

CYA NEWSLETTER



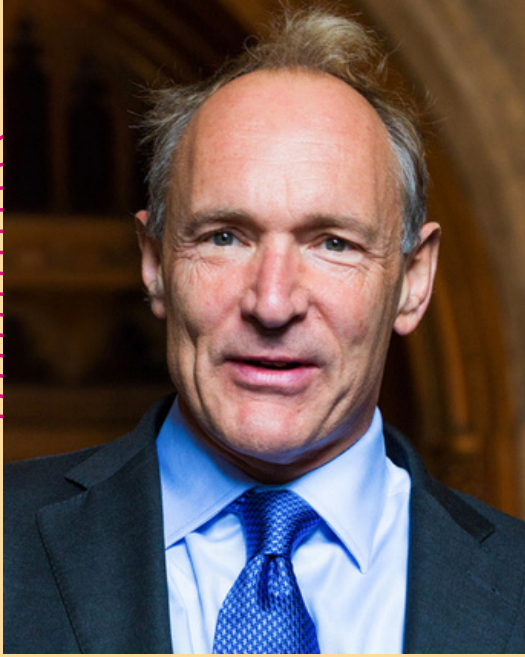
IN THIS E-NEWSLETTER

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

CUMBRIA
YOUTH
ALLIANCE

INSPIRATION OF THE WEEK

Tim Berners-Lee



Tim Berners-Lee, a British computer scientist who is best known as the inventor of the World Wide Web. Sir Tim made a groundbreaking contribution to the field of information technology by developing the first web browser, editor, and server in the early 1990s. His invention has had an immense impact on communication, information sharing, and collaboration globally. Instead of patenting his creation, Sir Tim chose to give it freely to the world, fostering an open and accessible internet.

Read & Listen

The Adventures of Sherlock

Holmes

Arthur Conan Doyle



Legend

Bob Marley and
the Wailers



It's **Movember** and
we're here to listen
without judgement



WEEKLY EVENTS

<p>MONDAY</p> <p>Odd Socks day is held on the first day of the third week in November. The event is not only a great way to express uncanny styles, it's also promoting a good cause.</p>	<p>TUESDAY</p> <p>World Hello Day is a secular unofficial holiday celebrated on November 21 by 180 countries to illustrate the importance of personal communication for preserving peace.</p>
<p>WEDNESDAY</p> <p>National Jukebox Day is the day before every Thanksgiving – on November 22 this year. Music is the soundtrack of our lives, and this day celebrates the jukebo.</p>	<p>THURSDAY</p> <p>Macy's Thanksgiving Day Parade is an annual event held on Thanksgiving Day and this year, it falls on November 23.</p>
<p>FRIDAY</p> <p>B. Cooper Day is annually observed on November 24 and is dedicated to what remains one of the most famous mysteries of all time.</p>	<p>SATURDAY</p> <p>In 2002, the world began to celebrate International Aura Awareness Day every fourth Saturday in November, on November 25 this year.</p>
<p>SUNDAY</p> <p>National Cake Day is on November 26. We believe Marie Antoinette said it best when she (allegedly) said "let them eat cake!"</p>	<p>THIS WEEK I AM GRATEFUL FOR...</p>

WEEKLY NEWSBEAT

THE VAMPS: JAMES BRITTAIN-MCVEY EP TAKES ON MENTAL HEALTH

James Brittain-McVey from The Vamps has said he wants his solo music career to encourage men to speak about their mental health.

The 29-year-old has previously shared his experience of body dysmorphia, which is covered in debut EP *Manabi*.

"It's important we acknowledge just how deep rooted these issues can become," he tells BBC Newsbeat.

His first gig sees him supporting mental health charity Mind for their Music On Our Minds series.



"I've spoken a lot about mental health and I've been a big proponent of people speaking about it, especially men," James says.

The singer and guitarist also says mental health has "been an integral theme" in his songwriting. He says songs like *Dancing On The Head Of A Needle* from the new EP refers to a period of last year when he was having mental health struggles, while *Dance or Die* "is trying to demonstrate the feeling of prolonged uncomfortableness".

"Feeling either immense highs or immense lows, and not really having a middle ground," he says.

'Managing the twists and turns'

In 2022, James told MPs how pressure to conform led him to getting liposuction at the age of 20.

"It's still something that affects me now, I would say it's 10 years of pretty intense struggles with controlling my diet and having an obsessive fitness routine," he says.

"And it's taken me a long time to try and gradually unpick and recalibrate my perception of my own body and also my outlook on what a truly healthy lifestyle of moderation entails." But for James, one of his biggest achievements is that more men in his life have been sharing their mental health experiences.

[READ MORE](#)



CHRISTMAS TEENAGE MARKET



**THE
TEENAGE
MARKET**

Saturday 2 December, 10.30am - 3.30pm
The Lanes Shopping Centre
Carlisle, CA3 8NX

Looking to buy something different for family and friends for Christmas this year?

Visit our Christmas Teenage Market to get your locally produced presents and stocking fillers.

Plus be entertained with live performances by local dance schools, bands and singers.

This unique Christmas shopping experience is not to be missed!

 Cumberland Council

 The Lanes Shopping Centre

A slightly different venue for our Christmas Teenage Market...we are going undercover and holding the market at different locations throughout The Lanes Shopping Centre.

With 44,000 people visiting The Lanes on the same Saturday in 2022 we know that the Teenage Market will once again be hugely popular, with shoppers looking to buy locally made, unique Christmas presents for family and friends.

As well as stalls we will once again have a programme of live performances during the day. This is your chance to show off your talents, whether that be music, dance, comedy, poetry ... it's up to you! If you are a local dance studio or youth theatre group this is a great opportunity to showcase your students talents and your organisation.



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

Fruity traybake



175ml vegetable oil, plus extra
for greasing
175g dark muscovado sugar
3 large eggs
1 small ripe banana, mashed
140g grated eating apple
100g grated carrot
1 small mango, peeled and cut
into small dice
zest 1 lemon
250g self-raising flour
1 tsp bicarbonate of soda
1 tsp mixed spice
For the icing
225g icing sugar, sieved
For the icing
75g passion fruit or lemon curd
75g cream cheese

Method

LEARN MORE



STEP 1

Heat oven to 180C/160C fan/gas 4. Grease and line a 22cm square tin with baking parchment. Whisk the oil and sugar in a large mixing bowl until light and fluffy. Beat in the eggs, one at a time, followed by the banana. Stir through the apples, carrots, mango and lemon zest. Combine the flour, bicarb and mixed spice in another bowl, then fold into the fruit mixture.

STEP 2

Pour the mixture into the tin and bake for 40 mins, until a skewer inserted comes out clean. Cool for 10 mins before turning out onto a wire rack.

STEP 3

To make the icing, beat together the icing sugar, passion fruit or lemon curd and the cream cheese. Spread over the top of the cake and cut into square pieces to serve.

Cumbria CVS AGM

CUMBRIA CVS AGM & CONFERENCE



Kendal Rugby Club, 29 November 2023

Health in Cumbria

Guest speakers:

- Alex Scott, Lord Lieutenant Cumbria
- Professor Tony Chapman, Durham University
- Ed Tallis, Director of Place, North Cumbria Place-based Partnership, NENC ICB
- Jane Scattergood, Director of Health and Care Integration, South Cumbria Place-based Partnership, LSC ICB
- Katrina Stephens, Director of Public Health, Westmorland and Furness Council

We are delighted to invite you to our 2023 Annual General Meeting. In addition to our formal AGM, the event will focus on Health in Cumbria. We will be exploring not only our own organisational health, but that of the wider voluntary sector.

We are pleased to confirm contributions from the Lord Lieutenant of Cumbria, Alex Scott; from the author of “Third Sector Trends”, Professor Tony Chapman; from key leaders in the health system Ed Tallis (North Cumbria), Jane Scattergood (South Cumbria) and Katrina Stephens (Westmorland and Furness Council). We will also hear about the view from the voluntary sector front-line, with contributions from Leigh Williams (CADAS) and from Cumbria’s Third Sector Network.

Come and contribute to the voluntary sector and health system’s collaboration as equal partners, and help us to ensure a brighter, healthier future for all the people of Cumbria.

[LEARN MORE](#)





TOP JOBS IN CUMBRIA



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

HOPE (Health, Outreach,
Prevention, Education) Worker
The Well Communities CIC
Cumbria

Administration Assistant - Part Time
Thomas Armstrong
Maryport

Prescribing Clerk- job post
James Street Group Practice
Workington

Part Time Bistro Assistant
Underscar
Keswick

Residential Support Worker and
Team Leaders
helpful Investments Limited
Workington

Finance Assistant
Lakeland Arts
Windermere

Link Worker
Everyturn
Carlisle

HGV Mechanic
Haulage Holdings Ltd
Penrith

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

Bar and Waiting Assistant
Another Place, The Lake
Watermillock

Support Worker
Walsingham Support
Whitehaven

Support Worker
Jemcare
Whitehaven

Sales Assistant - 16 Hours
Regatta
Grasmere

Recruitment Consultant
Rullion
Whitehaven

Support Worker
Community Integrated Care
Cockermouth

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

Community Support Worker
Good Companions Care Agency
Keswick

Part time weekly fire alarm and
monthly emergency lighting
tester
The Fire Safety Company
Barrow-In-Furness

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

Finding Nemo

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

BLOAT
CLOWNFISH
TANK GANG
DENTIST
BARRACUDA
NEMO
PELICAN
PEACH
FINDING
BRUCE
CORAL REEF
MARLIN
SHARKS
GURGLE
DEB
ELLEN
DORY
CHUM
JACQUES
BUBBLES

Play this puzzle online at : <https://thewordsearch.com/puzzle/146/>

Thought of the Day:

“This nation will remain the land of the free only as long as it is home of the brave.” —Elmer Davis

Joke of the Day:

What do you call a group of kids who enlists in the military? The INFANTry!

Random Fact of the Day:

Officially, Veterans Day is always Nov. 11. But holiday office closures may shift when Veterans Day lands on a weekend. If Nov. 11 is a Sunday, businesses may observe the holiday the following day. If it lands on a Saturday, businesses might close on Friday instead.

Journal Prompt of the Day:

Imagine the day in the life of a soldier.

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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