

CYA NEWSLETTER



Happy
New Year

IN THIS E-NEWSLETTER

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INSPIRATION OF THE WEEK

In a recent interview, a young person shared their journey with Cumbria Youth Alliance (CYA), highlighting the organisation's crucial role in shaping their career path. Initially referred through a job connection to the DWP outreach project, the individual expressed a desire to move away from seasonal work and find a meaningful career.

CYA addressed the challenges of lacking qualifications and self-confidence by offering personalised support. They assisted in socialisation, obtaining relevant certifications, and improving confidence. The young person participated in various courses, including first aid, health and safety, employability skills, and construction. Grateful for CYA's role in identifying a career path, the young person secured an apprenticeship with Galliford Try as a trainee site engineer. This opportunity could lead to a master's degree in Civil Engineering. The young person highlighted the importance of effort and collaboration with CYA in achieving personal and professional goals. For those seeking guidance and support in career development, Cumbria Youth Alliance stands as a dedicated organisation making a positive impact on the lives of young individuals. please contact office@cya.org.uk



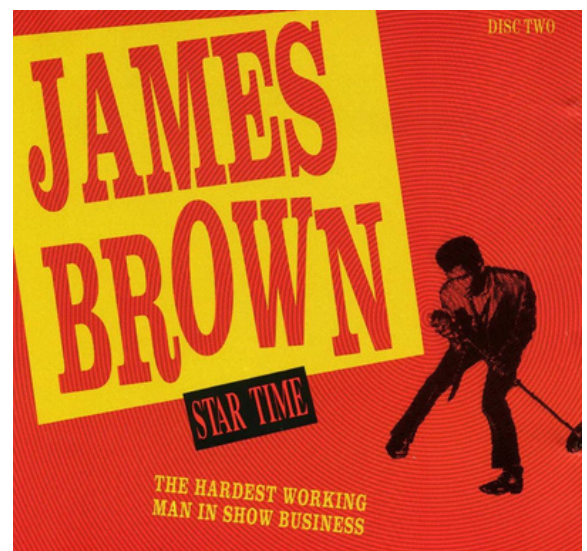
Read & Listen



One Flew Over the Cuckoo's Nest
Alice Walker



Star Time
James Brown



WEEKLY EVENTS

<p>MONDAY</p> <p>Each year on the third Monday of January we observe Martin Luther King Day and reflect on the work that still needs to be done for racial equality. This January 15.</p>	<p>TUESDAY</p> <p>Appreciate a Dragon Day is celebrated annually on January 16. With loud flapping wings, flaming breath, and steely scales, dragons are viewed as unstoppable masters of chaos.</p>
<p>WEDNESDAY</p> <p>Benjamin Franklin Day is celebrated on January 17 every year, to pay tribute to one of the greatest Founding Fathers of the U.S. on the anniversary of his birth.</p>	<p>THURSDAY</p> <p>Winnie the Pooh Day, on January 18, is your time to return to the Hundred Acre Wood!</p>
<p>FRIDAY</p> <p>Join us on January 19 as we celebrate National Popcorn Day! Buttered, salted, kettled, drizzled with caramel, popcorn is one of those snacks perfect anytime, anywhere.</p>	<p>SATURDAY</p> <p>We love penguins for lots of reasons: They walk around in tuxedos, they have a cute waddle, and they're unique! And to show that we care, we observe National Penguin Day on January 20.</p>
<p>SUNDAY</p> <p>Originally a creation by Christy Hargrove, Squirrel Appreciation Day on January 21 is a day to learn about and celebrate the world's cutest rodents.</p>	<p>THIS WEEK I AM GRATEFUL FOR...</p>

WEEKLY NEWS

CAN WE 'CORRECT' THE INTERNET?

'What is the tallest building in the world?' Punch that into your search engine, and we should all get the same answer: the Burj Khalifa. Now try... 'who has scored the most goals in international football?' You'll probably get Cristiano Ronaldo. But the answer you should be getting is Canada's Christine Sinclair. Search engines don't always give us the correct information. Last year, we sat down with Google to understand why search engines can be 'biased', and what they're doing to tackle it. Here, we speak to an initiative that is challenging search engines to do better...



How search works

When you punch a question into a search engine, where does that answer really come from?

We asked the Vice President of Search at Google, Pandu Nayak, to help us out.

He encouraged us to think of a search engine like the index in the back of a book. But obviously storing a LOT more information than a book ever could...

It wouldn't be possible for humans to sift through all that information, that's why bits of computer code called 'algorithms' do it for us.

The algorithms rank how helpful the information is to answer the question we're asking, based on several factors. Then the highest ranked results appear at the top of the web page.

Trouble is, this process doesn't always surface the correct information, and favours some content over others - this is known as 'search bias'.

If that explanation was too brief for you, you can read more from that interview [here](#).

READ MORE



This clip is a few years old now, but sums up just how the bias we see online reverberates in the real world.

It's of British tennis star Andy Murray, who steps in when a reporter describes US player Sam Querrey as being "the first US player to reach a semi-final since 2009".

It's actually Serena Williams. She's won 12 Grand Slam singles tournaments since 2009.

People at the time called it 'casual sexism'. A lot of people wouldn't even be conscious that they were making a mistake.

That's where the internet can both help - and hinder - progress towards gender equality

MY JOURNEY TO FORTY FARMS, AN EXHIBITION OF PHOTOGRAPHY



Visit the new exhibition by Amy Bateman in our People's Gallery from the 16th of November until the 23rd of March 2024. Amy is British Life Photographer of the Year. She is the author and photographer behind the Lakeland Book of the Year - 'Forty Farms.'

A storytelling, photographic exhibition detailing Amy's journey from stay-at-home Mum, based on her family's farm outside Kendal - to award winning photographer. This Kendal based farmer tells her unique backstory through her images. Culminating in some of the Forty Farms exhibition which is continuing to celebrate agriculture here in our cherished landscapes. Included are some early works and unique pieces with the opportunity to purchase some limited pieces.

Amy will also be offering photography workshops, open to all levels of ability, at the museum on Friday 12th of January and Saturday the 24th of February.

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BREAKING BARRIERS PROJECT

The Breaking Barriers project supports young people 15-18 years old who live in Workington, Whitehaven, Cleator Moor, Frizington and surrounding areas who are NEET or projected NEET to build engagement, raise aspirations, provide training and improve career opportunities.

We aim to:

- **BOOST YOUR CONFIDENCE: DISCOVER YOUR SELF-WORTH, DEVELOPING EMOTIONAL RESILIENCE**
- **OFFER UP TO 6 MONTHS BESPOKE SUPPORT**
- **CREATE FUN & ENGAGING ACTIVITIES BASED ON YOUR HOBBIES & INTERESTS**
- **KEEP YOU MOTIVATED TO REACH YOUR GOALS**
- **DIVE INTO ONLINE LEARNING MODULES TO GEAR UP FOR YOUR DREAM JOB**
- **OFFER FRIENDLY ONE TO ONE IN PERSON OR VIRTUAL SUPPORT**
- **FUEL YOUR AMBITIONS: SET HIGH ASPIRATIONS**
- **HELP IN ACCESSING DUKE OF EDINBURGH AWARD**

For more details or to sign up please contact us:

 www.cya.org.uk  Office@cya.org.uk  01900 603131

CUMBRIA
YOUTH
ALLIANCE



Quick & easy chickpea coconut dhal



oil, for cooking
3 garlic cloves, finely chopped
small piece of ginger, peeled and finely
chopped
5 spring onions, finely chopped
10 cherry tomatoes, 5 chopped
½ bunch of coriander, leaves picked,
stalks finely chopped
400g can coconut milk
400g can of chickpeas, drained and
rinsed
400g can cooked lentils, drained and
rinsed
2 tbsp curry powder
1 tsp ground turmeric
2 tsp ground cumin
1 lime, juiced
handful of spinach
wholemeal pittas, to serve

Method

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STEP 1

Heat a drizzle of oil in a large non-stick pot or pan over a high heat. Add the garlic and ginger, reduce the heat to medium and cook for 3-5 mins, stirring occasionally. Tip in the spring onions, all the cherry tomatoes, the coriander leaves and stalks and 1 tsp salt. Cook for 3 mins more.

STEP 2

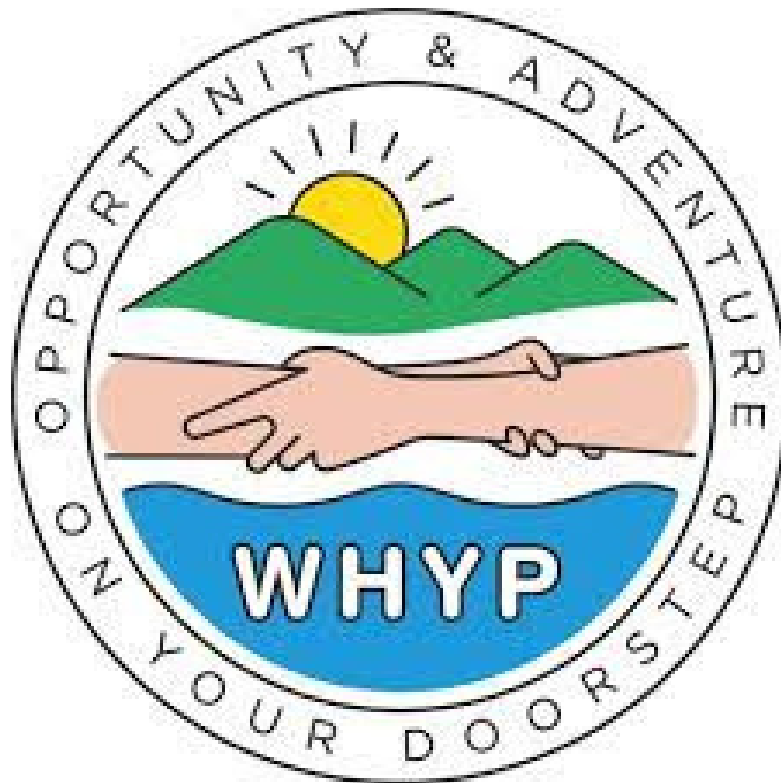
Add the coconut milk, chickpeas and lentils and stir well, then add the curry powder, turmeric, cumin, ½ tsp black pepper and the lime juice. Bring to the boil, then reduce to a simmer and cook for 5 mins. Add the spinach and wilt for a few minutes. Check for seasoning, then serve with pittas.



National Mentoring Month 2024

National Mentoring Month is an annual campaign celebrated in January, dedicated to raising awareness about the power and impact of mentoring. It's a time to recognize and honor the contributions of mentors while encouraging individuals to become mentors themselves.

WHITEHAVEN HARBOUR YOUTH PROJECT



Established in 1996, the Whitehaven Harbour Youth Project is registered charity based in Copeland, Cumbria (Registered Charity No. 1120763), dedicated to giving young people opportunities to develop their potential, to understand themselves and others, and to have a good time.

We achieve that by delivering high quality, evidence based youth work, in our town centre facility and through outdoor adventure.

Our regular programme of activities for ages 7 to 25 years old really does have something for everyone. From Girls Group, helping our community with the National Trust, to drop-in youth clubs, and much more.

Some of our youth clubs run as 'drop-in' activities. This means that young people are free to leave the premises during the course of the session. More details on the nature of drop-in sessions can be found [here](#).

LEARN MORE





JOBS IN CUMBRIA



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

Children's Activity Group Leader
Robinwood Activity Centres
Cumbria

Young Children's Support Worker
ABC Care and Education Ltd
Penrith

Student Support Worker at HMP Haverigg
Novus
Cumbria

Changing Room Support
[Mitie Group plc](#)
Whitehaven

Delivery Driver Carlisle
Driver Express
Carlisle

Nursery Practitioner
[Little Monkeys Day Nursery & Pre School](#)
Keswick

SPAR Derwent - Retail Assistant
[James Hall & Co](#)
Keswick

Key Time Worker
[Cumberland Building Society](#)
Whitehaven

Delivery Driver
[Evri Couriers](#)
Workington

Support Worker
Community Integrated Care
Cockermouth

Finance Assistant
Lakeland Arts
Windermere

Business Support Assistant
[Furness College](#)
Barrow-In-Furness

Link Worker
Everyturn
Carlisle

Market Research Interviewer
[Kantar](#)
Cleator

Visitor Operations Administrator
Dalemain Mansion
Penrith

Administration Assistant - Part Time
Thomas Armstrong (Holdings) Limited
Cumbria

Residential Support Worker -
Residential Child Care
[A Wilderness Way](#)
Cumbria

Bar and Waiting Assistant
Another Place, The Lake
Watermillock

Administrator - 35hrs per week -
Cumbria
Remedi - Restorative Services
Cumbria

**IF YOU NEED ANY HELP WITH YOUR CV
CONTACT:
office@cya.org.uk**



FORGING FUTURES

Forging Futures is a new county-wide youth support programme for young people 16 - 24, helping to tackle rising youth unemployment.

Funded by the Youth Futures Foundation, delivered by Cumbria Youth Alliance, with the support of specialist partner organisations.

You will benefit from:

- **SUPPORT TO ACCESS VOLUNTEERING, WORK EXPERIENCE PLACEMENTS AND TASTERS**
- **UP TO 6 MONTHS IN-WORK SUPPORT**
- **WEEKLY ONE TO ONE IN PERSON OR VIRTUAL CONTACT WITH A CYA SUPPORT WORKER**
- **CV AND COVERING LETTERS**
- **OPPORTUNITY TO ATTEND REGULAR EMPLOYER LED CAREER TALKS AND INFORMATION SESSIONS**
- **HAVE ACCESS TO A SUITE OF ONLINE LEARNING MODULES**
- **ASSISTANCE WITH JOB SEARCH**
- **CAREER FOCUSED ACCREDITED TRAINING**
- **ACCESS TO REGULAR GROUP DEVELOPMENT / ACTIVITY SESSIONS**

CUMBRIA
YOUTH
ALLIANCE

youth
futures
FOUNDATION

Online Learning

Cumbria Youth Alliance has joined up with Embrace Resilience to offer all staff & volunteers in Cumbria working with children, young people and families access to a large range of online learning modules FREE of charge. We have a variety of modules from Data Protection to Supporting People with Autism. Get in touch today to find out more or visit our website to see our full list on training.



Register at www.cya.co.uk/e-learning or contact office@cya.org.uk for a registration form

WANT TO GET INVOLVED WITH THE CYA NEWSLETTER?

If you have any upcoming events or recap on past events promoted in our newsletter or would like to feature a playlist.

Feel free to get in touch with callum@cya.org.uk

If you no longer wish to receive CYA digital newsletter email callum@cya.org.uk with the message STOP.

or

If you wish to receive previous issues send PAST ISSUES email callum@cya.org.uk

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Thought of the Day:

“Heroes are made by the path they choose, not the powers they are graced with.” – Iron Man

Joke of the Day:

How does a North Pole carpenter fix something broken? Igloos it together.

Random Fact of the Day:

Octopuses have three hearts.

Journal Prompt of the Day:

If you were in the circus, what would your job be?

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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