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Cover Image: Jake Sweeney (17) from Tralee, Aaron King (14) from Ballivor, and Kenneth Walsh (17) from Tralee who had the opportunity to take part in 02 Think Big workshops in songwriting, performance and sound engineering, with (in middle) Paul Walsh, lead singer with Dublin band Royseven, (on Piano) who is to become a **Think Big** ambassador. PIC. MAXWELLS DUBLIN

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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Editorial Sometimes you have to pick yourself up and

move on!



Greetings all and welcome to this latest edition of the Irish Youth Work Scene. So we have come to the end of another challenging year in which resources within the Youth Work Sector have shrunk further and in a context in which there is increased demand for our services. Budget 2012 which has just been delivered has, as we anticipated, little good news for young people or for the funding of the youth work sector. Twenty Seven per cent of young people remain unemployed with many forced to emigrate to find work. Many of the traditional supports to young people have been cut in the budget. These include a reduction in allowances for 16 and 17 year olds on FÁS Schemes and Youthreach respectively from €96 and €76 to a mere €40. The Back to Education Allowance has been slashed from €500 to €300 - that's a 40% cut. Youth Information Grants and SPY Grants have been cut by 5% and there will be an even greater cut, yet to be announced, to the Youth Services Grant. In the midst of this negative news the announcement in the budget of a €20 million package for a new Labour Market Activation Fund for young jobseekers is a glimmer of light and to be welcomed.

There is no doubt that these are very difficult times for young people and for the Youth Work Sector. However, those of us who work in the sector do not need to be reminded of the strength and resilience of young people. It is these characteristics which inspire us and motivate us every day and it is precisely these characteristics which will bring us all through these taxing times.

Looking at my Facebook page on the night of the budget I noted that somebody had shared the amusing image of an "orange in human form" with the caption "sometimes you have to pick yourself up and move on". It occurred to me that in the midst of all these challenging times we are living through this caption contained a truth. Youth workers, volunteers and young people must continue to believe in their achievements, their boundless potential and their hope for a better future for all. I would like to take this opportunity to thank you for all your work and to wish you all the complements of the season.

Patrick J. Burke

lips /bako

CEO Youth Work Ireland





Youth Workshop Explores Music and Mental Health

Introduction

Over 40 young people attended a one-day workshop in Dublin's famous Windmill Lane studios on Sunday 15th October to explore the connection between music and mental health. The role that music can play in providing a support or release for young people is critical according to new research from Headstrong, the National Centre for Youth Mental Health. The event was part of a series of activities planned by Think Big to mark World Mental Health Week.

Music is one of the top three coping strategies that young people report in the 'My World Research' according to Dr Barbara Dooley, Director of Research at Headstrong. My World is Ireland's first national survey of youth mental health and to date more than 10,000 young people have been surveyed. Findings from My World will be launched in early 2012 but the importance of music in young people's lives is obvious from data collected so far.

Saturday's event covered the role of music in young people's mental health, and offered participants the opportunity to take part in workshops in song writing, performance and sound engineering. Dr. Tony Bates, Founding Director of Head-

"Music is one of the top three coping strategies that young people report in the 'My World' research"

strong talked about the importance of music in expressing oneself. A series of workshops followed, hosted by: Paul Walsh, lead singer with Dublin band Royseven; professional sound engineer Shaun Cadogan; choral singer Rachel Dempsey and Wally, an up-and-coming rapper from Portlaoise. They helped the attendees to write and produce a song in the genre of their choice and the day ended with a performance in the Windmill Lane Studio.

Nuala Smith, Youth Participation Officer at Headstrong, the National Centre for Youth Mental Health, said:

"Music and emotions are intricately entwined: both performing and listening to music has helped us to relax, connect, feel soothed and be inspired in its expression of joy, hope and melancholy. It's not surprising therefore that many of the projects submitted by young people through the Think Big programme have involved music. We have organised this workshop to kick start a discussion amongst a group of young people on the role that music plays in our mental health."

Sinead Smith, Corporate Responsibility Manager at O2 said:

"Since the launch of Think Big a year ago, we have witnessed the programme being brought to life by young people, who have sought to make a difference in their communities through over 80 projects all across the country. Many of these have involved music, so we wanted to create an event that will explore music and mental health in more depth. We hope that the progamme will continue to prosper and that more and more young people apply to <u>www.o2thinkbig.ie</u> for help to bring their projects to life."

Examples of some of the music-led initiatives that have been created and led by young people are:

Song Writing Workshop in Kerry to encourage young men to express their emotions and tackle the issue of bullying.

Music Project in Clondalkin organised by a group of young women aimed at reaching out with a positive mental health message to young people in their community, which has experienced a high suicide rate.

Drug and Alcohol-Free Music Event for young people.

The Think Big Programme

Think Big has been designed by O2 and Headstrong to enable young people to do projects in their community that will make a difference to



theirs and to other's mental health. Since its launch in September 2010 Think Big has seen funding approved for over 80 projects throughout the country.

The Think Big Programme is open to any young person in the Republic of Ireland, aged between 14 and 25, with an idea for a project that will make a difference to young people's mental health. In addition to receiving funding to help get the project up and running, each Think Big project group will get support from O2 and Headstrong in the form of mentoring and training to help them to bring their proposal to life. They also receive a mobile phone (with €50 credit), and a Think Big start-up pack.

For more information on Think Big log on to www.o2thinkbig.ie



Photographed above are: Nikki Okesiji (17) from Coolmines, Aoife Smith (17), from Churchtown, and Benedetta Zimbalatti (16) from Coolmines who had the opportunity to take part in workshops in songwriting, performance and sound engineering, with Paul Walsh, lead singer with Dublin band Royseven on piano. PIC MAXWELLS DUBLIN

Photographed on opposite pages: Rares Marin (20), from Castleknock, Rapper Wally O' Loughlin and Congo Boy TV, (17) from Blanchardstown who had the opportunity to take part in workshops in songwriting, performance and sound engineering PIC. MAXWELLS DUBLIN

Local Youth Service Leading the Field in Online Education



Introduction

County Longford Youth Service (CLYS) is taking education in Longford into the 21st century. CLYS have been running an Alternative Education Programme (TOP CLASS) as a pilot for iScoil, an online learning centre for the past 3 years with excellent results. This programme offers young people FETAC accreditation, with level 3 being equivalent to the junior certificate and level 6 being equivalent to the leaving certificate. The aim of the programme is to engage with young people who may not be suited to mainstream education.

So how does it work?

All of the young people who are involved in the TOP CLASS group are aged between 13-16 years and have been referred into the project through the local Education Welfare Officer (EWO). The young people then 'enroll' into iScoil, Ireland's first virtual school. All the teaching and learning happens online. Students are assigned a mentor who identifies the student's interests, facilitates their learning and helps them to work towards FETAC accreditation.

Iscoil is born of the belief that all young people want to learn but not all are 'school shaped'. With iScoil, there is an emerging model of learning, facilitated by technology that is addressing the barriers to learning, be they personal, social, medical or systemic.

The young people attend the programme 3 days per week. During the students time at the programme the young people have access to a computer with a secure, filtered broadband connection, coursework is sent from a network of mentors throughout the country who each specialise in their own area. The young people then complete the coursework which is specifically tailored to each young person and

return it to their mentor to be graded. Once the young person has completed a module of work they receive a certificate for that module. This then builds the young person's portfolio and helps them to take a step towards their FETAC level 3 qualifications.



But what about the social aspect of iScoil or lack of it?

Isn't the idea of any young person sitting at home all day in front of their computer a little unnerving? Marianne Checkley (iScoil Team Leader) said "it's actually very social and there is a huge sense of community online" Most people these days have a Facebook page and use it on a regular basis to keep in touch with friends and family so with online social networking at an all time high, is online socialising the future?

County Longford Youth Service is the first user of the iScoil program to use it on a group basis. A number of young people use the service provided by the youth service at the same time. This allows the young people to interact with each other and build relationships with both the staff of the youth service and their peers.



The youth service staff oversees and facilitates the group with their iScoil educational work on an individual basis and carry out personal development modules and recreational activities in a group setting. This allows the group a sense of privacy in relation to their work as many of the group would have self conscience issues in relation to their levels of literacy or numeracy.

County Longford Youth Service staff aim to re-engage the group with their peers and their local communities and to develop a sense of self worth something that has been missing from many of the young people's life. Building the capacity of the young person in this safe and steady environment has shown that the vast majority of students who engage in the programme gained in confidence" In some cases the capacity building of the young person is so great that they feel able and ready to return to mainstream school. In its first year of operation, CLYS were delighted to have 50% of the group return to Post Primary school or enter a training course.

The Education Welfare Officer, Post Primary Schools and many other agencies have been very supportive to County Longford Youth Service in the running of this group and many of them sit on a committee that oversees the referral process. After 3 years the project can no longer be labeled a "pilot" but rather a very successful and rewarding project. In fact, the County Longford Youth Service model of iScoil has worked so efficiently that it is now being roled out in a neighboring county to assist the young people of that county.

In the future, could County Longford Youth Service be credited with starting the ball rolling on this exciting and successful alternative educational programme? If so, well done Longford!!

Article written by Mark Noble.

For more information contact County Longford Youth Service, 6 Earl Street, Longford.

Ph: 043 33 40907





County Longford Youth Service Youth Work Ireland







Background

Ireland has a very high lung cancer rate, with 1,784 people diagnosed with lung cancer in 2009. 95% of all lung cancers are caused by smoking and 29% of the population smoke, with smoking rates on the rise. The Irish Cancer Society want to tackle this issue and are focusing on young people and tobacco, as 80% of smokers take up smoking before the age of 18yrs.

At the beginning of the year the Irish Cancer Society began the X-HALE Youth Awards Scheme. The scheme is a new initiative by the Society which aims to work with young people asking them to address the issue of smoking in their own communities. In January we invited applications from youth groups all over Ireland for funding under the scheme. In April, nine groups were chosen and awarded €20,000 worth of funding (including Youth Work Ireland Cork;

Loughrea Youth Project, Youth Work Ireland Galway and Newbridge Youth Project, Kildare Youth Services.

The Society also committed to deliver training workshops to provide practical support to the youth groups to fully develop their projects. The Society invested €30,000 in training and developing these young people, offering workshops on subjects ranging from social media to public relations.

The Award Catagories and Winner

The Awards operated at three levels - Local Level where a grant was given to help support the group in developing their project or campaign; Regional Level: Where groups participated in skills-based workshops relevant to their project and National Level: Where groups brought their final project to a national showcase event in October and highlighted their achievements.

X-HALE Youth Awards Annual Expo 2011

On Wednesday the 2nd of November 2011 the X-HALE Youth Awards Annual Expo took place in Croke Park. The event was attended by youth groups from across the country, including the groups who took part in the Awards scheme. Many of the groups presented their work which highlighted their creative and unique ways of tackling smoking amongst young people in their communities.





The 9 Award Winners for 2011 were:

ECO-UNESCO The Greenhouse

X-HALE Youth Forum – our community, our future' Amount awarded - €4,000

South West Kerry Family Resource Centre

'Cahersiveen X-HALE Youth Project' Amount Awarded - €2,200

Totally Terrific Club – Foroige

'It's not fair, you're claiming our air' Amount awarded - €1,500

Ceim ar Ceim

'Choose'

Amount Awarded - €1,600

Youth Work Ireland Cork

'Who said smoking is cool' Amount awarded - €2,000

Shannon Gaels Minor GAA Club

'Lanesborough kicks the habit' Amount awarded - €1,000

Newbridge Youth Project

'Stump the butts - Summer fest' Amount awarded – €4,200

Youth Work Ireland Galway

'Adbusters - the real face of tobacco' Amount awarded – €1,000

Neighbourhood Youth Project 2

'You still smoking? You must be %&*£!^\$ joking!!' Amount awarded - €2,500



The X-Hale Youth Awards for 2012 is now open for applications. See

www.irishcancer.ie/xhale

for more information.

Youth Work Ireland Volunteer Achievement Awards 2011



Introduction

The Youth Work Ireland Volunteer Achievement Awards were introduced in 1999 as an attempt to highlight the enormous, positive contribution made by the 7,500 volunteers all over the country to the lives of young people and to the work of local youth services. This programme can only recognise and celebrate the contribution of a small number of individual volunteers at national level. However, these individuals are highlighted as representatives of the huge numbers of volunteers that give of their time each week throughout the year to ensure young people have opportunities to engage in their local communities.

Local clubs and youth groups are given an opportunity each year to nominate their unsung heroes such as the person they look up to and rely on, the person who opens the door to the club, who makes the costumes and washes the kit, the person that inspires them, the person they go to when they need advice or support, the person who makes sure there are tea bags, coffee and those nice biscuits you like, the bus driver, the person who is first up the mountain, or into the freezing water, and the person who knows when to just listen.

During the past decade or more this programme has gone from strength to strength. Over recent years nominees and award recipients have come from the majority of our local youth services. The annual national awards event is now firmly established as one of the highlights of the Youth Work Ireland calendar of events. This year we had

an excellent response with a total of 38 nominations from 11 local youth services across the five award categories.

2011 Award Nominees

Linda Grimes & John Finney, Meath Youth Federation; Padraig McGrath & Angela Montgomery, Midlands Regional Youth Service; Sarah Duggan & Kathleen Hehir, Christopher Ryan, Vadim McEvoy, Clare Youth Service; Vanessa Kavanagh, Rebecca Bambrick, Diarmuid Nevilly, Celia Nolan FDYS; Niamh McCartney, Lynn O'Halloran, Roisin Smith Youth Work Ireland Louth; Kristy Griffin, Brian Gough, Ben Coleman, Leigh Gath, Mary Grace, Limerick Youth Service; Loretto Feeney, Marian Farrell, Carlow Regional Youth Service; Sandie Murphy & Joss L'Amour, David Foley, Fiona Hession, Ros McKeon, Karen Dunne, Youth Work Ireland Galway; Rosaleen Gubbins, CDYS Youth Work Ireland; Liz Fenton, Adrian Sheehy, James Lowe, CDYS Youth Work Ireland; Jim Gartlan, Rosemary McMahon, Briege Martin, Youth Work Ireland Monaghan; Harry Cunningham & Peter Murphy, Gearóid Murphy Kerry Diocesan Youth Service.

In 2011 a thorough nomination and selection process took place through the summer months. The Selection Committee of John Gilmore, Youth Work Ireland President; Simon Harris, T.D; Liz Dermody, Ossory Youth; Kathryn Wall, Carlow Regional Youth Service took on the arduous task of choosing the award recipients. The selection committee found this really difficult as the quality of the nominations was very high and certainly felt that all nominees deserved as much recognition as each other.

Volunteer Achievement Award Recipients 2011

Leading the Way Award - for volunteers working with young people in a youth club or youth project setting: Padraig McGrath, Daingean Youth Club, MRYS.

Padraig has been involved in Daingean Youth Club since 2008 and has been instrumental in establishing the senior youth club. He is currently involved in the youth club committee. He undertook to deliver a graffiti workshop with both junior and senior club members, and he set up the club Facebook page and website. Padraig recently completed his degree in Social Care with Athlone Institute of Technology and is extremely enthusiastic and passionate about his work with young people and particularly about encouraging them to develop their own talents and abilities.

Stepping up Award - for young volunteers who are moving into a leadership role in their club or project: Peter Murphy, Bruach na Habhainn Youth Project, KDYS.

Peter Murphy has been involved in KDYS clubs and groups for the past number of years. Initially Peter joined as a member and his interest and initiative soon saw him taking on more of a leadership role. He undertook Youth Empowerment Programme (YEP) training with KDYS and this programme equipped him with the necessary skills and attitude to be a junior leader with his local Youth Project. Bruach na hAbhainn. Peter is also a member of his local Garda Youth Project where he works with the project worker and co-ordinator on improving his group work and leadership skills.

Making a Difference Award - for volunteers engaged in direct work with young people at risk:

Gearoid Murphy, Killarney Youth Club & Drop-in, KDYS.

Gearoid (Gadge) Murphy first became a leader in KDYS at the age of 21, giving up his spare time to volunteer with numerous projects within the youth centre. Gearoid made a key contribution to the establishment of the Drop-In service as a space for young people from Killarney to develop their skills and interact socially. As a key leader in the Killarney Youth Club, Gearoid works with young people from disadvantaged communities, organising events and projects. Gearoid has a great understanding and awareness of youth issues and is a valuable and intelligent member of the groups he works with.

Behind the Scenes Award - for volunteers who have made a contribution to the development of a local youth service: Karen Dunne, Board of Directors, Youth Work Ireland Galway.

Karen Dunne is a member of the Board of Directors and has taken on the role of Treasurer over the last number of years. Karen worked with Youth Work Ireland Galway in 2002 as the Project Worker with CAPE Peer Education Project. In 2007 Karen changed jobs and is now School Completion Co-ordinator for the Westside of Galway City. Karen continues to engage with Youth Work Ireland Galway in her professional capacity but also continues to volunteer in a private capacity. Karen has taken up training in her own time to ensure she can be effective in the role of treasurer. The last number of years has been difficult financially for all youth services and Karen has helped to steer Youth Work Ireland Galway through those turbulent times.

Extra Mile Award - for volunteers who have made a sustained commitment to youth work:

Angela Montgomery, Castlepollard Youth Club, MRYS.

Angela has been involved with the Youth Service both at a local level with Castlepollard Youth Club since 2000 and at a regional level as a member of the MRYS Board of Directors since 2006. She gives willingly of her time and is as active and as enthusiastic today as when she first started. As a Youth Club committee member, Angela is responsible for liaising with young people and for the planning and running of the club. She volunteers with the youth club on Friday nights, even though her own children have long since left the club.

Article written by Tom Dunne. For information on the VAAs contact: tdunne@youthworkireland.ie



Recipient of the Volunteer of the Year Award 2011, Karen Dunne from Youth Work Ireland Galway, receiving her award from Simon Harris T.D.

Photo on previous page: John Gilmore, President Youth Work Ireland; Padraig McGrath, Daingean Youth Club, MRYS; Angela Montgomery, Castlepollard Youth Club, MRYS; Simon Harris T.D.; Peter Murphy, Bruach na Habhainn Youth Project, KDYS; Karen Dunne, Youth Work Ireland Galway and Gearoid Murphy Killarney Youth Club & Drop In, KDYS

Activity Supplement

Communication Skills for Young People

This activity supplement looks at improving communication skills with young people, the activities focus on both verbal and non-verbal communications and can be done in varying sizes of youth groups.



Icebreaker "Hot Seat"

Aim: This is a warm-up activity to help the group get to know each other better, it works best if you use it to start a session; it promotes active listening and introduces the idea of non-verbal communication.

- Ask each young person to think of three things about themselves that they would like to share with the group – set the rule that two of these should be true and the other false.
- Tell them they can be as creative as they want.
- Now get them to make a circle and set a "hot seat" in the middle of the circle.
- In turn invite each young person onto the hot seat to share their three things.
- The rest of the group should be encouraged to listen carefully to what is being said and to watch for any signs of changes in body language whilst the three things are being said.
- Ask the group who thinks the false statement is No. 1; No 2 or No 3.

Review after each go, were they right or wrong? What gave it away when someone lied? How different did they look when giving truthful information?

Discuss any surprises or unusual revelations. Source: Working with Young Women, by Vanessa Rogers

Talk Talk

Aim: To develop listening skills, and improve verbal and non-verbal communication skills.

- Divide the group into pairs with one person being the talker and the other the listener.
- The talker has to talk without any interruptions for one minute. The listener has to maintain eye contact, nod appreciatively and encourage the talker to keep talking but not talk themselves.
- After one minute swap roles and repeat.
- Repeat the process with the listener listening in an unattentive and disinterested way, after one minute swap roles.
- Repeat the process again this time with the listener listening in an over-interested way, butting in and taking over the conversation.

Bring the group together and review the young people's experiences of the exercise. Some review questions could be:

How does the listener's behaviour make it easier or harder to talk?

How easy was it to talk/listen for one minute un-interrupted?

What helped the talkers and listeners to succeed? What in their opinion makes for good communication?

Source: Body, Mind & Society, by UK Youth

We have two ears and one mouth, so that we can listen twice as much as we speak!

Jigsaw Lingo

Aim: To encourage young people to think about how they use language to communicate.

Materials: Any kind of jigsaw puzzle

- Divide the young people into three groups. Tell the groups that they all have a common goal to put together a jigsaw puzzle in a limited amount
- However, each group speaks a different language from the other groups.

- Each group's language consists of only one word.
- Give each group a nonsense word, such as, you might assign group one the word "buzz" group two "swobble" and group three "varipee".
- Divide the pieces of a jigsaw puzzle among the three groups. Tell the groups they have two minutes to plan how they want to communicate with the other groups to put together the puzzle. During this planning phase, group members may communicate freely with one another.
- When the groups join together to build the puzzle, the only words that may be spoken are the nonsense words assigned to each group.
- The young people must rely on varying the variety, quality, rate, and volume of their vocal communication in order to accomplish their goal.
- Give groups five minutes to try to put the puzzle together. Remind them to only use their assigned word and to try to communicate by varying their vocal characteristics.
- Ask the young people to share their insights on what happened during the activity. Discuss how they were able to communicate vocally, even when the words they used were nonsense.

http://esl.about.com/od/conversationlessonplans/a/ask_lo w.htm

The Bus Stop

Aim: This activity is drama based and is gned to encourage the young people to practise their com-



munication skills, to formulate arguments and to be assertive. It works better if the group are familiar with each other.

- This activity revolves around a group of strangers waiting to catch a bus.
- The group must nominate one person to be the bus driver.
- The rest of the group stand in line, representing a bus queue.
- Ask them to choose a character for themselves that explains why they are in the queue – this can be any gender, nationality, age etc.
- The bus driver then pulls up and shouts "only one place left on the bus".
- Each person then has to give their reason / argument for why they should be the person to get the last place.

- Encourage the young people to be creative, have fun & use their imagination in their reasoning.
- The final choice of who gets the place lies with the bus driver only.
- Once the decision has been made talk the experience through with the young people, is there anything in hindsight they could have said to alter the bus driver's decision? how did it feel to have one person making the decision?

Source: Working with Young Men, Vanessa Rogers.

The single biggest problem in communication is the illusion that it has taken place!!!

Blindfold Obstacle Course

Aim: To build trust and improve communication skills among a group. This activity can be done in a large room or outside in a field/play area.

Materials: Scarves

- Split the group into pairs and one young person from each pair should be blindfolded with a scarf.
- Build a simple obstacle course using chairs, tables and other obstacles you can find.
- Tell the young people that this activity requires participants to perform various tasks, including turning to the left, turning to the right, ducking, stepping and grabbing.
- One team member serves as the person giving directions while the other young person must complete the course.
- Using only their voice the young person must give instructions and guide the blindfolded young person through the obstacle course.
- They must be patient and communicate the directions properly in order to help their partner reach the end of the obstacle course.
- Repeat the course again, changing some of the obstacles around and giving the other young person the chance to be blindfolded.

http://www.ehow.com/list 7737880 classroom-activitiescommunication.html#ixzz1dx9K6JKe



Introduction

PREDA (Peoples Recovery Empowerment Development Assistance) was started in 1974 by Fr. Shay Cullen, an Irish Columban Missionary, and Merle & Alex Hermoso, a Filipino couple dedicated to helping Filipino youth. The PREDA Foundation is perhaps best known for its campaign work and investigations into syndicates and paedophile rings, sexually exploiting children; it's successful in rescue and treatment of these children and for bringing prosecutions against offenders both Filipino and foreigners that ended in convictions.

The foundation is a not-for-profit organisation that works both nationally and internationally for human rights, especially the rights of young people and women. PREDA have a special child rescue team and a protected home, where they provide treatment and recovery for exploited and abused young people rescued from the sex industry. It takes a lot of determination as well as legal action to bring the suspected traffickers to justice and have their establishments closed by law enforcement. As well as rescuing young girls from the sex industry PREDA also rescue young boys from prison. These boys are imprisoned, most of the time, without a trial. They are put in prison for crimes such as robbing a loaf of bread, loitering or sometimes crimes of a more serious degree like aggravated murder. They are imprisoned with adult prisoners who can include convicted rapists, murders and paedophiles. The conditions of the prisons are horrific. They are severely overcrowded with no proper sanitation and if they're lucky they get one meal a day which consists of fish and rice. PREDA fight to get minors out of prison, they take them back to PREDA and give them a

chance at the childhood most of them have never had. PREDA helps as many as 150 children in the four PREDA homes at any given time having rescued them from dire and difficult circumstances. PREDA and its supporters fight to create happy childhoods for children born into poverty and helpless situations.

Our Group – Human Rights Awareness Group

Our group was made up of young people from St Andrews 'Talk about Youth Project' in Pearse Street. Our group had taken part in international youth exchanges for about 4 of 5 years before; we have travelled to countries including England, Finland and Slovakia. When we were all 18 we were looking for something more challenging and different to do, maybe to help people less fortunate than us. That is when we heard about the PREDA Foundation. And the Human Rights Awareness Group was born. When we became aware of the plight of the young people of the Philippines, many of whom are the same age as us, we immediately wanted to take action and make a difference to their lives. Our group travelled to the Philippines for the first time in 2009.

Two of the members of the original group then became senior leaders in the second group that travelled to the Philippines this year. Before we travelled to PREDA our group got some experience in human rights related issues here in Ireland. We volunteered serving food to the less fortunate, had a talk from representatives of both APT and BelonG To, and had many group discussions relating to human rights both here in Ireland and abroad. In order to travel to the Philippines we had to fundraise a lot of money, in and around €21,000. To do this our group took

part in fundraisers like bag packing, sponsored cycles, selling tickets for raffles and spot the balls, race nights at the dogs and car washes. When we returned from our visit the second half of our work began. As advocates for the PREDA Foundation we hold group presentations for our family, friends and surrounding community. We go into schools and give talks on PREDA and the work they do and we also fundraise for the foundation itself.

So it took 18 months to prepare for it but finally there we were on our way to the Philippines to visit the PREDA Foundation. It was a long 18 months fundraising. All the young people and leaders involved worked really hard, so you should all give yourselves a pat on the back!!! But we couldn't have raised the €21,000 we needed without the help of our families, friends, and the surrounding community. So thanks to everyone who contributed to the fundraising and who selflessly helped us to achieve our enormous goal! Here is a diary of events that we did while there.

Tuesday 18th We left Pearse Street at about 4pm and headed for the airport where we picked up our flight that took us to Abu Dhabi and then onto Manila, the whole trip took us more than 20 hours. We arrived in Manila on Wednesday night the 19th.

Thursday 20th We spent the entire day going around visiting prisons that hold young people for various crimes from stealing a loaf of bread to aggravated murder. Although these prisons we visited were different to the ones we seen in 2009 unfortunately the conditions were the same if not worse. The cells were really over crowded with about 60 men, women and children cramped into a space smaller than the average living room. There was no proper sanitation so some of the inmates had really bad skin disease and poor nutrition. They got one meal a deal that was rice and fish. And all the inmates, whether male or female, shared one toilet. It's hard to believe that there are people, especially young people that have to live in these horrendous conditions regardless of the crimes they've done.

Friday 21st We spent the whole day visiting and seeing some of the really bad slum areas. We got to visit the homes of some of the boys that were in PREDA before. Again it's really hard to believe that there are people living the way they are. Some people were living right beside an open sewer, can you imagine the smell? We also went onto a huge rubbish dump called 'smokey mountain' that people lived on. We then began our 3 hour uncomfortable journey to the PREDA centre.

Saturday 22nd Today was the first day we got to interact with the young people of PREDA. Our girls went with the PREDA girls to do their laundry up at the new girl's home, which is still under construction due to be finished in April of next year. It was a brilliant day, we all really got to know the young girls and learned of some of their stories and reasons they're in PREDA; some of them were really

heartbreaking. It was lashing rain but that didn't stop us sitting in the river and having a sing-song. It was a day all the girls won't forget in a hurry. Our boys went to the boy's home and took part in a sports day that was happening to celebrate children's month. Our boys were split up and put onto teams with the boys from PREDA and played games like volleyball, football, basketball and a local game called SEPPA (keepsie uppsie).

Sunday 23rd Today the group had a complete free day to rest and recuperate after all the traveling. The only thing we attended was Fr Shay's mass which he gives on a weekly basis. The mass was a complete different experience to the type of one we're familiar to receiving here although he's concepts and beliefs remain the exactly the same. After the mass the group spread themselves out around the complex and took time to relax and get their heads around what they had seen the previous couple of days.

Monday 24th We attended the morning meeting which PREDA have every morning to discuss day to day and weekly activities. After the morning meeting we had some lunch and then we went off to visit the Fair Trade Producers. Some of the street children, in order to make some money, will collect empty juice cartons and sell them to the women that work in fair trade. The cartons are then cleaned and made into items like bags, pencil cases and even aprons. These items all generate a fair income for both the producers and PREDA.

In the afternoon our group played some games with the girls in PREDA, both the commercially sexually exploited children (CSEC) and the Childhood for children (CFC girls). We played games that our young people over here in clubs and groups love to play and have such a good time playing. Both our group and the PREDA girls had a really great time playing games and getting to know each other,

Sunday 25th Our group spent the entire day at the boy's home doing a sports programme with the boys. We did all sorts of games and activities like tag rugby and relay races. Again today was a really good day we all really enjoyed getting to know all the boys and learning about some of their stories.

That night the first half of our group visited the sex bars with the PREDA staff to see and experience where the young girls are used for the sex industry. It was a really upsetting for everyone. As the girls waited for their turn to dance they looked sad, nervous, uncomfortable and like they really didn't want to be there. It's hard to believe that some of the girls we had worked with a couple of days before had come from places like these.

Monday 26th We got to go and swim with dolphins today. It was a welcomed break from some of the stuff we have learned about and seen in the last few days and a good way to recharge out batteries. That night the other half of the group went to the sex bars.

Tuesday 27th Today we made the 2 hour very hot, crowded and uncomfortable journey up the PAPATH village. We got the chance to visit and spend a night in a village with a foster family. Some of the families left their houses or bamboo huts as we'd call them, and let us stay there for the night. That night we got to ask any questions we had about the lifestyle of the villagers and we answered some questions that the villagers had for us. The people we all really nice especially the village chairperson, who was 63 but was still able to run up the side of a mountain quicker than any of us!

Wednesday 28th We all went and planted mango trees in the morning, we also got to go to see and have a swim in a natural waterfall. It was about a five minute walk from where we were sleeping and was a welcome change from the heat that we still were not used to. Although some of the group were dreading staying in the village by the end we all really enjoyed it and some were even looking forward to returning and possibly staying a bit longer.

Thursday 29th Today we got to go to the beach with the boys. It was a really brilliant day that both our group and the boys enjoyed very much. We played some games and had laugh in the water in the huge waves. Again it was good to spend time with the boys and learn some more of their stories and reasons they're in PREDA. It was hard for us to get our heads around that some of the boys that were running around on the sand, laughing and just generally being kids were rescued from some of the horrendous prisons we had witnessed.

Friday 30th We went to Zoobic Adventure Park today and got to hold a real life tiger and get a picture taken with it.

We also got a tour of the park and seen some of the other animals there. That night we went to some of the markets and experienced the lovely people and some of the not so lovely smells and foods. We bought some souvenirs and had a laugh trying to bargain with the people, even though we sometimes ended up giving more money than they were asking for at the beginning.

Saturday 31st We met with Fr Shay and evaluated our time with PREDA. We spoke about what we liked and didn't like and things we would change if we could. We spent the rest of the day packing and then later on we went back to the markets and then on to a carnival. Our group got on a couple of rides and were so loud and funny that they attracted a crowd of people who stood, watched, laughed and cheered at us!

Sunday 1st After we said goodbye to the staff and girls of PREDA we headed back to Manila Airport for our 20 hour journey home.

The trip went really quickly and we loved every minute of it. The work of PREDA, the staff and the young people are in our hearts and we will never forget them. We hope to have a continued and ongoing relationship with PREDA. We are also hoping to do some group presentations to spread the word of PREDA and the great work they do so stay tuned...

Danielle Larkin is leader in the Human Rights Awareness group. For further information about this article or our group contact Eddie Fitzpatrick at the 'Talk About Youth Project' office in St. Andrews Resource centre on 01-6771930 or at eddie.fitzpartrick@standrews.ie



Sector Training

Adolescence and Loss



Date: 11 May 2012: 9:15am - 4:15pm Venue: Irish Hospice Foundation, Dublin 2

This workshop will explore the distinct issues which present when teenagers/adolescents experience loss, either through death, parental separation, or emigration. It will provide a theoretical framework for the adolescent stage in the development of the young person, and a theoretical framework for separation and loss. It will use experiential, interactive and small group learning techniques to allow the participants to formulate suitable approaches to working with young people who have experienced loss.

Loss and the Impact of Family Breakdown on Adolescents

Date: 24 May 2012: 9:15am - 4:15pm Venue: Irish Hospice Foundation, Dublin 2

This workshop will look at the impact of parental separation on teenagers and identify behaviours and pressures that might indicate a need for intervention. It will also look at the complexity of parental and familial systems influencing stepfamilies and issues for children in this 'new system'.

Teen Between is a specialised counselling service for young people who are experiencing difficulties as a result of their parents' separation or family transitions. The service continues to develop its skills and methodology but the overall theoretical perspective is systemic, seeing the young person's difficulties not only in the context of their family situation and marital breakdown, but also informed by the personal and social transitions of adolescence. Use of video and handouts will be included.

Both these workshops are targeted are professionals, volunteers and those working with young people who have experienced loss through death, separation or emigration.

To make a booking contact Iris Murray, Irish Hospice Foundation, Morrison Chambers, 32 Nassau Street,

Dublin 2. Tel: 01 679 3188

Email: iris.murray@hospice-foundation.ie

CEO2CEO Managers Forum:



Date: 12 June 2012: 8:00am - 9:30am

Venue: Unit 18, Tuam Road Centre Tuam Road, Galway

The CEO Forum is a series of peer networking meetings open to CEO level people working in non-profit organisations.

The objective of the CEO-Forum is to: Provide a confidential and private forum for the leading staff person of community, voluntary, charitable organisations to speak with each other in an honest and open way so as to offer and gain peer support.

It will allow participants to explore matters of shared interest through this forum so that we can think better through our own respective challenges. Some topics already identified in the consultation phase include: Governance; Funding diversification; Leadership challenges; How to organise and think through the delivery of public services in a more effective way; What is wanted and what role for voluntary organisations?

These meetings will be restricted to the most senior manager in community/voluntary organisations.

Contact: The Wheel for full details 01-4548727 www.thewheel.ie

RoundUp

Fresh film Festival

2012

Fresh Film Festival is excited to announce its call for entries for Ireland's Young Filmmaker Awards 2012.



Do you have an idea for a film or do you have a film on your computer and are looking for a chance to have it screened? If so, Fresh film festival is the event for you. Fresh Film Festival launches its search for Ireland's Young Filmmaker 2012 and all you need to do to be in with a chance to win is fill in our application and enter your films .

If you would like some inspiration check out the archive of previous winners, our guidelines, FAQs and our top tips for filmmakers and you can also download the application form at

www.freshfilmfestival.net

There are lots of awards to win including Ireland's Young Filmmaker of the year Senior & Junior, the International Young Filmmaker Award and the judges special awards. Fresh also hosts a number of specialist awards such as the Brownbag Animation Award, the Radharc Trust Documentary Award and RTE 60 Second Short Award. If you don't agree with the judges outcomes, there are also six Audience Awards decided by the audiences at the competition screenings.

This year is a special year for Radharc so keep an eye out for special award details 2012.

Fresh Film Festival featuring Ireland's Young Filmmaker Awards runs from 26h – 30th March 2012.

For more information about the festival events 2011 please contact:

info@freshfilmfestival.net

Growing Up in Ireland

Growing Up in Ireland has just published the first results from the Wave 1 of the Qualitative Child Cohort (at 9-years). This latest research draws on in-depth *qualitative* interviews conducted with 120 nine-year-old children and their parents as part of the GUI Qualitative study. These families are participating in and were selected from the larger GUI Quantitative study which is tracking the lives of 8,500 nine-year-old children. Three *Key Findings* documents summarise some of the main results from this round of the project and focus on (i) 9-Year-Olds and their Families (ii) 9-Year-Olds and their Health and Wellbeing and (iii) 9-Year-Old's Expectations of their Future. These documents can be downloaded from www.growingup.ie/childpublications



The more detailed findings from this phase of the Qualitative study are available in *Growing Up in Ireland -* The Findings of the Qualitative Study with the 9-Year-Olds and their Parents is also available to download from the same page.

Anti-Racism Creative Competition 2011-2012

Could you be a future journalist, film maker or professional photographer? Can you paint a picture that says a thousand words?

This exciting competition asks young people to use their creativity to produce a written, visual or audiovisual piece arising from the themes of the Show Racism Red Card DVD.



Young people must watch the Show Racism the Red Card DVD prior to production of work. This can be downloaded from the website at www.theredcard.ie After watching the DVD, participants are asked to produce written, visual or audio-visual entries on the themes of the DVD.

For more information contact www.theredcard.ie

DkIT Youth Work Degree Receives **Professional Endorsement**

The BA (Hons) in Community Youth Work, offered by the School of Business & Humanities at Dundalk Institute of Technology, has secured a professional endorsement from North-South Education and Training Standards (NSETS), becoming one of only five colleges on the island of Ireland to offer such a programme.



Marking the latest endorsement received by the BA (Hons) in Community Youth Work at DkIT are (I/r) Gareth Johnston, first year student; Cathal Kearney, Head of School of Business & Humanities, DkIT; Barbara O'Connor, Sarah Holt, Aileen Fitzpatrick, John Patterson and Adiena Devlin, first year students and Dr David Getty, Head of Humanities, DkIT.

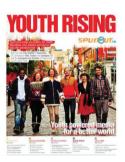
The BA (Hons) in Community Youth Work is the second DkIT youth work programme to have achieved professional endorsement from NSETS. In 2006, DkIT became the first third-level college in Ireland to gain professional endorsement for a youth work programme when the parttime BA (Hons) in Youth Work was endorsed. By 2009, more than 50 students had graduated with the BA (Hons) in Youth Work and the programme had engaged with 56 different youth projects and trained 110 youth work practice teachers/mentors.

Dundalk's BA (Hons) in Community Youth Work is a four year full-time programme that evolved from the part-time BA (Hons) in Youth Work. It was validated in 2009 and has attracted strong demand from both school-leavers and adult learners. Currently, 50 students are taking this demanding programme which has two separate periods of work placement. CDYSB was central to the development of the new course and also played a critical role in preparing the professional endorsement documentation and supporting it during the NSETS panel visit.

Further information about the BA (Hons) in Community Youth Work and other programmes at Dundalk Institute of Technology is available at www.dkit.ie

New 'Youth Rising' Spunout.ie Youth Media Magazine

At a time when Ireland needs more than ever to hear from younger voices, SpunOut.ie has published 20,000 copies of a new 28 page colour magazine that is being distributed free to schools, colleges, youth centres, cinemas, cafes and other youth settings throughout the country.



This ambitious and unique youth media venture has no commercial advertising and features the voices of young people all over Ireland covering topics such as unemployment, sexual health, emigration, protest, politics, music, and humour.

It includes interviews with Cystic Fibrosis campaigner Orla Tinsley, the Royseven band, and the youngest TD and Senator in the Oireachtas. It also features a comprehensive directory of youth organisations and help services throughout Ireland, north and south.

To request bulk copies of this magazine please email info@spunout.ie with your contact information.

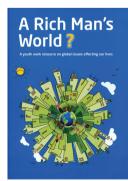
www.SpunOut.ie

A Rights-Based Approach to Monitoring Children and Young People's Well-Being by CYP, 2011



This foundation report is the first in a special report series addressing the well being of children and youth in Ireland and Northern Ireland. The report integrates the position of UNESCO on rights and well being into current thinking and practice in Ireland and Northern Ireland in responding to the lessons of the past and shaping a society where a happy childhood is a norm and not an aspiration. The specific purpose of the report is to contribute to a shared understanding of a human rightsbased approach to monitoring children and young people's well-being. The report also explores the relationship between child rights obligations, specifically those set out in the UN's Convention on the Rights of the Child and children and young people's well-being as understood in the key policy documents of both jurisdictions. The report concludes that rights and well being are mutually reinforcing concepts and should not be considered in isolation. It illustrates the added value that a rights-based approach can bring to the monitoring process and outlines key steps to be considered in adopting a rights-based approach to monitoring the well being of children and young people.

A Rich Man's
World? A Youth
Work Resource on
Global Issues
Affecting our Lives
by One World
Week, 2011



This activity pack for youth workers was produced by NYCI's Development Education Programme and explores global issues affecting the lives of young people in Ireland and the Global South. The recent economic recession means young people are affected by fewer

opportunities in education and employment, and increased financial pressure in their daily lives. Some people have suffered a lot as a result of this recession, but feel frustrated by the fact that they were not the cause of it. This resource aims to help us understand the global financial system which we are part of through the issues of consumption, gender, trade and debt. This pack will explore the interests at play in the global financial system and how young people are seen by others – as consumers? or as active citizens who can change our world for the better.

The resource pack contains a range of activities including games, role play, art-based activities and case studies. It is divided into sections (i) 'How we are connected' is an introduction to living in a globalised world, It explores how people and places are connected, what we have in common and what is different. (ii) 'How it works' looks at the international structures we are part of including the IMF, EU and World Bank (iii) 'How it affects us' looks at how our choices as individuals impact on other people around the world.

Education for All Y.A.P. National Event 2011 (DVD & Report)



by Y.A.P. 2011

YAP Ireland is a leading provider of intensive support programmes for young people and families primarily funded by the HSE. YAP uses a strengths based, family focused approach for young people with very complex needs leading to positive outcomes for the young people, their families and referral agencies. This report summarises the main themes arising from the roundtable discussions and the young people's and families practical solutions for change. The discussions and recommendations in this report reflect the following themes:

- Young people need to be involved in a meaningful way in developing solutions to problems that affect them.
- Education is a holistic approach involv-

- ing teachers, parents and the young person. They are all part of the problems and the solutions.
- Education is a lifelong process and this needs to be recognised. There are options but a lot of people are not aware of what they are.
- Young people need to have additional supports made available to them when needed.
- Delegates suggested that YAP can play a key role in providing support to young people who have not been in the school system for a while and need some support to re-engage.

Parentling Positively: Helping Teenagers to Cope with **Bullying**

by Family Support Agency & Barnardos, 2011



This booklet is one in a series on Parenting Positively; the aim of the series is to provide information and guidance to parents of teenagers who are involved or affected by bullying and to help create a positive loving and supportive relationship. Bullying is an anti social behavioural problem which affects thousands of Irish teenagers on a daily basis. It can take the form of verbal bullying, sexual bullying, exclusion bullying, physical bullying and cyber bullying. This booklet is for parents of teenagers who may be experiencing or be involved in bullying it covers

- Know the tell tale signs of bullying.
- Understand the effects of bullying, short & long term.
- Find ways to support your teenager through bullying.
- Find ways to communicate with your teenager if they are involved in bullying behaviour.
- Find out where to get help.

Parenting Positively: Helping **Teenagers to Cope** with a Parent's **Problem Drug or Alcohol Use**

Parenting **Positively** A Parent's **Problem Drug** or Alcohol Use

by Family Support Agency & Barnardos, 2011

This booklet is for parents of teenagers who are affected by a parent's drug or alcohol use. If you are a parent who has a problem with alcohol or drugs, or if your partner has a problem, you may be concerned about how this is affecting your teenager. This booklet is also for any other adult who is concerned about a teenager. Children of all ages suffer when a parent has a drug or alcohol problem, and while a parent might be there physically, for the child it may seem like their parent is not emotionally present. It can cause feelings like confusion, worry, anger, shame or self blame. This booklet covers:

- Teenage years.
- Drug and alcohol problems.
- Drugs, alcohol and parenting.
- Talking with your teenager about this
- Finding where to get help.

Quality Services, **Better Outcomes.** A Quality Framework for Achieving **Outcomes**

by Aileen Murphy, Dr. Tara Murphy and Gráinne Smith for CDI, 2011



Delivering quality services to children, young people and families is a complex process. The risk and protective factors impacting on children's well-being are multiple; our knowledge of 'what works' remains uncertain at times, whilst the shifting economic climate has created uncertaintly and new challenges for services. This resource provides a practical

resource for front line staff, service managers and organisations that are currently implementing or intend to implement evidence-based programmes and services for children, young people and families. It details best practices nationally and internationally as well as sharing experiences of developing, delivering and supporting evidence based programmes and services within CDI. The workbook describes key processes relating to practice, organisational culture and systems change which support the implementation of evidence based and evidence informed programmes and practices. It also addresses some fundamental areas in relation to monitoring and evaluation as a way of determining whether an intervention was effective or not. This resource is also available as a free download from: http://www.twcdi.ie

Quality Services, Better Outcomes Conference Report Prepared by Helen Cahill on behalf of

CDI. 2011



This report presents a summary of proceedings from the CDI 'Quality Services, Better Outcomes' conference which was held in Dublin in September 2011. The conference was structured into four parts (i) The theoretical rational for quality in service delivery; (ii) The processes involved in supporting quality in service delivery; (iii) Quality practice from across the children's services sector (iv) The policy context and opportunities in Ireland. Key themes emerging included:

- The importance of self belief and emotional intelligence at the front line.
- The need for greater clarity of expectations, strong leadership and measurement of outcomes at service funding and management levels.

The conference was attended by more than 130 delegates, which included representatives from the childcare, youth and social work sectors, and funding orgs.

When A Relationship Ends: Surviving the Emotional Roller Coaster of Separation

Lisa O'Hara

When a Relationship Ends

Surviving the Emotional Roller-Coaster of Separation

by Lisa O'Hara (Relationships Ireland), 2011

Written by a counsellor who has years of experience working with couple, families and individuals, this clear and empathetic Irish guide to relationship break-up provides practical advice and support for individuals going throught the challenges of separation and divorce and is a valuable resource for professionals in legal, financial and social services. Topics covered include:

- Exploring the complexity of feelings involved in breaking up with a long-term partner and how to manage leading up to, during and following separation.
- Outlines suggestions for parenting as a separated couple, and on how to cope when you must continue to live in the same home as your ex-partner.
- Contains stories based on the real life experiences of individuals who went through a significant break up.
- Acts as a guide to life after separation and divorce.

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

For more information, please contact

Gina Halpin / Breege Kiernan 01-8584500 ghalpin@youthworkireland.ie / bkiernan@youthworkireland.ie

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

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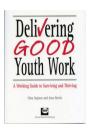


Recommended Reads



Creative Outdoor Work with Young People, by Alan Smith

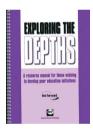
Handbook for those working outdoors with young people, especially youth leaders, teachers and instructors. It contains 95 successfully tried and tested activities and games which cover: Finding the way; Orienteering; Camp activities; Problem solving; Studying the environment; Canoe games; Planning and safety; Choosing accommodation, and more. Now €16.00



Delivering Good Youth Work - A Working Guide to Surviving and Thriving, by Gina Ingram & Jean Harris

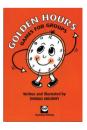
This book is about coping, surviving and thriving in order to work more effectively with young people. It is about dealing with the issues in youth work by using a range of techniques including planning and delivering high quality youth work, the management of yourself and others and working with other agencies.

Now €16.00



Exploring the Depths - A Resource Manual for those Wishing to Develop Peer Education Initiative, by Fast Forward Positive Lifestyles Ltd

Comprehensive resource pack which offers practical ways to save time by including Fast Forward's own training activities, policies, guidelines and procedures, developed over the years, for adaptation and use. It is aimed at anyone seeking to employ peer education for young people, peer research, peer support, peer counselling or peer mentoring. Now €25.00



Golden Hours - Games for Groups, by Thomas Moloney

Collection of 50 tried & tested exercises for group leaders, teachers and club workers. It offers a selection of icebreakers, warm-up games and fun activities designed for groups of all ages. Most of the activities require no special equipment and can be played with little preparation.

Now €16.00



Peer Education Manual, by National Youth Federation

Manual provides practical guidance, information and a model for peer education sessions for those working with young people. It is divided into three sections – An Introduction to Peer Education; General Training of Peer Educators and Training around the issue of HIV/Aids.

Now €3.00

To purchase any of these books please contact: Gina Halpin at ghalpin@youthworkireland.ie or phone 01-8584500





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