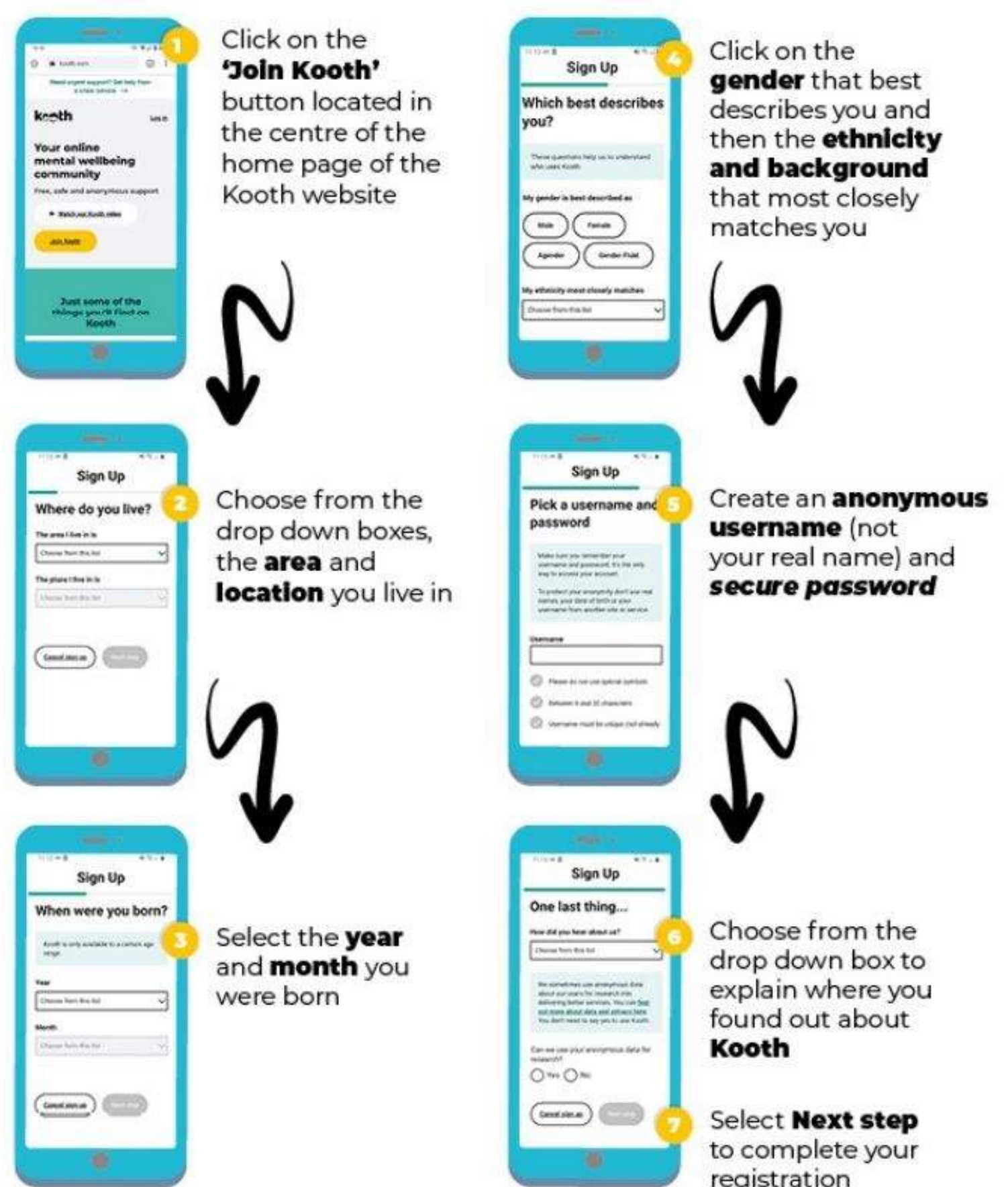
Log on through **mobile**, **laptop** and **tablet**.

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**





# Lakeland Sector Based Work Academy

Would you like to work in Warehousing?  
We have an online course to help you!

The course will begin on Monday 16th August until Friday 20th August via Microsoft Teams.

## You will cover:

- Level 1 in Warehousing

There will be guaranteed interviews with Lakeland in Kendal.

To book your place on this course or for more information please call 01900 604674.



# Mitie Security SBWA

Are you unemployed and over 18?

We have a course to help you!

Starting on Monday 16th August until Friday 20th August 2021. The course will be online via Microsoft Teams.

## Course Content:

- Exploring your transferable skills
- CV development
- Working for Mitie
- Application form support and interview skills

There will be guaranteed interviews with Mitie Security on completion of the course.

To book your place on this course or for more information please call 01900 604674.



# Warehousing and Forklift Operations

Are you unemployed?

Inspira have a Level 1 Warehousing and Forklift Operations course to help you get into employment.

Starting on Friday 9th August until Friday 27th August 2021. The course will be a mix of face to face and online via Teams.

## You will cover:

- Level 1 In Warehousing.
- Level 1 in Lean Manufacturing and Fork Lift Truck Operations.

On completion of this course there are guaranteed interviews with Hermes.

To book your place on this course or for more information please call 01900 604674.



# OPPORTUNITIES



# Working in Security

Are you unemployed and over 18?

We have a course to help you!

Starting on Monday 16th August - Wednesday 1st September at AJ Security, Maryport, CA15 6NF.

## Course content:

- Level 3 Emergency First Aid at Work
- Level 2 Door Supervisor
- Level 2 Security officer Course
- Level 3 Security Operations
- Level 2 Health and Safety

To book your place on this course or for more information please call 01900 604674.

SECURITY

INSPIRA  
*Inspiring you*

# Online Graduate Support Course

Are you a graduate? We have an ONLINE course to help you get into work, starting Monday 23rd August - Friday 28th August 2021.

## You will cover:

- Exploring your transferable skills
- CV Development
- Making your online presence work for you
- Guest Speakers and Interview skills.

## Interested in Graduate roles with Inspira?

We will cover up and coming roles with Inspira and guarantee interviews for anyone attending the programme.

To book your place on this course or for more information please call 01900 604674.

INSPIRA  
*Inspiring you*

# CSCS Course

## Fancy a job in Construction?

Inspira are running a FREE Face to Face CSCS course in Workington!

The course will begin on Monday 2nd August 2021.

## You will cover:

- Employability Skills
- Health and Safety Qualification Level 1
- CSCS Touch Screen Test
- CSCS Green Operator Card

You will also receive support with CV and vacancy applications.

To book your place on this course or for more information please call 01900 604674.

INSPIRA  
*Inspiring you*

# OPPORTUNITIES



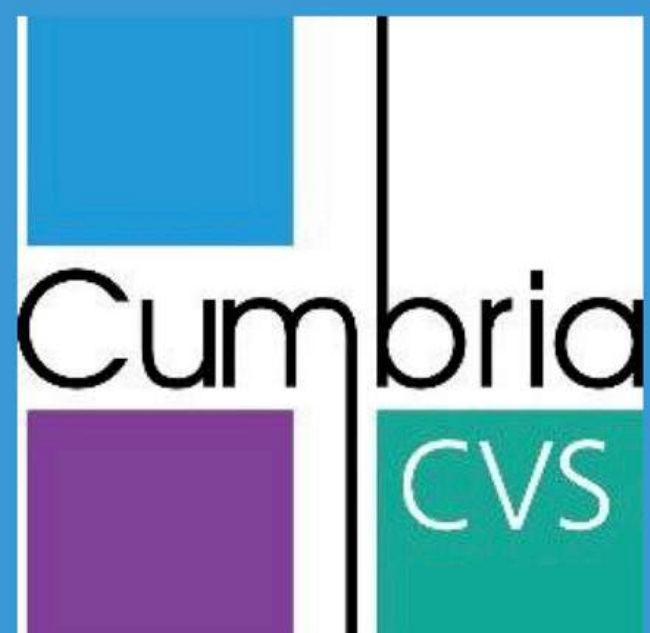
# GET TO YOUR JOB MORE EASILY

## *HOSPITALITY IN THE LAKES IS CALLING FOR YOU!*



A new bus route has been launched to tackle the worker shortage in tourist hotspots in Cumbria. The bus will take available workers from Copeland and Allerdale, to Keswick and Buttermere. This is to help tackle the employer shortages in these areas. This means that more of the unemployed can take up employment in areas where workers are needed.





# FUNDING FAIR

**Wednesday 29 September 2021**  
**Town Hall, Highgate, Kendal, LA9 4DL**  
**10am - 12noon OR 1pm - 3pm**



**Speak to local and national funders:**

- National Lottery Community Fund
- Heritage Lottery Fund
- The Hadfield Trust
- Francis C Scott Trust
- Frieda Scott Trust
- Sir John Fisher Foundation
- Cumbria Community Foundation
- Cumbria County Council
- Cumbria Action for Sustainability
- and more...

**Spaces are limited. Max 2 persons/organisation.**

**To Book:**

**<https://www.eventbrite.co.uk/e/south-lakes-funding-fair-tickets-166067308791>**

**01768 800350   info@cumbriacvs.org.uk   www.cumbriacvs.org.uk**

**Facebook: @Cumbriacvs   Twitter: @Cumbriacvs**







An **OnSide** Youth Zone



**Virtual Volunteering Fair**  
**to support children and young people**  
on Tuesday 28 September, 12noon-2pm  
or Saturday 2 October 10am-12noon

Come and meet **Carlisle Youth Zone**, along with other charities, and find out about becoming a **volunteer!**

To join either event email: [info@cumbriacvs.org.uk](mailto:info@cumbriacvs.org.uk)  
or telephone Cumbria CVS on 01768 800350





# INTERESTED IN VOLUNTEERING TO HELP CHILDREN AND YOUNG PEOPLE IN CUMBRIA?



## VIRTUAL VOLUNTEERING FAIR

Week day Event

**TUESDAY 28 SEPTEMBER 2021**

**12noon-2.00pm**

Weekend Event

**SATURDAY 2 OCTOBER 2021**

**10.00am-12noon**

online via zoom

### ORGANISATIONS ATTENDING INCLUDE:

Cumbria Family Support

Action for Children

Cumbria Youth Alliance

Girl Guides

National Youth  
Advocacy Service

NSPCC

The Access Project

Spiral Cumbria

The Happy Mum's

Cumbria County Council

Girls Friendly Society

Inspiring Barrow

Carlisle Youth Zone

Cumbria CVS is hosting a Virtual Volunteering Fair with a range of local charities and organisations looking to recruit adult volunteers to support children and young people.

Join either event and meet organisations and find out more about local volunteering opportunities and how you can become a volunteer!

Volunteering opportunities include youth work, mentoring, driving, literacy, advocacy, social media, supporting youth groups, walk leaders, befriending, family support, fundraising, administration, befriending, graphic design and more!

Could you make a difference to the lives of children and young people and offer some spare time to volunteer?

CONTACT CUMBRIA CVS ON **01768 800350**  
OR EMAIL **info@cumbriacvs.org.uk**  
TO BOOK YOUR VOLUNTEER PLACE TODAY!







## Keeping Children Safe in Cumbria

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Every time we work with a child or family,  
we're learning how to give them the best  
support and gathering evidence to help us  
tackle child abuse in communities



like yours.

But, we can only do this with your support  
and recruiting for local volunteers now.

To find out more about how you can help  
our fight for every childhood contact:

**Sandra Jones**

**Community Fundraising Manager:**

Tel: 0759 0450647

Or:  Sandra.jones2@nspcc.org.uk



Registered charity England and Wales 216401 Scotland SC037717

**EVERY CHILDHOOD IS WORTH FIGHTING FOR**

Will you #TalkPANTS this summer? It's a simple conversation with  
your child to help keep them safe from sexual abuse. Sing along  
together with our friendly dinosaur, Pantosaurus, and learn the  
dance too – all while helping keep them safe. Learn more:

<https://bit.ly/36SRVpF>



# Cumbria Holiday Activity Program

## Welcome to the Cumbria Holiday Activity Programme

You can search a wide range of exciting activities running during the school summer holidays to find something that is right for your child. All the activities are free for children who receive benefits-related Free School Meals and they will also receive a lunchtime meal. Some activities are available to all children, but there may be a cost - please check the details for each activity. To book a place for your child, contact the provider directly using the information provided on the website. The Cumbria Holiday Activity Programme is funded by the Department for Education's Holiday Activities and Food Programme 2021.

The Cumbria Holiday Activity Programme has a wide range of activities on offer across Cumbria to suit all age ranges, from firefighter experiences and drama & dance workshops to visiting the zoo, football academies and rock climbing. Free and paid-for places available.



Fulfil your footie goals with Carlisle United – Penrith & Wigton Football fun delivered by professional coaches. Get your boots on quick – places are filling fast (Carlisle fully booked). Places still available in Penrith & Wigton for children age 5 - 13. Could your child be the next Raheem Sterling or Lucy Bronze?

Take a dip and cool down this summer – Wigton and Carlisle  
As the weather heats up, there's no better place to be than in the pool! Places are still available at Wigton Baths and Carlisle Pools.



Get climbing with Adventure Peaks - Ambleside  
Whether your child has never climbed before, or has experience - join one of Adventure Peaks' Climbing Clubs and turn climbing into a passion! There are clubs for all age groups. Search 'Adventure Peaks' for more information.

# + MUCH MORE

<https://cumbria.gov.uk/childrensservices/childrenandfamilies/cfis/holidayactivity/holidayactivities.asp>





# CUMBRIA YOUTH ALLIANCE

*Thank  
you*

Have a great August from all at  
Cumbria Youth Alliance

