

CYA NEWSLETTER



IN THIS E-NEWSLETTER

- Online events
- Work Experience
- Recipes
- Top 5 Jobs
- Puzzles

CUMBRIA
YOUTH
ALLIANCE

INSPIRATION OF THE WEEK

Lewis Hamilton



Let's explore the life of Sir Lewis Hamilton, a British racing driver widely considered one of the greatest Formula One drivers in history. Hamilton has had a remarkable career, achieving numerous records and becoming a seven-time Formula One World Champion.

Beyond his accomplishments on the racetrack, Hamilton has been a prominent advocate for diversity and inclusion in motorsport. He has been actively involved in initiatives to increase representation and opportunities for individuals from underrepresented backgrounds in the racing industry.

Read & Listen



One Flew Over the

Cuckoo's Nest

Ken Kesey



Electric Ladyland

Jimi Hendrix



Safe Toys & Gifts Month 2024

Safe Toys & Gifts Month is an annual observance dedicated to promoting the safety of toys and gifts for children, particularly during the holiday season



WEEKLY EVENTS

MONDAY

Bake Cookies Day is on December 18, just in time for Christmas. Cookies are more than just a baked treat, with generations bonding over it.

TUESDAY

Put the peanut butter balls and the sugar cookies down, because December 19 is all about the hard stuff as we celebrate National Hard Candy Day

WEDNESDAY

Warm up for Games Day, which falls on December 20 every year. Video games, live games, card games, board games, mobile games, trivia games – everybody loves games!

THURSDAY

The Winter Solstice marks the day with the shortest period of daylight and the longest night of the year (in the Northern Hemisphere), all thanks to the tilt of the earth. Dec 21st

FRIDAY

Every year, the anniversary of the first pilgrims landing on the shores of North America is observed on Forefathers' Day on December 22

SATURDAY

HumanLight is a secular Humanist holiday celebrated every year on December 23. Human values of compassion, reason, hope, and humanity are celebrated and expressed on this holiday.

SUNDAY

Christmas Eve takes place on December 24 and is probably one of the best nights of the year! Christmas has the power to reunite families and friends, warm up our hearts, and remind us that we have so many things to be thankful for.

THIS WEEK I AM GRATEFUL FOR...

WEEKLY NEWS

LITTLE SIMZ AND STORMZY DOMINATE THE NOMINATIONS FOR NEXT YEAR'S MOBO AWARDS, WITH BOTH UP FOR FOUR TOP PRIZES.

The Mercury Prize winner and Big Mike will face off in the album of the year and the video of the year categories.

Simz, who shared 2023 album of the year with Knucks, could win it again for most recent release No Thank You.

It'll be up against Stormzy's This Is What I Mean at February's ceremony in Sheffield.



HRaye and PinkPantheress will go up against Little Simz for best female, and they're also in the running for song of the year with Escapism and Boy's A Liar Pt 2.

Mega-hit Sprinter by Central Cee and Who Told You by J Hus are the final song of the year contenders, and the rappers are also up for best male act.

J Hus' Beautiful and Brutal Yard and Raye's My 21st Century Blues are also nominated for album of the year. Alison Hammond, Maya Jama and Amelia Dimoldenberg are nominated for best media personality.

The Mobo (Music of Black Origin) awards were first handed out in 1996 and are dedicated to celebrated black music and culture.

"We are proud to champion this year's incredible line-up of nominees for the 26th Mobo Awards, who have all brought stellar music and content to our attention through their remarkable work in music, film, TV, online and more," said founder Kanya King.



Simz is also up for best female act and best hip-hop act, while Stormzy's up for best male and song of the year for Hide & Seek.

The pair will also face off in the music video of the year category, with Gorilla up against Stormzy's highly praised Mel Made Me Do It.

Although both artists released their nominated albums last year, the eligibility period for the Mobos is 1 September 2022 - 31 August 2023.

Not far behind are Central Cee, J Hus, PinkPantheress and Raye with three nominations each.

[READ MORE](#)



JULIE BROOK: WHAT IS IT THAT WILL LAST?



What is it That Will Last? is an exhibition spanning recent works made by Julie Brook in the Outer Hebrides, in the Ishikawa Prefecture, Japan and Cumbria.

Running throughout the galleries of Abbot Hall, What is it That Will Last? offers an insight into an extraordinary and ongoing body of work that is often created in remote places. Incorporating film, sound, photography and drawing, the visitor is invited to explore the artist's deep and immersive relationship with the landscape.

Brook's work frequently emerges from her inhabitation of a landscape and its materials. Exposed to the full range of natural forces, these works are often transient in character, or eventually eroded by the elements.

This exhibition signals a fresh direction for Abbot Hall as it aligns its programme towards exploring landscape and identity. Works from the gallery's collection that have been selected with Brook will be on display, including pieces by John Ruskin, Barbara Hepworth, JMW Turner, Frank Auerbach and Elizabeth Frink.

The exhibition coincides with the publication of the book What is it That Will Last? Land and Tidal Art of Julie Brook. This publication offers a rich and expansive visual record of Julie Brook's artistic practice and proposes a unique collaboration between Brook and distinct voices from the nature writing and craftsmanship traditions. Find out more about the book

LEARN MORE





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



Benny Walker
Charitable Trust

Easy-peasy fruitcake



4 tbsp rum or brandy
1 orange, zested and juiced
600g mixed dried fruit (sultana, raisins, apricots, cherries, cranberries)
200g butter, very soft
200g golden caster sugar
4 eggs
50g ground almonds
200g plain flour
100g pecan nuts or whole skinned almonds, chopped
100g candied peel, chopped
75g crystallised or candied ginger, chopped
For the decoration:
apricot jam (warmed and sieved) or apricot glaze
candied pineapple, candied angelica
glacé cherries (a mixture of red, green and yellow if you can find them)
crystallised ginger

Method

LEARN MORE



STEP 1

Put the rum (or brandy), orange zest and juice and mixed dried fruit in a bowl and stir. Leave to soak overnight.

STEP 2

Heat oven to 170C/150C fan/gas 3½. Double line a 20cm tin with baking parchment. Beat the butter and sugar together until light and fluffy. Whisk in the eggs one by one, then fold in the almonds and flour. Add a pinch of salt and fold in the soaked fruit mixture (and any remaining liquid in the bowl), along with the nuts, candied peel and ginger. Spoon the mixture into the tin and level the surface.

STEP 3

Bake for 1 hr, then turn the oven down to 150C/130C fan/gas 2 and bake for a further 2 hrs. Check the cake to see if it's pulling away from the sides of the tin and feels firm on top. If you need to, keep cooking for a further 15 mins. Cool in the tin. If storing in the tin, wrap the cake tightly first. Will freeze for up to two months.

STEP 4

To decorate, brush the cake with the apricot jam (or glaze) and arrange your choice of candied fruit on top. Will keep in a sealed container for up to three weeks.

NADT



NADT provides youth services in Cumbria, offering both universal and targeted programmes. Our universal offer includes four outreach projects supporting young people aged 8-25 in rural communities through weekly or monthly activities in local community halls.

The targeted programmes consist of the Early Intervention Programme (EIP) for emotional and social well-being (8-16 years) and Pitstop Cumbria, a youth-led workplace programme for those aged 15-25 at risk of or not in education, employment, or training (NEET). EIP runs five days a week during school term time, with small group sizes and practical engagement opportunities like Upcycling and outdoor learning.

Pitstop Cumbria operates one day a week during term time in a Carlisle film studio, providing real workplace experience for employment or training goals.

[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

Support Worker
Jemcare
Whitehaven

Delivery Driver Carlisle
Driver Express
Carlisle

Sales Assistant - 16 Hours
Regatta
Grasmere

Part Time Bistro Assistant
Underscar
Keswick

Recruitment Consultant
Rullion
Whitehaven

1st Line Desktop Support Engineer-
TSP Engineering
Workington

Support Worker
Community Integrated Care
Cockermouth

Finance Assistant
Lakeland Arts
Windermere

Part-Time School Driver
24x7 Cumbria
Barrow-In-Furness

Link Worker
Everyturn
Carlisle

Community Support Worker
Good Companions Care Agency
Keswick

Visitor Operations Administrator
Dalemain Mansion
Penrith

Care/Support Worker
Interaction Recruitment Plc
Cumbria

Administration Assistant - Part Time
Thomas Armstrong (Holdings) Limited
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

Dr. Seuss

A	U	Y	S	T	R	H	U	S	G	E	G	G	S
M	C	A	U	R	N	C	T	G	R	U	E	O	H
H	O	R	T	O	N	N	A	Y	L	O	O	L	Y
D	E	E	N	H	T	I	T	R	O	E	T	E	G
H	A	R	O	H	E	R	R	R	R	G	E	L	O
S	S	H	H	S	N	G	U	E	A	E	H	Y	K
N	A	E	T	T	C	E	F	B	X	E	Y	O	T
N	M	M	H	L	H	H	F	L	O	A	O	T	H
A	H	O	R	C	S	T	U	U	S	S	O	A	G
G	T	N	H	W	T	E	L	M	A	N	M	G	G
G	W	H	L	A	H	E	A	L	L	W	Y	O	G
E	A	C	A	T	T	O	E	W	L	R	M	A	R
R	G	Y	F	R	L	O	U	N	Y	S	R	F	A
W	A	C	K	Y	C	N	H	T	S	S	T	W	G

WHO
HAM
SAM
CAT
LORAX
MULBERRY
TRUFFULA
WACKY
SMOG
THNEED
SNEETCHES
THE GRINCH
HAT
EGGS
HORTON
SALLY

Play this puzzle online at : <https://thewordsearch.com/puzzle/1573/>

Thought of the Day:

“The question isn’t who is going to let me; it’s who is going to stop me.” -
Ayn Rand

Joke of the Day:

What did the astronaut say to the three-headed alien? Hello. Hello. Hello.

Random Fact of the Day:

It is impossible to sneeze with your eyes open.

Journal Prompt of the Day:

You are a scientist and you have invented a new vegetable. What is it called? What does it look and taste like?

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



Find us on
Facebook