



An **OnSide** Youth Zone

**Carlisle Youth Zone**

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Saturday, 10 January 2026

Hello!

This letter is to tell you about an exciting residential trip which we hope you will attend!

**Why the residential trip is happening:** A new 'Youth Strategy' is being co-produced for young people in Cumberland. The strategy will set out what support, activities and opportunities young people aged 12yrs+ can expect in their community outside of school time.

A range of adults who have jobs connected to the Youth Strategy are already involved in shaping what should go into it but they know how essential it is that young people themselves are at the heart of it. With that in mind, a group of 12 young people from across Cumberland are being invited to join a new co-research group. This co-research group will get directly involved in co-producing the strategy and, in leading the wider involvement of young people across Cumberland.

It's a brilliant chance to have your say on an important plan for young people, and to ensure a wide range of voices and backgrounds are heard. To get the group started, we have arranged this residential trip so we can bring everyone together.

**Who the residential trip is for:** This trip is for up to 12 young people aged 12 – 17yrs living in Cumberland.

**When:** Friday 31<sup>st</sup> January 2026 (after-school) to Sunday 1<sup>st</sup> February 2026 (finishing lunchtime)

**Where:** The residential will be taking place at Brathay which is in Ambleside, Cumbria

**Timings:** We will be looking to set off for Brathay from around 4pm on the Friday so we can get there in time for tea. We will be leaving Brathay on the Sunday just before lunch, so we can get back for around 1pm. Specific pick up and drop off times will be finalised the week before.

**Transport:** transport to and from Brathay will be provided. Once we have confirmed who is attending and where they are travelling from, we will finalise details.

**Cost:** This is a fully funded residential, so there is no cost to you.

**Food:** All meals will be provided by Brathay. We will also be getting some snacks to share whilst we are away

**What we will be doing:** Brathay is an outdoor activity centre and so we will be taking part in a range of activities outside – the exact programme will be confirmed once we know what the

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weather is nearer the time, but it may involve things like high ropes, boating on the lake and team challenges. We will also be spending time as a group looking at the ideas and plans for the Youth Strategy. This will include doing some team activities inside and doing some workshops together. There will also be some chill time! We'll take some games, snack and a laptop for movies.

It will be a great mix of fun, activities and learning. And as a part of recognising everyone's contributions to the Youth Strategy work, every participant will receive a £50 voucher!

**Clothing & Equipment needed:** An kit list is enclosed – if you need help with anything on the list, please let CYZ know.

**Why is this letter from Carlisle Youth Zone (CYZ):** CYZ had originally been offered the opportunity of this residential trip and was going to take a group of young people just from CYZ. However the chance to join up with others, including different Youth Clubs and projects, and to connect with the Youth Strategy development was really exciting. Whilst we are now bringing together young people from across different projects, we still need one organisation to co-ordinate all the information and CYZ have agreed to do that.

**Staffing:** there will be 3 x youth workers attending with young people throughout the residential. These Youth Workers are from Cumberland Youth Voice and Carlisle Youth Zone. Once at Brathay, their instructors will lead the outdoor activities with us, and their catering team will prepare all our meals.

**Other points to note:**

- Please detail as much as possible in the forms required to help us understand how best to ensure you enjoy and can fully engage in the residential.
- Any medication needs to be identified to a staff member – no young person should be taking medication without a staff member's knowledge.
- We will be setting a group behaviour agreement together when we arrive and it will be in place for the residential – if any group member does not follow the agreement we may ask a parent/guardian to collect them from Brathay

**Confirming your place!**

Given the nature of the residential trip, there are a few forms that need to be completed by a parent / guardian:

1. **Become a CYZ Member** - if you are not already a member of CYZ, we need you to sign up – this is so all the trip information can be stored securely on our system. You need to sign up here <https://www.carlisle-youthzone.org/membership/become-a-member/>, and we've created a FREE code (saving £5) for you to use: CYMatter
2. **Complete the CYZ Trip Consent Form** – this needs to be returned to CYZ in person or via email to [info@carlisle-youthzone.org](mailto:info@carlisle-youthzone.org)
3. **Complete the Brathay Personal Information Form** - this is an electronic form with Brathay themselves – please ensure this is completed in addition to the health and consent form attached [Personal Information Form \(Youth\)](#)

**Questions?** If you have any questions, please do not hesitate to speak to your youth worker or you can reach out to Jenna Sutherland, Head of Youth Services at CYZ on 01228 516280.

We look forward to seeing you there!