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Irish Youth Work Scene

Special Edition... Youth Health

**The Gaf Youth Health Café
BeLonG TO Project
Health & Nutrition Activities Supplement
Substance Misuse DVD Project
Young People & Alcohol Video Project**

*Plus.....youth work resources,
news & policy updates*

Magazine for Youth Workers

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Taking Care

by *Diarmuid Kearney*

NYF Chief Executive

While we frequently attempt to define the role of the youth worker, to set parameters that somehow make the job a little more manageable, we know in truth that all issues that impact on the lives of young people must receive some level of our attention. It is not just an option therefore, but a responsibility for the sector to speak out on issues that limit young peoples opportunity to act as full and active citizens or that disadvantage them in any way.

Minister McDowell with the unprecedented supported of all the larger political parties has proposed the introduction of what has been described as 'the greatest single threat to the rights of young people in decades' by way of Anti-Social Behaviour Orders (ASBOs). Shame on him, and shame on all other politicians who have exposed their willingness to sacrifice the rights of young people for votes. The introduction of this ineffective and damaging legislation must be vociferously resisted by youth work.

There are other issues which increasingly demand our attention. Health was identified by young people as one of the most important issues in last years NYF youth poll and more extensive qualitative research is currently underway to increase our understanding. Whatever emerges we can be sure that it will reflect a diversity of concerns. Young people are confronted daily with demands and expectations on body image, psychological well-being, the abuse of drugs and alcohol, sexual health, diet and nutrition.

It stands to reason therefore that our responses need to be equally diverse. Already we have some good examples of this. Initiatives such as health cafes, the NYCI Youth Health Programme, NYF's Drugs and Alcohol Guidelines and innovative approaches to addiction all contribute to an evolving repertoire of responses to young people's health related needs. The responses, in turn, demand a repertoire of skills. Youth workers must be campaigners and counsellors, educators and insurance experts, mediators and mini bus drivers. The core of our work remains unchanged however in working alongside young people to support their full, active and 'healthy' citizenship.

Dealing with this complex and pressured task must be supported not just by way of skills development training but also by looking after the health of the worker. Within the Youth Work sector we must ensure that we take care of ourselves in order to be best equipped to both respond to young people's health related needs and to advocate for them when measures such as ASBOS emerge which threaten their basic civil rights.



The Gaf Health Advice Café

by John Fitzmaurice

Introduction

Established in 2002 the Gaf is an adolescent health project for 14 – 20 year olds, funded by the Health Service Executive, Western Region. The project emerged through the joint working between Child Care Services and Drug Prevention Services, who recognised the need for a drop-in service for older adolescents.

With Galway's well-known café culture it was decided to use this forum to attract young people onto a preventative health pathway towards reducing adolescent adversity. Promoting a holistic approach to health the Gaf offers a safe place for young people to meet (both formally and informally), access information or talk to someone in confidence. The aim is to provide a non-stigmatising venue in the city where young people can access services and advice.

A core team of professional people with a multi-disciplinary background staff the Gaf (the Gaf work in partnership with Foroige and the Galway Youth Federation). The Gaf aims to improve young people's awareness of health and health related issues. This is achieved by providing an adolescent friendly, safe, environment in which young people can access services directly and avail of "brief intervention" advice and support.

Young people are active partners in the delivery of the service. The Youth Committee made of ten young people meet fortnightly and actively participate in policy formation, the development of programmes and activities and in the day-to-day running of the cafe.

Drop In Service

The drop in service opens on a daily basis at 1pm, Tuesday to Saturday (on Mondays it opens from four to six). As the week progresses the opening hours extend to respond to the need, up to 10pm on Friday's. At present we close at 6pm on Saturday's but we are currently examining the feasibility of

opening a Saturday night café, providing drug and alcohol free entertainment.

The café is staffed at all times on a rota basis – there must be two adults in the building at all times and three at weekends. For staff this is a period quality interaction with young people based on mutual respect and trust. Staff need to be prepared to give their undivided attention, as a young person's first impression of the service is crucial in determining their future use.

The social aspect of the project is vitally important. The need to provide alcohol free alternatives is essential. By providing a safe entertainment venue with an emphasis on live performances we are maximising our potential as a drug and alcohol free entertainment venue. An Events Committee exists with the responsibility for the management of the wide variety of entertainment offered to young people (including live music, movies, art exhibitions, poetry, drama). They are involved in the planning and co-ordinating any social events that the Gaf are involved in.

The second report on the National Alcohol Strategy identifies the need for alcohol free alternatives and recognises the Gaf "as an excellent example of creating a safe space for young people. Young people see the centre as a café where they can go to meet and hang out with friends listen or partake in music and access information".

An event like the battle of the bands or art exhibitions provides a valuable form of self-expression for young people. It also allows them the opportunity to enjoy themselves in a safe environment with the support of their peers.

Gaf Work Programme

To compliment the drop-in service the Gaf has a work programme designed by the staff and youth committee offering a variety of information and educational services. The Gaf adopts a social health model, which incorporates a range of prevention and

education strategies and offers information about a whole range of treatment options.

All issues pertinent to young people's health are addressed so as not to stigmatise anyone attending. Youth information on issues such as alcohol and diet is available in an informal and non-intrusive way. Programmes include the Peer Education programme and the Teenage Health Initiative which is a sexual health programme aiming to delay the onset of early sexual activity.

Other programmes include yoga, mentoring, dance, drama and health and beauty. These groups are attended by young people, some of who have been referred directly and the majority being drawn by the drop in service.

The average age of the young people who use the service is 16.5 years. Young people attend from all areas of the city, which is the main reason why a town centre base is essential. The Gaf is a universal service open to all young people within which there is targeted provision for those most at risk. We do not classify young people into categories in order not to stigmatise them in any way.

It is vital that the Gaf is not just seen as a place you come to if you have a problem. When you call into the Gaf it might be to read a book, take part in drama or talk to one of the staff about a pressing issue you have.

Why Young People Use the Gaf

Young people use the Gaf for a variety of reasons. It is a place where you can meet friends old and new and there is no *"pressure on you to spend money"*. Many enjoy the fact that that can get free milk and fruit. Inevitably anything to do with music, band nights, acoustic nights and DJ nights prove very popular. Recent studies indicate that a large number of young people acknowledge talking to staff as one of the main reasons they use the Gaf;

"When I complained about some school stuff to people here they made me see reason why those rules are in place".

As one of our primary aims is to create an atmosphere where young people can access support from staff it is recognised that good relationships with the

staff is vital to the success of the initiative. Other activities include reading books/magazines, getting information, watching TV and taking part in programmes.

The Gaf appeals to older adolescents for a number of reasons. As young people are involved in the decision-making processes at all levels they have a sense of ownership over the service. Diversity is respected and encouraged,

"I like the way you can just be yourself and nobody will judge you on what you look like or what you wear".

Young people acknowledge and respect the quality and pleasant surroundings;

"I like the fact that it's a place you can chill out and forget the problem you have in the outside world"....

"You can do anything you want, have fun with your friends and make friends with the staff".

Young people who access the service do not have to engage in any formal group work but there is the opportunity to do so if they wish. The environment is vibrant and colourful. It is a quality space, which is designed for young people in collaboration with young people.

Voluntary and Statutory Relationships and Supports

Volunteers play an essential role in the delivery of the service. Adult volunteers help out at programme level and also in a supervisory capacity. The Gaf gives volunteers the ideal platform to share their skills with a willing audience. Volunteers have facilitated activities such as guitar lessons, yoga, drama, photography and soccer.

On a supervisory level they help to provide an out of hours drop-in service in the evening and weekends. Young volunteers staff the café area in the evenings and at weekends. As they are often the first point of contact for new people visiting the Gaf, they convey the image that this is an adolescent friendly place to be.

To achieve its aims the Gaf works closely with various statutory and voluntary agencies throughout the city. One example is the SPARK project, which is a support project for asylum seekers and refugees. The project co-ordinator of SPARK covers one shift in the Gaf where she is available on a drop-in basis to meet with young people. A lot of formal group work carried out by SPARK takes place in the Gaf, which introduces young people to the service. They are introduced to the staff in the Gaf so that they will feel comfortable accessing the service even when the SPARK co-ordinator is not present.

Another example is the Teen Parents Project who facilitate antenatal classes on a weekly basis as young people often find the environment in the Gaf less intimidating than hospital grounds.

Other agencies that provide vital services include the Young Mothers In Education project, Residential and After Care services, Traveller Support Projects and the Youth Information Centre.

The Challenges Ahead

As the Gaf is still a relatively new service many challenges lay ahead. The image is vitally important in order to appeal to as wide an audience as possible. This must be monitored on a regular basis to ensure that we are providing a wide and varied programme of activities.

As adolescent health is our primary focus we must ensure that health and social needs of our population are being met. There is a need to be creative when addressing health issues in order to provide information that is attractive and user friendly.

We need to improve our direct access links with other health services. Whilst links have been forged with other prevention, education and information services the aim is to expand the risk assessment, brief intervention aspect of the drop-in.

The recent employment of a project nurse will go some way to achieving this aim. We need to ensure that we are getting an appropriate balance between targeted and universal provision.

Increasing youth participation in the project is central to our future success. We must aim to reach the top of Hart's Ladder of Participation as detailed in

the National Children's Strategy whereby we are arriving at "child initiated shared decisions with adults". Projects such as the transition year takeover project whereby transition year groups take over the running of the Gaf for a three-day period, give young people an opportunity to display their skills and talents, and demonstrate how they address health issues. The learning for staff is immense and the benefits to the project are enormous.

As a model of practice the Gaf has the potential to be developed in other communities by utilising existing resources. The involvement of young people in the planning and development from the beginning is essential. The need for a dedicated space with quality surroundings and interior, which is easily accessible, will help to create an adolescent friendly and respectful atmosphere.

The drop-in service must provide an out of hours service that responds to the needs of young people particularly late evenings and weekends. The combination of generic youth work with health and social care is central to the aim of providing a non-stigmatising service.

Volunteer participation at both adult and young person level helps to create a vibrant sense of community and greatly enhances the roles of any professionals within the service.

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'Family Guide to Substance Misuse': Video/DVD based drugs awareness training resource pack *by Anne Bradshaw*

Overview

The Mid-Tipperary Drugs Initiative recently held a very successful launch of the Video/DVD based training resource pack titled, '*Family Guide To Substance Misuse*'. The pack is funded by Tipperary Leader group and deals with substance misuse in an Irish Town. The MTDI is a Community Based Drugs Initiative, funded by the Health Service Executive in the South Eastern region and administered through Tipperary Regional Youth Services.

The development of the Drugs Awareness Training Pack has recently been completed and was very successfully launched by Mr. John Lonergan, Governor of Mountjoy Prison. The launch was attended by over 400 members of the local community at the Excel Arts Centre in Tipperary Town.

We also held a pre-launch of the pack at Aísirí Drug Treatment Centre in Cahir, Co. Tipperary in November 2004, which was attended by the Minister for Justice, Mr. Michael McDowell. The Minister strongly endorsed the project and highlighted the value of such a resource to deliver drugs awareness messages for parents in the community.

Background to Project Development

The development of the project was a new and innovative challenge for young people in Tipperary as a means of dealing with local issues of substance misuse. The overarching aim of the project was to develop a video/DVD based training resource pack for use in drug awareness training settings, but it was also envisaged that working on the project would help deter youth at risk from escaping to safety nets such as substance misuse by addressing their everyday issues in a safe and fun environment.

The DVD was funded by the Tipperary Leader Group and supported by the HSE in the South Eastern Region, and has been filmed and created in

partnership with young people from Tipperary Town and environs.

Step-by-Step Project Development

At the outset, the project began as just an idea, where the coordinator of the MTDI found there was a serious lack of training resources available for working with young people in the community, particularly visual training aids, and while it is acknowledged there are some very good resources available, the majority are urban based with either an inner city Dublin, London or Manchester focus for example, and none had a rural local focus dealing with issues of drug misuse as they present in a typical rural Irish Town.

This idea for the development of the Video/DVD was discussed with the MTDI's Advisory Group and was supported 100% in terms of its viability as a means of engaging with young people around the subject of drug misuse.

Methodology

While the MTDI was the lead agency for the project, it was promoted as a community based one, where all interested agencies and local groups working with young people in any capacity were invited to become involved. Agencies were asked to nominate young people they felt would benefit from involvement in the project and each agency/community group was invited to suggest working strategies which could be used to inform and shape the progress of the film.

A questionnaire was circulated to all agencies and the results yielded from this research overwhelmingly pointed in the direction of the need to develop the project.

Having identified the need for the resource, the MTDI then conducted a piece of qualitative research amongst young people in Tipperary to gain some

empirical information which would detail the types of substances most used by young people in the area. This research was conducted through the use of focus groups and also by dissemination of over 400 questionnaires.

The questionnaires were designed to yield information that would provide general information around drug use in Tipperary, the questions varied and included such questions as: who would have introduced them to their first drug, how many drank before the age of 18 years old, how many felt peer pressure was an issue when it comes to substance misuse...etc.

With all of this information gathered, the MTDI coordinator met with and discussed the idea with Mr. Tom Needham, Addictions Counsellor with the Substance Misuse Team, who was extremely energised about the idea and was enthusiastic to become involved with the project in terms of developing the script and the general content. Tom informed the content of the film through a combination of extrapolated examples from general counselling work with young people and information gathered from young people in the questionnaires.

The objective of the project was to include young people in every way possible, in terms of film making skills along with general drug awareness education. All young people were involved in a meaningful way, they had hands on input in all aspects of the project, i.e. production stage, filming, editing...etc.

To ensure they had the opportunity to use film making equipment...etc, we worked with young people to develop a short film titled '**Murder Mystery in your Hometown**'. This presented the opportunity for young people to create their own film from scratch, they scripted, acted in, filmed, edited and finalised the entire piece and on the night of the official launch of the Drugs Film, this short film was also shown on the big screen to showcase the work and skills gained by young people during the development of the project.

Conclusion

The project was one of the most engaging worthwhile projects conducted with the MTDI to date and is the result of over two years work in the background. Thanks are due to numerous people and

agencies not least of all, Janet Beck from Glasseye Productions in Kilkenny, whose enthusiasm and patience during the development of the film were inspiring to all of us involved.

Thanks most especially to all the young people involved, and in particular to Cormac English who auditioned for the part of the main character in the film, Paul. Cormac delivered the script in a most credible performance, which is essentially the essence of the success of the project.

Thanks also to Luke Moloney and Tony Black, who played Paul's friends. Thanks must also go to our funders, Tipperary Leader Group, who took a chance in supporting the initiative and we hope they feel justified in their decision!!

Thanks also to all our colleagues at the Health Service Executive, especially to Tom Needham, Johnny Casey, Substance Misuse Coordinator and Sinead O'Mahony-Carey, Drug Education Officer.

The training pack is now available for sale at the Tipperary Regional Youth Services at E12.50, and all proceeds will be used to create and develop a similar project dealing with further drug awareness issues in the future with the MTDI. The pack is well worth purchasing if you intend working with young people, parents or the wider community in general in terms of raising drugs awareness.

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The *BeLonG TO* Youth Project

by *Michael Barron,*

BeLonG To Co-ordinator

**PROJECT
PROFILE**

Introduction

BeLonG To Youth Project was set-up in December 2002 to work with Lesbian, Gay, Bisexual & Transgender (LGBT) young people in Ireland. It supports and resources young people, aged 14 – 23, to actively participate in the world around them and to make informed decisions which will positively impact on their lives. As such, it is the first and only project of its kind in the country.

BeLonG To provides one-to-one and group support for young people to allow them to safely engage with confidence building, personal development, peer support and making friends. It also affords young people a space where they can experience inclusion, acceptance, social justice, fun and safety. The project believe that youth work offers an ideal opportunity for LGBT youth to address their issues and concerns, while enabling them to participate as equal citizens in a society which would often deny their rights.

Identifying Needs

BeLonG To Youth Project was born out of an inter-agency round table discussion, hosted by OutYouth, (which was a voluntary gay youth group run by young people and supported by Gay Switchboard Dublin) in April 2001. This discussion was convened to explore the needs of LGBT youth. The agencies involved were: OutYouth, OutHouse, Gay Men's Health Project, Gay Switchboard Dublin, Gay HIV Strategies, Parents Support, Union of Students of Ireland, National Lesbian and Gay Federation and City of Dublin Youth Services Board.

The primary recommendation from this discussion was to work to establish a comprehensive LGBT youth service for the greater Dublin Area. As a result a smaller interagency committee was established and set about drawing up a funding proposal to submit to the Department of Education. This group met on a monthly basis for 2 years. The work paid off

however when, with the support of the City of Dublin Youth Services Board, the Department agreed to fund this youth project through the Special Programmes for Youth Fund – making it the only new youth project funded by the Department last year.



SUPPORTING GAY LESBIAN BISEXUAL
& TRANSGENDER YOUTH

Work Programme

BeLonG To Sunday

The BeLonG To Youth Project has been supporting and facilitating a meeting of LGBT young people each Sunday called 'BeLonG To Sunday'. The numbers of young people attending the group has varied from 15 – 35. A programme of social education and support is provided here to young people who in many cases are unable to disclose their sexuality in any other environment. The group serves to positively affirm all aspects of young people's identities. It meets every Sunday at 3.30 in OUTHouse, Dublin's LGBT Community Centre, 105 Capel St.

BeLonG Teen!

A new under 18's group, BeLonG Teen, has been set up for younger members of BeLonG To. LGBT people between 14 and 18 are welcome to this new group. BeLonG Teen is a relaxed and social group and aims to make it easier for under 18's to meet and make friends their own age. The objectives and aim's of BeLonG Teen similar to BeLonG To and the groups are on at different times on Sundays so members can attend both groups. At the moment BeLonG Teen meets every second week on the 1st and 3rd Sunday of each month and

hopes that shortly it will meet every Sunday.

The group is facilitated by Julian & Chris, two under-18 youth facilitators and is working on a large art piece at the moment, which will be exhibited as part of the Pride celebrations in June as well as showing some new photography work in The Civic Offices as part of the aLAF Festival.

Youth Leadership Training

The project has trained and supported 6 young people to become group facilitators, enabling them to deliver programmes of peer education to young people each Sunday. Peer support has proved to be the most effective form of affirmation and acceptance for young people who are excluded from the mainstream.

Individual Work

Young people who phone or email the project often call in for an arranged chat with the youth worker. They talk in the café of OUTHouse. Young people often come for a chat before they attend one of our group programmes – it's kind of an easier first step. Young people also call in to confidentially talk about certain issues that are going on for them.

Exchanges with other LGBT Youth Groups

Last summer BeLonG To participated in a three-way exchange with similar LGBT youth groups in Manchester and Wigan. Because The BeLonG To Youth Project is the only LGBT youth project in the country this opportunity provided a valuable educational and affirmational opportunity for the members of the project. This exchange proved to be a substantial piece of work. The two groups from England came to Dublin in July for 7 days and worked with BeLonG To on an extensive programme, which was designed by Irish and English young people in conjunction with their youth workers. In August The BeLonG To Youth Project travelled to Manchester and Wigan for the second leg, with a programme, which built on the work from July and included performing as a group in Manchester and exhibiting artwork in a gallery there.

Multi-cultural work

The LGBT community is becoming ever increasingly multi-cultural and as a reflection of this BeLonG To has worked with a significant number of 'Unaccompanied Minors' – who are young non-

nationals who are seeking asylum in Ireland. The project has had to adapt to working in a different way with these young people, by providing more one-to-one work, by advocating on their behalf and by working with refugee legal and social work services.

Playback Drama

BeLonG To worked together with a Playback Drama teacher on a 10-week project which was based on these young people telling stories about themselves. The idea was to allow young people who have generally been unheard to have their voice heard and to feel accepted. This project was intensive, working with a small group of young people (6) and was digitally recorded and photographed. The young people involved reported that they had a lot of fun during the process and that it had a positive affect on their self-esteem. We plan to do further Playback work with other selected young people in the forthcoming year.

Dance

Young people were facilitated in a six-week dance project, which culminated in a performance in front of the larger group. We envisage that this was the being of a process which will be built on in the future.

Photography

BeLonG To are presently working on a self portrait photography project. Working with a photographer to facilitate young people in taking photographs of themselves and their lives, is a process which allows them to examine issues such as self image, self esteem and body image. BeLonG To believes that these are particularly important issues for LGBT young people and this project allows young people a space where they can challenge their own (often negative) self image and receive positive affirmation. This project culminated in a major exhibition which was featured on RTE News and in the national printed press.

Video and Magazine Making

Young people were facilitated in a month long process of video making in partnership with Liberties College Media Department. The resource will act as introduction to the work of BeLonG To to young people who come for the first time. Young people were facilitated by a journalist in the creation of a magazine which acts as a platform for LGBT

young people's creative talents through the publishing their poems, prose and memoirs.

Training to Youth Workers and other Workers

BeLonG To has provided training on working with LGBT young people, creating safer environments and policy development to youth workers, teachers, parents, social workers and other health professionals. This work is on-going.

Strength in Diversity Project.

BeLonG To worked in partnership with Sustainable Ireland, ECO-UNESCO, Sports Action against Racism, The Separated Children's Project and Pavee Point in a project exploring discrimination and promoting diversity among minority young people and among young people in general. This project was initiated by Sustainable Ireland in January and culminated in a residential for young LGBT people, young Travellers and young Asylum Seekers in September.

Following this residential a youth forum was also held where young participants presented materials to transition year students from schools in Dublin. This work is on-going and has resulted in a strong sense of solidarity among young people from the various projects and among the projects themselves.

Publications

BeLonG To are presently completing a Consultation Tool Kit for working with LGBT young people with three LGBT youth groups in Manchester, Leeds and Wigan. The kit will offer a best practice guide to working with LGBT young people and to consulting them about the needs and concerns. BeLonG To hosted the three youth groups for three days in January of this year and were hosted by the Manchester group in April. The publication will be launched soon

LGBT Affirmation Poster and Booklet

This project began in May 2003 and included a launch of the resources in The Equality Authority on November 26th. The project was developed in response to a need identified by young LGBT members due to the isolation they experienced before finding supports. Resources are being distributed to schools and community centres nationwide and the programme is funded by Leargas with support for printing costs from The Gay Men's Health Project. 1,500 posters and 3,000 booklets were posted to

every school in the country through the Institute of Guidance counsellors. The National Youth Council of Ireland sent a further 250/ 750 to youth projects around the country, while The City of Dublin Youth Services Board sent a similar number to its affiliates.

The response from individual guidance counsellors, teachers, principals and youth workers has been wonderful. Through the generosity of the Gay Men's Health Project, a further 2,000 posters and 20,000 booklets were sent out in response to requests from schools and youth projects. A second launch of the materials took place in Cork in partnership with The Southern Gay Men's Health Project on 29 March 29, which will help reach more schools in The South.

It is of course up to individual schools how they choose (or if they choose) to use the poster & booklet and no doubt the materials have not appeared in many schools. That is why young people and others are encouraged to ask their local schools about them and this has worked with posters and booklets appearing after in some schools that have been challenged about them.

Young Women's Group

BeLonG To are in the process of setting up a specific young women's group and to date have had two really well attended consultation evenings with women from the community. The project has also trained two young women in group facilitation – these young women will be attended further training in Manchester in March - and hopes to have this group up and running in the very near future.

**For further information on the
BeLonG To Youth Project and its
work programme please contact:**

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Health & Nutrition Activities Supplement

Health Promotion Summer Project

By Catherine Kaye

INTRODUCTION

The summer is approaching and its time to start planning your summer programme so why not use the theme of health to get you focused? Whether you plan on running weeklong summer projects or a series of one day programmes you will find lots of ideas in this issues programmes supplement. Health is a huge topic so this supplement will focus on activities that introduce theme of health and get young people to think about what health means to them and the types of lifestyle choices they make.

“HEALTH BLOCKS”

***Aim:** To look at the barriers to a healthier lifestyle and for a peer group to participate in developing health strategies that are appropriate to the group.*

Age: 12+

Materials Needed: Paper, Pens & A box

Method:

- Each young person completes the following sentence on a piece of paper “*I want to change my lifestyle & become more healthy but the one thing that stops me is . . .*”
- When completed each statement is placed in the box.
- Each young person then picks out a statement that is not his/her own and gives a suggestion that might overcome the barrier that prevents that person from becoming healthier.
- Allow time for group discussion of each suggestion.

“THE HEALTHY QUESTION?”

***Aim:** For young people to take part in auditing a sample of their peers eating habits and to critically evaluate them.*

Age: 12+

Materials: Flip Chart & Markers

Method:

- This activity works well if you have a large group of young people taking part in a summer programme or summer project that is being run over the course of a week.
- Form a steering committee of about 6 young people.
- The group then designs a questionnaire for their peers regarding their eating habits. Let the young people come up with their own questions and design how they will carry out the survey. Will it be a page handed out for the population to fill in themselves, will they ask questions and tick relevant boxes or will they simply ask the young people to **“Open their Lunch boxes” and note down the contents?**
- Once they group have tabulated the results they can be presented in a number of creative ways e.g. you could have the young people collecting bar, crisp wrappers and fizzy drinks cans. These can then be used to give a visual representation of what the population consume in a week or a single day by creating a junk food mountain!

HEALTHY EATING DISCUSSION

***Aim:** To encourage young people to take part in a critical discussion focusing on healthy eating.*

Age: 12+

Materials: Flip Chart Paper & Markers

Method:

- Divide the young people into two groups.
- One group must put together points that agree with the following statements and the other group points that disagree:
“Many schools are introducing healthy lunch guidelines which is great”
“It costs money to be healthy”
“The media has a lot to answer for!”
- Groups can discuss the points they come up with and chart them on flip chart paper.
- The two groups take part in a discussion facilitated by the youth leader, as the young peoples opinions change they can choose to join the opposing group.

HEALTHY HEADS

Aim: *To encourage young people to think about health and what it means to them, and to create a visual image of this.*

Age: 12+

Materials: Round Balloon, Cling Film, Paint, Masking Tape, Newspaper & Paper Mache Paste (Mix 1 part flour with about 2 parts of water until you get a consistency like thick glue. Add more water or flour as necessary. Mix well to get out all the bumps. Add a few tablespoons of salt to help prevent mold!)

Method:

Start by discussing the activity with the group. Explain how to make the heads but also spend time discussing what health means to them and how they are going to represent this with their head. For example they could make a head that looks like an orange or a caricature of someone running at speed with their features catching up with the head, or someone physically glowing light a light bulb with health!

- Cover the work surface well.
- Blow up the balloon and tie it closed. Find a bowl or cup the balloon can sit in.
- Cover the cup or bowl with plastic wrap so the paper mache does not stick to it.
- Tear several newspaper pages into strips 1 inch wide and about 6 - 8 inches long. Set

them aside.

- Use a large bowl to prepare the paper mache paste.
- Dip the newspaper strips into the glue and spread them onto the balloon. Completely cover the balloon, except for the area where it is sitting in the cup.
- Set aside and let this first layer dry.
- Once the first layer is completely dry, use various supplies to make the facial features on the balloon as desired. Make a nose, ears, thick eyebrows, lips, etc. Use cardboard, food containers, foil.
- Use masking tape to hold everything in place.
- Add at least two more layers of paper mache to the balloon. Allow each layer to dry completely before putting on the next layer. Once it is dry, pop the balloon and remove it through the opening left at the bottom.
- Paint and decorate the mask or face as desired. Add hair using wool, thin scraps of material etc.

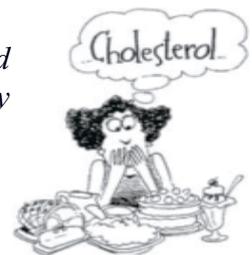
“MYTHS OR FACTS?”

Aim: *To dispel some myths and facts around food and healthy eating.*

Age: 10 +

Method:

- The youth leader reads out the following statements:
- If the young person thinks it is a fact they stand to the left side of the room, if they think it is a myth they stand to the right, if they are unsure they stand in the middle.
- Before the leader gives the correct answer they can take the time to allow the young people to individually explain why they chose to stand where they did.

**“Vegetarian foods are the healthier option”**

Myth – No food is good or bad what is important is the balancing of the types of food you eat from the five food groups. Moderate amounts of meat, fish and chicken form part of a well balanced diet.

“Eating carbohydrate foods like bread, potatoes,

rice and pasta will make you put on weight."

Myth – These foods will fill you up and give you lots of energy. The problem with weight gain tends to come from using too much fat in the cooking e.g. chips are far more fattening than boiled potatoes, or from adding fatty sauces.



"Skimmed milk has less protein and calcium than whole milk."

Myth – All milk is a good source of calcium and protein, when skimmed milk is made only the fat is removed.

"An apple a day keeps the doctor away."

This is a bit of a trick question; we need to eat 5 portions of fruit and vegetables a day, an apple only counts as one. Try to include a variety of fruit, salad and vegetables in your daily diet.

"Potatoes can be counted towards the 5 portions of vegetables a day."

Of course potatoes are a good source of vitamins and minerals but their main benefit is that they are a good source of carbohydrate so they fit into this food group.

"Vitamin and mineral supplements are needed to make sure we get enough."

Myth – Eating a well balanced diet will give you all the vitamins and minerals you need, buying supplements can be expensive and if too many are taken can be dangerous.



"Frozen foods count towards the five portions of fruit/veg a day."

Fact – frozen foods such as corn, peas and broccoli all retain their vitamins and mineral when frozen and so count towards the five portions needed a day

Development: Continue the debate of other common statements or proverbs about food with your group.



"HEALTHY HELEN ! ?"

Aim: To engage young people in an activity in which they identify health choices and the positive and negative physical effects these can have on a young person.

Age: 10+

Materials: Flip chart paper, Markers, Paint & Material Glue

Method:

- Stick large sheets of paper together to make it as tall as a person. Divide the group in two give each paper.
- One member of the each group lies down on this sheet and another group member draws around them.
- This drawing is going to become a character. The character must represent A) a healthy young person who makes positive choices in terms of smoking, alcohol, nutrition exercise etc and B) an unhealthy young person who has made unhealthy choices.
- Before each group begins they must ask themselves the following questions:

Is the character male or female?

What is your characters name?

What age are they?

What do they look like?

Where are they from?

What type of clothes do they wear?

What are their hobbies?

What kind of personality do they have?

What do they look like physically, hair, nails, and teeth?

How do their physical characteristics represent their health?

The groups then use scraps of material to dress the character. They must draw on their physical features and any other images that tell us more about the person. They must try not to write any words on the sheet but use imagery to communicate their ideas for example if the character has bad breath draw the fumes coming out of their mouth etc.



QUICK IDEAS!

Grow an organic garden and use the produce to create healthy meals.

Have young people go around to the different workshops during your summer project with platters of exotic fruit for the participants to taste.



As part of a cookery programme have the young people make a recipe book of all their favorite healthy recipes.



Have a giant family picnic day, set up food stations where people go around and make up their own lunch from a selection of healthy options. You can colour code the tables. e.g. the red table has tomatoes, red peppers and strawberries!



Encourage groups to increase their participation in daily exercise by organising community walks. The young people can plan the route themselves and monitor increase in the groups' fitness levels.

Contact your local health promotion officer or organise a visit from a dental nurse, local GP, dietician etc.



HANDY WEB SITES

For more details please contact the following websites:

Department of Health and Children www.doh.ie

Health Promotion Unit www.healthpromotion.ie

Bord Bia www.bordbia.ie

Bord Iascaigh Mhara (BIM) www.bim.ie

Safe Food Online www.safefoodonline.com

Health Promotion activities <http://www.healthsteps.ie>

Web site for young people on alcohol <http://www.unlocked.ie>

Drugs information <http://www.drugsinfo.ie>

For further information please contact:

Catherine Kaye
Arts & Programme Officer
National Youth Federation
20 Lower Dominick Street
Dublin 1
Tel: 01 8729933
Fax: 01 8724183
Email: ckaye@nyf.ie

'The Good, The Bad & The Ugly Sides of Alcohol' Video/DVD Project

by Navan Young People's Development Project

BACKGROUND

NYPD is a one of An Garda Siochana Special Projects based in Navan in Co. Meath. It is in operation since November 1999. NYPD stands for Navan Young People's Development Project. The project works with young people aged between ten and eighteen years in the Navan area. As with all Garda Projects young people are referred onto the project by the local statutory and voluntary agencies.

In 2003 and 2004 the media was once again highlighting teenage alcohol consumption in Ireland. On the 4th of September 2003 the Daily Mirror had an article entitled 'Hungover Ireland'. A large section of the article focused on the fact that Irish fifteen and sixteen year olds are Europe's biggest binge drinkers. The Irish Independent ran an article on the 10th of September 2003 on the Junior Cert results. Part of the article was a true/false quiz on 'youngsters and alcohol'

In conjunction with the media blitz tragic events involving young people and alcohol had brought the issue into the homes of ordinary families. Publicly and privately the topic was up for discussion. NYPD applied to the Irish Youth Foundation for a grant to make a video and accompanying leaflet on 'Young People and Alcohol'.

PROJECT DEVELOPMENT

Participants wanted an opportunity to research the topic for themselves, to voice their own opinions and to respond to what they felt was an unfair criticism on behalf of the media of their genre. The video was worked on over a ten- month period. It

was to be akin to a prime time documentary. Facts were to be dispersed with stories, music and interviews. Along with Shay Casserly (local film maker) participants filmed young people drinking and fighting.

The group also carried out a questionnaire in a local post primary school. The results from the sampled surveyed:

- **28% of 13yr olds are drinking alcohol regularly**
- **48% of 14yr olds are drinking alcohol regularly**
- **70% of 15yr olds are drinking alcohol regularly**
- **93% of 16 yr olds are drinking alcohol regularly**

The survey showed that young people can afford to drink because of part time jobs, and pocket money from parents. Accessing alcohol is not a problem. Young people reported that they know the off licences that will sell alcohol to them and there is always an older person willing to buy it for them.

Participants researched statistics on teenage drinking. They wrote to and subsequently interviewed politicians, nurses in Accident and Emergency, Counsellors from the Rutland treatment Centre in Dublin, Publicans, Gardaí, mothers, young people, teenagers and adults with alcohol addiction, Health Promotion Officers, taxi drivers etc.

Participants were seeking answers as to why the above thought that alcohol and Irish adults and young people had such a poor and at times damaging relationship.

Participants edited their work and chose music of relevance to place over some of the features on the video. The accompanying leaflet was to be something of practical use to young people. The group designed the leaflet themselves. On the leaflet there are points about safe drinking and important contact numbers.

LAUNCH

Local Deputy Damien English launched the video/dvd and leaflet in May 2004. The production was called 'The Good, The Bad & The Ugly Sides of Alcohol'. All relevant statutory and voluntary agencies were invited along with the families of participants. The launch was very much led by the young people who were the main speakers on the day. From their perspective it is not enough for the media to focus on the perils of underage drinking when adults are so flawed in this area themselves.

At the launch the group stated that the national problem of celebrating and or commiserating with a drink is one that teenagers have an excellent grasp of and modelled for them to such a high standard by adults.

CONCLUSIONS

Participants found from their interviews that drinking to forget problems, to feel a high, to relax are reasons that both adults and young people gave for drinking alcohol. Telling young people about cirrhosis of the liver etc is not going to encourage them to stop consuming alcohol. It does not stop adults so why do adults think it will have an effect on teenagers.

Young people also stated that they would still drink even if there were a drop in centre, youth club to go to. They would attend the activities but would drink before or after them. Somewhat similar to adults going for a drink after a round of golf, the theatre etc.

The main point of the video was to turn the focus back onto the adults. Participants were not abdicating their own responsibilities; they know excessive consumption of any substance can lead to poor choices and lifelong consequences.

However if adults in Ireland do not see a problem with their own relationship to alcohol then they need to abstain from lecturing their youth until the penny finally drops. All young people interviewed for this project were under eighteen years old and all have been in public houses at some stage.

For further information on the project please contact:

Olivia McGeough
**Navan Young People's
Development Project**
Community Resource Centre
Fairgreen
Navan
Co. Meath

Tel: 046 9072575

Fax: 046 7902576

Email: nypd.project@oceanfree.net

New Resources

ADOLESCENT HEALTH & RELATIONSHIPS

A Study of Sexual Health Issues, Attitudes and Behaviours: The Views of Early School Leavers *By Paula Mayock and Tina Byrne*

Report that presents the findings from a study of the sexual behaviours, attitudes and beliefs of young people who leave school early or are 'at risk' of early school leaving. Research into the sexual lives and behaviour of young people has been neglected in an Irish context, and we are currently know relatively little about the ideas and expectations that young people hold about the knowledge that informs their beliefs about sexual behaviour and sexual health. This research set out to talk to young people about their romantic and sexual relationships and to gain access to their experiences and views on a range of issues related to sexual health.

You Can Talk to Me (DVD) Communicating with your child *By Crisis Pregnancy Agency*

'You can talk to me' is in DVD form and has been developed by the Crisis Pregnancy Agency to help parents in communication with their children on sexual health and relationships.

Promoting Positive Adolescent Sexual Health & Preventing Teenage Pregnancy: A Review of Recent Effectiveness Research *By Deirdre Fullerton*

Review commissioned by the Crisis Pregnancy Agency to inform their work in the area of prevention of crisis pregnancy. The review commences with a brief description of the current epidemiological data on teenage pregnancy and adolescent sexual behaviour in Ireland. This is followed by an analysis of current understanding of the antecedents for early sexual initiation, teenage pregnancy and/or unprotected sexual intercourse. The review concludes with recommendations for health, education,

health promotion and social services, and suggests areas for further research.

MENTAL HEALTH

Quality in Mental Health - Your Views A Report on Stakeholders Consultation on Quality in Mental Health Services *By Mental Health Commission*

The Mental Health Commission, established under the Mental Health Act 2001, is an independent statutory body. One of its statutory duties is to promote, encourage and foster high standards in the delivery of mental health care. In order to discharge this responsibility, the Mental Health Commission plans to develop and implement a quality framework for mental health services in Ireland. The framework will be used by the commission to support continuous improvement in the quality of mental health services.

VOLUNTEERING

Two Paths, One Purpose *By Voluntary Action in Ireland North & South*

Book which sets out to make a direct comparison between the voluntary sector in Northern Ireland and the Republic on Ireland. It specifically aims to map the voluntary sectors, north and south, setting them in the border framework of the British Isles and the European Union. To set the historical context for the development of the two sectors, outlining how their paths converged and diverged from 1922 to 2000 and to draw overall conclusions, lessons and issues arising. This will return to the key questions facing the voluntary sector in both parts of the island and how they can learn from each other to face common challenges.

Houses of the Oireachtas Joint Committee on Arts, Sport, Tourism, Community, Rural and Gealtacht Affairs **Volunteers and Volunteering in Ireland**

The Special Olympics highlighted the role of the volunteer in Irish Society perhaps in a more meaningful way than either the White Paper or the "Tipping the Balance Report". The Joint Committee were conscious of the perceived lack of progress in the field since those publications and felt the need to advance "economic" arguments for the support of volunteering given the perceived costs to the Exchequer previously demonstrated.

YOUNG PEOPLE & IDENTITY

Life Stories

Exploring Identity with Young People

By *YARD*

Life stories is a new educational activity pack that gives a voice to young people from a diverse range of minority groups in Ireland. The young people's stories form the backbone of the pack. These stories are supported by group work, simulation games, drama and art activities, which enable young people to explore identity in Ireland and around the world.

YOUNG PEOPLE & VIOLENCE

Juvenile Violence - Stories and Paths

By *Fundacao da Juventude*

Study examining the relative lack of understanding of the facts involved in the phenomenon of youth violence in Europe. By analysing and learning about the stories and paths of youths placed in educational centres it sets out external variables that characterise their social and economic origins, their school life and passage through various control and authorities, as well as their living realities and its meaning within their own context. In this way it was possible to understand the meaning that the youths

YOUTH POLICY

themselves attribute to their own acts of violence.

The Office of the Ombudsman for Children International Learning and Priorities for Ireland

By *Anne Colgan*

The campaign to establish an Office of Ombudsman

for Children in Ireland dates back to 1995. Over the intervening years, the Children's Rights Alliance, a coalition of 75 Irish non-governmental organisations concerned with the rights and needs of children, has campaigned strongly for this Office. This report is broken down into three chapters. **Chapter 1** of the report describes the feedback form Ombudsman's Offices about the broad strategies which they have employed to achieve their mission, and which they consider to have been very important for success. **Chapter 2** provides an account of matters that the Irish contributors believe should be addressed by the new Ombudsman in the first twelve to eighteen months of office and **Chapter 3** contains the views of the Ombudsman (and some Irish contributors) about how the office of Ombudsman should operate.

Consultation Document for a Recreation Policy for Young People in Ireland

By *the National Children's Office*

The NCO is currently developing a recreation policy that will be aimed at young people of secondary school age. The policy will deal with recreation programmes and facilities that are funded by the Government. In this consultation document reasons for developing the policy are set out as well as the principles and objectives that should underpin the development of the recreation policy.

All of these titles and others on related topics are available **ON LOAN** (NOT FOR SALE) to IYWC members. The IYWC is an official sales agent in the Republic of Ireland for Combat Poverty, DEFY, Directory of Social Change, NYCI, Nightshift Publishing and Russell House Publishing

For further information and to request any of the resources on loan please contact:

Fran Bissett / Gina Halpin

Irish YouthWork Centre

National Youth Federation

20 Lower Dominick Street

Dublin 1

Tel: 01 8789933 Fax: 01 8724183

Email: fbissett@nyf.ie / ghalpin@nyf.ie

Website: www.iywc.com

Notice Board

“Drugs: Issues and Experiences”

Date: Saturday 11 June, 2005
Venue: All Hallows College, Dublin.
Time: 9.30am-4.45pm.

Our principal speakers for the day are:

Dr Des Corrigan (School of Pharmacy, TCD and Chair of the National Advisory Committee on Drugs) who will give a brief overview of drug types, effects and pharmacology.

Paul Delaney (COAIM - Council for Addiction Information and Mediation) who look at the use of skills such as motivational interviewing when working with drug users and their families.

Young people in recovery and representatives from family support groups will also share their personal experiences.

For further information & costs:

Community Awareness of Drugs
31 Central Hotel Chambers
Dame Court
Dublin 2
Tel: 01 679 2681

Advanced Class-Communicating Effectively with your Volunteers

Date: Friday 30 September, 2005
Time: 10.00am – 4.00pm
Venue: Coleraine House, Dublin 7
Trainer: Rick Lynch, Lynch Associates, Seattle, USA

This extremely practical one-day workshop is designed to look at strategies for effective communication with volunteers. It will also cover areas on how frequently should you contact your volunteers, how to give them bad news and what are the methods for communicating.

Cost: E75.00 Volunteering Ireland members and E100.00 non-members

Recruiting & Keeping Management Committees

Date: Saturday 22 October, 2005
Time: 10.00am – 4.00pm
Venue: Coleraine House, Dublin 7
Trainer: Sheila Cahill

This is a one day course which is aimed at everyone who is interested in recruiting new members for their committee and in retaining existing committee members. It also looks at the role descriptions for committee members, how to develop effective & appropriate techniques for recruitment and to understand what elements enhance retention of committee members.

Cost: E75.00 Volunteering Ireland members and E100.00 non-members

Volunteer Support and Supervision

Date: Thursday 17 November, 2005
Time: 10.00am – 4.00pm
Venue: Coleraine House, Dublin 7
Trainer: Nancy Nunez

It is a one day course which is aimed at everyone who is responsible for managing volunteers. It is useful for any organisation that is interested in improving methods that help to retain volunteers and encourage good performance. It also looks at areas how to develop appropriate and effective supervision structures and to develop strategies for dealing with disciplinary issues.

Cost: E75.00 Volunteering Ireland members and E100.00 non-members

For further information please contact:

Volunteering Ireland

Coleraine House
Coleraine Street
Dublin 7.

Tel: 01 8722622

Email: info@volunteeringireland.com

Website: www.volunteeringireland.com

**Policy in Practice and Drugs Work
Developing a strategy and policy for dealing
with the drugs issue in out-of-school settings**

Date: Thursday 13 & Friday 14 October, 2005 (Sligo), Thursday 24 & Friday 25 November, 2005 (Waterford)

Time: 10.00am – 5.00pm

Venues: Sligo & Waterford

This is a two-day training, which is based on the Support Pack for Dealing with the Drugs Issue in Out-of-School Setting, revised and produced by the National Youth Health Programme in 2003. The course offers workers from both statutory and Youth Work settings an approach for dealing with the Drugs Issues from an organisational perspective, the primary focus of this course is to facilitate and support workers towards the development of an organizational strategy and Drugs policy for Out-of-School settings.

Cost: E100.00 (covers coffees, lunches and course materials)

**What's it All About
Alcohol and young people**

Date: Thursday 3 & Friday 4 November, 2005 (Galway), Thursday 1 & Friday 2 December, 2005 (Limerick)

Time: 10.00am – 5.00pm

Venues: Galway & Limerick

This two-day training course, which is aimed to present a rationale for addressing the alcohol issue with young people. It will highlight current research findings and issues of good practice. It will also explore some creative methodologies in addressing this issue and to examine the current legislative implications in relation to the alcohol issue and young people.

Cost: E100.00 (covers coffees, lunches and course materials)

**Opening Round
An introduction to working with
different groups**

Date: Friday 7 October 2005

Time: 10.00am – 5.00pm

Venue: Dundalk

This is a one-day introductory course that explores a range of skills and strategies for working with different groups. These include skills in relation to presenting, chairing meetings and facilitating groups. The course is targeted at Youth & Community Workers/Volunteers, Staff in Vocational Training Settings, Health Education & Health Promotion Personnel and other workers who work directly with young people.

Cost: E50.00 (covers coffees, lunches and course materials)

Smoking - Awareness and Cessation

Date: Friday 23 September, 2005

Time: 10.00am – 5.00pm

Venue: Cork

One day training course, which aims to raise awareness of participants around the issue of smoking and young people. It will also offer an insight into smoking cessation and the strategies for providing support to young people to stop smoking.

Cost: E50.00 (covers coffees, lunches and course materials)

**Good Habits of Mind
A mental health initiative for those working
with young in out-of-school settings**

Date: Tuesday 15 & Wednesday 16 November, 2005 (Dublin), Tuesday 6 & Wednesday 7 December, 2005 (Navan)

Time: 10.00am – 5.00pm

Venues: Dublin & Navan

This two-day training course, which aims to examine how the issue of mental health impacts on young people. It will also offer participants an opportunity to explore issues of good practice from a worker and an organisational perspective. Procedures around referral will also be explored in detail.

Cost: E100.00 (covers coffees, lunches and course materials)

For further information on the above three events, please contact:

National Youth Health Programme

3 Montague Street, Dublin 2

Tel: 01 4784122 Fax: 01 4783974

Email: nyhp@nyci.ie

Policy & Funding

TAOISEACH LAUNCHES NEW COMMUNITY AND VOLUNTARY ACTIVITY TASKFORCE

At The Wheel's annual conference in April Taoiseach Bertie Ahern announced a new taskforce to promote Community and Voluntary activity. Paying tribute to The Wheel on the scope and depth of its development, the Taoiseach highlighted the significant contribution the Community and Voluntary Sector makes to the economy and society as a whole.

The Taoiseach said he envisaged the task force having a dual role: producing specific recommendations and stimulating debate and discussion on this "*challenge which concerns us all*". It is expected the taskforce will be in existence for six months with its composition and terms of reference to be announced in the near future.

EDUCATIONALLY DISADVANTAGED TO BENEFIT FROM NEW PACKAGE OF SUPPORTS

The Minister for Education and Science, Mary Hanafin T.D., has announced that more targeted supports will be provided across the education system under the new action plan for tackling educational disadvantage.

The new framework is the result of a full review of the measures that have been put in place to support pupils from disadvantaged areas over the last two decades and will build on the success of existing programmes, while addressing the issues that have diluted the overall effectiveness of some measures. Outlining some aspects of the new approach, the Minister explained that

"under the new plan, better procedures will be put in place for identifying the levels of disadvantage in our schools, to ensure that extra supports are targeted at those that need them most."

A single integrated programme of supports for schools with concentrated levels of disadvantage

will be put in place, which will bring together, and build upon, the existing variety of schemes and initiatives. The new framework will be introduced on a phased basis starting in the next school year and will involve an additional annual investment of €40m on full implementation. It will also involve the provision of some 300 additional posts across the education system generally. Some of these posts will be used to provide smaller class sizes in targeted disadvantaged schools.

Other measures will include:

- Improving literacy and numeracy by expanding access to successful initiatives such as the Reading Recovery Programme
- Providing home school community liaison teachers to more disadvantaged schools
- Encouraging greater cooperation between primary and post-primary schools in disadvantaged areas.
- Funding to schools to provide a mix of both academic and non-academic supports for children during and outside of school-time
- Providing extra supports for principals in disadvantaged schools to enable them to improve planning at local level and ensure that the extra resources being provided lead to better outcomes for pupils
- Encouraging better retention of teachers in disadvantaged schools, not only by providing smaller class sizes, but also through access to enhanced professional development. There will also be a new scheme of paid sabbatical leave

For further information contact:

Department of Education & Science
Marlborough Street
Dublin 1
Tel: 01 8896400
Email: info@education.gov.ie

MINISTER ANNOUNCES ALMOST E2M IN MEASURES TO STRENGTHEN AND SUPPORT VOLUNTEERING

On 2 March Noel Ahern TD, Minister of State at the Department of Community, Rural and Gaeltacht Affairs announced a number of initiatives designed to:

- Deepen and strengthen existing volunteering infrastructure
- Develop and expand volunteering infrastructure at local and community level
- Promote volunteering among young people in second and third level
- Support the development of an authoritative code of best practice for volunteering
- Develop reliable data with regard to volunteering to inform further initiatives, focus strategies and maximise criteria.

Two measures designed to promote volunteering among young people will be supported. The **Young Social Innovators Initiative** involves transition year students at Secondary School level from all over Ireland in identifying social needs and in developing strategies to address them. E200,000 will be provided to support this programme annually over the next three years including the Annual Showcase awards.

At third level, the **DIT Community Learning Programme (CLP)**, which is an example of a new teaching method called service-learning and, works by integrating classroom learning in any subject with suitable volunteering activity will also be supported (E110,000 per annum).

The role of the existing network of local and community development groups in supporting volunteers and volunteering will be formalised. To this end, E500,000 of local area partnership funding is being ring-fenced for measures that encourage volunteers and volunteering. Each local area partnership company, if they are not doing so already, will be asked to develop measures at a local level. Measures that involve more than one local or community agency will be particularly welcomed.

In addition, the existing volunteer bureaux that are members of Volunteer Centres Ireland will be funded for the next three years (E578,000 per annum). E50,000 per annum for three years will be made available in order to enable Volunteer Centres Ireland to engage a Development Officer.

The tasks of the development officer will include the drawing up, in consultation with various players across the sector, of a code of practice for volunteers and volunteering and the development of up to date statistics on volunteering from existing databases. E500,000 of the Department's Cohesion Fund will be spent on measures that will promote volunteers and volunteering locally. Under this arrangement, proposals will be co-ordinated by city and county development boards.

The Volunteer Bureaux that will benefit under these proposals (subject to standard conditions relating to the expenditure of public moneys) are:

Tallaght Volunteer Bureau
Volunteering Ireland
Newbridge Volunteer Bureau
Bray Volunteer Bureau
Tralee Volunteer Bureau
Cork Volunteer Bureau;
Ballyfermot Volunteer Bureau
Drogheda Volunteer Centre.

For further information contact:

Department of Community, Rural and Gaeltacht Affairs

Dún Aimhirgin
43-49 Mespil Road
Dublin 4

Tel: 01 6473000

Fax: 01 6670826

LoCall Number: 1890 474 847

Press/Information Office: 01 6473130

Website: www.irlgov.ie

Round Up

DEVELOPMENT OF RECREATION POLICY FOR YOUNG PEOPLE

On Wednesday 4 May the Minister for Children Brian Lenihan TD launched the Consultation Document for the Development of a Recreation Policy for Young People. The National Children's Office (NCO) has responsibility for the development of this policy, which will deal with recreation programmes and facilities that are funded by the Government.

The NCO wishes to engage in a consultation process on the development of the Recreation Policy. The consultation is aimed at organisations and individuals working with young people, teachers, parents and young people. The consultation document sets out the background to developing the policy (as part of the National Children's Strategy), identifies some of the potential barriers and motivators that hinder or encourage participation in recreation and set out the purposes objective of the policy.

A Steering Group is being established by the NCO to develop the Policy, taking into account the results of research recently undertaken with over 2,000 young people on the views about opportunities, barriers and support to recreation and leisure in Ireland and the views expressed during the consultation process.

MINISTER LAUNCHES SECOND LEVEL STUDENT COUNCILS RESEARCH

On 25 April Brian Lenihan, TD, Minister for Children launched the report: *A Study on Enablers, Barriers and Supports* on Second Level Student Councils in Ireland. The study was conducted by the Children's Research Centre in Trinity College on behalf of the Student Council Working Group, established by the National Children's Office.

THE MAIN OBJECTIVES OF THE RESEARCH WERE:

- To examine contemporary thinking on student councils
- To describe the operation of student councils

in Ireland

- To identify enablers and barriers to good practice in the establishment, development and operation of student councils as perceived by management, teachers, students and other key personnel
- To identify ways in which student councils can play a meaningful role in second level schools
- To make recommendations about how student councils can be effectively supported
- To make recommendations on the training needs of all stakeholders

For further information on both the *Recreation Policy for Young People* and the *Student Council Research* please contact:

National Children's Office

1st Floor, St. Martin's House
Waterloo Road
Dublin 4

Tel: 01 2420006

Fax: 01 6641929

Website: www.nco.ie

GALWAY CITY ANTI-RACISM STRATEGY

Galway City Partnership launched '*Towards A City Of Equals - Galway City Anti-Racism Strategy 2005-2008*' on 21 March 2005, the International Day Against Racism.

This initiative, the first of its kind in Ireland, is designed to combat racism and promote interculturalism locally through the implementation of a wide range of strategic actions throughout Galway City over the coming years.

The strategy documents can be downloaded from Galway City Partnership's website www.gcp.ie.

To express your support for, and solidarity with the Galway City Anti-Racism Strategy you can sign and return the Strategy Declaration, also available on the website.

NEW COMMUNITY DEVELOPMENT JOURNAL LAUNCHED

Perspectives on Community Development in Ireland, is a new journal sponsored by the Cross Border Centre for Community Development, which seeks to offer its readers insights into the theories, practices, processes and the varying contexts of community development.

It also aspires to engage its readership in shared opportunities for learning, for advancing our understanding and generating new insights into the theory and practice of community development.

A principal purpose of the journal will be to facilitate a wider engagement and practical familiarity with the ways of community development. Accordingly the journal presents itself as a meeting point between participants, practitioners and academics whose shared interest is community development and who commit to write/communicate about it.

Contents of First Issue

Editorial, *by Seamus Lillis*

Realising Community Development's Potential in Ireland through Practice, Learning and Connection, *by Seamus Lillis*
Community Development: A Means towards Reconciliation in Rural Border

Communities? *by Will Glendinning*
A Tale from the Processes of Community Development, *by Mary McClorey*

Peace Building and Community in Northern Ireland, *by Nuala McNamee*

A Systemic Perspective on Community Development: Participation, Learning and the Essence of Wholeness, *by Richard Bawden*

Community Development: The Spiritual Dimension, *by John Feehan*

Re-thinking Public Policy - The Role of

Social Capital, *by Tom Healy*

Towards Greater Participation: How Our Group Became More Effective, *by Kathleen Brennan*

This first edition is May 2005 - Vol. 1, No. 1 and the cost of the journal will be E40.00 per year (2 issues, includes VAT).

For further information contact:

The Liffey Press
Ashbrook House
10 Main Street
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DROP IN YOUTH CENTRE RESEARCH

Tallaght Partnership have recently undertaken some research into best practice in drop-in youth facilities having recognised the need for young people to have dedicated places for recreation and leisure with a drop-in character. The research was jointly funded by the Partnership and County Dublin VEC, and written in conjunction with Tallaght Youth Service. The publication titled 'A place to chill' is the result of desk research and a series of site visits identifying elements that have to be taken into account when developing a drop-in facility for young people. The publication will be useful tool for anyone considering local youth centre development

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