

APRIL 2022, ISSUE 80

CYA NEWSLETTER

The weekly e-newsletter of Cumbria Youth Alliance



**CUMBRIA
YOUTH
ALLIANCE**

IN THIS E-NEWSLETTER

- Online events
- Work Experience
- Recipes
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- CYA Survey

OUR NEW CUMBRIA YOUTH ALLIANCE
WEBSITE HAS BEEN LAUNCHED!

VISIT

WWW.CYA.ORG.UK

TO GET MORE INFORMATION ON WHAT
WE DO



Gary Frazer
Youth Ambition Lead

MEET THE TEAM

I am the project lead for the Youth Ambition strand at Cumbria Youth Alliance. Working to help develop and deliver programmes for young people, supporting them into and to sustain long term employment, which meets personal career aspirations.

My Favourite Comedy is; Fawlty Towers



Scan Me to get to know our team's taste in music



gary@cya.org.uk



01900 603131



Short Breaks Activities service

Did you miss out on registration in October or have become eligible since then?

The new SEND Short Breaks Activity service began on 1st February 2022. A big change for this new service is that families need to register each year in order to access the activities.

This is a new approach for Cumbria and we know that some families missed out because they didn't know about the registration or didn't complete the registration in time. There are also families whose children have become eligible for short breaks since October.

Therefore, there will be another opportunity for these families to register for the new short breaks activity service throughout April 2022.

Parents and carers not already registered should REGISTER NOW, to secure a place for their child with additional needs and/or disabilities! You must register your child by midnight on 29th April 2022.

+ Register now

This update provides more information about the new service, who is eligible and why you need to register your child.

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What are Short Break Activities?

Short break activities are fun or educational opportunities for children and young people with SEND, allowing parents and carers of children and young people with SEND to take a 'short break' from caring. Children and young people who meet the eligibility criteria will be automatically accepted into the service and will be able to access a range of free activities.

The new service will provide daytime/evening activities and activities during the holidays. It does not include overnight breaks, which are dealt with separately.

Every day
at 11am



CUMBRIA
YOUTH
ALLIANCE

ONLINE VIRTUAL SESSIONS

Join us for some fun, friendly online activities at 11am every day.
They last about 30 minutes and it's up to you how much you participate or how often you join us.

MONDAY- GAMES

Join us to play some online co-operative games and have fun whilst gaining important skills!

TUESDAY- HEALTHY LIFESTYLES

This session aims to help us set achievable healthy goals each week.

WEDNESDAY- WELLBEING

Develop coping strategies to help deal with anxiety, stress and just life!

THURSDAY- SOCIAL

Bring a cuppa and join us for a chat.

FRIDAY- QUIZ

Who has the most in depth knowledge of silly trivia?

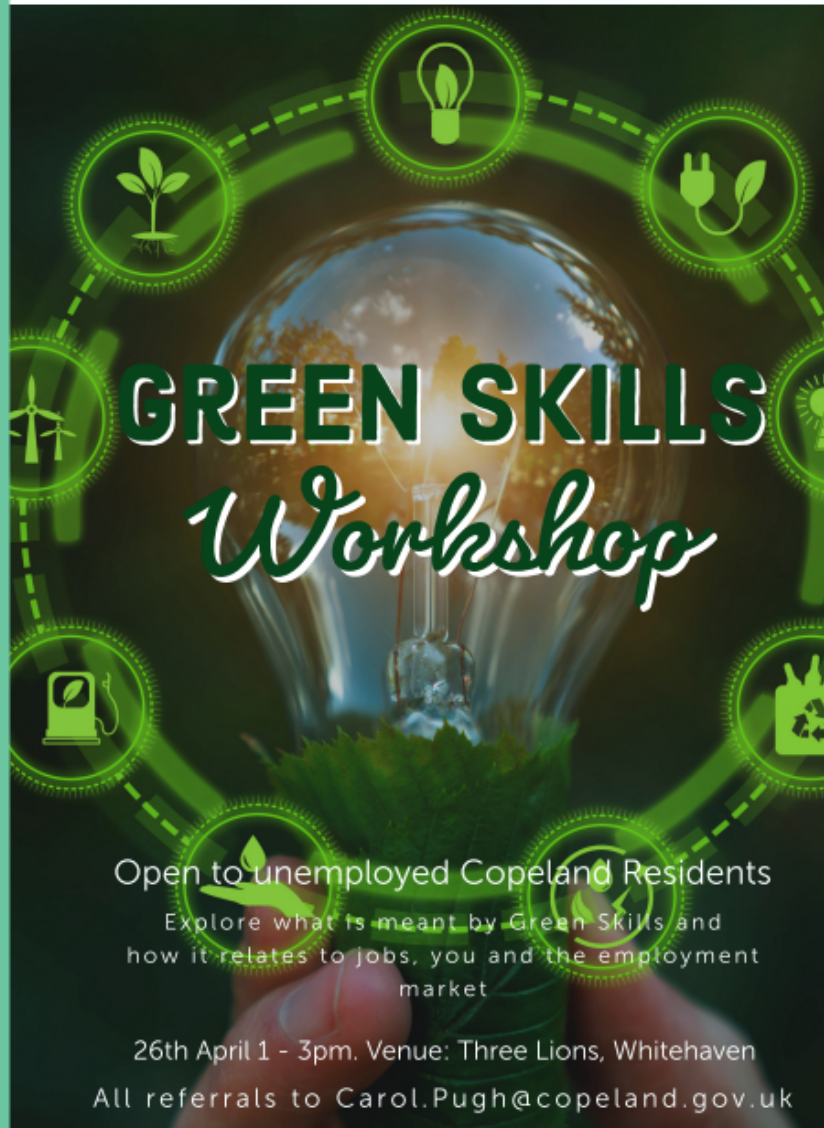
Get in touch:

✉ Claire@cya.org.uk

✉ Anna@cya.org.uk

☎ 07398113876





GREEN SKILLS
Workshop

Open to unemployed Copeland Residents
Explore what is meant by Green Skills and
how it relates to jobs, you and the employment
market

26th April 1 - 3pm. Venue: Three Lions, Whitehaven
All referrals to Carol.Pugh@copeland.gov.uk

With over 20 years experience in teaching, assessing and supporting learners to reach both their professional and personal goals, we pride ourselves on giving a supportive and first class service to both our corporate customers and local partnerships. Workplace wellbeing is at the core of everything we do and therefore every solution we offer is based on each individual or company.

Explore what is meant by Green Skills and how it relates to jobs, you and the employment market

26th April 1-3pm Venue: Three Lions, Whitehaven
Email - Carol.Pugh@copeland.gov.uk

www.betterbodiesuk.com

History of Cumbria

ROMAN FORTS IN CUMBRIA

Julius Caesar landed twice in Britain in 55 BC and 54 BC, but the lasting occupation started in AD 43. Throughout the period of Roman rule, the north west was primarily a military region, with a complex of roads and defences. The Roman Fort was a key factor in the control of a country, and some form of fortification was built at regular intervals along the main roads.

Hard Knott Fort (known to the Romans as **MEDIOBOGDUM**) is near the Eskdale end of Hard Knott Pass which, with Wrynose Pass, connects Eskdale with central Lakeland (one of the most thrilling and challenging drives in Lakeland!)



Birdoswald Roman Fort is the perfect place to see the longest continuous remaining stretch of this magnificent World Heritage Site, Hadrian's Wall. Here you can explore the extensive remains of the Roman fort and discover interactive displays, artefacts and a model of the wall in a fascinating exhibition.



Birdoswald has delicious locally made cakes and treats in the tearoom, this is the ideal place to stop and relax while walking or cycling along Hadrian's Wall in Cumbria.



Ravenglass was an important naval base for the Romans in the 2nd century, **GLANNAVENTA**. Little remains now of their large fort except for the remarkable bath house, now known as Walls Castle. This is one of the largest surviving Roman structures in England, about 40 feet by 90 feet with walls over 12 feet high, and containing everything from hot saunas to cold baths.



A Mental Health and Wellbeing Day for Care Leavers

Wednesday 13 April 10-3pm at Roundthorn Country House

Sam Tyrer, is coming along to share his story of how poor mental health has affected his life and how he became a mental health campaigner.

His talk will include the impact that drugs and social media have on young people's mental health and much more.

The afternoon will include a relaxing activity to improve wellbeing.

Lunch and transport is provided

Goody Bag for those attending

Contact

Joanne Gawne: **07967 469996** or joanne.gawne@cumbria.gov.uk
(Children's Rights Officer for South Cumbria)

Liz Wright: **07825 340475** or liz.wright@cumbria.gov.uk
(Children's Rights Officer for North Cumbria)

Rebecca Barnes: **07770 938021** or rebecca.barnes@cumbria.gov.uk
(Children's Rights Officer for West Cumbria)

There is hope, even when your brain tells you there isn't

Good Friday 15th April 2022



Good Friday commemorates the death of Jesus on Calvary, the site just outside the walls of Jerusalem where Jesus was crucified. It falls on the Friday before Easter, for 2022, that's April 15. Most Christian denominations recognize Good Friday as a holy day, with many, including members of Catholic, Eastern Orthodox, and Lutheran faiths, fasting and attending church services. But there is so much more to this holiday than just these religious rituals. Good Friday is, for many, an intensely personal day of prayer and devotion.

GOOD FRIDAY SERVICES AROUND THE COUNTY

Copeland - St Johns Church, Whitehaven- All Age Good Friday Service - 10:30am to 11:30am
Allerdale - St Johns Church, Workington - Good Friday Liturgy - 14:00
Carlisle - Carlisle Cathedral, Carlisle - Compline and Cross of Light and Taize Music - 20:30 10th April.
Eden - St Catherine Church, Penrith - Stations of the Cross - 10:00am
Kendal - Sandylands Methodist Church - Reading and Reflections
Barrow-in-Furness - St Marchs Church - Good Friday Meditation - 10:30am



Cumbria Community Foundation has launched two new funds available through the NHS Community Transformation Programme in North Cumbria:

- Positive Changes Fund
- Healthier Lifestyles Fund

Both funds will focus on supporting people experiencing Severe Mental Illness (SMI). Just over £125,000 in funding is available across the two funds and partnership working is encouraged.

The Positive Changes Fund will provide grants to work with adults from defined priority groups, to help them engage with statutory and community mental health services and to develop community support plans where required.

The Healthier Lifestyles Fund will provide grants to work with adults, which are specifically targeting the health risks of smoking, obesity, and frailty. Any work should be focused on meeting both the physical and psychological needs of individuals in relation to these health risks.

Cheesy Potato Cakes



Total price
£5.18

700g Maris Piper or White organic Potatoes
100g Cheddar Cheese - grated
70g Plain Flour
5g Fresh Chives
2x Medium Eggs - beaten
Sunflower Oil
Salt and Black Pepper

1. Peel the potatoes, cut into medium chunks and then boil in some salted water for approximately 10 minutes until tender.
2. Drain well, mash and then allow to cool slightly.
3. Add the flour, grated cheese, chives and eggs and mix well, then season with some black pepper.
4. Heat some oil in a large frying pan - then add tablespoons of the mixture in the hot oil.
5. Slightly flatten the cheesy potato cake and cook for a minute or so, then flip and cook the other side – keep warm whilst you make the rest.

Great with bacon or smoked salmon.

If you don't want to cook them all in one go, the mixture will keep for 3 days in the fridge.

Apprenticeship Opportunities

Business Administration Apprenticeship Level 3

Derwent Vale Primary and Nursery School

To support teaching and learning across the school, intervention work with small groups, preparing resources and generally supporting the class teacher.

Closing date; 22 Apr 2022

Possible start date; 27 Apr 2022

Cyber Security Apprentice

ENERGUS

Interested in helping people stay safe on-line?
Interested in testing new products and services?
Interested in strategies to protect organisations from risks? We are seeking people with the creative skills, and technical skills to join our Cyber Security Apprenticeship programme.

Closing date; 15 May 2022

Possible start date; 26 Sep 2022



TOP 5 JOBS



All of these jobs were found on: [Indeed.co.uk](https://www.indeed.co.uk)

CARLISLE

Home Delivery Driver
LloydsPharmacy
Carlisle

Delivery Driver
Alliance Automotive Group
Carlisle

Self employed courier
A1 parcels
Carlisle

Personal and creative assistant
Alternative facts LTD
Carlisle

Administrator
Brook Street
Carlisle

ALLERDALE

Data Systems Co-ordinator
LAKES COLLEGE WEST CUMBRIA
Workington

Receptionist Team Member
Travelodge
Workington

Handyperson
City Facilities Management
Workington

Support Worker
Walsingham Support
Workington

Community Practitioner
NHS Foundation Trust
Workington

COPELAND

Administration Officer
North Cumbria Integrated Care
Whitehaven

Health Care Assistant, A&E
North Cumbria Integrated Care
Whitehaven

Live Events Staff
V Live
Whitehaven

Senior Scrub Practitioner
North Cumbria Integrated Care
Whitehaven

Bank Care Assistant
Four Seasons Health Care
Whitehaven

EDEN

Office Administrator
Totty Lowther
Penrith

Database Administration Assistant
John Norris of Penrith
Penrith

Technical Assistant
Genesis Homes
Penrith

Commercial Administrator
Genesis Homes
Penrith

Customer Support Assistant
Map of Ag
Penrith

SOUTH LAKES

Customer Service
Elis
Kendal

Handyperson
City Facilities Management
Kendal

Road Sweeper Operative
Metcalf Bros Ltd
Kendal

Packing Centre Worker
Geldard Farm Eggs Ltd
Kendal

Lawn Care Operative
GREENTHUMB
Kendal

BARROW

Team Administrator
Lancashire & South Cumbria NHS
Barrow-In-Furness

Customer Delivery Driver
Tesco
Barrow-In-Furness

Admin Assistant
ALS People
Barrow-In-Furness

Crewing Officer
P&S Personnel
Barrow-In-Furness

Extra Care Officer
Accent Group Limited
Barrow-In-Furness

Types of Vegetables

C	K	T	S	S	P	I	N	A	C	H	P	LEEK
A	R	U	T	A	B	A	G	A	R	U	I	CABBAGE
U	B	O	B	R	O	C	C	O	L	I	N	CAULIFLOWER
L	B	E	P	U	M	P	K	I	N	C	S	TURNIP
I	S	M	E	C	C	L	E	T	A	A	R	POTATO
F	A	E	W	T	A	A	E	B	C	Z	A	CARROT
L	H	S	I	D	A	R	B	E	I	U	P	PARSNIP
O	C	F	T	S	A	A	R	I	K	C	A	PEA
W	O	A	C	U	G	E	A	O	U	C	L	SPINACH
E	K	T	S	E	R	N	P	C	T	H	U	RUTABAGA
R	O	E	A	S	L	N	A	O	A	I	G	BROCCOLI
A	P	L	R	T	A	E	I	D	P	N	U	PUMPKIN
S	W	E	D	E	O	V	R	P	W	I	R	ZUCCHINI
R	E	G	N	I	G	P	A	Y	E	N	A	CELERY
												ARUGULA
												BEET
												CASSAVA
												GINGER
												RADISH
												SWEDE

Joke of the week

I tried to win a suntanning competition.

But all I got was bronze.

Quote of the week

With the coming of spring, I am calm again.

Gustav Mahler

Fact of the week

Buckingham Palace in London, England, has 775 rooms, including 78 bathrooms.

If you are interested in any of the activities mentioned in this newsletter and would like some more information then please contact CYA on:

01900 603131



Visit our website for information, help, support, newsletters, online resources, and activities

www.cya.org.uk



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