

# CUMBRIA YOUTH ALLIANCE

## SEPTEMBER 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)



# SECTION 1

## ALL ABOUT CUMBRIA YOUTH ALLIANCE

- COMPETITIONS
- MEET A TRUSTEE
- GOOD NEWS STORIES
- COURSES
- OPPORTUNITIES







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



Yvonne's career started when she began catering for the Police Training College at Hutton Hall. Here, she began working with youths and really enjoyed passing on her passion for catering with them. She moved to Cumbria when she saw a job advertised for a Catering Trainer for a charity who welcome young people who didn't want to go into further education. Yvonne believed this would be a great opportunity to take her passion for catering and her experience with young people and put it to good use. This allowed young people to undergo vocational training and gain catering qualifications, so we can thank her for the fantastic chefs Cumbria has produced!

Later in her career, Yvonne took an interest in gaining a management qualification and enrolled with CETAD at Lancaster University. Yvonne went on to be The National Partnership Manager and Area Manager for Cumbria and the North East. Yvonne's work with Rathbone helped to get disadvantaged young people into education and/or placement programs. At Rathbone, she helped develop an apprentice program in childcare, construction and business admin. In 2012 Rathbone was taken over by The Newcastle College Group and in 2015 Yvonne's career came to an end when they closed the Rathbone centres for financial reasons.

After this Yvonne helped to set up a project in Whitehaven School to support young people in danger of becoming NEET\* upon leaving at 16 years. (\*Not in Education or Training). Since retiring, Yvonne decided she wanted to use her experience and passion for young people and put them to good use. She admired the work Cumbria Youth Alliance was doing and wanted to be a part of that. Yvonne came on board as a CYA trustee - allowing us to use her knowledge and allowing her to help young people even in her retirement.

As if that's not enough, Yvonne is also the secretary of Cockermouth WI and volunteers at CERG (Cockermouth Emergency Response Group), which is up for the Queen's Award. Since the Covid-19 pandemic, Yvonne has been helping with the vaccination program. In her free time, Yvonne takes an interest in upholstery, she makes custom children's' tepees and walks her Border Collie, Bob, who she says 'saved her retirement!' Yvonne is a force of nature and we are so happy she is on-board with CYA. Yvonne is keen to see what changes are in store now our new CEO Becky Wolstenholme has taken over. She takes a specific interest in seeing how our projects link to the young person's journey and we are excited for the journey Yvonne will take on with us as we begin a new school year.





## GOOD NEWS STORY

JORDAN - CYA

“ I felt good being a part of the programme... ”

Jordan joined Choices before the Covid-19 Pandemic seeking help in making plans for the future. This proved even more crucial than anyone could have imagined given the turmoil we were all about to experience in 2020.

His CYA Choices Key Worker encouraged Jordan to start looking at their Embrace online learning as a way of maintaining progression during the lockdowns when face to face contact was not possible.

He did incredibly well and completed over twelve wellbeing and work-based modules which are certificated.

At the beginning of 2021 he was encouraged to take part in the KBR Sellafield Ltd Programme and Project Partners (PPP) internship scheme.

He said he felt good about the progress he made by learning important workplace communication and interaction skills.

Jordan has gone from strength to strength as he has gained employment through Wates Group as a labourer building the new Whitehaven Academy.

*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







## GOOD NEWS STORY

TREY

*"I'm getting paid for a job, which is something I've not had before".*

Trey joined the Choices Programme at the end of 2020. A relative had been supported by Choices to gain a place at College, so Trey knew Choices could help and advise him on his future plans.

He was encouraged to start some CYA/Embrace online certificated modules to help upgrade and improve his CV. These modules covered wellbeing as well as work based skills.

Working through COVID 19 lockdowns made it more difficult to keep in touch but both Trey and his Choices Key Worker persevered.

Once Covid-19 restrictions had reduced Trey was able to start a volunteering role at Colour grow plant and vegetable nursery in Distington. His potential has been recognised and he has been taken on through the Kickstart programme.

Trey comments "I'm getting paid for a job, which is something I've not had before".

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## 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.

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## 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





# Cameron

## STANTON

### INTERN PROFILE PIECE

My name is Cameron Stainton I'm 18 years old and I'm the project control intern, I was first made aware of the PPP internship opportunity through Cumbria Youth Alliance who were a huge help to me prior to getting this role. They came to me with an email saying that this opportunity had come up and believed it suited my job interests, skills and qualities, along with a link from which I could apply. Before I applied, I did my research about PPP and KBR along with the other lot partners, I agreed with the company's views on social impacts and ways of work which furthered my interest, this paired with the skills I have and the interest in this area of work that I already had was what made me apply as I felt I would be a good fit in this company. The role I applied for was the project controls intern which I was successful in achieving.

I began my internship on April 26th 2021 on a contract of 18 months in which I will join each of the project control teams for 8 weeks starting in September 2021 to help me decide which role I would prefer. So far I have learned a lot both academically and about myself, academically I have improved my knowledge of the role and what each team would be like in action throughout a whole project and about myself I've learned and improved skills I previously lacked using a growth mindset and dedication.

Before joining PPP I hadn't really heard of it and I didn't know anything about it however, I did know a large amount about some of the lot partners. I had applied for an apprenticeship with Morgan Sindall in 2020 so researched the company prior to applying and in 2019 I took part in a week of work experience with Jacobs and during school we had a couple of career talks from Sellafield which taught me a lot about how they work, what they do and how they have changed. Since I joined PPP I have learned a lot of information very Important to work for example, the importance of security, how to use email correctly and how to spot dangerous emails eg phishing. I have also learned a lot about my specific role, I've done this with the help of my mentor, buddy and line manager who have supported me greatly and kept me on track making sure I'm learning and taking in the right information for the job, I improved my basic knowledge using the PM BOK and then followed that up with meeting the leads of each project controls teams who again were amazing, answering any questions I had and giving me useful information to help me prepare for joining them.

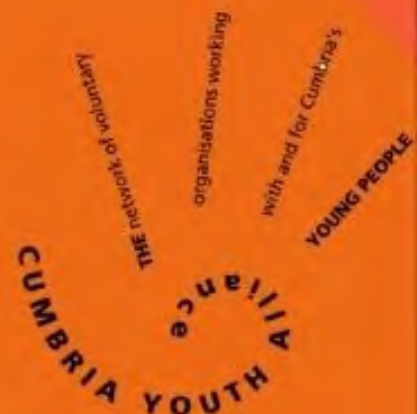
I have thoroughly enjoyed my work here so far and look forward to the future.

A little bit about me outside of work, I'm 18 years old from Bigrigg in Cumbria, I'm very family orientated, I love spending time with my family and girlfriend. I love the outdoors and all sports but as well at night I enjoy chilling out for the night with a cup of tea and a film. I have very high career ambitions for myself, I want to be known for my work and contributions to the community, I would love to get to a point financially where I can help charities and my family. I also strive to improve and have a great growth mindset which I hope one day will help me reach high levels of work. If I was to be asked my ideal situation in 5 years I would say in a job I love, improving my skills gaining experience and acknowledgement in my field of work.



# 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





# LET'S TALK GAMING



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:**

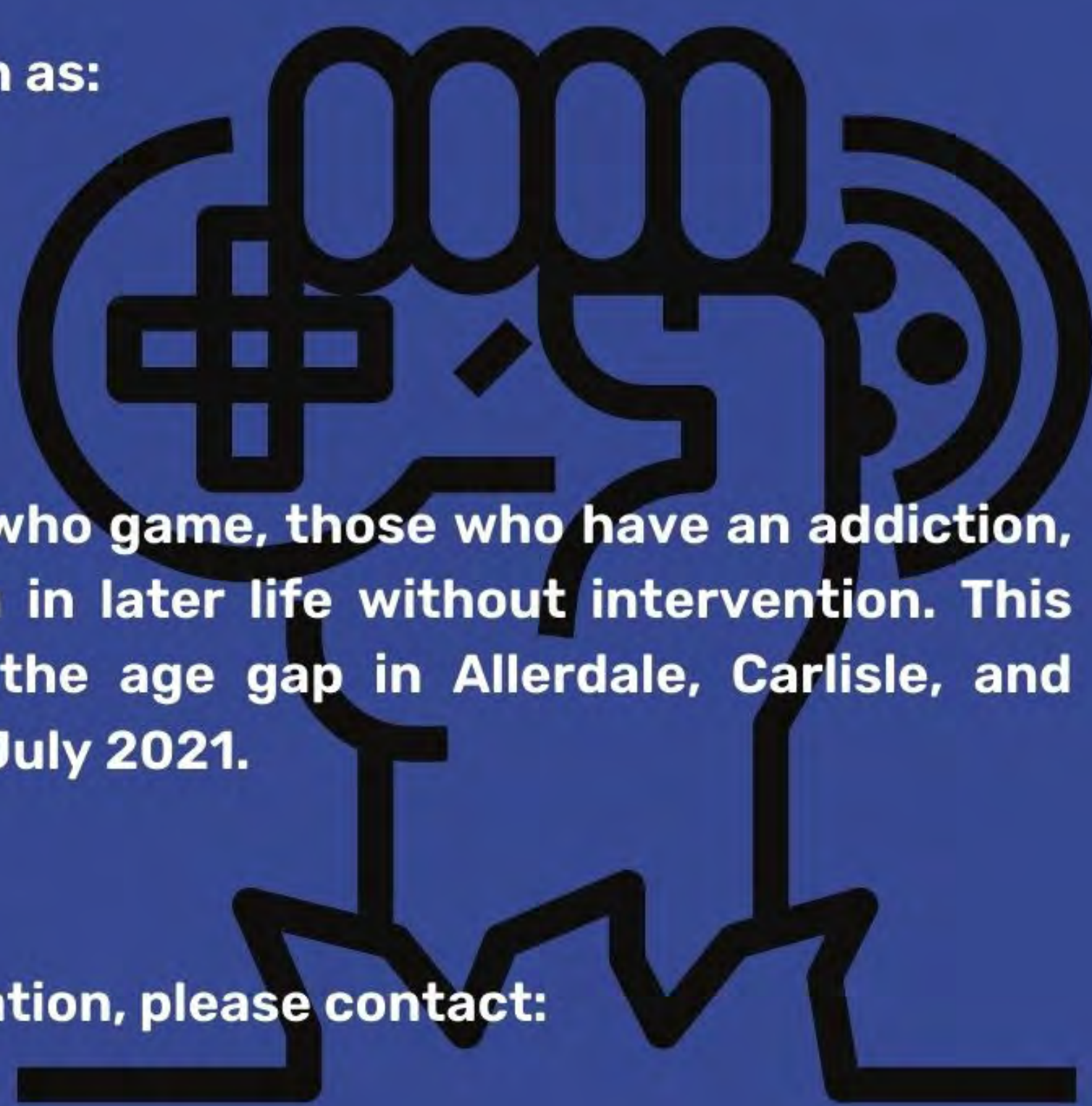
- Predatorial Gaming Mechanics
  - How to Create a Healthy Routine
  - Positive Effects of Video Gaming
- and many more...

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 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



## SECTION 2

### OPPORTUNITIES AND SAVE THE DATES

- VOLUNTEERING
- ONLINE COURSES
- COLLEGE FACE TO FACE LAUNCH DAY
- CYCLING FOR ADULTS
- DEAF MENTAL HEALTH AWARENESS DAYS
- SAVE THE DATE - MASTERCLASSES
- FUNDING OPPORTUNITIES
- JOB OPPORTUNITIES





# 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!







FIT FOR  
THE  
FUTURE



Does your organisation provide sport and/or physical activity opportunities for your local community?

Do you have the right skills in place to make sure your club thrives and becomes more resilient over the coming years?

The Fit For the Future programme provides organisations from across Cumbria with a range of essential skills to enable them to be more resilient moving forward.

During October and November we will be delivering a range of practical and interactive workshops on the following themes: -

- **Communications and Marketing for Your Club**  
(13 October at 6.30pm - 8.30pm)
- **Financial Sustainability & Fundraising for Your Club**  
(20 October at 6.15pm - 8.30pm)
- **Recruiting New Volunteers** (1 November at 6.30pm - 8.30pm)
- **Retaining and Recognising Your Existing Volunteers**  
(8 November at 6.30pm - 8.30pm)

There is also the opportunity to benefit from additional one to one support should your organisation require it.

Workshops are completely **FREE OF CHARGE** and will be delivered on-line through Microsoft Teams. A useful resource pack will also accompany each session.

Sessions will be delivered jointly by Cumbria CVS, Weareintro, and Active Cumbria with input from Cockermouth RUFC.



## TO BOOK A PLACE

Simply click on the workshop title above to register to attend. You can attend as many sessions as appropriate, and it is advisable to book early as places will be limited.

Organisations attending all four sessions will receive some complimentary New Balance apparel from Active Cumbria.



For further details please visit [www.activecumbria.org/workforce/fit-future](http://www.activecumbria.org/workforce/fit-future)



# Suicide Prevention and Self-harm

## North Cumbria Collaborative Training Offer



### Connecting with People - For Clinicians within Mental Health, GPs, Primary Care, A&E

FREE Half Day Online Training

**Suicide Response Pt 1**

Safe assessment, triage, and immediate response skills for first point of access clinicians in Mental Health services, GPs/Primary Care staff/A&E

ICS Every life matters Orange Button Training



Facilitates a safe assessment, triage, and immediate response for busy clinicians such as first point of access in **Mental Health services, Primary Care staff, A&E** and other staff in pressured environments. Equips usage of SAFETool™ via case-based learning and develop skills and confidence in co-producing Safety Plans.


Cost: Free of charge. Duration: 3 hours. [More information](#). Booking [training@every-life-matters.org.uk](mailto:training@every-life-matters.org.uk)

FREE Half Day Online Training

**Suicide Response Pt 2**

Creating comprehensive, person-centred bio-psychosocial suicide mitigation plans for clinicians in Mental Health, Primary Care, A&E and other settings.

ICS Every life matters Orange Button Training




Understand collaborative and transparent approaches to **mitigating suicide risk** and how to increase your **patient's resilience to suicidal thoughts**. Learn to create a comprehensive, person-centred, bio-psychosocial suicide mitigation plans and collaborative support mapping. For clinicians in **Mental Health and Primary Care**.

Cost: Free of charge. Duration: 3 hours. [More information](#). Booking [training@every-life-matters.org.uk](mailto:training@every-life-matters.org.uk)

FREE One Day Online Training

**Suicide Awareness and Suicide Response Pt 1 & Pt 2 for Primary Care**

ICS Every life matters Orange Button Training



This one day course combines Suicide Awareness followed by Suicide Response Pt 1 and Pt2 and is ideal for developing a **whole system approach and common language** in managing suicide risk within busy Primary Care settings.

Cost: Free of charge. Duration: 7 hours. [More information](#). Booking [training@every-life-matters.org.uk](mailto:training@every-life-matters.org.uk)

### Connecting with People - General training for frontline staff and those in helping roles

FREE Half Day Online Training

**Suicide Awareness**

Develop a compassionate approach, and the confidence and the skills to talk to someone in distress.

Delivered by: ICS Every life matters



Tackles myths, stigma and barriers, and develops a **common language between community, services and those in distress**. Gives delegates a compassionate approach, and the confidence and the skills to talk to someone in distress.

Cost: Free of charge. Duration: 1.5 hours. [More information](#). Booking [training@every-life-matters.org.uk](mailto:training@every-life-matters.org.uk)

FREE Half Day Online Training

**Emotional Resilience**

Develop and enhance your own emotional literacy as a way to support others

A Connecting With People Training module

Delivered by: ICS Every life matters



Emotional resilience is the ability to cope with life's challenges and ups and downs. This FREE half-day course helps you develop an understanding of **practical strategies and coping mechanisms to promote wellbeing**, whilst improving your own emotional literacy.

Cost: Free of charge. Duration: 3 hours. [More information](#). Booking [training@every-life-matters.org.uk](mailto:training@every-life-matters.org.uk)



## Every Life Matters - General training for frontline staff and those in helping roles

FREE Half Day Online Training

### Suicide Alertness

- Getting informed
- Being Aware
- Asking Directly
- Listening Carefully
- Building Support
- Checking-in
- Looking after Yourself



Orange Button Training

An 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, how to support someone and guide them to the help they need.

Cost: Free of charge. Duration: 3.5 hours. [More information](#). Booking via [Eventbrite](#)

FREE Two Hour Online Training

### Safety Planning

- My Reasons for Living
- Making my Situation Safer
- My Warning Signs
- Lifting My Mood
- My Informal Support
- My Distractions
- Professional Support



Orange Button Training

A 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.

Cost: Free of charge. Duration: 2 hours. [More information](#). Booking via [Eventbrite](#)

FREE Half Day Online Training

### Self-harm Alertness

- Getting informed
- Cycle of self harm
- Coping Strategies
- Safe Plan



Orange Button Training

Suitable for school staff, health and social care practitioners and professionals and **anyone who wants to understand why people self-harm**, to develop practical tools and strategies to support people, and gain knowledge of the range of local and national support available.

Cost: Free of charge. Duration: 3.5 hours. [More information](#). Booking via [Eventbrite](#)

## Every Life Matters - Introductory level for the general public and those in helping roles

FREE Bitesize Online Training

### Suicide Awareness

Learn more about suicide and what we can all do to help

- Getting informed
- Being Aware
- Asking Directly
- Listening Carefully
- Building Support



This bite-size **Suicide Awareness** session 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 about suicide, and what we can all do to offer support.

Cost: Free of charge. Duration: 1 hours. [More information](#). Booking via [Eventbrite](#)

FREE 1 Hour Information session

### Supporting childrens mental health and wellbeing

### For Parents & Carers

- Mental Health
- Self-harm
- Suicide



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 their wellbeing.

Cost: Free of charge. Duration: 1 hours. [More information](#). Booking via [Eventbrite](#)

## Every Life Matters - Orange Button Community Suicide Prevention Scheme

Orange Button Community Scheme

### Orange button holder



Healthier Lancashire & South Cumbria

The **Orange Button Community Scheme** is a way of identifying people that have undertaken suicide prevention training in the community. Demonstrating they have the confidence to talk to others comfortably and confidently about suicide, and can inform people where to find help and support. The Scheme is being rolled out across North Cumbria from Summer 2021. Orange button Holders must have undertaken a qualifying suicide prevention course of minimum 3 hours duration. [More details](#).



# Every Life Matters - Additional Accredited Suicide Prevention Training

One Day Online Training

## ASK Workshop

Assessing for Suicide in Kids

Developmentally appropriate strategies and tools to identify and support young children at risk of suicide

Delivered by:

**Every life matters** ...

Orange Button Training



The one day **ASK Workshop** 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.

Cost: On request. Duration: 6 hours. For more information contact [training@every-life-matters.org.uk](mailto:training@every-life-matters.org.uk)

FREE Half Day Online Training

## Suicide First Aid

Understanding Suicide Interventions

For people living or working in Cumbria

Delivered by:

**Every life matters** ...

Orange Button Training



**Suicide First Aid** is a half day online or one day face to face course 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.

Cost: On request. Duration: 3.5 or 6 hours. For more information contact [training@every-life-matters.org.uk](mailto:training@every-life-matters.org.uk)

Online or Face-to-Face Training

## Mental Health First Aid

Identify, understand and help someone experiencing a mental health issue.

Adult and Youth Versions Available

Delivered by:

**Every life matters** ...

Orange Button Training



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 as 2 day MHFA, 1 day Champion, and half day MHFA Awareness plus MHFA Refresher modules.

Cost: On request. Duration: 2 days. For more information contact [training@every-life-matters.org.uk](mailto:training@every-life-matters.org.uk)

2 day Face-to-Face Training

## ASIST Applied Suicide Intervention Skills Training

LivingWorks

Delivered by:

**Every life matters** ...

Orange Button Training



**Applied Suicide Intervention Skills Training (ASIST)** is a two day interactive workshop in suicide first aid and more. ASIST teaches participants to recognise when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety.

Cost: On request. Duration: 2 days. For more information contact [training@every-life-matters.org.uk](mailto:training@every-life-matters.org.uk)

## eLearning



In under 30 minutes, **Suicide - Lets Talk** aims to give you the skills and confidence to help someone who may be considering suicide.



**Real Talk** is a 30 min interactive film which helps guide the viewer, as they make choices to support someone with suicidal thought



A 60 minute **HEE course** designed to help people in frontline roles recognise the part we can play in preventing suicide



**MindEd** contains a wide variety of eLearning modules focusing on children and young people's mental health.





# The North Cumbria Recovery



## College Face-to-Face Launch Day!



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You are invited to attend!

Please Join us for our Face-to-Face launch days! Come find out more information, enrol, take part in activities, or just have a chat with the team!


*The dates, times and venues are as follows:*

- Monday 13<sup>th</sup> September- Penrith Library- 13:00-15:00-  
<https://buff.ly/2VQxqaQ>
- Tuesday 14<sup>th</sup> September- The Lookout, Carlisle- 10:00-14:00-  
<https://buff.ly/3ilPZXv>
- Wednesday 15<sup>th</sup> September- The Hive, Workington- 10:00-15:00-  
<https://buff.ly/3iGJJzr>
- Thursday 16<sup>th</sup> September- Mirehouse Community Centre, 13.00-17:00-  
<https://buff.ly/3ilu4jp>

Refreshments will be provided at each venue.  
To book your free tickets click the link below each of the venues to register.

We Hope you can attend and look forward to seeing you there!

Phone: 0808 196 1773    Email: [Hello@ncrecoverycollege.org](mailto:Hello@ncrecoverycollege.org)    website: [www.ncrecoverycollege.org](http://www.ncrecoverycollege.org)





Contact Shirley on mobile no: 07702 580347 or  
Email: [sm.asaac@gmail.com](mailto:sm.asaac@gmail.com)

# Upcycling Club For Adults



Are you age 18 years or over?  
Do you want to learn new skills?  
Then come and join our new  
up-cycling project

Any profits on any items will go back into the charity  
to fund future projects

**Every Monday  
10am - 12pm**



Address:

Moorclose Community Campus  
Needham Drive  
Workington  
CA14 3SE





# **Deaf Mental Health Awareness Day**

Tuesday 28<sup>th</sup> September 10.30am – 3.00pm

- ~ What is mental health?
- ~ What is counselling and how can it help?
- ~ What is the NHS Mental Health & Deafness Service?
- ~ How to access support specifically for Deaf people?

All sessions will be presented in BSL & English

Open to deaf community members or health & social care professionals. Please contact us to book a place.

Kendal Deaf Centre, 5 Castle Street  
LA9 7AD



**01228 210205**

**[office@cumbriadeaf.org.uk](mailto:office@cumbriadeaf.org.uk)**

**[www.cumbriadeaf.org.uk](http://www.cumbriadeaf.org.uk)**





**SEP**  
**25**  
**2021**



ULVERSTON  
LANTERN  
FESTIVAL

KENDAL  
TORCHLIGHT

## **MORE EVENTS:**

[HTTPS://ULVERSTONLANTERNFESTIVAL.ORG/](https://ulverstonlanternfestival.org/)

[HTTPS://WWW.EDENARTS.CO.UK/PROJECTS/  
WINTER-DROVING-2021](https://www.edenarts.co.uk/projects/winter-droving-2021)

[HTTPS://WWW.EDENARTS.CO.UK/PROJECTS/  
WINTER-DROVING-2021](https://www.edenarts.co.uk/projects/winter-droving-2021)

[HTTPS://WWW.KENDALTORCHLIGHTCARNIVA  
L.CO.UK/FRIDAY-NIGHT-PROCESSIONS/](https://www.kendaltorchlightcarnival.co.uk/friday-night-processions/)





# FUNDING FAIR

CYA will be attending.  
We look forward to seeing you there!

**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**





**Speaker:** Professor Stephen Singleton - Clinical Lead, CLIC / Clinical Director of The Integrated Covid Hub, Newcastle Hospitals NHS Foundation Trust / Chief Executive of Zero Tolerance Health Care

**Case Study:** Primary Care, Karen Morrell

There is good evidence that management systems based in quality improvement can work well in healthcare, driving patient and staff satisfaction, safety, productivity, service reliability and cost reduction.

There is also strong evidence that many of the organisations that attempt to implement any systematic continuous improvement ethos only achieve partial success and short-term results.

Stephen will take a historical and systems perspective - from Deming's original work after the second world war right up to lessons learned from dealing with the Covid-19 pandemic - to tease out the clear messages about what is required, especially from leadership, for success - and why success will help us, in any healthcare setting, to meet today's challenges.



**When:** 16<sup>th</sup> September 2021 2pm – 5pm

**Where:** Lecture Theatre, Tullie House Museum & Art Gallery Castle Street, Carlisle, Cumbria, CA3 8TP

**How to book:** <https://www.theclic.org.uk/>



**Speaker:** Elaine Mead - Executive Sensei for NHS England & NHS Improvement Vital Signs Programme / Member of the Leadership Faculty for the Institute of Healthcare Improvement (IHI)

**Case Study:** Maternity Services in West Cumbria, Nicola Jackson

Leaders need to create the right and safe environment for curiosity and creativity to flourish.

In order to continually improve we must release the time to do more that humans are best at – making connections and practicing empathy.

This presentation will introduce these concepts and relate them to the development of future service and care models reflecting on the work of Greg Orme, Brene Brown and Kim Barnas, supporting leaders to use science to support their improvement effort and have fun at the same time.



**When:** 29<sup>th</sup> September 2021 2pm – 5pm

**Where:** Lecture Theatre, Tullie House Museum & Art Gallery Castle Street, Carlisle, Cumbria, CA3 8TP

**How to book:** <https://www.theclic.org.uk/>

# IMPROVEMENT MASTERCLASSES

Equipping you with the knowledge and skills to inspire and embed a culture of quality improvement in North Cumbria



**From Deming to COVID-19; why systems & being systematic matters to our patients**  
16<sup>th</sup> September | 2 – 5pm | Tullie House

**Creating the conditions for curiosity and creativity - engaging leaders in improvement**  
29<sup>th</sup> September | 2 – 5pm | Tullie House

**Leadership behaviours for improvement**  
14<sup>th</sup> October | 2 – 5pm | Tullie House



SCAN ME

Find out more and book your place at:  
[www.theclic.org.uk/news/766-improvement-masterclasses-autumn-2021](https://www.theclic.org.uk/news/766-improvement-masterclasses-autumn-2021)

SAVE THE DATE



# Abbeyfield Carlisle Society over 55 Community First Fund

## Overview

Grants for charitable activities that benefit people over the age of 55 in the local authorities of Allerdale, Carlisle and Eden.

## Donor

Abbeyfield Carlisle Society Limited

## Who can apply?

- Charitable not for profit organisations who support people over 55
- Volunteer groups who work with older people

## Priority will be given to projects that:

- tackle disadvantage in rural communities
- tackle disadvantage in pockets of deprivation, including the 20% most-deprived wards
- reducing isolation for older people
- Improving the health and wellbeing of people over 55

## Examples of projects supported:

- exercise classes for older people
- befriending of social activities to reduce isolation
- equipment for a community centre that will also benefit older people
- improvement of community facilities to improve access for older people
- IT classes and digital education

## What the Fund will not support in addition to our normal exclusions:

- individuals

## How much can you apply for?

Grants will normally be less than £5,000 over one year, however, there is no minimum or maximum award amount. Please contact Ellen if you would like to discuss a higher award

For more information, contact

**Ellen Clements, Senior Grants & Programmes Officer**

[ellen@cumbriafoundation.org](mailto:ellen@cumbriafoundation.org) or 01900 820824



Cumbria Community Foundation, Dovenby Hall, Dovenby, Cockermouth, Cumbria CA13 0PN

[grants@cumbriafoundation.org](mailto:grants@cumbriafoundation.org) [www.cumbriafoundation.org](http://www.cumbriafoundation.org)

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FUNDING OPPORTUNITY





# Young People in the Lead team

## Role description

## What is a Young People in the Lead team?

At The National Lottery Community Fund, we continue to have big plans for making sure that the voices of young people are included in all our work, whether it's through the grants we make, the people we influence or the things we learn.

To do this, we need a passionate team of young people to work closely with our Head of Youth Voice and partner with us throughout 2022.

### About our approach

We strongly believe that when people are in the lead, communities thrive. National Lottery funding is open to everyone. As the UK's largest community funder, we're privileged to be able to work with the smallest of grassroots groups right up to large UK-wide charities.

[Read more about us, how we work and the people and projects we fund.](#)

### Our Young People in the Lead impact so far

At The National Lottery Community Fund, the first Young People in the Lead (YPIL) team made a huge impact in 2020 and 2021. They worked to make sure that young people's voices are included in all our work.

Here is a snapshot of what they have achieved:

[England YPIL](#) have presented at over 15 national youth and funding events, reaching 2,000 external stakeholders in total. They have created toolkits to raise awareness among staff about good quality youth programmes, helped with post COVID-19 priorities and the importance of



Youth Voice in organisations, while also sitting on positions of influence within UK Government departments and on our Board and Country Committees.

Wales YPIL have designed and delivered research to understand what matters most to young people in Wales. The research findings were used to co-design a £10 million grant programme, which will enable young people to be in the lead, so that they can imagine and create a more resilient and mentally healthy future for young people in Wales. The Young People in the Lead advisory panel will be involved in the decision making for these grants in 2022.

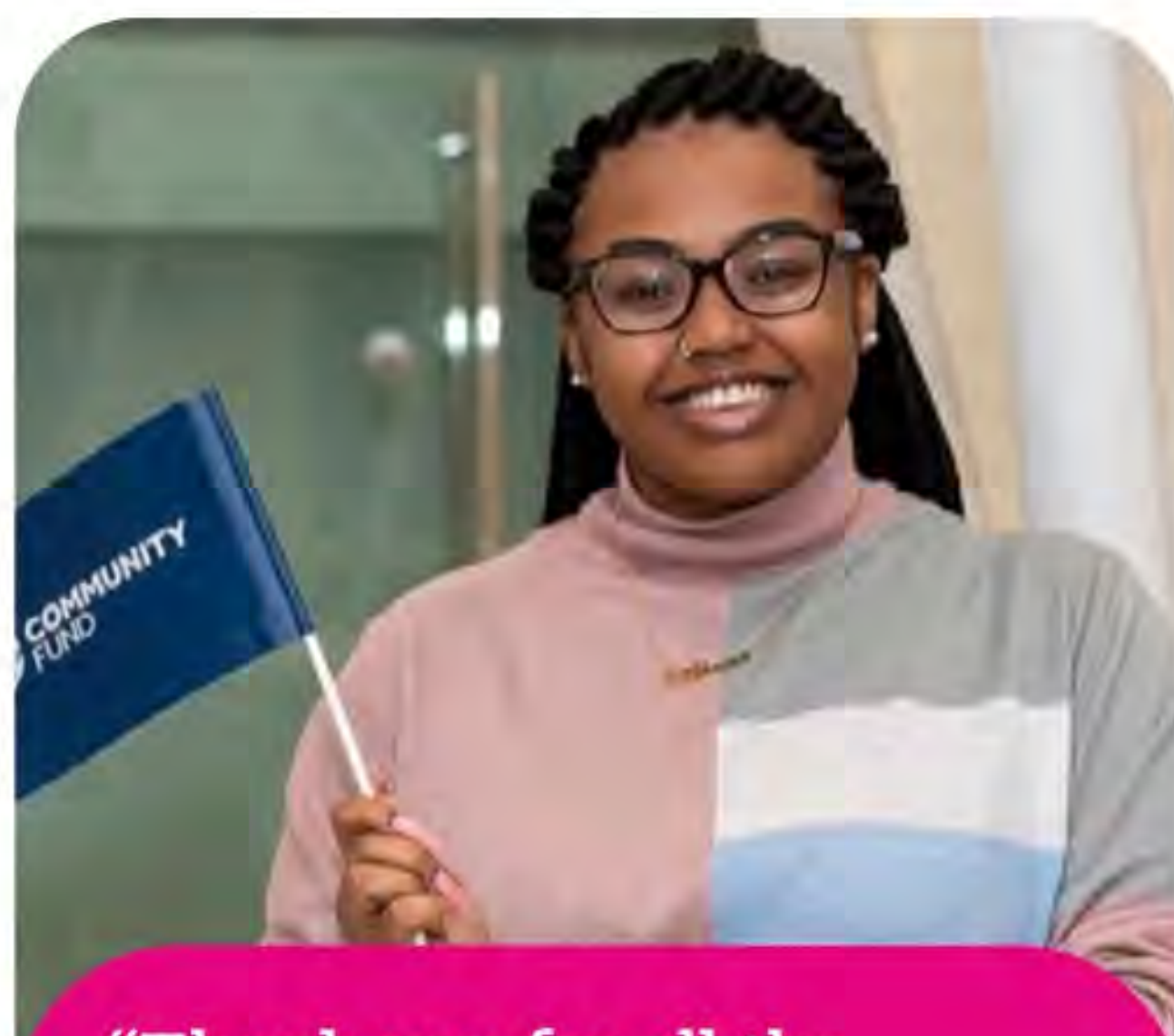
All members of Young People in the Lead teams have the opportunity to pursue their interests and passion projects using their lived experiences, while receiving training and support tailored to their future goals.

### Here is what YPIL have to say



“Thank you for giving me the space to share my experience in the YPIL team - a great example of empowering youth voice.”

Ruhina



“Thank you for all the opportunities you have given us - with each one I grow closer to my goal.”

Kianna



# What we are looking for

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## Key skills

- Ability to work in a team
- Decision making
- Good communication
- Knowledge of your community's needs

## Desired experience

- Being a role model
- Managing a project
- Involvement in your local community
- Representing other people's views

## Key commitments

- Approximately eight hours a month
- Flexible approach to travel across regions
- Attend induction and residential

## Main responsibilities

- Be the voice of young people within The National Lottery Community Fund
- Work with the Youth Voice team to design future funding opportunities for youth organisations and young people
- Be a decision maker in funding processes
- Ensure the quality of our funding to young people through visiting projects and partner organisations

## Benefits to you

- Tailor made training and support
- Improve your skills and experience in people management, leadership, decision making and project planning
- Gain training in public speaking, influencing and team building
- Time remunerated, all travel and expenses paid for
- Opportunity to be part of change for young people
- Meet other inspiring young people like you

## Key dates

- Application deadline - 30 September 2021
- Selection day dates and times - October 2021 depending on location and your availability
- You will need to be able to commit to the role until December 2022 and attend monthly meetings (dates TBC)
- To be eligible to apply you must be currently involved in a National Lottery funded project



In a maximum of 400 words, or in a film, please provide answers to the following questions and send to: [YPIL@tnlcommunityfund.org.uk](mailto:YPIL@tnlcommunityfund.org.uk)

- What issue in society are you most passionate about and why?
- What skills, experience and knowledge do you have that you think are most relevant to being a Young Person in the Lead?
- Tell us about a community project you would like to create [or are already part of] that will have a positive change on your community/wider society?

**Good luck!**



# SECTION 3

## HELP AND SUPPORT

- ENVIRONMENTAL CRIME
- HAF WINTER PROGRAM
- BEREAVEMENT SUPPORT





# Intelligence building – tackling waste crime together

We need your help...

## Who is this briefing for?

This document has been produced for local authorities, police forces, fire and rescue services and other enforcement partners that may see or come across information relating to waste crime in their day to day business activities. The Environment Agency is the primary agency involved in waste management in England and has the national lead on tackling waste crime. We cannot effectively tackle it on our own and we need your help to build a better picture on waste crime.

## What's the problem?

Waste crime is a major issue across the country, not only spoiling our environment and impacting our health, but also affecting the economy and undermining legitimate businesses. The Environmental Services Association have estimated that illegal waste activity costs over £1 billion annually in England.

Waste crime is much more than flytipping, it also includes operating without the correct permits and authorisations, large scale illegal dumping, burning of waste, mis-description of waste, operating illegal waste sites and illegally exporting waste. Waste criminals are becoming highly sophisticated, working in a more organised manner and infiltrating legitimate industry.

They operate across county boundaries and they are likely to be involved in a wide variety of other criminal activity such as drugs trafficking, modern slavery, firearms and fraud.



## How you can help

We need our partners to report information to us when they spot waste crime or come across information relating to waste crime.

Limited information sharing between organisations can lead to a lack of shared awareness of criminal activities. Too many offenders manage to stay one step ahead of law enforcement agencies. Successful prevention and disruption of waste crime depends on our ability to gather information. By working together and sharing information we can develop our intelligence picture, intervene earlier, improve our effectiveness and be better informed of the dangers posed.

## The types of information we need you to tell us about

Anything that indicates suspicious behaviour or criminal activity such as –

- Significant Illegal waste deposits over 20 tonnes (i.e. a lorry load) being buried or burned
- Drastic increases in waste stored on sites over a short period of time, particularly tyres, wood and baled waste
- Suspected illegal waste sites and those operating without the correct permits



- Persistent offenders, organised crime groups and hostile sites
- Signs of modern slavery on waste sites, such as staff unable to speak English, fear of authority and evidence of staff living on site
- Waste carriers, brokers and dealers that don't have a registration
- Scrap metal dealers making cash payments indicating money laundering and involvement in stolen metal
- Operators of concern involved in exporting waste in containers
- Indications of mixed waste being sold off as inert material in order to avoid standard landfill tax of £96.70 per tonne

We are after those unguarded comments, rapid changes in staff on a site, suspicions of a bigger illegal activity etc. We don't always need a full, comprehensive, revised set of facts – raw information is often more useful to share, particularly from those who've just been prosecuted and have an axe to grind.

### How to report things to us

If you spot waste crime or come across any information, the sooner you can get the information through to us the better as it will allow us to respond quickly to developing events. Please report it to us through the following channels -

- **Incident Hotline** - 0800 807060 – for things happening in real time, or
- **National Intelligence Team** – [national\\_intelligence@environment-agency.gov.uk](mailto:national_intelligence@environment-agency.gov.uk)

When reporting things to us it would be helpful if you can provide it in the format of who, what, where, when how and why. Where the source of the information is known it should be included. The Environment Agency understands the need for confidentiality and has procedures in place to protect the source's safety and wellbeing.

### What we do with the information

When we receive information from partners we process the information and evaluate it to turn it into intelligence. The resulting intelligence will better inform decision making and aid us with our investigations and enforcement activity. It could also lead to further joint working and collaboration between partners to tackle a wide range of criminal activity using our combined powers.

### Case Study

A local authority (LA) attended an incident where the contents of a skip had been flytipped on a residential street. The LA investigators traced the skip hire back to a national skip hire brokerage company. On checking the public register they did not have the appropriate licences, nor did the skip company that had flytipped the waste. The LA passed this information on to the Environment Agency (EA).

The EA were not aware of the national brokerage company but, on further investigation and review of their intelligence systems, links between the broker and other illegal operators around England were found. However, the EA were aware of the local skip hire company and their hostility to enforcement officers. The EA warned the LA about these risks so they could better protect the safety of their officers.

This case study demonstrates that something that starts out as a relatively minor local problem can feed into wider criminality and have health and safety red flags. Without the LA sharing this information the EA would not have been able to act early on the national broker, disrupt their criminal waste activity or alert the LA to the hostility of the skip company they were investigating.





# HAF WINTER PROGRAM

Application Form to be Returned by 30th September

The government has recently announced that the holiday activities and food (HAF) programme will be expanded across the whole of England in 2021.

Funds have been made available to every local authority in England to coordinate free holiday provision, including healthy food and enriching activities. The programme will cover the Easter, Summer and Christmas holidays in 2021.

## Expression of Interest (EOI)

If you are able to provide Holiday activities and food programme for children and young people during these periods, please complete and submit the Expression of Interest form. To assist you with completing the expression of interest, please read the information on <https://www.cumbria.gov.uk/childrensservices/childrenandfamilies/cfis/holidayactivities.asp> and if you have any enquiries please email [CathHAF@cya.org.uk](mailto:CathHAF@cya.org.uk)

## EOI Form:

<https://cumbria.gov.uk/elibrary/Content/Internet/327/44274151019.pdf>





## Bereavement Support across Cumbria

The death of a loved one can be among the most difficult moments that any of us will face in our lives, and it often falls on those closest to the deceased and grieving the most to organise the funeral.

The COVID pandemic has affected so much of the normalities of life. The way we die, the way we hold a funeral and the way we grieve have all been affected, meaning that for some, the usual events to mark and manage the loss of a loved one changed or did not happen. It is therefore, so much more important that we are all able to access bereavement support at a time and level that is right for each one of us as an individual.

The government have produced a leaflet, which shares important information to help bereaved families; friends or next of kin make important decisions during this national emergency and guides you to the extra help and support that is available. <https://www.gov.uk/government/publications/support-for-the-bereaved>

Across Cumbria, there are many organisations that offer bereavement support and it is important that following a death we are able to signpost and guide people for appropriate help.

### Level 1: General support that everyone can access

The first level of bereavement support represents general support and information. Most people who experience loss will only require first level support, which involves providing people with information on the grieving process, practical help with tasks, and social support. Family, friends, and colleagues will provide much of this support. For those offering support, this is a time of “watchful waiting;” active listening; reminding people that grief is normal; exploring the emotions they may feel, the person’s thoughts about that and how everyday behaviour or skills might be affected. This level of support will also include community groups, churches and religious and spiritual organizations (all faiths and none), hospital and hospice bereavement teams, online forums and national support.

#### Local support:

**Bluebell (South Cumbria):** Provide free support for people experiencing grief associated with loss during pregnancy, the death of a baby, child or young person: Tel. 07516556081 or 07849400315 [www.bluebell.org.uk/](http://www.bluebell.org.uk/)

**Cancer Care (South Cumbria) :** Tel. 03330 150 628 [www.cancercare.org.uk/BereavementLeaflet](http://www.cancercare.org.uk/BereavementLeaflet)

**Child Bereavement UK Cumbria:** Providing bereavement support to children and families. Face to face in Kendal and Carlisle, and elsewhere available by telephone, video and instant messenger. Tel. 0800 02 888 40  
Email: [northsupport@childbereavementuk.org](mailto:northsupport@childbereavementuk.org) [www.childbereavementuk.org/](http://www.childbereavementuk.org/)

**Churches together in Cumbria (CTiC):** Signposting to a church or minister  
<https://www.churchestogethercumbria.org.uk/>

**Cruse Bereavement Care Cumbria:** Tel. 0300 600 3434 [www.crusecumbria.org.uk/](http://www.crusecumbria.org.uk/)

**Cumbria County Council:** <https://www.cumbria.gov.uk/publichealth/bereavement.asp>

**Eden Valley hospice and Jigsaw Children’s Hospice:** Tel. 01228810801 [www.edenvalleyhospice.org/](http://www.edenvalleyhospice.org/)

**Every Life Matters (Cumbria):** Support for people bereaved by suicide: [www.every-life-matters.org.uk/affected-by-suicide/](http://www.every-life-matters.org.uk/affected-by-suicide/)

**Grief Chat:** <https://griefchat.co.uk/chat/>

**Hospice at Home Carlisle and North Lakeland:** Tel. 01228 608942 [www.hospiceathome.co.uk/](http://www.hospiceathome.co.uk/)

**Hospice at Home West Cumbria:** Tel. 01900 705200 [hospiceathomewestcumbria.org.uk/](http://hospiceathomewestcumbria.org.uk/)

**North Cumbria Integrated Care NHS Foundation Trust Bereavement Services:** Tel 01228 616878 or 01946 523309

**Samaritans (Carlisle):** [www.samaritans.org/branches/carlisle](http://www.samaritans.org/branches/carlisle)

**Samaritans (Furness and South Lakes):** [www.samaritans.org/branches/barrow/](http://www.samaritans.org/branches/barrow/)

**Samaritans (West Cumbria):** [www.samaritans.org/branches/whitehaven](http://www.samaritans.org/branches/whitehaven)

**Samaritans:** <https://www.samaritans.org/how-we-can-help/if-youre-having-difficult-time/support-groups-people-bereaved-suicide/>



## Bereavement Support across Cumbria

**Sands (East Cumbria):** [www.facebook.com/East-Cumbria-Sands-2202217466682708](https://www.facebook.com/East-Cumbria-Sands-2202217466682708) [www.sands.org.uk](http://www.sands.org.uk)  
**Schools Resources Cumbria:** [localoffer.cumbria.gov.uk/kb5/cumbria/fsd/advice.page?id=2imoH2hBqTs](https://localoffer.cumbria.gov.uk/kb5/cumbria/fsd/advice.page?id=2imoH2hBqTs)  
**Silent Footprints (West Cumbria):** [www.alwaysanotherway.co.uk/current-community-projects](https://www.alwaysanotherway.co.uk/current-community-projects)  
**St John's Hospice (South Lakes):** Tel. 01524382538 [www.sjhospice.org.uk/bereavement-support/](http://www.sjhospice.org.uk/bereavement-support/)  
**St Mary's Hospice (Furness):** Tel. 01229 580305 [www.stmaryshospice.org.uk/our-care/for-families/bereavement-support/](http://www.stmaryshospice.org.uk/our-care/for-families/bereavement-support/)  
**Suicide Bereavement Support Cumbria (& surrounding area):** Tel. 07572 975 721 or 07896 703 757  
[www.sbs.org.uk/](http://www.sbs.org.uk/)  
**Tigerlily Trust:** Support following baby loss: Email: [enquiries@tigerlilytrust.co.uk](mailto:enquiries@tigerlilytrust.co.uk)  
Facebook: <https://www.facebook.com/TigerLilyTrust/>  
**Time to Share (Copeland) :** Support to Children and Young People Tel: 07926385262 (between 9am-3pm Mon-Fri)  
Email: [timetoshareberservice@gmail.com](mailto:timetoshareberservice@gmail.com) <https://timetosharecopeland.co.uk/>  
**University Hospitals of Morecambe Bay:** Tel. 01524 512406 [www.uhmb.nhs.uk/our-services/services/bereavement](http://www.uhmb.nhs.uk/our-services/services/bereavement)

### National and online support:

**Age UK:** [www.ageuk.org.uk/information-advice/health-wellbeing/relationships-family/bereavement/](http://www.ageuk.org.uk/information-advice/health-wellbeing/relationships-family/bereavement/)  
**At a Loss:** Provide the UK's signposting website for the bereaved [www.ataloss.org/](http://www.ataloss.org/)  
**Brake:** Provide support for people bereaved by a death on the road <https://www.brake.org.uk/>  
**Care for the Family:** <https://www.careforthefamily.org.uk/family-life/bereavement-support>  
**Child Bereavement UK:** Includes Live Chat via the website: Tel. 0800 02 888 40 [www.childbereavementuk.org/](http://www.childbereavementuk.org/)  
**Coroners' Courts Support Service:** Provide support to people where there is an inquest following a death  
Tel. 0300 111 2141 [www.coronerscourtsupportservice.org.uk](http://www.coronerscourtsupportservice.org.uk)  
**Cruse Bereavement Care:** Tel. 0808 808 1677 [www.cruse.org.uk/](http://www.cruse.org.uk/)  
**Dying Matters:** [www.dyingmatters.org/](http://www.dyingmatters.org/)  
**Grief Chat:** <https://griefchat.co.uk/chat/>  
**Grief Encounter:** Tel. 0808 802 0111 <https://www.griefencounter.org.uk/>  
**Interfaith and Multifaith:** [www.interfaith.org.uk/](http://www.interfaith.org.uk/)  
**Kooth:** Online support for children and young people <https://www.kooth.com/>  
**Lullaby Trust:** Support for anyone affected by the sudden and unexpected death of a baby or young child  
[www.lullabytrust.org.uk/bereavement-support/](http://www.lullabytrust.org.uk/bereavement-support/)  
**Marie Curie:** Tel. 0800 090 2309 [www.mariecurie.org.uk/](http://www.mariecurie.org.uk/)  
**National Bereavement Alliance:** [nationalbereavementalliance.org.uk/](http://nationalbereavementalliance.org.uk/)  
**National Bereavement Partnership:** Tel. 0800 448 0800 <https://www.nationalbereavementpartnership.org/>  
**Network - Health:** Supports pastoral, spiritual, and religious care in healthcare, particularly at end-of-life  
<https://network-health.org.uk/>  
**NHS Bereavement Helpline:** Tel. 0800 2600 400 [www.nhs.uk/conditions/coronavirus-covid-19/bereavement-advice-and-support/](http://www.nhs.uk/conditions/coronavirus-covid-19/bereavement-advice-and-support/) The helpline is now run by Sudden <https://www.suddendeath.org/>  
**Samaritans:** Tel. 116 123 free from any phone 0330 094 5717 local call charges apply <https://www.samaritans.org/>  
**Sands:** Support for anyone affected by the death of a baby Tel. 0808 164 3332 <http://www.sands.org.uk/>  
**Sudden:** Support when someone has died suddenly, or too soon in their lives Tel. 0800 2600 400  
<https://sudden.org/>  
**Survivors of Bereavement by Suicide:** Tel. 0300 111 5065 [uksobs.org/](http://uksobs.org/)  
**The Compassionate Friends:** Tel. 0345 123 2304 <https://www.tcf.org.uk/>  
**The Good Grief Trust:** [www.thegoodgrieftrust.org/](http://www.thegoodgrieftrust.org/)  
**Way Widowed and Young:** For people aged 50 or under when their partner died: [www.widowedandyoung.org.uk/](http://www.widowedandyoung.org.uk/)  
**Winstons Wish:** Tel. 08088 021 [www.winstonswish.org/about-us/](http://www.winstonswish.org/about-us/)

### Level 2: Extra support that some people might need to access

A small percentage of people may need extra support through their bereavement. Although this can still be offered by people and networks known to the person, it may be helpful to create opportunities to consult with



## Bereavement Support across Cumbria

professionals who have had more direct experience of working with bereaved people. This could be because of the nature of the loss – the death of a child, for example, or a sudden death – or because of other circumstances in the person's life.

### Local support:

**Bluebell (South Cumbria):** Provide free support for people experiencing grief associated with loss during pregnancy, the death of a baby, child or young person: Tel. 07516556081 or 07849400315 [www.bluebell.org.uk/](http://www.bluebell.org.uk/)

**Cancer Care (South Cumbria) :** Tel. 03330 150 628 [www.cancercare.org.uk/BereavementLeaflet](http://www.cancercare.org.uk/BereavementLeaflet)

**Child Bereavement UK Cumbria** Providing bereavement support to children and families. Face to face in Kendal and Carlisle, and elsewhere available by telephone, video and instant messenger. Tel. 0800 02 888 40  
Email: [northsupport@childbereavementuk.org](mailto:northsupport@childbereavementuk.org) [www.childbereavementuk.org/](http://www.childbereavementuk.org/)

**Cruse Bereavement Care Cumbria:** Tel. 0300 600 3434 [www.crusecumbria.org.uk/](http://www.crusecumbria.org.uk/)

**Eden Valley Hospice and Jigsaw Children's Hospice:** Tel. 01228810801 [www.edenvalleyhospice.org/our-care/family-support/counselling/bereavement-support](http://www.edenvalleyhospice.org/our-care/family-support/counselling/bereavement-support)

**Every Life Matters (Cumbria):** Bereavement support for people bereaved by suicide: [www.every-life-matters.org.uk/affected-by-suicide/](http://www.every-life-matters.org.uk/affected-by-suicide/)

**Grief Chat:** <https://griefchat.co.uk/chat/>

**Hospice at Home Carlisle and North Lakeland:** Tel. 01228 608942 [www.hospiceathome.co.uk/about-us/family-support/](http://www.hospiceathome.co.uk/about-us/family-support/)

**Hospice at Home West Cumbria:** Tel. 01900 705200 [hospiceathomewestcumbria.org.uk/service/family-bereavement-services/](http://hospiceathomewestcumbria.org.uk/service/family-bereavement-services/)

**Samaritans (Carlisle)** [www.samaritans.org/branches/carlisle](http://www.samaritans.org/branches/carlisle)

**Samaritans (West Cumbria):** [www.samaritans.org/branches/whitehaven](http://www.samaritans.org/branches/whitehaven)

**Samaritans (Furness and South Lakes):** [www.samaritans.org/branches/barrow/](http://www.samaritans.org/branches/barrow/)

**Sands (East Cumbria):** [www.facebook.com/East-Cumbria-Sands-2202217466682708](https://www.facebook.com/East-Cumbria-Sands-2202217466682708) [www.sands.org.uk](http://www.sands.org.uk)

**Silent Footprints (West Cumbria):** [www.alwaysanotherway.co.uk/current-community-projects](http://www.alwaysanotherway.co.uk/current-community-projects)

**St John's Hospice (South Lakes):** Tel. 01524382538 [www.sjhospice.org.uk/bereavement-support/](http://www.sjhospice.org.uk/bereavement-support/)

**St Mary's Hospice (South Cumbria):** Tel. 01229 580305 [www.stmaryshospice.org.uk/our-care/for-families/bereavement-support/](http://www.stmaryshospice.org.uk/our-care/for-families/bereavement-support/)

**Suicide Bereavement Support Cumbria (& surrounding area)::** Tel. 07572 975 721 or 07896 703 757  
[www.sbs.org.uk/](http://www.sbs.org.uk/)

**Time to Share CIC (West Cumbria):** Support to Children and Young People Tel: 07926385262 (between 9am-3pm Mon-Fri) Email: [timetoshareberservice@gmail.com](mailto:timetoshareberservice@gmail.com) <https://timetosharecopeland.co.uk/>

### National and online support:

**Child Bereavement UK :** Tel. 0800 02 888 40

**Cruse Bereavement Care:** Tel. 0808 808 1677 [www.cruse.org.uk/](http://www.cruse.org.uk/)

**Samaritans:** Tel. 116 123 free from any phone 0330 094 5717 local call charges apply [www.samaritans.org/](http://www.samaritans.org/)

### Level 3: A few may need more complex grief support

A few people who have experienced trauma or severe/extended and complicated grief reactions after bereavement may need some individualised 1-1 specialist bereavement support. This level is most likely to be provided by bereavement specific charities and organisations.

### Local support:

**Bluebell (South Cumbria):** Tel. 07516556081 or 07849400315 [www.bluebell.org.uk/](http://www.bluebell.org.uk/)

**Cancer Care (South Cumbria) :** Tel. 03330 150 628 [www.cancercare.org.uk/BereavementLeaflet](http://www.cancercare.org.uk/BereavementLeaflet)

**Child Bereavement UK Cumbria:** Providing bereavement support to children and families. Face to face in Kendal and Carlisle, and elsewhere available by telephone, video and instant messenger. Tel. 0800 02 888 40  
Email: [northsupport@childbereavementuk.org](mailto:northsupport@childbereavementuk.org) [www.childbereavementuk.org/](http://www.childbereavementuk.org/)

**Cruse Bereavement Care Cumbria:** Tel. 0300 600 3434 [www.crusecumbria.org.uk/](http://www.crusecumbria.org.uk/)



## Bereavement Support across Cumbria

**Eden Valley Hospice and Jigsaw Children's Hospice:** Tel. 01228810801 [www.edenvalleyhospice.org/our-care/family-support/counselling/bereavement-support](http://www.edenvalleyhospice.org/our-care/family-support/counselling/bereavement-support)

**Grief Chat:** <https://griefchat.co.uk/chat/>

**Hospice at Home Carlisle and North Lakeland:** Tel. 01228 608942 [www.hospiceathome.co.uk/about-us/family-support/](http://www.hospiceathome.co.uk/about-us/family-support/)

**Hospice at Home West Cumbria:** Tel. 01900 705200 [www.hospiceathomewestcumbria.org.uk](http://www.hospiceathomewestcumbria.org.uk)  
[hospiceathomewestcumbria.org.uk/service/family-bereavement-services/](http://hospiceathomewestcumbria.org.uk/service/family-bereavement-services/)

**Sands (East Cumbria):** [www.facebook.com/East-Cumbria-Sands-2202217466682708](https://www.facebook.com/East-Cumbria-Sands-2202217466682708) [www.sands.org.uk](http://www.sands.org.uk)

**Silent Footprints (Always another Way):** [www.alwaysanotherway.co.uk/current-community-projects](http://www.alwaysanotherway.co.uk/current-community-projects)

**St John's Hospice (South Lakes):** Tel. 01524382538 [www.sjhospice.org.uk/bereavement-support/](http://www.sjhospice.org.uk/bereavement-support/)

**St Mary's Hospice (South Cumbria):** Tel. 01229 580305 [www.stmaryshospice.org.uk/our-care/for-families/bereavement-support/](http://www.stmaryshospice.org.uk/our-care/for-families/bereavement-support/)

**Suicide Bereavement Support (SBS) Cumbria (& surrounding area):** Tel. 07572 975 721 or 07896 703 757  
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**Samaritans:** Tel. 116 123 free from any phone 0330 094 5717 local call charges apply [www.samaritans.org/](http://www.samaritans.org/)

### Other resources available

#### Information following a death

Bereavement books are given out to families by the bereavement teams at our hospitals as well as the hospices.

Cumberland Infirmary:

Furness General Hospital: [www.rns.uk/furness](http://www.rns.uk/furness)

West Cumberland Hospital:

Eden Valley Hospice & Jigsaw Children's Hospice:

Hospice at Home Carlisle and North Lakes:

Hospice at Home West Cumbria:

St Mary's Hospice: Available on request Tel. 01229 580305

St John's Hospice: [www.sjhospice.org.uk/app/uploads/2016/01/St-Johns-Hospice-When-Someone-Dies.pdf](http://www.sjhospice.org.uk/app/uploads/2016/01/St-Johns-Hospice-When-Someone-Dies.pdf)

#### Bereavement support online

The following is a list of nationally produced online information, which families and carers can be signposted to about grief, funerals and support in exceptional times.

**Child Bereavement UK:** [www.childbereavementuk.org/coronavirus-supporting-children](http://www.childbereavementuk.org/coronavirus-supporting-children)

**Compassion in Dying:** Helping people prepare for the end of life. How to talk about it, plan for it, and record your wishes Tel: 0800 999 2434 [coronavirus.compassionindying.org.uk/making-decisions-about-treatment/](http://coronavirus.compassionindying.org.uk/making-decisions-about-treatment/)

**Cruse Bereavement Care:** [www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief](http://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief)

**Books for children:** [www.cruse.org.uk/about-cruse/publications/recommended-books/books-for-children](http://www.cruse.org.uk/about-cruse/publications/recommended-books/books-for-children)

**Devon CC:** Blessings, rituals and last rites during the coronavirus pandemic

<https://www.devon.gov.uk/equality/communities/religion-faith-or-belief/coronavirus-pandemic>

**Dying Matters:** Aims to help people talk more openly about dying, death and bereavement, and making plans for the end of life [www.dyingmatters.org/page/updated-resources](http://www.dyingmatters.org/page/updated-resources)

**Faith Action:** <https://www.faithaction.net/>

**Humanist UK:** [humanism.org.uk/2020/04/20/humanists-uk-welcomes-updated-guidance-on-funerals-during-the-pandemic/](http://humanism.org.uk/2020/04/20/humanists-uk-welcomes-updated-guidance-on-funerals-during-the-pandemic/)

**Interfaith and Multifaith:** [www.interfaith.org.uk/news/covid-19](http://www.interfaith.org.uk/news/covid-19)



## Bereavement Support across Cumbria

**Irish Hospice Foundation:** [hospicefoundation.ie/bereavement-2-2/covid19-care-and-inform/](https://hospicefoundation.ie/bereavement-2-2/covid19-care-and-inform/)

**Marie Curie:** [www.mariecurie.org.uk/help/support/coronavirus](https://www.mariecurie.org.uk/help/support/coronavirus)

**Mental Health & Wellbeing during Covid-19:** [www.every-life-matters.org.uk/wp-content/uploads/2020/04/ELM006-COVID-19-public-info-a5-booklet-AW-online-1.pdf](https://www.every-life-matters.org.uk/wp-content/uploads/2020/04/ELM006-COVID-19-public-info-a5-booklet-AW-online-1.pdf)

**National Bereavement Alliance:** [nationalbereavementalliance.org.uk/covid-19/](https://nationalbereavementalliance.org.uk/covid-19/)

[nationalbereavementalliance.org.uk/keeping-in-touch-when-someone-is-seriously-ill/](https://nationalbereavementalliance.org.uk/keeping-in-touch-when-someone-is-seriously-ill/)

**Network Health:** Network for Pastoral, Spiritual & Religious Care in Health <http://network-health.org.uk/index.php/about/covid-19>

**Oxford Health:** Coping with the Coronavirus - Bereavement (one of a series about Coronavirus and mental health): [www.oxfordhealth.nhs.uk/wp-content/uploads/2020/03/OH-008.20-Coronavirus-and-bereavement-Local-v2.pdf](https://www.oxfordhealth.nhs.uk/wp-content/uploads/2020/03/OH-008.20-Coronavirus-and-bereavement-Local-v2.pdf)  
<https://www.oxfordhealth.nhs.uk/publication/coronavirus/>

**Quaker Social Action:** Have produced a guide to organising a meaningful funeral when people cannot attend: [quakersocialaction.org.uk/we-can-help/helping-funerals/down-earth/information-and-guidance/coronavirus-organising-meaningful](https://quakersocialaction.org.uk/we-can-help/helping-funerals/down-earth/information-and-guidance/coronavirus-organising-meaningful)

**Samaritans:** <https://www.samaritans.org/how-we-can-help/if-youre-having-difficult-time/if-youre-worried-about-your-mental-health-during-coronavirus-pandemic/>

**Schools Resources Cumbria:** [localoffer.cumbria.gov.uk/kb5/cumbria/fsd/advice.page?id=2imoH2hBqTs](https://localoffer.cumbria.gov.uk/kb5/cumbria/fsd/advice.page?id=2imoH2hBqTs)

**St John's Hospice:** Specific coronavirus support for families not known to the hospice: [www.sjhospice.org.uk/coronavirus-bereavement](https://www.sjhospice.org.uk/coronavirus-bereavement)

This list is not exhaustive and we are not endorsing or approving any specific organisation.

### Other formats:

If you would like to access this information in an alternative format, then please contact us on Tel. 01768 245 486 or visit <https://northcumbriaccg.nhs.uk/contact-us/bereavement-support-cumbria>



# CUMBRIA YOUTH ALLIANCE

**Thank  
you**

Have a great September  
from all at Cumbria Youth  
Alliance

