

Irish Youth Work

Scene

Magazine for youth work practitioners



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Anti-Homophobic Bullying Documentary
'Dare To Hope' Acorn Project Book Launch
Anti-Smoking Awareness Activity Supplement
Youth Work Ireland Week Preview



Youth Work Ireland
Our Youth, Our Nation, Our Future.

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Irish Youth Work Centre

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Cover Image: Young People from CDYS Youth Work Ireland

Disclaimer

It is open to all our readers to exchange information or to put forward points of view. Send in news, comments, letters or articles to the editors. Views expressed in this magazine are the contributor's own and do not reflect those of the Irish Youth Work Centre or Youth Work Ireland.

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PRESS



Youth Work Ireland

Promoting Local Youth Services Run By Local People



Welcome to this Spring edition of Youth Work Ireland's Scene Magazine. This year Youth Work Ireland will celebrate its 50th anniversary of *promoting local youth services run by local people*. As part of this celebration, **Youth Work Ireland Week** will take place from Saturday April 21st to Sunday April 29th 2012. The week was officially launched by Irish Rugby star Sean O'Brien, on the 20th March in Tullow Youth Café in Carlow Regional Youth Service and is profiled in greater detail within this edition of the magazine. The week provides us with a wonderful opportunity to celebrate the fantastic work of our local youth services led by local people around the country.

Well over 100 events are being planned and organised all around Ireland to highlight and showcase the extraordinary contribution of local voluntary youth services to our communities. From Donegal to Wexford and from Kerry to Louth thousands of young people will be putting their best foot forward in showcasing what local communities and young people can do in partnership to build stronger communities and a better country for tomorrow. Events will include cooking, sporting events, sex education initiatives, music gigs, award ceremonies, quiz nights, photographic exhibitions, theatre workshops, fun runs, film launches, tidy towns work, fundraising events and much more. At the national level we will again host the acclaimed Irish Youth Music Awards in Liberty Hall, Dublin on Saturday 28th April - All Welcome!

In every corner of Ireland there are voluntary activities for young people, many run through Youth Work Ireland; it is high time that these are recognised and valued. Over 7,300 volunteers are engaged in their communities through local youth services and our services are in contact with over 100,000 young people. The **Youth Work Ireland Week** marks a positive endorsement of this work regardless of the economic challenges that we face.

We are involved in building a better Ireland and better communities today and tomorrow and **Youth Work Ireland Week** will highlight how exactly this is being done all around our country. We hope that all localities will be able to become involved. We believe it is crucial at this time to communicate the value of the work being done locally to decision makers. To this end we are also organising a *Briefing Session for Oireachtas Members* in Dáil Éireann on Wednesday 25th April. Members of the Oireachtas will have an opportunity to meet with young people, volunteers and staff from our Member Youth Services all over the country and hear first hand their issues and concerns.

We invite all our Scene readers to get actively involved in **Youth Work Ireland Week** by logging on to www.youthworkireland.ie there you will find information on how you can help, support and stand with us.



Patrick J. Burke, CEO Youth Work Ireland



Exciting Year Ahead for CDYS Youth Work Ireland

CDYS Youth Work Ireland has been working hard to roll out a number of exciting groups to young people in our project areas. These groups allow young people to flourish and grow to their potential in safe and secure surroundings. Here is a look at some of the projects that have been offered.

CDYS Mallow Teenage Dreamers

One of CDYS Mallow's newest youth groups 'Teenage Dreamers' recently started taking their health into their own hands by going on a healthy eating and fitness programme. These young girls have started to make healthy informed decisions around what they are eating and improving their fitness by taking dance lessons.

Youth Worker Nicola Whelan said *"It's impressive to see the girls making such positive informed decisions that impact their health. The group has really gone from strength to strength over the last few weeks."*

CDYS Macroom Safe Space

Safe-Space was a new initiative piloted in the Macroom Family Resource Centre during February. The programme was offered to family members who had previously sought support from the local Drugs

Worker. It was also an open invitation to new-comers from all over the West Cork region. The programme provided simple information on alcohol and other drugs; a basic introduction to drug abuse and dependency; a space where views could be aired safely and a time for friendly interactions over a cup of tea. Special thanks to volunteer Karen O'Callaghan for helping to organise.

CDYS Mallow ACTivate

(Aspergers Children Together)

Following the success of working with a group of children who have Asperger's Syndrome (an Autistic Spectrum Disorder) over the past year, CDYS are now running regular sessions for the benefit of these children and their families including Teen Scene, The Saturday Club and Taekwondo coaching. Children with Asperger's Syndrome have difficulties with socialisation and so find it hard to make friends and 'fit in' with other mainstream children.

These sessions will help to provide them with the social interaction they need but in a fun and non-judgemental environment. This is also a great opportunity for parents to meet for a chat and swap experiences and gain some support from people in the same situation. For further information on this please contact 086 4112118 or e-mail: aspergerscdys@gmail.com

CDYS Midleton Thai Boxing

A new Thai boxing group known as **Muay Thai** has been set up in CDYS Midleton. Thai boxing is the national sport of Thailand but has gained popularity in Ireland and in Western countries in recent years. It differs from traditional boxing and kick boxing in that it incorporates not only punching and leg strikes but also knee and elbow strikes. The sport demands the upmost discipline and dedication which are great learning tools for young people in today's world. The group which is being run by volunteers, Martin Forrest and Garry McDonnell, has been well attended and enjoyed by all over the last few weeks. It looks as though it will go from strength to strength.

CDYS Fermoy Movie Group

The CDYS Fermoy **Film Making Group** started in January and currently has nine members. The participants have been learning about story boards, developing stories and using equipment. The group began shooting their first film over the midterm so the CDYS offices on the Pike Road were full of spoons, nutty professors, a puppet and time travelling students! With such active minds who knows what weird and wonderful storylines they will come up with next.

With 2012 off to such a great start in CDYS Youth Work Ireland, the young people have a lot to look forward to in the coming months.

Article written by Richard Dorgan.

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Photo on opposite page: Teenage Dreamers getting into tip top shape with dance classes.

Photo below: CDYS Fermoy Film Crew in action.



Words are like bullets

An Anti-homophobic Bullying Documentary

By Sara McDermott,
shOUT! Project, Youth Work Ireland Galway

Highlighting the needs of lesbian, gay, bisexual and transgendered (LGBT) young people has always been an important part of the shOUT! Project in Youth Work Ireland Galway. Recognising that homophobic bullying exists and that the need to address homophobia within the locality really sparked our interest in wanting to start this documentary. One of our volunteers applied for funding through the Community Knowledge Initiative (CKI) at NUI Galway and was successful in receiving funding to develop and produce our documentary.

This soon became a very important piece of work for us, as it not only hit home, but it was something that was made and created here in Galway.



The launch of the documentary in October 2011 showing our launch poster with Edel from Health Promotion, Lorraine from CKI NUIG, Irene from Youth Work Ireland Galway and Caitriona from Galway County Council, Social Inclusion Unit.

Nearly a year later shOUT! was shortlisted for the AIB Better Ireland Programme. As a result of the voting, we received further funding to support the production of the documentary, so we could make a large number of copies, that could be distributed to schools, youth clubs and organisations within the city, county and nationally.



The launch of the shOUT! documentary in October 2011, participants Sheridan and Deirdre with shOUT! Project Workers Garry and Sara.

The development of the documentary titled “Words are like bullets” took on many stages and took quite a bit of time. We wanted to do this the right way and ensure that those getting involved felt that their voices were being heard - and rightly so! We held meetings with volunteers, interviewees and the videographer. We officially launched our documentary as a part of Galway County Council’s Social Inclusion week in October 2011.

There were many people involved in the making of the documentary. There were some people who worked behind the scenes – they helped decorate the insert for the documentary and gave us feedback on the rough cuts. We had many wonderful volunteers who gave a helping hand in so many ways. There were other very brave souls who choose to be interviewed on the documentary and expressed their own thoughts, feelings and experiences.

Some of these young people were involved in shOUT!, some had heard about us and others were really passionate about wanting to express the consequences of bullying and outline their own experiences.

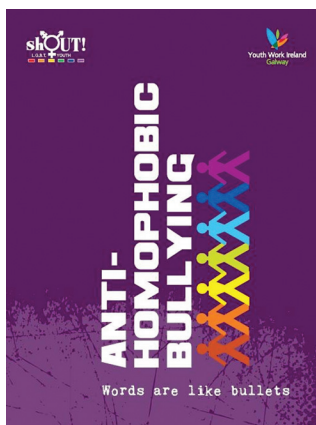
Key Messages in the Documentary:

- Homophobic bullying is not right and can be incredibly hurtful to the person involved, which can significantly impact on the well-being of that person.
- Homophobia comes in many shapes and forms, which include saying things such as “that’s so gay” - this type of language does not create a supportive environment.
- Being LGBT is not a disease or choice, someone who is LGBT is a human being with thoughts, feelings and emotions. They are the same as everyone else, they just may be attracted to someone of the opposite sex or identify as a different gender than they were born with.
- Coming out can be a great experience and there are many people out there who can be supportive to their LGBT friends and family. We encourage LGBT allies to stand up for their friends as this can have a huge impact on tackling homophobia.
- There are many organisations around the country that support young LGBT people. Get in touch, they are there to support you.

If you are interested in getting your hands on a copy of our documentary, email or text us with your name and address and we will post one out to you.

Email: lgbtyouthgalway@gmail.com

Tel: 087 773 8529



shOUT! Project is a group for Lesbian, Gay, Bisexual, Transgender or simply uncertain individuals aged between the ages of 14 and 23. The group meets on Saturdays 3.30pm-5.30pm in Galway city.

The project offers text, email and one-to-one support in confidence if a group setting is not for you.

Through weekly social meetings, we aim to provide support to those struggling with their sexual identity in an open, accepting environment, thus empowering the youth of the west and encouraging a similar attitude in society at large. Put simply, we meet every week to have fun with people facing the same issues! If you're nervous, don't worry, somebody will meet you before your first meeting so that you'll have a friendly face for your first time through the door!

shOUT! is a partnership of Youth Work Ireland Galway with the support of BeLoNG To. For more information contact:

www.lgbtyouthgalway.com
shout@youthworkgalway.ie
Phone: 087 773 8529
/ 087 320 4575



The launch of the shOUT! documentary in October 2011 with volunteers Sandie and John (Youth Work Ireland President) and Paul from LGBT Diversity and Kathy from AMACH!

'Dare To Hope'

Acorn Project Twelve Year History Book Launch

By Kevin Farrell

The 28th of February 2012 will long live in the memory of all connected to The Acorn Project. At 7 O'Clock on that evening the launch of the book '*Dare to Hope*' commenced in St Joseph's Hall. The book is a collection of poems, stories, reflections and quotations from current and past participants of the project. Staff, parents and outside agencies such as Irish Youth Justice Services, An Garda Siochana and others have also been affiliated with the project. The following two hours were full of memories, music, magic and most importantly young people displaying talents and skills that astounded the huge audience.



Ruairi Gogan Irish Youth Justice Service presenting a gift to Damien O'Donoghue, (Project Core Group Participant and author of many poems featured in the book)

Over two hundred people were packed into St. Joseph's Hall for the event that showcased all of the positivity and potential that exists within all of our young people. Representatives from An Garda Siochana, the Irish Youth Justice Service, Midland Regional Youth Service and from within the project, spoke of how the young people within the project have always made them so proud. Ger Lacey of Midland Regional Youth Service spoke of the youth work model used within the service and how this model was utilised to good effect by the Acorn Project. She said that the Acorn Project was managed by Midlands Regional Youth Service Ltd and that its work with young people could clearly be seen in the form of the book.

The atmosphere within the room was electric as young participants spoke with honesty and openness about the issues that they deal with in a daily manner and how they struggle at times to cope. From school indiscipline and a lack of academic success to issues of drug misuse and alcohol abuse, through to the darkness that can accompany this within the young person, were dealt with in both prose and poetic form.

A pin falling could be heard within the room, as young people held the audience spell bound with their stories told in a most articulate yet different manner. The applause at the end and most importantly the nods of agreement and understanding that could be discerned around the room as they spoke, were clear testaments to the fact that all in the hall knew only too well the reality of what was being said.

If youth work is ultimately about enabling young people to have a clear voice that will be heard, then for this reason alone the event was a success. Another participant opened the event by playing a solo tune on a tin whistle. All the more remarkable when we consider that less than ten weeks previously he had never held a tin whistle in his hand. This same young lad also sang a song accompanied by two guitarists, his first ever time to sing in public. The co-ordinator of the project then told the packed audience that this same young man had become a hero the previous week when he had dived into the local canal and rescued a drowning woman. If this all seems a bit unrealistic, then it becomes more so when the fact that he could not swim is pencilled into the equation.

Certainly this was an evening in which our faith and belief in the ultimate goodness and potential of all of our young people was greatly boosted and highlighted to the general public. The evening ended in a welter of goodwill and genuine feelings of pride. In an Ireland bereft of hope it truly was an evening in which it became possible that we could all once again *'Dare To Hope'*

The Acorn Project

The Acorn Project is a Garda Justice Diversion Project affiliated to Midland Regional Youth Services Ltd. The project is based in Edenderry, Co. Offaly. Its remit is to work with at-risk, vulnerable young people. This is done through a number of outlets including: FETAC tutoring, homework groups, nite line services, a drop-in service for young people, soccer programmes, health related fitness programmes and personal development programmes among many others. The Project is also heavily involved with the Edenderry Youth Action Group.

Kevin Farrell is the Co-ordinator of the Acorn Project

For further information please contact:

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 The Acorn Project
 Saint Josephs Hall
 School Lane
 Edenderry
 Co Offaly
 Tel: 046 9732854
 Fax: 046 9732854



Midlands Regional
 Youth Service
 Youth Work Ireland



Top Photo: Craig Monaghan (Project Core Group Participant)

Bottom Photo: Noel Doyle (Former Core Group Participant) presenting a framed book cover to Kevin Farrell (Project Co-ordinator)

Sectoral Training

ECO-UNESCO's Youthwork and Sustainability Training

Date: Thursday 26th April and
Thursday 25th October



Course Details

In this short course participants learn about education for sustainable development (ESD) methods along with practical activities to integrate ESD into youth work.

By the end of the training participants will:

- Understand concepts and principles related to sustainable development and education for sustainable development.
- Be aware of values inherent to Sustainable Development.
- Develop a knowledge of environmental and global issues.
- Be able to access further resources to support the use of ESD methods in youth work.
- Explore peoples' views of the developed and developing worlds.

This training is aimed at educators, youth workers, teachers, community educators and anyone with an interest in learning more about ESD.

Contact: ECO-UNESCO @ The Greenhouse,
17 St Andrew Street, Dublin 2
Email: ysd@ecunesco.ie
Tel: 01 662 5491

Fundraising for Small Community Groups

Date: Tuesday 12th June



Target Audience: Anyone involved in fundraising for small community and voluntary groups.

At the end of the course participants will be able to:

- Identify the elements of a successful grant application.
- Work with your group to identify potential sources of income.

- Understand how to develop a strong case for support when approaching potential donors.

For further information about this course or future training events please contact:

Contact: Carmichael House, Nth Brunswick Street, Dublin 7
Tel: 01-8735285
Email: tssinfo@carmichaelcentre.ie

Certificate in Drugs Counselling Theory & Intervention Skills



Merchants Quay Ireland in conjunction with University College Dublin is pleased to offer a Certificate in Drugs Counselling Theory and Intervention Skills. This unique and innovative course empowers participants to respond more effectively to the issues of drug use and addiction. This course is for anyone with a serious interest in the area of substance use and who interacts on either a paid or voluntary capacity with people who may have drug or alcohol related problems. All students who undertake this course will be automatically registered for the Diploma in Drugs Counselling Theory & Intervention Skills in Dublin. However, students may exit after year one with a Certificate award. Progression onto the Diploma in Drugs Counselling Theory & Intervention Skills is subject to grade performance and possible interview

Venue: Merchants Quay Ireland, 25 Cork Street, Dublin 8
University College Dublin, Belfield Campus, Dublin 4

Schedule: September 2012 to May 2013

How to apply: Course application forms can be downloaded from

www.mqi.ie/docs/certificate_in_drugs_counselling.pdf

Closing date: Friday April 27th 2012.

Contact: Peter Kelly
Tel: 01 5240936
Email: peter.kelly@mqi.ie
Website: www.mqi.ie/

Activity Supplement

Anti-Smoking Awareness for Girls

After the disturbing news in February this year that the number of women dying from lung cancer in Ireland has increased by 3% and now exceeds the number dying from breast cancer (*The National Cancer Registry*), the health risks to girls who start smoking in their teenage years are now more serious than ever.



Picture from X-Hale Youth Awards 2011

While teenage girls may know smoking isn't healthy, they may be unaware of just how dangerous it actually is. This activity supplement can help teach teenage girls about some of these dangers and raise their awareness around the issue of smoking. While it is targeted towards working with girls it can also be used with boys.

Smoking Facts in Ireland

Begin the session by introducing the topic of smoking and list the following hard facts regarding tobacco and cigarette use.

Each year in Ireland smoking causes approximately **7,000** deaths.

Around **30%** of all cancer deaths in Ireland are attributed to smoking.

90% of lung cancers are caused by smoking.

It costs the State **€1 billion** per year to provide health services to smokers.

People are usually **under the age of 18** when they become addicted to nicotine.

By 2030 tobacco will be the single biggest cause of death worldwide, accounting for about **10 million** deaths per year.

Tobacco is one of the greatest causes of preventable and premature deaths in human history.

A non-smoker living with a smoker has a **25%** increased risk of lung cancer and a **30%** increased risk of heart disease.

Source: Department of Health & www.spunout.ie

Activity 1 Smoking Simulation

Aim: This simple and fun experiment demonstrates the effects of smoking and is suitable for any age group.

Materials: Plastic bottle, cotton wool, Play-Doh and a cigarette.

- Put some cotton wool into a small plastic bottle so that the cotton wool is at the bottom.
- Stuff the top of the bottle with Play-Doh and create a hole large enough to fit a cigarette.
- Place the lighted cigarette through the hole and squeeze the bottle so that the air pressure simulates breathing or sucking smoke into the bottle.
- After a few minutes, remove the cigarette and examine the cotton ball.

Follow Up

Discuss what has happened to the cotton wool.

Discuss the physical dangers of smoking.

Divide the group in half, with one group taking the pro-side and the other the con-side of smoking.

Debate whether or not it should be illegal for anyone under 18 to buy or use tobacco items.

Ask the girls to make original anti-smoking adverts and posters and create a display in the youth club.

www.ehow.com/list_6525743_classroom-activities-drug-awareness.html#ixzz1n0i2IMGU

“Giving up smoking is the easiest thing in the world. I know because I've done it thousands of times.”

Mark Twain

Activity 2

Saying No to Smoking

Aim: To look at how peer-pressure causes teenage girls to start smoking in the first place and to equip them with a response should they come under pressure to smoke.

Background: If a friend has ever pushed you into doing something you don't want to do, then you've experienced *peer-pressure*. This is how many young girls start smoking. If a popular girl offers you a cigarette, you might think that you will become popular if you do what she says. When a close friend starts smoking, you may worry that you'll lose the friendship if you turn her down.

There are many ways to handle peer-pressure. First, remember these two things:

You **don't have** to do anything that you don't want to do.

It is perfectly **okay to say no** - You don't owe anyone an explanation.

But let's face it, saying "no" isn't always easy. Most of us worry about fitting in and what others will think of us. But if you're worried that you'll lose your friend over a peer-pressure situation, you may want to take a closer look at the friendship! A true friend will respect your decisions, and someone who dumps you for not taking orders from them was never a friend to begin with. Also you may discover that some of your other friends secretly feel the same way you do!

If a friend tries to pressure you, keep in mind why she might be doing it:

She may be trying to make you feel small, so that she can feel better about herself. You don't need her approval to feel good about yourself.

She may be afraid of anyone who is different from her. You can listen to what she has to say, but you don't have to agree with her.

She could be afraid of criticism, so she'll do the criticising first. It's better to be alone than to be with someone who is rude to you all the time.

She could be making up rules so that she fits and you don't. Know that there are people who will appreciate you for who you are. Seek them out.

If a simple "No, thanks" won't do the trick, here are some other tactics for turning down someone who offers you a cigarette:

"I'm allergic to smoke."

"The smell of smoke makes me sick and I don't want to smell like that."

"My parents will go mad if I come home smelling like smoke."

"I know someone who died of cancer from smoking and I don't want to do it."

"I don't want to start because I'm trying to get my parents to give up."

"No thanks, I gave up."

Whatever you choose, do what feels right for you. Remember: most young people don't smoke, so you're in good company! If someone won't stop pressuring you, it's okay to call for backup. Talk to an adult you trust, like your teacher, parents, or an older brother or sister.

<http://pbskids.org/itsmylife/body/smoking/article4.html>



Activity 3

Short-Term Effects of Smoking

Aim: To increase teenage girl's knowledge of the short-term effects of tobacco use.

Materials: Flip chart paper and pens.

Ask the girls what they think happens to a person when they use tobacco for a short time.

Make a column on the paper with the title “Short-term Effects.”

Possible responses include:

- Bad breath
- Difficulty running and breathing
- Smelly clothes and hair
- Yellow teeth and fingers
- Coughing
- Less money to spend on other things
- Messy ashes and butt litter

Ask the girls to make up posters with images from magazines and include the responses they came up with on large flip chart paper and stick them around the youth club.

www.lafp.org/content/images/stories/Foundation/2011%20-%202012%20Tar%20Wars/Activities.pdf

Activity 4 Is Smoking Worth it?

Aim: To make the girls aware of the cost of smoking – remind them that as tobacco is addictive, once a person starts to smoke they will find it very hard to give up and generally people increase the amount they smoke over time.

Materials: Flip chart paper and pens.

The cost of a pack of 20 cigarettes in Ireland is approximately €9.00.

On the flip chart paper ask the girls to calculate the cost of smoking a pack a day on a weekly, monthly, and yearly basis. Write these amounts on the flip chart paper - based on someone smoking a pack a day the cost would be:

Daily cost	€9
Weekly cost	€63
Monthly Cost	€270
Yearly Cost	€3285

Now ask the girls to think about what other things they could buy with this money and make a list of these things.

Reiterate the question - Is smoking worth it?

<http://www.lafp.org/content/images/stories/Foundation/2011%20-%202012%20Tar%20Wars/Activities.pdf>



Arlene Dowling, Ciara Clarke and Deanne Gill,
Newbridge Youth Project - Stomp the Butts
Festival, 2011

Activity 5 Why Do Young People Start Smoking?

Aim: To identify and understand the reasons young people take up smoking in the first place and to dispel the myths around smoking.

Materials: Flip chart paper and pens.

Ask the girls why they or their friends start to smoke in the first place. Write the responses on the flip chart paper. Encourage them to include some of the following reasons and then counter the reason with facts!

Image

Teens smoke because they imagine smokers to be glamorous, beautiful, trendy, popular, sophisticated, and always having fun.

Fact

Apart from the health risks, smoking is not seen as ‘cool’ any more. It is banned in so many places these days that it can be hard to find somewhere to hang out with your friends if you smoke.

To Be Thin and More Attractive

Many teenage girls may think that smoking will curb their appetite and help them lose weight and look slim.

Fact

What’s the point in being thin if smoking turns your teeth and fingers yellow, prematurely ages your skin and gives you a dull complexion?. These characteristics are unattractive!

Peer Pressure

Some people indicate their reason for smoking is because of pressure to be liked and to please their friends who smoke.

Fact

As smokers are still in the minority, there are other friends who they can hang around with who don't smoke. Smoking makes your hair, clothes and breath smell. Smokers get so used to the smell of stale cigarette smoke, that they don't notice it after a while. Do the girls want to be part of a group like this?

Nicotine Addiction/Relaxation

People who smoke claim it is relaxing, when it actually has the opposite effect. People feel relaxed when they smoke because smoking feeds them the nicotine their brain is craving. They become addicted to nicotine, which is a drug.

Fact:

Tobacco is a stimulant, it speeds up the heart rate, increases blood pressure, and revs up the body, so it is anything but relaxing

Looking Older/Being Grown-up or Like Parents

One of the most dangerous ideas held by teenage girls is that smoking is an acceptable form of adult behavior and in a rush to grow up, they think smoking will make them appear more adult.

Fact:

Smoking is very likely to kill you in the long run!!! Smoking makes you about 10 times more likely to die early from a major stroke or heart attack. Smokers suffer more frequently from severe bronchitis and emphysema. Is this the future teenage girls want for themselves?

<http://www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=240&np=158&id=2099>



Activity 6

How to Stop Smoking

If some of the teenage girls in your group have already taken up smoking the following are some ideas and things they can do to help them to give up.

Chewing Gum:

Chewing gum decreases the craving for a cigarette, by doing so they can reduce the feelings for smoking. This helps to decrease the smoking behavior in an individual for a short time.

Exercise:

One of the best way to reduce the craving for cigarettes is a good workout which could be as simple as walking, aerobics, jogging or riding a bike. This helps to not only decrease the cravings for nicotine but also helps to release endorphins, which give the body an overall sense of well being.

Music:

Learning to play a musical instrument is another positive way to avoid cigarette smoking. This anti-smoking activity helps to improve cognitive functioning and relieve stress.

Games:

Video games often serve to relieve the stress of an individual and they can also be effective as an anti- smoking activity. They can also help to improve hand eye coordination as well.

Hobbies:

Keep yourself busy with other activities like sports, studying, cooking, reading etc. This is an important way to reduce cravings for smoking, as these hobbies keep you busy in the leisure time. Try something that you have always wanted to do but never got a chance to do it.

Source: www.tobryanyoung.blogspot.com/2011/06/anti-smoking-activities.html

Where to go next...

www.quit.ie
www.cancer.ie/exhale
www.spunout.ie
www.dohc.ie (Dept. of Health)
www.irishhealth.com
www.youthhealth.ie
www.healthpromotion.ie
www.niforkids.com

Youth Work Ireland Week



Saturday 21st April - Sunday 29th April 2012

This year as part of Youth Work Ireland's 50th Year Celebrations, Youth Work Ireland will launch the first **Youth Work Ireland Week**. This week is a celebration of local youth services lead by local people and will involve thousands of young people, volunteers and local communities taking part in youth events, projects and outdoor celebrations across the four corners of Ireland.

Youth Work Ireland Week is a chance for us to shine a spotlight on the great work being delivered by our local youth workers and volunteers around the country. It is also an opportunity for young people in the services to participate, become involved and have fun!

Youth Work Ireland Week will see over 100 events organised and planned by the young people, staff and local voluntary youth services across the four corners of the country. From Donegal to Wexford and from Kerry to Louth thousands of young people will be putting their best foot forward in showcasing what local communities and young people can do in partnership to build stronger communities and a better country for all.

A full listing of events is contained on the next two pages.



Sean O'Brien, Ireland and Leinster rugby star at the launch of Youth Work Ireland Week in Tullow Youth Café, Carlow

Key Asks for Youth Work Ireland Week:

"Ireland needs strong and vibrant local youth services in all our communities. Youth Work Ireland makes a real difference to young people's lives today and for the future. Young people and youth work need to be supported today if we are to have a tomorrow. We are asking people to support our call for a moratorium on any more cuts to frontline services for children and young people"

John Gilmore, President, Youth Work Ireland

How You Can Support Youth Work Ireland Week

Support Us - All around the country by engaging with young people, volunteers and youth workers to make Ireland a better place for young people to develop as active citizens and to ensure that local communities are served by quality youth services.

Email fundraising@youthworkireland.ie

Volunteer with Us - Our work ensures young people choose healthy lifestyles, engage with their communities and develop as well rounded citizens today and for the future. By entrusting young people with leadership roles today we know our country's future is in safe hands tomorrow. Email volunteering@youthworkireland.ie

Stand with Us - Ireland needs strong and vibrant local youth services in all our communities. Youth Work Ireland makes a real difference to young people's lives today and for the future. Young people and youth work need to be supported today if we are to have a tomorrow.

Support our call for a moratorium on any more cuts to frontline services for children and young people through our [Facebook Page](#) or email advocacy@youthworkireland.ie

Youth Work Ireland Week Events

Saturday 21st April

Meath Youth Federation will host MYFed X Factor 2012. **Youth Work Ireland Galway** will host all clubs and projects for Music, Sport and Fun in Galway City over the weekend. **Waterford & South Tipperary Community Youth Service** will hold a Volunteer Mini Conference on the topic "Volunteers Having a Say".

Sunday 22nd April

Carlow Regional Youth Service will hold a Family Fun Day in the town park, this will include the CRYs Duck Race. **KDYS** will hold a Youth Day Event. **Ossory Youth** will hold a Sponsored 5km Fun Walk / Run in the Castle Park. **Waterford & South Tipperary Community Youth Service** will hold a photographic exhibition entitled "Through Youthful Eyes", this will feature an exhibition of pictures from different Youth Groups in WSTCYS and will run all week in the Edmund Rice Youth and Community Centre.

Monday 23rd April

Carlow Regional Youth Service will launch *Youth Work Week Carlow 2012* in The Vault and this will feature the launch of their new website and a presentation of computers from Carlow I.T. The Eigse Art Festival Workshop will run in The Vault all week. **CDYS Youth Work Ireland** will hold a Music Group Gig, Cooking with Sonya's Group, Homework Club, Life Meditation and a Girls Group with a focus on fitness, health promotion, hair and beauty. **Donegal Youth Service** will host their 'Let's Talk About Sex' Week, this will feature Highland Radio Information Sessions all week, with Monday's session featuring Siobhan O'Higgins, Sexologist. **FDYS** will run Ready Steady Cook! and a quiz nite on the Titanic theme. **Limerick Youth Service** will host YELL International Conference beginning Monday and running all week in different locations around Limerick. **Midlands Regional Youth Service** will hold a quiz night.

Tuesday 24th April

Carlow Regional Youth Service will hold a photo shoot @ Little Orchard Crèche and The Irish Young Film Makers will host 'CRYs is Great because...' Project in The Vault. **CDYS Youth Work Ireland** will hold their Youth Café, a Girls Group Drop-In service, Junior Boys Group Activities, Tidy Towns Event, Homework Club and a Magazine Group. **Donegal Youth Service** will host a Breakout Buncrana Sexual health Awareness Event. **FDYS** will hold Ready Steady Cook and a Pool Tournament. **Midlands Regional Youth Service** will hold a Football Competition. **North Connaught Youth Service** will hold an Internet Safety Workshop. **Youth Work Ireland Cork** will hold an Intergenerational Quiz Night.



Wednesday 25th April

Carlow Regional Youth Service will hold a workshop for staff on Adapting Games for Summer Camps; an Information Stand in Fairgreen Shopping Centre during the week; Y.A.R.C. Project and Sports Development Project will hold *Sprocket Rocket Workshop*. **CDYS Youth Work Ireland** will hold a Drama Theatre Workshop; ACTivate (Aspergers Children Together) Group and a Guitar Group. **Donegal Youth Service** will hold Love Hurts – Train the Trainers Sexual Health Programme. **FDYS** will hold a Movie Evening; a Traveller Cultural Evening in Bunclody; a Treasure Hunt on “Knowing Your Town” and “Your Health is Your Wealth” Day. **Midlands Regional Youth Service** will hold yART Youth Art Exhibition in The Atruim, County Buildings, Mullingar from Wednesday – Saturday. **North Connaught Youth Service** will hold a Mental Health Workshop; a Youth Drop-in Event and an Orienteering Event. **Tipperary Regional Youth Service** will hold a Youth Employment Workshop. **Youth Work Ireland National Office** will host a Show and Tell Political Briefing in Leinster House for all Member Youth Services.

Thursday 26th April

Carlow Regional Youth Service will hold a presentation by Comhairle na nOg on *Bad Portrayal of Young People*. **CDYS Youth Work Ireland** will hold a Youth Council Event; a Photography Group and 4-6 Film Group. **Donegal Youth Service** will hold *The Real Deal Project* in Letterkenny Women’s Centre; an Open Day for Schools to Explore this Peer-Led Project and a LOFT Parents Information Evening on Sexual Health. **FDYS** will hold a Table Tennis Tournament; an Art Work Shop and Collage with local artist Seamus Turner. **Meath Youth Federation** will hold their "Acoustic Session" at the Meet & Eat Youth Café. **North Connaught Youth Service** will hold a *Teenage Parenting - Life choice Programme*. **Youth Work Ireland Galway** will hold a reading by the Corrach Bui Intergenerational Creative Writing Group. This Project will also display some of the crafts by the Droim Chaoin Groups in the Westside Library.

Friday 27th April

Carlow Regional Youth Service will hold a Mixed Soccer Tournament with Community Gardai; Video Display of videos produced by CRYs Projects during the year in The Vault. **CDYS Youth Work Ireland** will hold the TGI Club; The Recording Studio and a Pool Group. **Donegal Youth Service** will host the *S Word Youth Sexual Health Conference* and the Youth Information Centre Drama Group will host a Sexual Health through Drama Sketch which will be performed at The S Word Conference. **FDYS** will hold a FIFA Tournament. **Limerick Youth Service** Southside Youth Club will hold a Get Together Evening for city and county young people. **Meath Youth Federation** will hold an "Information Day" at Navan shopping centre. **North Connaught Youth Service** will hold their Youth Drop-in service in The Base Youth Cafe. **Youth Work Ireland Galway** will host the CAPE Project and Galway City Comhairle’s party with a German Youth Council in Galway City.

Saturday 28th April

CDYS Youth Work Ireland will hold their Rock School all day. **Donegal Youth Service** will host Breakout Letterkenny Sexual Health Awareness Event. **FDYS** will hold a Red Carpet Event with the launch of a film. **Meath Youth Federation** will have a Meet and Eat in their Youth Café in Navan. **Youth Work Ireland National Office** will host the finals of the IYMA’s (Irish Youth Music Awards) in Liberty Hall Theatre, Dublin.

Sunday 29th April

FDYS will hold a Rounders Competition in Courtown. **North Connaught Youth Service** will hold the Youth Work Ireland Games Factor Regional Finals in Sligo. **Tipperary Regional Youth Service** will hold a Fun Run. **Waterford & South Tipperary Community Youth Service** will host Yo 211 in Farranshoneen Youth & Community Centre.

This schedule of events is a taste of what will be going on around the country during Youth Work Ireland Week.

The complete schedule with full details of events, times, locations and contact people can be found on the Youth Work Ireland Website at:

www.youthworkireland.ie



Youth Work Ireland
Our Youth, Our Nation, Our Future.

Round Up

Safer Sex Youth Message Competition

The IFPA is offering young people a chance to win a Apple MacBook Pro for their school or youth group by coming up with a creative Safer Sex Message and devising an innovative way to communicate that message.

The young people can choose whatever medium they believe will be the most effective to communicate to young people of a similar age.

Additional individual prizes such as ipods, digital cameras, and Extra Vision vouchers will be awarded where the judges find great innovation, persuasive content, extraordinary creativity, and excellence.



SEXUALITY, INFORMATION
REPRODUCTIVE HEALTH & RIGHTS

This competition is open to all schools and youth groups in the Republic of Ireland

*All entries to be delivered to IFPA by
5pm Monday, April 30th 2012*

by email to: maeve@ifpa.ie or post to:

Solomon's House, 42a Pearse St., Dublin 1.

Winners will be announced on May 17th 2012.

New Service for Children and Separated Parents in Ireland

A new service for children whose parents are separated and who are unable to agree safe and appropriate arrangements for contact was launched in April by Minister for Children Frances Fitzgerald, TD. The first-of-its kind in Ireland, the Child Contact Centre service provided by **Barnardos** and **One Family** is opening on a two year pilot in three locations in Dublin: Ballymun, Clondalkin and Tallaght.

A Child Contact Centre is a safe, friendly and neutral place where children can spend time with the parent(s) they do not live with. The aim of the service is to enable children, where possible, to grow up enjoying a positive relationship with both of their parents, even when they don't live together. Specialist contact centres for children and families involved in marriage and relationship breakdown are common in many countries throughout Europe including Northern Ireland. The Barnardos & One Family Child Contact Centre service provides a range of contact options including, supervised contact; supported contact and handover contact.

For more information see:

www.barnardos.ie www.onefamily.ie



Barnardos



Department of Children and Youth Affairs Research Scholarship Programme

The Research Scholarship Programme was established in 2001. The aim of the Programme is to develop research capacity



An Roinn Leanaí agus Gnóthai Óige
Department of
Children and Youth Affairs

in relation to children and this year, to support research projects directly relevant to the outcome areas of the National Strategy for Research and Data on Children's Lives 2011-2016

Under this Programme, successful applicants receive an annual maintenance grant of €16,000 and also have university fees paid in full by the Department of Children and Youth Affairs.

Subject to the receipt of suitable applications at least one of the scholarships will be awarded to a study whose central research questions are addressed through analysis of Growing Up In Ireland data www.growingup.ie

Application forms, terms and conditions, and additional documents for the 2012/2013 DCYA Research Scholarship Programme can be downloaded from the Department of Children and Youth Affairs Website at www.dcy.a.ie

Governance Code for Ireland's Community, Voluntary and Charity Sector



The Governance Code has now been published, see: www.governancecode.ie

This final version of the Governance Code has been published following extensive feedback during the public consultation phase (May to end July 2011). Over that period, a total of 112 written submissions were received with 140 additional groups engaged via workshops, webinars and emails.

The feedback represented a hugely diverse response, comprising input from individual charities, voluntary and community organisations, umbrella representative bodies, fundraisers, grant-makers, government departments, lawyers, trainers, educational institutions, students of post-graduate studies on the Third Sector, accountants, non-profit practitioners, retired public service officials, politicians and members of the public.

The Working Group is now focusing on disseminating the Governance Code across the full sector and are planning an official launch in mid-year. By then they will be able to report back to all stakeholders on how the initial months of rolling out this new standard has been experienced by the 'early adopter' groups.

The Working Group has assembled a set of resources on the website that are intended to assist organisations to adopt the Code. If you know of other useful resources, please email info@governancecode.ie to have them added to the list.

Make Ireland Aware: Make A Movie!



THE INTEGRATION CENTRE
Connecting Communities • Advancing Integration

The Integration Centre, a non-profit organisation working towards social cohesion and the inclusion of people from immigrant backgrounds in Ireland is hosting a film competition to advance the topic of diversity.

If you are a student or young person hoping to gain some experience in production, or if you work in a diverse environment you would like to highlight, this may be of interest to you. The competition is open to anyone who wishes to participate, from the amateur to the less so!!

All you need to do is to create a film focused on the themes of:

Identity
Diversity
Integration
Racism

The winning film will receive €500 and be shown on YouTube, the TIC website. The shortlisted five best films will be shown at the prize giving evening and the TIC website.

Deadline for submission: 1st May 2012

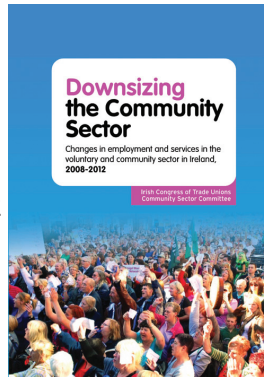
For further information, guidance, or to be put in touch with possible subjects contact:

Helena Clarke
Director of Public Affairs
helena.clarke@integrationcentre.ie
Tel: 01 6453070
www.integrationcentre.ie

Downsizing the Community Sector: Changes in Employment and Services in the Voluntary and Community Sector in Ireland, 2008-2012

By Brian Harvey (INOUE), 2012

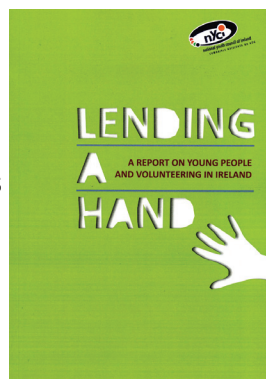
This report is an examination of the cumulative impact of the cuts in spending in the voluntary and community sector in Ireland from 2008 to 2012 specifically examining their effect on employment. The voluntary and community sector had at the start of the financial crisis in 2008, a value of €6.5bn, received about €1.89bn in state funding and employed 53,098 people. From 2008-2012 government spending on current services fell by -2.82%. In response voluntary and community organisations have sharply reduced their spending, their last options being the dismissal of staff and the closure of services. Such a dramatic fall in funding is estimated, based on a contraction in the order of 35%, to lead to a loss of employment in the voluntary and community sector. The study was complimented by a ground truth survey, which identified hugely increased pressure on voluntary and community organisations, the reduction and closure of services and staff reductions.



Lending a Hand: A Report on Young People and Volunteering in Ireland

By NYCI, 2011

Volunteering has long been recognised for its very significant contribution to Irish society. This report looks at the factors that both attract and prevent young people from volunteering. The research sets out to

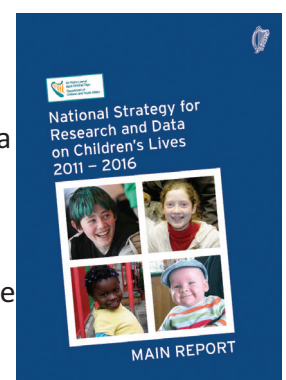


explore the 'levers' that may support participation as well as the obstacles and barriers which may prevent young people from volunteering. A series of nine in-depth focus group interviews and a parallel series of 25 in-depth 'case study' style interviews were undertaken with young people aged 15-25. The research confirms that volunteering can play a very significant role in developing greater levels of community and social awareness and involvement amongst young people in Ireland. Volunteering, importantly, affords young people the opportunity to develop confidence levels, valuable personal and social skills and a sense of responsibility both for themselves and the local, national and international community that they live in. This research focused on capturing the experience and attitude of young people towards volunteering and demonstrates that young people in Ireland are most interested in the concept of volunteering and many are clearly very motivated to involve themselves in volunteering activities and roles. This report is also available as a pdf download from www.nyci.ie

National Strategy for Research and Data on Children's Lives 2011-2016

By Dept of Children and Youth Affairs, 2011

The aim of this strategy is to set out a plan to guide and support the development of research and data around children's lives over the next 5 years for the purpose of ensuring children and young people benefit from improved understandings of their lives.



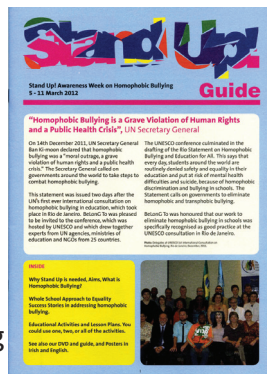
The initial intention in developing this strategy was to focus on data only, particularly on official and other statistical holdings, as has been the case with strategies developed by other Government departments. This strategy goes beyond this type of approach and both aligns and mobilises key issues of relevance to

both research and data around children's lives. In doing so, it provides a framework for improving understandings of children's lives across all sectors, including policy-makers, service providers, researchers, children, families and communities. The inclusion of both data and research is an explicit recognition of the importance of achieving a comprehensive understanding of children's lives. Although there is much overlap between research and data, in general, agendas have evolved separately from each other and issues arising are usually addressed in different fora and through individual strategic developments. This strategy, through its Action Plan will play an important part in informing policy and practice developments by facilitating the creation, synthesis and transfer of the best available knowledge in the area for the purpose of ensuring children's lives benefit from research and data. While the Department of Children and Youth Affairs is responsible for certain actions in the strategy and will have an oversight role in relation to the overall action plan, individual Government Departments or other organisations that have agreed to carry out specific actions in this strategy will be responsible for delivering on these.

Stand Up Guide

By Belong To, 2010

This guide was produced to coincide with Belong To's Stand Up – Awareness Week on Homophobic Bullying. The aims of Stand Up are to create a positive understanding of Lesbian, Gay, Bisexual and Transgender (LGBT) young people and their issues, and to offer schools and youth services across Ireland an opportunity to play a major role in addressing homophobia. Many LGBT young people develop their sexual and gender identities within supportive families and communities and lead happy lives. However, many other LGBT young people experience serious levels of prejudice and bullying. This guide is a valuable resource for youth workers and teachers to introduce and deal with the

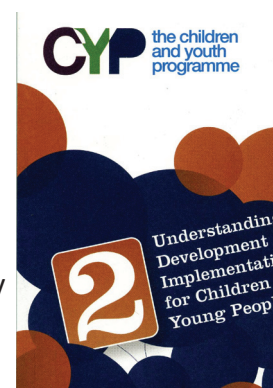


issue of homophobic bullying with young people. The guide contains education activities which cover LGBT terms and a DVD viewing guide. The guide also contains a 'whole school' approach to equality and personal testimonies.

Understanding Policy Development and Implementation for Children and Young People

By The Children and Youth Programme (CYP), 2012

This paper provides a summary of the second report of the Children & Youth Programme. The focus of this second report is based on a series of stakeholders from the policy, statutory and non-statutory sectors in Ireland and Northern Ireland, where the twin processes of policy development and implementation were identified as recurrent concerns. Arguably, if child-centred policy is developed and implemented well the rights and well-being of children and young people should be protected. However, as Governmental responses to the economic decline demonstrate almost daily, the extent to which these rights are protected has become increasingly precarious, often impacting on the well-being of the most marginalised and vulnerable groups.



These publications are available to take out on loan to members of the Irish Youth Work Centre Please contact

**Gina Halpin / Breege Kiernan
on 01-8584512
ghalpin@youthworkireland.ie /
bkiernan@youthworkireland.ie**

The full IYWC Library Database is now available to search online at www.iywc.ie/library-database

Youth Work Ireland Consensus Conference



Our Youth, Our Nation, Our Future

Saturday 22nd September in Farmleigh House, Dublin

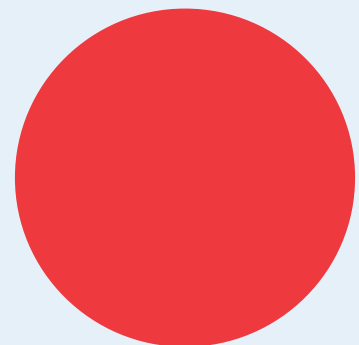
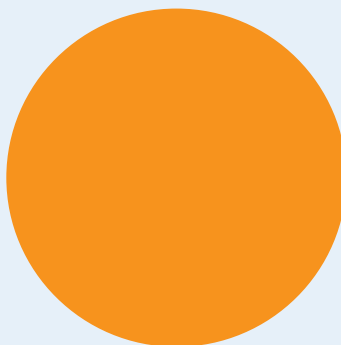
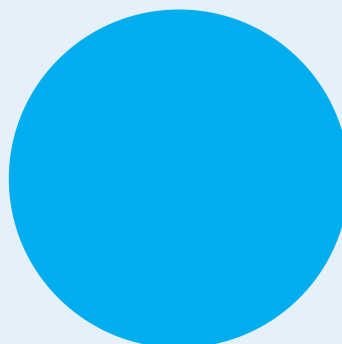
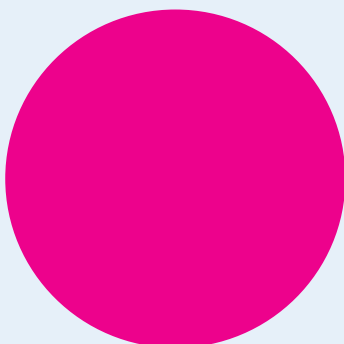
Changes to Youth Work in Ireland are bringing new challenges and opportunities for young people, volunteers and staff in Ireland. Recent developments include new standards and assessment for youth clubs and youth work services, a new focus on evidence and outcomes and a decrease in funding. Even more changes are coming; the Department of Children and Youth Affairs is now writing a new Youth Policy Framework (YPF) for Ireland. At the same time communities, families and young people are dealing with austerity, disruption and new social pressures.

The Youth Work Ireland Consensus Conference will address these and other emerging challenges and opportunities. It will do this by offering young people, volunteers and staff from Youth Work Ireland a process and a safe space to:

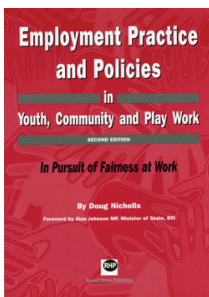
- Come to consensus in identifying the elements of our practice that need to be protected and developed in the new Youth Policy Framework and by Youth Work Ireland;
- Learn from each other as well as policy makers about the challenges that the new Policy Framework will bring and the opportunities that exist to overcome these challenges;
- Work together to reach consensus on collective actions we can take to engage the new Policy Framework;
- Have their ideas presented to the Department of Children and Youth Affairs for consideration in developing the new Youth Policy Framework.

Further details will be available from the Youth Work Ireland Website at
www.youthworkireland.ie

To register your interest please email ghalpin@youthworkireland.ie



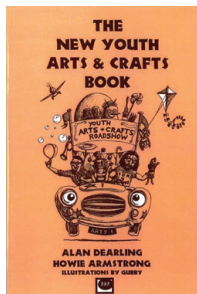
Recommended Reads



Employment Practice and Policy in Youth, Community and Play Work

by Doug Nicholls

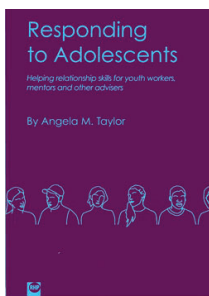
Book aimed at managers and workers – in statutory and voluntary sectors – in youth work, community work and play work. This comprehensive and practical guide to issues of employment has now been thoroughly updated to take account of: Changes in the delivery and organisation of youth, Community and play work; New ideas about best practice; The completely new trade union and individual employment rights legislation introduced since 1997. **R.R.P. €20.00 - SALE PRICE €17.00**



New Youth Arts and Crafts Book

by Alan Dearling and Howie Armstrong

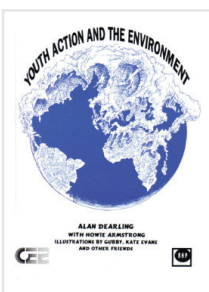
Packed with a wide and diverse range of practical arts and crafts activities to use with young people, this book represents the best of the old and new. Most are activities that can be run without specialist training. It includes simple crafts alongside; Cooking and baking as a cultural activity; Eco-activities; Story telling; Carnival; Circus skills and much more. Each entry includes: How to do it, Advice on materials, Suppliers, and Commentary on important aspects. **R.R.P. €16.00 - SALE PRICE €14.00**



Responding to Adolescents: Helping relationship skills for youth workers, mentors and other advisers

by Angela M. Taylor

Book provides practical suggestions for youth workers and other professionals in developing one-to-one helping relationships with young people aged between 12 and 19. It focuses on the relationships, issues and problem areas of personal development. It emphasises values, responsible practice, beginnings and endings, and the active discouragement of dependency. **R.R.P. €18.00 - SALE PRICE €16.00**



Youth Action and the Environment

by Alan Dearling and Howie Armstrong

Thoughtful and well-illustrated book with original and diverse activities that young people can be directly involved in. It incorporates a unique and highly diverse range of examples and case studies including – conservation, reclamation projects, games and activities, art, drama and animation work. **R.R.P. €18.00 - SALE PRICE €16.00**

To purchase any of these books please contact:

Gina Halpin at ghalpin@youthworkireland.ie or phone 01-8584512



Irish Youth Work Centre



Youth Work Ireland

Our Youth, Our Nation, Our Future.

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