

# scene

MAGAZINE



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YouthAction NI  
Samfés  
NYCI  
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Lithuanian Children  
& Youth Centre  
Youth Work Ireland



Erasmus+



Youth Work Ireland

 **léargas**



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# Scene Magazine

Issue 84, May 2016

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# Editorial

Welcome to this edition of Scene Magazine which brings a focus to youth music and youth work. The arts and music are an important part of youth work and several actions relating to youth arts are identified in the National Youth Strategy 2015-2016.

Like the framers of the Youth Strategy, we believe music is a vital resource and tool for offering young people a voice and empowering them to engage in their communities, to realise their full potential and to maintain their wellbeing. Further, music has the potential to support young people to develop skills, careers and gain employment. In a report by Ernst and Young commissioned by Gesac entitled *"Creating growth - Measuring cultural and creative markets in the EU"* published in December 2014 we can see the importance of supporting and developing young people's skills and expertise within the creative and music industries that exist. As stated in the report these industries contribute to revenues of €535.9b with the creative and cultural industries (CCIs) contributing to 4.2% of Europe's GDP. The sector is its third-largest employer, after construction and food and beverage service activities, such as bars and restaurants. We must further develop and support programmes and projects that offer young people access and entry to the creative and music industries. We encourage you to highlight to your elected representatives and local governing bodies, the work done in the area of youth music and encourage them to provide further supports to this area so we can reach more young people with this work.

As with all editions of Scene Magazine, we seek here to capture experience of a diverse range of youth organisations and practitioners and to provide ideas about practice that can support Irish youth work practitioners in developing their own practice. The occasion for this issue, is the formation of a strategic partnership with youth services from across Europe who use music as a tool for supporting the development of young people. These partners include; UK Youth, Youth Cymru (Wales), Samfés (Iceland), Youth Scotland, Lithuanian Children and Youth Centre and Youth Action Northern Ireland, with Youth Work Ireland as the lead partner. The most recent achievement of this partnership has been the successful funding of a KA2 Erasmus + project entitled **Youth Work - Music and Cultural Entrepreneurship**. The end result of this project is the design of an online toolkit/site on how to use music as a tool for engaging and retaining young people in youth services, as well as creating an online community of other youth services from across Europe that use music.

This special edition contains articles from each of the project partners, each sharing knowledge around how they use music as a tool to provide supports to young people under the headings of employment, education, enterprise and youth work practice.

We have set up a project Facebook page where we will post updates on the progress of the project and we hope you will follow it to keep update [www.facebook.com/ka2youthmusic/](http://www.facebook.com/ka2youthmusic/) Please join the conversation by sharing information about your organisation's work with music under the **#ka2youthmusic**.

Music and the arts are a vital method in youth work for achieving outcomes in the lives of young people. It is also clear from the examples in this edition of Scene Magazine that Irish and European youth work organisations are engaged in ambitious and effective programmes of work to support the involvement of young people in music and the arts. Taking a broad view, what is perhaps missing is joined up thinking, or a comprehensive action plan to ensure that every young person in Ireland has an opportunity to engage in opportunities such as are documented in these pages. NYCI has called for such an action plan and here we would like to endorse this call and ask the new Government to address this gap in their programme of work.



A handwritten signature in black ink, reading "Patrick J. Burke".

Dr. Patrick J. Burke  
CEO Youth Work Ireland



Youth Work Ireland





# Irish Youth Music Awards

**Barry Lennon**  
*Youth Work Ireland*

*"It was a very good insight into how the music industry works. It showed me the time and effort it takes to make a project of that scale work. It taught me what it's like to be part of a team working on something important"*  
**Bill Davitt, Ossory Youth**

*This opportunity has most certainly changed my view of myself, of what I think I am capable of and how others view me. I also got to experience this feeling of being important, being a part of something bigger. I got to meet people from all around the country and make new friends. But most importantly I got to build my confidence and realize how much more I am capable of.*  
**Laura Karaliute, Carlow Regional Youth Service**



The Irish Youth Music Awards (IYMAs) involves 340 youth clubs and over 150 projects in communities all over Ireland. Marking it's 10-year anniversary later this year, the IYMAs has grown to become Youth Work Ireland's all-island, flagship youth music educational programme.

I've been the Director of the programme for the last two years and have had the privilege of working with young people, youth leaders and their communities across Ireland. It's particularly been a pleasure to see the work, commitment and collective support participants give each other while participating in the programme.

Each year the IYMAs programme is launched with local live selection nights and information workshops happening across Ireland. The launch is also marked with the physical and worldwide digital release of the previous recipient regions album release. This album consists of original songs by each of the performers from that region's team. Recorded in a professional studio, the album is mixed and mastered giving the young people that feature on the album a professional studio experience. Last year's album was recorded in

Temple Lane Studios where Kanye West, The Script and The Coronas have previously worked. As part of the 2014/2015 programme, Louth was named as the recipient region for the IYMAs programme and for the recently finished 2015/2016 programme Galway was named as the recipient region for the IYMAs.

So just backing up a little, let me tell you about the local live selection nights. These events are hosted in youth services, clubs and projects across Ireland and we roughly host on average fifteen of these in the lead up to our National Day in the Aviva Stadium - which is the final event in the programme. At the local live selection events performers from that region perform at least one original song written by themselves showcasing a melting pot of styles and genres and acting as a way to express themselves by either highlighting the issues affecting them or giving us a window into their world.

Each of the performers that take part in the regional event privately vote respectively for one act (i.e. a performer) and one song that will represent that region. This process always results in the selection of two different performers and usually, an interesting musical mix. For example, a song from an acoustic performer could get picked, but then a death metal band may have to perform it. The outcome is that two groupings of young people have to interpret each other's music and find ways to collaborate.

The rest of the performers from the regional event then form the team around the selected act, taking on 23 pre-set jobs. The 23 jobs include PR writer, video maker and guitar tech, etc. The idea is to show the young people that the music industry runs on an eco system of interconnected dependencies and supports. Through the jobs the participants learn new skills within the creative and music industries, as well as learning to work together. The young people learn to communicate their own message, and gain an understanding of what's involved from start to finish in either putting on a concert in their club or project.

After the local live selection events the young people must set up a Facebook page to post evidence of the work they do for the programme. Their social media is

reviewed coming up to the National Day in the Aviva Stadium in Dublin to see what work has been done.

The selection of the IYMAs winner is fifty per cent based on the collective team work in completing the 23 jobs and fifty per cent is determined by votes cast by an industry panel at the National Day in the Aviva Stadium. The vote is based mainly on performance. In the past this industry panel has consisted of representatives from IMRO, Warner Music Ireland, Song Music Ireland as well as young performers previously involved in the programme giving the programme direct links to the music industry within Ireland.

As part of further developing the educational element of the programme we have developed strategic partnerships with BIMM Dublin to showcase to young people some of the third level opportunities for them to progress to. As well as showcasing this we also host a large educational hub at the National Day in the Aviva Stadium where lecturers from BIMM Dublin host industry workshops. In the past, these workshops have included bass, drum and song writing workshops, to name just a few. Our educational hub is a vital part of the national day as it offers performers, as well as other young people attending the event an opportunity to learn and most importantly speak to people actively involved in music







to access career options. We also host an industry panel with musicians, label managers and performers for young people to attend and ask questions and get an understanding of different elements of the creative and music industries.

As mentioned above, the IYMAS programme has a defined structure from the young people hosting the regional event in their local club or project, to then select a representing act, to taking on various jobs to create the team and working on these jobs collectively. We wanted young people to get accreditation for their involvement in the programme and so IYMAS is now a Challenge Partner of Gaisce – The President's award with the young people participating in the IYMAS able to use their involvement to count towards their personal skill area of their bronze award.

The final part of the programme is the coming together of the regional teams at our National Day, hosted in the Aviva Stadium the last two years. This event features a programme of over thirty-six young performers from across the island of Ireland playing across two stages

performing a mix of genres. We also host a large educational hub and information stands for young people looking to get information about issues affecting them as well as music industry organisations. In advance of this event each year we do a call out to young people for the Master of Ceremonies position. The requirements are that this is a young person aged between 12 and 19 and that they must record a short video on their phone or camera telling us why they want to present the event and what they like about it. This gives the event a youth voice and offers a young person the opportunity to empower themselves by presenting at a massive national event.

At the National Day we have two main awards given out, the first is the IYMAS recipient award which includes five days professional recording in a studio to make an album of original tracks from each of their team members, the physical and worldwide digital release of this as well as associated press opportunities and a trophy. The second award is for the best songwriter, this is entirely judged by our industry panel on the day and the winner has the

opportunity to record their track on the IYMAS album. We also have awards to reflect the work done by each of the team members in the participating regions such as PR, Drum Tech and Video maker to reflect the jobs they have taken on.

The IYMAS involves over 340 youth clubs and over 150 projects in communities all over Ireland and is rolled out through Youth Work Ireland's member services as well as through our strategic partner Youth Action Northern Ireland, in the north of Ireland. We see the local youth club, or service, is at the heart of the community where people come together to be part of something important in their community and see programmes like this as a way to connect these communities. To date over 95,000 young people have taken part and benefited from the Irish Youth Music Awards.

An Independent report by IMRO shows music contributes €470 million to the economy and supports more than 11,510 jobs in Ireland – 9,030 direct, 2,480 indirect. By further expanding and developing the IYMAS programme and other music education programmes, we can nurture and support young people to help them enter this industry linking the programme to education and employment opportunities as well as benefiting the economy.



Youth Work Ireland

[www.iymas.ie](http://www.iymas.ie)



# “The IYMAs has been the best experience in my life”

Jake McArdle

I've always loved music but was always afraid to get up and perform or to even create music.

Last year I heard about the Irish Youth Music Awards (IYMAs) through Facebook. Scrolling down my news feed I stumbled upon a post that gave the date, time and venue of the local live selection event for Louth. I went to this and tried out! To my surprise I was selected as the representing act for my home county Louth! We had a full team of amazing people who had similar interests and we all got on like a house on fire. The whole lead up to the national day was the most exhausting, amazing, life changing experience in my life to date! I got to explore my musical talent and work very hard to achieve certain goals. I done interviews with local news outlets. I loved every second of it. When Team Louth won the IYMAs it was the best feeling in the world, and if I could go back and watch our reaction I think I would be laughing because we literally went crazy!

After the huge success came numerous requests for performances, radio interviews, TV interviews, appearances etc.. I was living my dream! I got to record an E.P in Temple Lane Recording Studios in Dublin with other members of Team Louth which was so amazing! I got to meet the President of Ireland Michael D. Higgins and perform for him, and I feel incredibly honoured to have gotten the chance to do so! This is only the beginning of my career, I am working on my second official E.P which should be finished later this year and many more exciting times lie ahead for me. I'm currently getting ready to sit my Leaving Certificate exams so music is at bay for the minute so I can focus on my studies, but I still devote time to music. After school I hope to go to college. I won't be studying music in college as I would like a different career path to fall back on in the future.

Honestly, the IYMA's has been the best experience in my life! It is life changing and I would definitely encourage all young people to get involved!



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“The whole lead up to the National Day was the most *exhausting, amazing, life changing* experience in my life to date!”

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# A Musical Against Bullying in Lithuania

Tomas Rakovas, *Lithuanian Children & Youth Centre (LCYC)*

Lithuanian Children and Youth Centre (LCYC) is a space where young people can develop their potential, discover their talents and gain important skills for a successful life. The Centre houses dozens of different activities for young people, including music, arts, sport clubs and social skills workshops. All these activities at LCYC provide opportunities for young people to develop their social and personal skills in a non-formal and engaging way.

One of the main highlights of past months at LCYC was a musical performance **“The Ugly Duckling. A Modern Story”** that was a joint project created by young people in singing and contemporary dance groups. The musical follows the life

of a teenage girl Edouarde who moves from a small town to live in the capital together with her mother. New life in the city meets Edouarde with hostility, she experiences bullying and harassment from her classmates, teachers and other people until one day Edouarde discovers her true talent as a singer... The performance was prepared as part of an anti-bullying campaign in LCYC during the annual National Action Week Against Bullying. It was premiered during the National Conference on Bullying Prevention that took place in LCYC on the 17th of March.

**“The Ugly Duckling. A Modern Story”** is a musical project created by young people for young people with

a goal to tackle bullying as an important social issue in Lithuanian society. According to the data from recent international surveys, Lithuania has the highest rate of bullying among adolescents in Europe. Close to one third of school-aged children (29%) have been victims of bullying and a quarter of children (29%) admitted to have bullied others (WHO: Health Behavior of School-aged Children (HSBC) report from 2013/2014).

Full Report can be downloaded from - [http://www.euro.who.int/\\_\\_data/assets/pdf\\_file/0003/303438/HSBC-No7-Growing-up-unequal-full-report.pdf?ua=1](http://www.euro.who.int/__data/assets/pdf_file/0003/303438/HSBC-No7-Growing-up-unequal-full-report.pdf?ua=1).

Bullying is also closely related to other health and behavior problems. *“Bullying is a serious problem that affects many young people in*





*Lithuania and we need to work together to stop it. Our musical brings up different stories from real life situations that many young people face every day. We hope the show will raise a discussion about how people relate to each other”, says Lauryna Raudyte who played the main role of Edouarde in “The Ugly Duckling”.*

Besides its social relevance, **“The Ugly Duckling”** was an important learning experience for everyone involved in its preparation. *“It was a real challenge for all the group but we all learned a lot about each other and the management of stage performances”* – says Austra Norvilaite, singing teacher, the leader of a singing class at LCYC, who supported the group of young people in directing the musical. *“There were more than 40 singers and dancers involved on stage, with several more supporting the show backstage. It was a practical school of cooperation, communication and time management. Young people had to*

*make important decisions and take-up responsible tasks themselves. Such experience and skills will definitely prove to be useful in other situations in life”* – Austra explains.

At the moment, the group is planning a tour around the country to show their musical in schools and local communities. It aims to spread the message to take action against bullying and show how

music and stage performance can be used as a powerful tool of communication and personal development.



Lietuvos vaikų ir jaunimo centras

**BE PATYČIŲ**

**VYKS**

Veiksma savaitė **BE PATYČIŲ** renginio dalyviams ir draugams metu

**KOVO 17 D.**

(ketvirtadienį) 15.00–17.30 val.

Lietuvos vaikų ir jaunimo centro Didžiojoje salėje (Konstitucijos pr. 25, Vilnius)

Veikiantys asmenys ir atlikėjai:

Eduardė – Lauryna Raudytė  
Eduardės mama – Neringa Sukauskaitė  
Mamos draugė Božena – Diana Vežbovič  
Vaikinas Emilis – Vitalij Valentinovič  
Prodiuseris – Paulius Noreika  
Klasės auklėtoja – Kamilė Juozapavičiūtė  
Choro vadovė – Edita Kemzūraitė  
Scenarijaus autorė ir režisierė – Austra Norvilaite  
Choreografe – Agnė Rickevičienė  
Dainų lietuviškų tekstų autorius – Vitalij Valentinovič

Šoka, dainuoja ir valdina – LVJC Balso studijos ir šokių kolektyvo „Gama“ artistai.

Visi esam lygūs prieš Dievą, todėl neturime jokios teisės tyčiotis iš kito. Viskas gyvenime grįžta bumerangu.

**PREMJERA**  
**Muzikinė drama**

**BIAUYUSIS ANČIUKAS**

Šiuolaikinė interpretacija

RENGINYS – nemokamas



# Stuck Together Festival

**Victor Berg Guðmundsson, Samfés**



Stuck Together is a two-day festival and an annual event, the biggest one that Samfés organizes every year in Laugardalshöll since 2004. The festival starts on Friday at 18.00 when young people arrive, there is a ball/concert where the most popular musicians in Iceland perform along with teenage bands and DJ's. Then on Saturday the singing contest starts with sound checks at 08.00 and the contest starts at 13.00. The singing contest is shown on live national television.

Stuck Together is not just a singing competition, to be able to perform on the big stage in Laugardalshöll you must go through an elimination process, first in the youth club and then in a regional competition. Only 30 acts in total get the chance to go all the way to the finals. The preparation process is long and a lot of work goes into every act. While few singers use playback from a tape, we see every year an increase in teenagers who choose to play instruments from acoustic guitars to full band set ups. Giving not only singers the opportunity to perform but also many other musicians. Through the years this singing competition has been the first big break for our teenagers to show their talent and many of our brightest stars today took their first step on that stage. Our winner last year for example just won Iceland got talent.

Samfés starts to plan and organise the Stuck Together Festival in September for the event to take place in the beginning of March. We send all youth clubs the first

information by email in the beginning of January. The ticket sales are regulated by the number of young people in the youth club or municipality and also by how many tickets had been ordered last year. Samfés sends out to all members a portion of the total amount of tickets available, which is 4500. The rule of thumb is that all youth clubs can send around 30% of the young people in the club. That means we have around 30% of all young people in Iceland at the age of 13-16 years old attending our festival. The youth clubs need to bring staff that work in the youth club and the rule is one staff member for every 15 young people. All staff in the Festival need to be registered and active in the youth club so that they know the young people and also because of insurance reasons.

From the online registration Samfés makes a work schedule with specific tasks for all 350 staff members for both days. All staff wear special festival t-shirts and identification cards. We have a special safety guard who takes care of all necessary safety preparations and tasks. Also we have nurses on duty both days, a special team for youth who have some minor problems and also we have a special mobility team which also patrols the outside of the arena during the festival. Police are notified about the festival. All youth clubs have to arrive together in a bus at a scheduled time and after the festival they all have to leave together with the bus. All tickets are numbered and we have a list of what youth club has each number in case we have to contact or notify staff or parents.



The Stuck Together Festival is the largest youth entertainment festival held in Laugardalshöll in one of the largest indoor sporting arenas in Iceland with the capacity of 5,500 people. The tradition is that the festival is held on the first weekend in March. The youth council of Samfés has a large role in the preparations, deciding which bands should play and they manage everything that has to do with sales. The last two years we have sold over 800 pizzas, soda and sweets for roughly €28,000. The ticket to the festival costs €21 per person; many youth clubs have to travel a long distance for the festival. On the Saturday we also have the Samfés ping pong contest in the morning.

In the year 1991 the first Samfés ball was held in Hitt Húsið where live bands played in the main hall and in another hall DJ's played. That year around 400-500 young people were lucky to get tickets to this popular ball. In 1992 the song contest was



The Stuck Together festival is without doubt the largest drug-free event of this kind held in Iceland. Each year about 4,500 adolescents, aged 13-16 years old attend from all over the country.

The singing contest gives young people the opportunity to appear on the big stage and sing in front of their peers of the country. Qualifiers have been carried out in all regions and thirty entries selected for participation. It can therefore, truly be said that the most promising singers in the country appear on the Samfés singing contest.



[www.samfés.is](http://www.samfés.is)

## Links to learn more:

**Stuck-Together 2015** - <https://vimeo.com/123417518>

**Stuck-Together promo 2015** - <https://www.youtube.com/watch?v=nIWfLALdV6Q>

**All the acts from the singing contest 2016** - <http://www.krakkaruv.is/samfes>

**Short promo video** - <https://vimeo.com/161492164>

**Young people work with the professionals** - <https://vimeo.com/161492164>

**Stuck-Together 2014** - <https://vimeo.com/89031520>



# Kaya Festival Youth Cymru Zone

Melanie Ryan

Youth Cymru is a partner in a World Wide Music Festival called the Kaya Festival held in Margam Park, Port Talbot. It is a summer event, something our young people had asked for. Therefore, we put down the stakes and happily agreed to create, run and organise the "Youth Zone" over the three-day music and food festival. The Youth Zone was situated in front and to the side of Margam House, a key location with fantastic music, workshops and organisations. Between the pitch tent, workshop tent, youth stage and Neath Port Talbot Youth Service there was something for everyone.

This stage provides a challenging performance opportunity for 138 young music creators to develop their unique voices. Their creativity needs to be heard to be inspired, they need new experiences to grow and feedback to develop; this opportunity will provide this. Mixing with other young music creators will allow inspiration, sharing of creative ideas and enhanced motivation. They will have a chance to gain work experience, develop confidence and grow as performers by experiencing real audience feedback and appreciation. Being part of a wider world music festival will allow them to experience other music genre, which will support their own creative development allowing more diversity and increasing originality.

Young people gained invaluable experience in what it takes to run a festival from event management, distributing programs, artist liaison to hosting a stage. These skills are transferrable to many employment opportunities.

**Youth Cymru Members offer unique opportunities for young people in Wales here's 3 examples:**

## The Andrew Kent Music Academy (AKMA)

The Andrew Kent Music Academy was developed to fund projects that would give disengaged young people living in Swansea the opportunity to develop skills in DJ-ing, music production and other various multimedia projects. This enables them to have something positive to do in the community and gain valuable skills to increase their musical and multimedia opportunities. The overall aim of the academy is to support and develop projects that reduce the risk factors that lead to youth crime, anti-social behavior and disengagement from education. Our aim would be to support inclusion and equal opportunities and in doing so, enhance the protective factors that promote positive behavior.

The AKMA has proven to be a fantastic 'stepping stone' for young people. It has engaged a large amount of young people and has giving them access to knowledge and equipment that is very rare to come by which has led many young people to stay engaged in this provision and then move on to seek further education, apprenticeships



and careers in music and multimedia. In September 2014, six AKMA young people moved on to college, each accessing a course that will enhance skills already learnt. [www.akmaswansea.co.uk](http://www.akmaswansea.co.uk)

## Young Promoters Network

We've been helping young people get their first footsteps in the creative industries since 2010; from aspiring promoters, stage managers, graphic designers, photographers,



videographers and many more. We've played an integral part in helping them shape their futures and helping bring their ideas to life. We've also helped hundreds of musicians with their first gigs, obtain high profile touring show support slots and getting on festival bills alongside developing them as artists; which as a direct result spawned the Forté Project!

The project has been hallmarked as innovative and collaborative by its very nature; there is no model like it which targets young people in Wales. The enthusiasm and interaction of young people has encouraged its growth. The project is both creative and reactive to its locality - in turn contributing to the growth of the music industry in South Wales. The project up-skills young people and develops transferable skills in individuals; provides platforms for young emerging talent; and encourages networking opportunities across the region.

Everything that the Young Promoters Network has ever done germinates



from a single idea! It takes one #lightbulbmoment to be switched on inside your head and the possibilities can be endless!  
[www.youngpromotersnetwork.com](http://www.youngpromotersnetwork.com)

### 3GS/Georgetown Youth Club

THE Merthyr's Got Talent competition has proved such a success in its first two years that it is now set to become an annual event. THE Merthyr's Got Talent competition has proved such a

success in its first two years that it is now set to become an annual event.

For the second year running, the night gave talented youngsters aged between 11 and 25 the chance to showcase their dancing, singing, and musical theatre skills to a sell-out audience at Merthyr Tydfil Leisure Centre. Run in partnership with Merthyr Youth Service and the 3G's Development Trust, it now looks set to become a regular part of Youth Work Week.

Lee Davies, community development worker for the 3G's Development Trust, said the night was a huge success.

*"With all the bad publicity Merthyr has received over the past few months, this was a fantastic advertisement for the rich vein of talent that is within Merthyr,"* he said. Around 70 entrants performed to a crowd of almost 200 on the night.



[www.youthcymru.org.uk](http://www.youthcymru.org.uk)

## What is the Forté Project?

Introducing the Forté Project, the exciting new music development scheme hoping to uncover and support the next bright young things in music emerging from South Wales.

Brought to you by the minds behind the Young Promoters Network, in co-ordination with SONIG Youth Music, Arts Connect and Arts Council of Wales, the Forté Project aims to take ten emerging artists from regions which span across the areas of Rhondda Cynon Taff, Caerphilly, Merthyr Tydfil, Bridgend and the Vale of Glamorgan, collectively known as Arts Connect.

The ten chosen artists will work alongside assigned industry mentors who will support the artist on their journey at a critical point in their musical career. The project is centred around key creative and career development support areas which will further improve their chances of achieving successful, long-term professional careers. The artists will gain experience from song-writing workshops, industry related seminars, signposted opportunities, rehearsal space, recording sessions, bespoke audience development support and a range of unique live opportunities throughout the year. For further information please email: [info@forteproject.co.uk](mailto:info@forteproject.co.uk)





# IYMAS 2016 ACTS



**32 THIRTEEN**  
Donegal Youth Service



**CURTIS WALSH**  
Youth Work Ireland Laois



**ARIEL**  
YANI, Newry



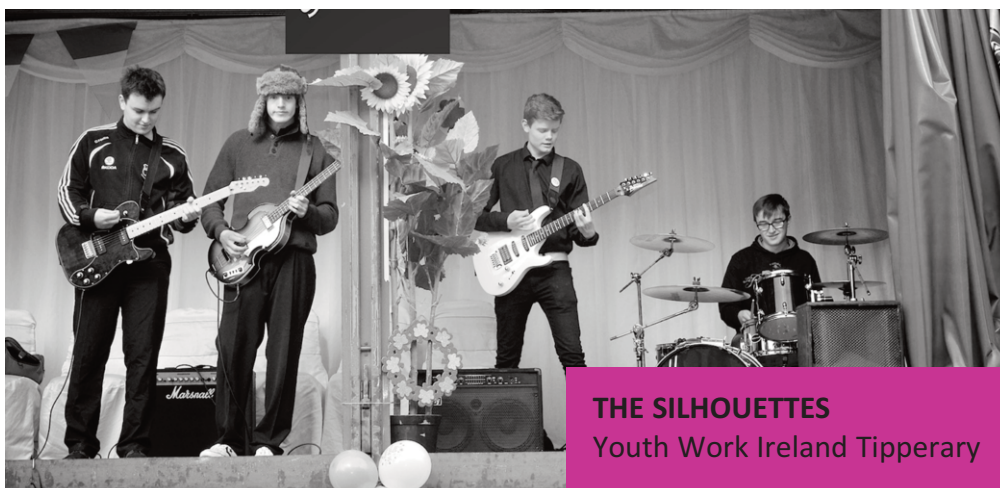
**MIKAELA DOYLE**  
Carlow RYS



**EMILY BOYNE**  
St. John Bosco (Drimnagh)



**SAM NEWCOMB**  
Waterford & Sth Tipperary

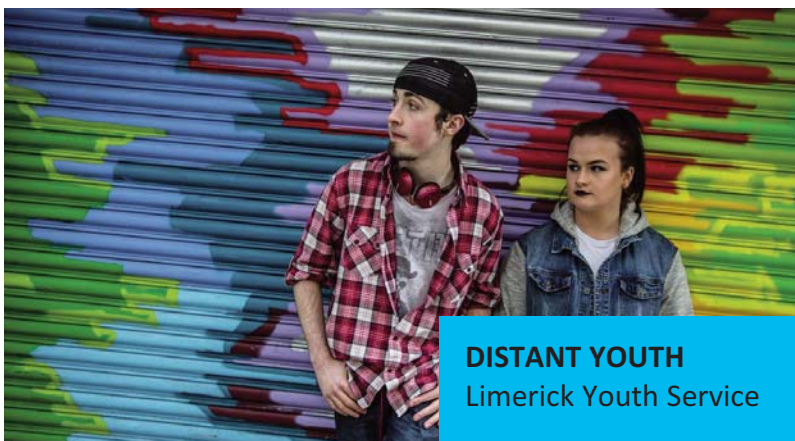


**THE SILHOUETTES**  
Youth Work Ireland Tipperary





**JANAJ**  
Youth Work Ireland Galway



**DISTANT YOUTH**  
Limerick Youth Service



**CORINA & CIARA**  
Ballymun Regional Youth Resource



**REDHOUSE**  
YANI Belfast



**THE MELADIES**  
Crosscare DRYS



**KOJAK**  
Ossory Youth



**THE IV**  
CDYS Youth Work Ireland



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Finglas Youth Resource Centre



# From Nun's Island to the Aviva... and beyond

*The journey of Team Galway through the Irish Youth Music Awards Programme*

**Rachel Maher, Youth Work Ireland Galway**

***"The programme has helped me and many others overcome our hurdles and motivated us to believe in all the possibilities our music careers hold."***

Youth Work Ireland Galway have taken part in the Irish Youth Music Awards (IYMAs) since 2014. Over the past few years, dozens of young people have been a part of Team Galway and it has been clear throughout the impact that this programme has had on various aspects of their lives. They have gained knowledge, improved skills, socialised and had access to opportunities that they would not have known about previously.

***"Participating in the IYMAs has opened up so many opportunities for me socially and has made me more passionate about music in general, because I got to meet likeminded young people."***

The journey of Team Galway in the IYMAs 2016 began on January 24th in the Nun's Island Theatre in Galway City. Team Galway consists of fifteen talented, motivated and amazing young people from all over Galway. Out of this fifteen, one third had been involved with IYMAs Team Galway in previous years and a further third had followed the progress of Team

Galway in 2015. Each participant brought something different to the experience; knowledge, skills, enthusiasm and creativity in abundance to name but a few.

Team Galway met weekly (and more often during the school breaks) in either the Galway 2020 hub or Youth Work Ireland Galway's office in Galway city. Outside of the meetings, we were in constant contact through Facebook groups, chats, text messages, Snapchat... any way we could be in contact, we were! There was always tasks we wanted to complete in our meetings, but a large part of Team Galway meetings was the socialising and team building. Every meeting we would do activities and games, as well as having a sing song and a group jamming session. Yes, the meetings went a bit longer because of this but the atmosphere and feeling within Team Galway as a result was worth every minute!

***"I really admire the way the IYMAs is structured, as it focuses on the group/team and really shows you how to work together with people. Everyone is viewed as equal members of the team, which differentiates it from other music and talent competitions which solely focus on the performer themselves and not based on any effort or innovation from other young people. And the young people lead it, so it is down to us to get the work done."***

When bigger tasks had to be done, such as video planning, fundraising planning, image planning and photography, all Team Galway members had the opportunity to input during meetings and group discussions – whether it was just having their say, volunteering for jobs or going crazy with face paint. Even with smaller tasks, members of Team Galway were constantly talking and helping each other out in whatever way they could, and learning from each other. The young people got to express themselves and learn skills in areas like photography and video, video editing, image design and creation, stage prep and technician work, promotion and PR work; both online and in the media; as well as planning, communication and teamwork skills. The IYMAs is a youth led music project, so all of the work done was led and planned by the young people of Team Galway.

Being part of the IYMAs project has helped members of Team Galway with their self-confidence and belief in their abilities, as well as offering them the opportunity to socialise with likeminded young people.

***"It's amazing how open everyone is and how every individual can release their creative spirit in such a comfortable accepting environment. I've gained so much insight and confidence in myself,***



# AVIVA STADIUM





*my music, and learned that a lot of young people face the same struggle as I do regarding self-doubt towards their passion."*

Over the years of being involved in the IYMAS, there have been so many opportunities, changes and outcomes for the young people of Galway.

- o Two members of Team Galway were presenters for the IYMAS 2015 and Youth Factor 2015.
- o The young people have gotten the opportunity to connect and network with other young musicians, become involved with other youth projects as participants and leaders, and have the opportunity to go on international youth exchanges, all because of the IYMAS.
- o Team Galway have been involved with Galway 2020; meeting in their hub and supporting the bid for Culture Capital 2020; the Galway Samaritans; providing music for their
- o Sams40 event in Galway city; and will take part in an international festival in Northern Ireland. They have been interviewed for Irish TV, various radio programmes and have had articles in newspapers about the work they are doing, all because of the IYMAS.
- o The young people in Team Galway have had the opportunity to perform for their peers, family and the wider community with gigs in various venues in Galway city, county and beyond; some of whom had never played outside of their bedroom before taking part in the IYMAS.
- o Team Galway members have furthered their education relating to the music industry, enrolling in PLC and college courses, taking part in workshops for song writing and other areas relating to the music industry, all because of the IYMAS.

*"As a participant, I would not have been able to meet so many young people with similar interests without it. I learned so much valuable information about the music industry from it."*

The IYMAS has helped the young people of Galway grow with their passion of music, as well as gain skills and experience in areas that you may not experience in a traditional school setting. As part of the Facebook team for the IYMAS, one job is to "acquire friends" for the Facebook page. And while one person had this job on Team Galway, all young people completed it. Team Galway is not just a group of people working together, we are friends. And if that were to be the only benefit of taking part in the IYMAS, then for the young people in Galway, it is worth it.

*"My best friends these days are people that I have met during the project."*





# There will be music and song this summer in Galway

**Niamh Dillon, NYCI**



The National Youth Council Art's Programme is having their annual summer school in NUI, Galway from the 8th to the 10th of June this year. The summer school offers training for youth workers in various art forms. This year the expertise on offer includes song writing with community musician Julie Tiernan, drumming with Brian Fleming and prop and costume making with Caoimhe Dunne, formerly of Bui Bolg, street theatre company.

This year's school, **The Big Project** is particularly ambitious as participants will work collectively over three days to create a street theatre event. On the first day everyone will get together and select a theme, they will work with their chosen tutor to create a song, a piece of music and costume/props for the final event. Participants will learn about their chosen skill in addition to having an experience of working on a large scale arts event.

If you are working with young people and would like to extend your arts expertise or learn about song writing for the first time, this is the training for you according to Niamh Dillon, project officer at NYCI. She points out that the summer school is an opportunity for you to take time out from your work, network with other colleagues

from across the country and be reinvigorated with new skills and ideas. She goes on to mention that there has been high praise for the training in the past,

*"I would just like to thank you again for such a great experience. It was a wonderful few days and I'm so pleased I got to meet and work with a wide variety of people. I feel so much more confident now with my approach to working with young people."*

*"A creative space with like-minded people. Very positive, welcoming and accepting environment."*  
**Comments from participants from summer school 2015**



*"I would encourage everyone who thinks this training might work for them to give it a go. We work hard to ensure all participants at the summer school are made feel*

*welcome and a supportive, fun environment ensures over the 3 days", Niamh Dillon.*

**The booking site is currently open and can be accessed at [www.youtharts.ie](http://www.youtharts.ie)**

She goes on to say, "if you are interested in the arts, do check out our website, we have an arts blog that has lots of excellent contributions from artists, youth workers and young people on their views, insights and expertise in the field. Moreover, we have a number of new training initiatives that might be of interest and some exciting new projects planned for the autumn. We would welcome any questions or enquiries. I look forward to hearing from you.

**Niamh Dillon**  
**(e) [niamh@nyci.ie](mailto:niamh@nyci.ie)**  
**(t): 01-4784122**  
**[www.nyci.ie](http://www.nyci.ie)**





# THE BIG MUSIC PROJECT

Maddie Dinwoodie, UK Youth



The Big Music Project, provides young people with the skills and experience to forge a career in the music and creative industries.

Established in 2014, The Big Music Project is a partnership between Global, the media and entertainment group, and UK Youth the largest national charity for the youth sector and currently funded until 2018.

With our partners Youth Cymru, Youth Action Northern Ireland and Youth Scotland this phase of the project we are creating 80 new Youth Hubs across the UK, which provide music-based learning opportunities for 14-18 year olds, bringing the total number to 110. Young project Champions will be appointed at each location to deliver a music project for the young people in their area.

The Big Music Project also delivers paid internships and work experience in the music industry across the UK, with 30 per cent of the work experience opportunities reserved for those already involved with the project and the rest open to other young people across the UK. We also give young people access to employability workshops and mentorships as well as the chance

to perform in talent showcases. The website is a principle source of advice and a portal for entry level careers in the music industry. It will also now feature a series of 45-minute live-streamed master classes led by a music or creative professional.

At this phase, there is a strong focus on supporting young people from disadvantaged backgrounds which creates even more career opportunities in the music and creative industries and expands the project into more UK cities.

*"Since we launched The Big Music Project two years ago, we have provided thousands of young people with hands on careers experience and the opportunity to develop skills to increase employability. In the last year alone more than half of internships secured through The Big Music Project resulted in full-time paid employment. This substantial grant from the Big Lottery Fund will allow us to develop the project, reaching even more disadvantaged young people across the UK to improve their chances of a career in the music and creative industries."*

**Emma Bradley, Director of Global Goodness**



Young people continue to find it difficult to access employment, despite rising levels of academic attainment. The Big Music Project was created to inform them about the incredible range of opportunities available in the music industry, from hairdressing and stage building to graphic design and catering. Through community based youth groups and



inspiring national events, young people from a diverse range of backgrounds are empowered to develop practical life skills that will equip them for the world of work.

*"To date we have worked with over 14,000 young people across England, Scotland, Wales and Northern Ireland. We are excited to be able to work with at least 5500 more in this next phase of The Big Music Project."*

**Anna Smee, CEO, UK Youth**

*"Through TBMP I have gained a much better understanding of the music industry. I have also grown in confidence and become a much better performer."*

**The Hut, Wakefield Champion (16)**

*"I feel more confident in myself and the project has also improved my self-esteem. I would like to go to university when I have completed my qualifications at Rathbone Training through an access course. I hope to become a successful business man and achieve all the goals I have dreamed of, which Rathbone Training and great projects like this are helping me with."*

**Oldham, Rathbone Champion (19)**

The AKMA has made Michael the person he is today, so much so that he stated if the AKMA did not exist he "would not have a good job, would not be in relationship I'm in now, would not have a house – simply would not have this good life I have now."

**AKMA Champion (20)**

*"I have felt so inspired by the journey that I have been on through The Big Music Project and I want to continue to highlight issues for the deaf community and continue to teach sign language to people who may never have considered that it's something that it might be useful for them to learn. The support that I have received from Big Music staff and also the other Champions in the group has been amazing and has been the main reason why I have been so inspired to spread this message. Without their encouragement and support, this would not be something that I am so proud of now."*

**Belfast Champion, Rainbow Factory Music Studio (18)**



[www.ukyouth.org](http://www.ukyouth.org)





# Nathan's Story

A case study of youth work through music programmes increasing young people's employability prospects

**Gerard Hughes**

*YouthAction Northern Ireland*



Nathan Jones, a 19-year-old young man from West Belfast, is currently preparing for the opening night of his first professional theatre production in The Grand Opera House – one of Belfast's biggest and most successful theatres. Nathan's journey to get to this point is a great example of how positive youth work practice can empower young people and increase their employability skills.

Nathan started out attending YouthAction's Techie School, to learn skills in technical theatre. Nathan was an avid performer, but was interested in expanding his knowledge and experience of the wider world of theatre and the creative industries. Straight away, he knew that he had become a part of something unique.

*"I was really surprised at how friendly everybody was. You felt like you were part of a big family, and you were able to have fun while learning new skills and meeting new people."* Nathan threw himself into learning technical theatre skills and took advantage of the many opportunities that were offered through YouthAction's school of performing arts, The Rainbow Factory.

In the Summer of 2014, Nathan joined the technical team for Rainbow Factory's Summer musical Sunshine on Leith. This was an experience that would be crucial to his development both as a young man and as a professional. *"I was a bit surprised to be trusted with so much responsibility,"* he said, reflecting on his first experience as part of a technical team of a big production. *"I was made stage manager, and the responsibility allowed me to grow and thrive – I was learning on the job, which was amazing, and the support I received from the youth workers allowed me to do the job really well. I made mistakes, but these were never a big deal. We always took the time to reflect on what's been going well and what could be better. So I was learning from my mistakes, and without really knowing it, I was learning how important it was to take ownership of my actions and my responsibilities."*

Nathan has always emphasised that the personal support was as important as the professional support – allowing him to grow as a young man, rather than just a performer, technician, or stage manager. *"Being on a technical team of a production that size means you are busy all the time."*

*You wouldn't believe how much work goes on behind the scenes – especially in the week leading up to the show opening. But the youth workers always made time and space to ask about you, how your day has been, how things are at home, what's going on in your life. It might seem like a small thing, but it meant that I knew I was really valued as a person, as well as being an important member of the team. It also allowed me to grow relationships that are still so positive and important to me to this day."*

Nathan continued to be involved in Techie School, taking chances where he could to be involved in a variety of productions from gig nights and pantomimes to showcases and issue-based theatre. He had a variety of roles, including stage manager and lighting operator, and also worked with Rainbow Factory's Front of House team.

After being involved in Summer 2015's musical Calamity Jane, as a performer (as well as getting involved with the production team), Nathan found himself looking for work, and was successful in his application for a paid internship at YouthAction as a trainee technical theatre assistant.



*"It was the perfect opportunity for me at the perfect time," he said. "Having volunteered a lot, I felt like I was ready to step into the world of professional work, and this was like my dream job."*

The internship allowed Nathan to use the skills he learned through his experiences with YouthAction, providing technical support for shows, events and conferences, while growing as a young professional. *"The support was always there, and I was always learning. My technical theatre skills kept growing and growing, but I also learned skills like how to conduct myself in a professional environment. I learned office skills – word processing and filing. I learned organisational skills, like managing a workload within designated hours, returning phone calls, and even things like keeping*

*on top of my emails. These may seem like small things, but they have allowed me to grow as a professional worker, rather than just a young technician."*

The post also gave Nathan the opportunity to undertake relevant training. *"I did stuff like genie lift training, child protection training, health and safety and manual handling training, as well as training in sign language. These are things that still help me every day and will always be relevant to the work that I want to do."*

Now Nathan is using the skills and experiences he gained through YouthAction programmes to excel in the world of work. *"The show I am about to perform in at the Opera House is like a dream come true. And to be honest, it wouldn't have been possible without*

*YouthAction. The support and guidance I received helped me grow into the confident and creative person I am today, and I am so thankful for it."*

Nathan continues to be as involved as he can in YouthAction programmes while excelling in the world of work.



[www.youthaction.org](http://www.youthaction.org)



## Rainbow Factory

YouthAction's Rainbow Factory is our in-house school of performing arts, with approx 450 young people taking part every week in classes that include dance, drama, musical theatre, vocal coaching, technical theatre, front of house skills, and youth governance. Young people can get involved in as much or as little as suits them, so there is something for everybody, even if you aren't an avid performer. Throughout the year, Rainbow Factory will produce a number of high-quality productions, for example: a Summer musical, Christmas pantomime, devised issue-based theatre, Open Space festivals (where anyone can come to perform anything from contemporary dance, to devised drama and stand-up comedy), and gig nights. Other productions often include a Spectrum festival, that celebrates identity and cultural diversity, contributing performances to the Outburst Queer Arts festival, and working with the Royal Shakespeare Company on their Open Stages initiative.

With the support of our skilled artists and youth workers, Rainbow Factory's young people are given a platform to grow and showcase the skills they learn throughout the year by having an

important role in these big productions. As well as the cast being made up of young people, all of our technicians, stage crew and front of house crew that run these productions are all young people made up from the number of initiatives that run across Rainbow Factory.



## Techie School

Techie School is housed within YouthAction's Rainbow Factory, and runs every Wednesday night in our studio theatre space. Young people from all across Belfast and beyond come together to learn practical skills in technical theatre, like rigging lights, setting up and running microphones, mixing soundtracks, stage management, programming lighting sequences etc. As well as these hard skills, the young people are also carefully trained in soft skills like teamworking, commitment, personal responsibility and caring for each other. These skills all come together and become refined under an intense atmosphere when the young people get the opportunity to showcase and develop these skills during our productions throughout the year. To get involved in Techie School, or for more info contact [Catherine@youthaction.org](mailto:Catherine@youthaction.org) or on 02890240551.





# The Big Music Project (TBMP) Tollcross YMCA & Youth Scotland

## Fiona Muir

### How it Works

Tollcross is a vibrant community, but one struggling with serious deprivation, designated a Regeneration Outcome Area in the most deprived 5% in Scotland S01003228 (Scottish Index Multiple Deprivation 2012). This deprivation manifests in high levels of poverty, anti-social behaviour, isolation, family fragmentation, and unemployment according to Barnardo's Pace project Glasgow (2013). According to the Scottish Neighbourhood Statistics (2012) the percentage of families on deprived incomes and claiming benefit in Tollcross is double the national average. As a result family and single parents are unable to give their young people the fun, educational and life changing experiences that other young people from more affluent areas enjoy.

For over 140 years, Tollcross YMCA has provided recreational facilities within a safe environment that promotes educational and social activities for the people of Tollcross and Glasgow's east end. Tollcross YMCA aims to promote citizenship and develop community spirit by encouraging people to consider their

environment and develop activities that support people to reach their potential, by overcoming barriers that would normally exclude them, resulting in a more connected and resilient community. At Tollcross YMCA, their volunteer project is fresh and innovative, allowing young people to make contributions to their local community, to enhance their CV and future prospects. Many of their youth workers started out as volunteers. As a volunteer, there are a range of activities and programmes to get involved with from delivering school programmes and community projects to taking a group of young people on a trip to London or Europe.

### The Model

Youth Scotland is the national network for youth clubs and groups across Scotland. We are the largest non-uniformed youth organisation in Scotland, delivering quality youth work programmes, information, resources, training and support to community-based youth work. Youth Scotland's model of The Big Music Project, allows community based youth groups and organisations the opportunity to establish as well as support existing music projects

across the country, to support young people to realise their potential and gain accreditation, meet new friends and experience new opportunities that would not normally be available to them and their local community. Working in partnership with Tollcross YMCA is a fantastic example of this.

Tollcross YMCA have been involved with TBMP since the project was launched back in April 2014, where they recruited ten music champions from their current music programme, Music Drop In and Aspire. How they managed to sustain their interest throughout the project was to create a portfolio of work whereby champions and participants learned new skills, gained qualifications and experiences and use it as a platform to secure employment, further education opportunities and funding for their own music based projects. Only one of the original ten champions did not remain with the project and that was because he signed a management deal with a company based down in Liverpool and was then contracted not to be involved in any other music based activity such as TBMP.

Tollcross YMCA was asked to recruit



an additional five champions which they did by using an approach that Tollcross YMCA employs to deliver all youth programme activity where by young people promote and engage the service they provide to other young people. This is achieved by getting the young people who are currently involved to promote TBMP into secondary, primary schools, local youth clubs and community events etc. The youth committee over sees all activity and programme content to ensure it remains youth focused and maintains legitimacy and this is how they recruited the five additional champions for The Big Music Hub who possess the personal qualities needed to engage this programme to others. The young people themselves promote and sell the idea and market TBMP at events to other young people as part of the programme model.

## The Projects Structure

### Examples of Work:

*"How we engaged with the wider community was by TBMP champions and its participants, community volunteers, youth workers, board members and young people from Tollcross YMCA creating a new TBMP music project. What was special about the project is that we collaborated with African musicians made up from a number of Commonwealth countries and this has allowed local children and young people to explore the musical culture of African Commonwealth countries and work towards creating something entirely their own, through unique songs and videos which were part of the build up to the Commonwealth Games and its legacy. Local young people who have never written a song before or edited a video have recorded a number of songs and videos to celebrate the Commonwealth Games. The songs in particular were promoted and released just as the games began. The teenagers at Tollcross YMCA worked with musicians from Ghana, Tanzania, Nigeria, South Africa, Democratic Republic of Congo and Sierra Leone to create songs*

*which promoted a positive message to other young people and the BME groups within the east end of Glasgow".*

*"Two of the music champions discovered that not only were they talented musicians, but through TBMP they discovered how to create their own community music projects and learned how to fund them via the funding workshops that Tollcross YMCA provided and then created their own organization called Urban Sounds Scotland. Another Champion called Gideon created Vessel Music and developed this project after his participation on Tollcross YMCA's TBMP hub and learned how to deliver and manage a community project. These three champions have learned how to delegate a team, project manage and problem solve and this has given them more confidence and ambition to achieve even bigger goals than they themselves first thought were unachievable."*

### Outcomes

All champions work towards their Youth Achievement Awards, Duke of Edinburgh and Saltire Awards, all supported by a dedicated youth worker. By completing the YAA helped the champions to be goal orientated and see that progression as the year developed which helped to maintain motivation. The same principal was used when collating the hours for their Saltire Awards.

**Other outcomes of the project have included the following:**

- Tollcross YMCA organizes BBC Radio Scotland to interview the champions about the two songs they have recorded for the Commonwealth Games.
- Tollcross YMCA organize STV to interview champions about the two commonwealth songs recorded for the Commonwealth Games.
- Tollcross Recordings start recording session every Friday night. Hear Glasgow deliver music training in the Glasgow concert halls for champions and participants.

- Champions make up new community project called East End Beats to record a song for the Commonwealth Games.
- Champions are treated to the BBC Big Weekend thanks to BBC Scotland
- Champions participate in a music video about their experiences for the Big Music Project Roadshow in Glasgow.
- Take 15 champions to play live at the Big Music Project with Chase and Status and the Brit Band.
- Participants and champions test out new music app for a company that was at last month's music event in Glasgow.
- Champion signs record deal with JUMMP records.
- TBMP Volunteer Arno talks about music in Africa in Cardinal Winning High Champion.
- Nicole attends Britten's got talent audition and makes it through to second stage in Glasgow.
- We help Daniel Campbell launch On The Beat a deep house record label
- We supported 5 of our champions to enter the Brits Music Competition.
- John and Gody both Champions create USS and release promo video called Moby's Story.
- Deliver TBMP gig in Glasgow with young people performing.
- Support John and Gody to perform live at the O2 arena and at the Youth Scotland Big Skills weekend.

Since the completion of phase 2, TBMP Champions for Tollcross have gone into further employment and employability (some examples above of projects that have been launched), as well as Shaun Quinn, who is a key support worker now for TBMP, once a champion in phase 1. Through TBMP, employability opportunities have come about due to positive partnership working, networking events and active youth workers. A fantastic project to be involved with!

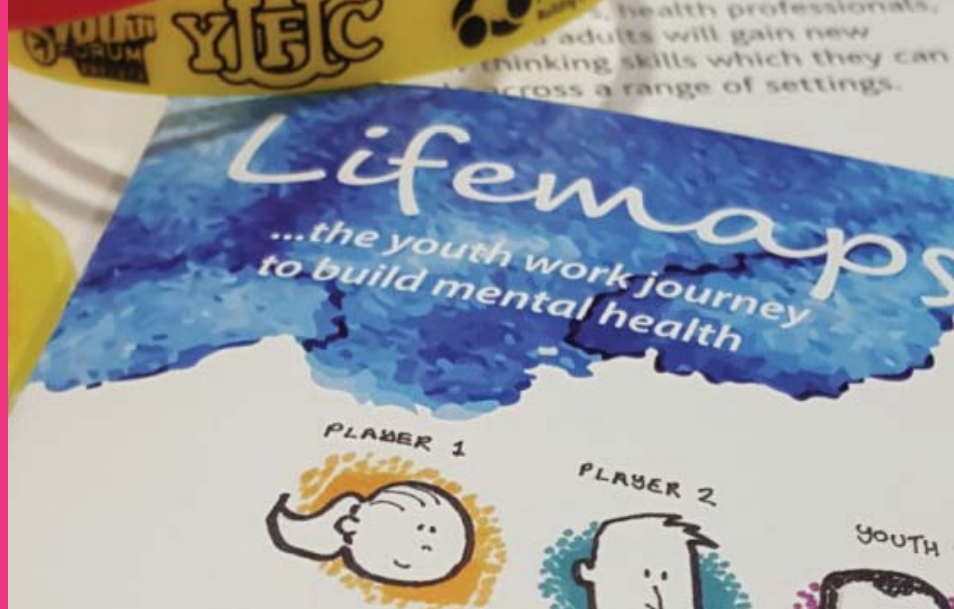


[www.youthscotland.org.uk](http://www.youthscotland.org.uk)



# LIFEMAPS A Model of Mental Health

**Caroline Redpath, YANI**



Mental wellbeing is really important....to us all! Recognising the need for new evidence based approaches to building young people's mental health YouthAction Northern Ireland (YANI) has developed a new model entitled '**LIFEMAPS – the youth work journey to build mental health.**'

Building on research from the positive psychology field the LIFEMAPS model has been developed to demonstrate how youth work approaches can build young people's mental health and well-being.

## Practicing the Happiness Formula

The model is based on the happiness formula, developed through scientific research, which argues that a large part of our positive mental health can be built through actions, skills and attitudes, and fostered through positive relationships.

### The formula is .....Happiness (H) = S + C + V

**S is Set Point:** This recognises that some of us tend to be naturally more optimistic or pessimistic. If a big event happens, this may change hugely, but it will soon return to our individual set point. This adds 50% towards our 'happiness'.

**C is Circumstances:** This recognises that our circumstances can change, e.g. bereavement, getting married; losing a job; while other circumstances are outside our control, e.g. age or sex. This only adds 10% towards our 'happiness'.

**V is Voluntary Actions:** These are activities and thinking that we can choose and practice. These can help us feel good and do well. This adds 40% towards our 'happiness'.

Like physical fitness, you can't just read a book about mental health and expect your well being to be boosted. Instead you can develop skills, thoughts and actions that help your mental health and well-being.

The model has emerged from Right Here Fermanagh, a partnership of nine organisations, led by YouthAction NI and funded by the Paul Hamlyn Foundation and Mental Health Foundation.

Developed by Simon Ward, educational psychologist, and Liz McArdle, YouthAction NI, it has been primarily developed for young people aged 10 to 25 but is relevant to us all as healthy practitioners and adults

## What is LIFEMAPS?

LIFEMAPS is an acronym for eight interlinked concepts which describe a full approach to developing positive mental health. These include;

**L for Learning:** This is about accepting that failure is a necessary part of learning rather than a negative consequence, which enables us to find the courage to try new things, build resilience and approach challenges without the fear of failure.

**I for Intrinsic Motivation:** This is about finding activities that we really enjoy and are interested in, and have an internal motivation to pursue because they bring us a sense of personal reward and pride, and contribute positively to our mental wellbeing.

**F for Flow:** This is finding activities that fully immerse and engross us, causing us to lose ourselves in the moment, which can give us a break from negative emotions and build positive feelings of achievement in their place.

**E for Emotions:** This is balancing out the negative emotions with positive ones; not by forcing positivity, but by being open to new experiences including people and ideas to help us build a wider range of positive emotions like joy, inspiration, hope, awe and serenity.

**M for Mindfulness:** This is promoting a positive outlook by taking time to notice small, everyday moments that bring us pleasure in order to bring balance to our minds and counteract the negative moments.



**A for Accomplishments:** This is building self esteem through accomplishing personal goals, and realising that life isn't about winning or losing, but more about learning and growing, and that small milestones pave the way to big successes.

**P for Purpose:** This is finding a sense of meaning in the world outside yourself by finding ways to help others, through small acts of kindness to your friends and family, volunteering or joining a cause you are passionate about.

**S for Social Connections:** This is building our sense of belonging and community by building strong connections with others through school, youth group, work, family and friends. This satisfies our desire to be valued, cherished and listened to, which is critical to mental health.

## Resources Available

More information and resources are detailed in two publications that can be downloaded from YouthAction's website [www.youthaction.org](http://www.youthaction.org). The first of these is a guide detailing the background and evidence for the model. The second is a resource booklet detailing a range of exercises that demonstrate each element of the model, all of which can be easily incorporated into youth work practice by workers, volunteers and young leaders.

A young people's worksheet is also available that can be used/adapted to help young people document what actions they will take to build their mental health.

## Sharing the Learning

YouthAction have now been given the opportunity to disseminate the model through support from the YouthCouncil for Northern Ireland ( Outreach Initiative) focusing on emotional health and well-being. The funding is enabling YouthAction to work with their voluntary sector partners, the Northern Ireland Youth Forum, Young Farmers' Clubs of Ulster and Public Achievement to deliver training to integrate LIFEMAPS into their work with young people.

Youth Council support is also providing the opportunity to host a number of youth-led events as well as a 'Suitcase Theatre' production which will be performed in a number of venues across Northern Ireland including the border counties.

## Delivering on outcomes

The model is also helping to deliver on one of the six outcomes emerging from the implementation of the current policy for youth work, Priorities for Youth, notably the 'increased health and well being of young people.' The model has also the potential to contribute to one of the outcomes, 'active and healthy, with positive physical and mental wellbeing' detailed in Better Outcomes Brighter Futures: the National Policy Framework for Children and Young People 2014 – 2020'.

For further information please contact Caroline Redpath at YouthAction N.I. 02890240551 or [caroline@youthaction.org](mailto:caroline@youthaction.org)

[www.youthaction.org](http://www.youthaction.org)





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