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Youth Work Ireland

# Youth Work Ireland Week

National  
Schedule of  
Events

2016

# Saturday April 16<sup>th</sup>

	Event	Venue	MYS	Time	What's happening....
	Irish Youth Music Awards	Aviva Stadium		10am-5pm	The Irish Youth Music Awards National Day, this programme is a community based youth music project for teen bands and musicians aged 12-19 year, across the whole island of Ireland. It is a music led music based project which honours the most effective music projects run by groups of young people each year.
	Discover Limerick Youth Service	Thomond Park, Limerick	Limerick Youth Service	11am-4pm	Learn about youth work & all that Limerick Youth Service provides as LYS takes part in Limerick's Lifelong Learning Week Showcase.
	shout! LGBT Youth Group	Galway	YWI Galway		
	Welcome to Youth Work Ireland Week	Lava Javas, Limerick Youth Service.	Limerick Youth Service	3pm-7pm	We kick off Youth Work Ireland Week at Lava Javas Youth Café
	Galway Team to the IYMAs	Aviva Stadium	YWI Galway	10am-5pm	
	Launch of Youth Week - Wexford	IYMAs	FDYS	10-5pm	Launch of Youth Week: Youth Club Activity Co-ordinators to attend
	Donegal IYMAs team	IYMAs	Donegal Youth Service	10am-5pm	Team Donegal performing at the IYMAs
	BreakOut LGBT Drop In	DYS Letterkenny	Donegal Youth Service	2pm-4pm	LGBT Peer Support Group
	Wellbeing Squad Meet Up	Aviva Stadium	National Office	11am-4pm	Youth Work Ireland's Wellbeing Squad group meet and planning day.
	Midlands Deadline	Aviva Stadium	YWI Midlands	11am-4pm	YWI Midlands will showcase its singer/songwriters at the IYMA in the Aviva on Saturday the 16th April. Rock band Deadlines, solo performers Naosan Moore and Phillipa O'Brien will all rock the Aviva as guests of YWI - this brilliant opportunity results from these young people participating in Mullingar EYE's provision of original song writing workshops where 18 young people developed their musical skills and performed in a competition. The six winning young people will perform at the Aviva on Saturday and will work with Professional Sound Engineers and Musical technicians to record their original pieces in EYE's music box recording studios as part of YWI youth week events.
	Cork IYMAs Team	Aviva Stadium	YWI Cork	11am-4pm	Young people will be taking part in workshops to increase their knowledge of the music industry and have fun socialising.
	<i>Let the Mind Wander</i> Hill Walk	Dublin	Canal Community RYS	10am-2.30pm	Enjoying one of the 5-A-Day

Cork Lifelong Learning Festival	Cork	CDYS Midleton	All day	Information stand at the Cork Lifelong Learning Festival on the supports & services available to young people,
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## Sunday April 17<sup>th</sup>

	Event	Venue	MYS	Time	What's happening....
	Club Shine Show	Town Hall Theatre, Galway	YWI Galway		
	Mental Health Day	Milk Market, Limerick	Limerick Youth Service	11am-4pm	It's the little things! Learn how music, art & being involved in a youth group are just some of the things can have a positive effect on your mental health. It's all part of Limerick Mental Health Association's awareness day.
	Church Gate Collections	Clare – various locations	Clare Youth Service		Giving something back for 5-A-Day
	KDYS Youth Day	INEC Killarney	KDYS	All day	<b>KDYS Youth Day</b> is an action packed event and the culmination of the youth club year for members of the 40 KDYS Youth Clubs around the Diocese of Kerry. Over 1000 club members and 100 dedicated volunteers are expected to descend on the INEC for a day filled with a broad range of activities that focus on promoting health and wellbeing as well as encouraging young people to be physically active, to meet other club members from around Kerry and to have fun! Activities include fitness challenges, obstacle course, surf challenge, Human Chair, Just dance, Carnival Games, Health and beauty workshops, Magic Roadshow and Relaxation spaces. This jam packed day will end with a mega disco closing the Youth Club Year out on a high
	KDYS Youth Factor Finals	INEC Killarney	KDYS		The Kerry finals of Youth Factor will see 8 acts battling it out to get to the Youth Work Ireland National Finals in Limerick. This jam packed day will end with a mega disco closing the Youth Club Year out on a high

# Monday April 18<sup>th</sup>

	Event	Venue	MYS	Time	What's happening....
	Mindfulness Programme	Carrick on Suir	NCYCS		Mindfulness Programme - led by EDGE participants for their families and members of SVCBDI project. Partners in this event are E.D.G.EYDP, Suir Valley C.B.D.I, Gardai & Pieta House
	Holistic Clinic	Clonmel Wilderness	NCYCS	10am-2pm	Wellbeing session for young people featuring Acupuncture, Meditation and Reiki – with Clonmel C.B.D.I, Making Connections South Tipperary, Clonmel CYP & Clonmel YDP.
	Launch of 'Healthy Selfie'	SHY Centre	NCYCS	7pm	Launch of "Healthy Selfie" organised by young people and volunteers from Why So Serious?
	Community Holistic Taster Evening	SHY Centre	NCYCS	5pm-7pm	Community Holistic Therapies taster evening, including; Acupuncture Clinic, Therapeutic Hand Massage and Reiki
	Group Focus on Mental Health	SHY Centre	NCYCS	All week	In house core groups focus on Mental Well-Being will include group discussion, walking debates, poetry and creative arts.
	Launch of Carrickmacross Youth Café	Carrickmacross Youth Café, Presbyterian Church, Monaghan	YWI Monaghan	4.30pm-6.00pm	The official launch night in Carrickmacross. A speech to take place and Sophie is suggested as the representative for the young people. Staff: Bernie, Eithne, Melissa, Shauna, Charlene. Other events taking place over the course of the evening include Photo booth, Music (Black Tie Event), Nail corner, Quote board (positive messages), Launch the hoodie competition, Arcade games on computers, Puppy zone
	Let's Get Active!	Rathkeale Youth Space, Limerick	Limerick Youth Service	2.30pm-5pm	An active multi sports programme for young boys (10-12yrs).
	Be Active Balla!	Ballynanty GDYP, St. Lelia's Community Centre	Limerick Youth Service	4pm-6pm	A combination of circuit training & a healthy eating & nutritional programme for young people who will be taking part in the Great Limerick Run.
	Quiz on Mental Health & Wellbeing	Cloister Youth Project, Francis St, Wexford	FDYS	3pm-7pm	Junior & Senior Groups will take part in a quiz on issues pertaining to Health and Wellbeing
	Quiz on Mental Health & Wellbeing	Coolcotts Youth Project, Wexford	FDYS	7pm-8pm	Quiz for project participants on issues pertaining to Health and Wellbeing

Rounders	The Green, Coolcotts Youth Project, Wexford	FDYS	4.30pm-6.30pm	Encouraging participants to be active and have fun. Exploring the positive effect of exercise on Mental wellbeing and anxiety
Music Workshop	Cloister Youth Project, Francis St, Wexford	FDYS	7pm-9pm	Encouraging the use of music as a means of expression and promoting the positive support it can be for young people.
Peer Mentoring in the LOFT	Loft Youth Project, Letterkenny	Donegal Youth Service	4pm-6pm	Young leader training course for the transition programme
Wellbeing Clare	Clare Youth Clubs, Projects & Services	Clare Youth Service		Wellbeing Anxiety Session will be run in Clare Youth Service locations all week.
Wellbeing Walk	Multiple locations in County Clare	Clare Youth Service		Healthy walks will take place at various locations in Clare throughout the week – check with Clare Youth Service for specific details
Mindfulness Session for Staff	Carmody Street, Ennis	Clare Youth Service	9am-10am	Session for youth workers to introduce and practice mindfulness methods.
Baby & Me	The Junction, Clare	Clare Youth Service	9.30-11.30	Contact The Junction for more information on this.
Mind Your Head!	Nth. Presentation Girls School, Colmcille Road, Cork	YWI Cork	9.30am-11am	YWI Cork will be delivering the Mind Your Head Programme which explores mental health issues with young people. Provides information and support. (15 to 16 years)
Walk in the Woods	Millennium Youth & Community Centre, Waterford	Waterford & Sth Tipperary CYS	4pm	
Acupuncture Session	B.A.L.L. Project & WCBDI - Waterford	Waterford & Sth Tipperary CYS	4pm	
Evening Walk	B.A.L.L. Project & WCBDI - Waterford	Waterford & Sth. Tipperary CYS	7pm	Evening Walk in the ECO Park, to reflect on Impact of drugs and Alcohol on your Mental Health with Fruit Smoothies
Poster Display	Phoenix Youth Centre, Ballaghaderreen	YWI Roscommon/NE Galway	All Week	Following on from a consultation with the young people at the project, it was decided to go with an Anti-Bullying and health theme to promote well-being. This theme will be displayed in a poster the young people have worked on to promote anti bullying.
Equality @ Carlow Regional Youth Service: Project for PRIDE	The Vault, Carlow	Carlow Regional Youth Service	Launch day, but running all week	In response to LGBTI Report highlighting mental health among young LGBT people aged 14-18, CRYS are running an equality project for all young people. The project will focus on achieving equality for all, working towards Pride 2016.
Life Choice Programme	Coola Post Primary, School, Co. Sligo	NCYCS	All Day	The Life Choice programme provides an opportunity for young people to explore their choices in life, help them make responsible informed choices about their lives and parenthood and give young people an insight into the life changing demands and commitments of parenthood.

Pool Competition	Longford Town	YWI Longford	Evening	Topclass alternative education group with be running a pool competition for it members.
Soccer Friendly	Mall Sports Complex, Longford	YWI Longford		Palace Crescent Group will be playing a friendly soccer match at the Mall Sports Complex
Get Walking & Running – Community Park Run	Craobh Rua Youth Project, Dundalk	YWI Louth	6pm-7pm	Community Park Run to celebrate Youth Work Ireland Louth and promote one of the 5-A-Day for wellbeing
Personal Development	Craobh Rua Youth Project, Dundalk	YWI Louth	4pm-6pm	Personal Development training for the Travellers Men’s Group as part of the Healthy Life Style programme
Samba Drumming	Boyne & South Side Youth Project	YWI Louth	5pm-7.30pm	Samba drumming session for young people
Creative Arts Session	St Brendan’s Community Centre, Athlone	YWI Midlands		Alf Project will take part in this creative arts session as part of the 5-A-Day
Creating A Safe Space for Young	Brawny Youth Centre	YWI Midlands		Brawny Youth Centre
Young People and Gardai - Making Links and Developing Relationships	Monsignor McCarthy Complex	YWI Midlands		Young People and Gardai - Making Links and Developing Relationships
Junior Leadership Training	Bluebell Youth Project, Dublin	Canal Communities RYS	6.30pm-8pm	Session on Listening as a leader and mindfulness
‘Run Because it’s Fun!’	Bluebell Youth Project, Dublin	Canal Communities RYS	5pm-6pm	Presentation of the Great Ireland Fun Photos

**Tuesday April 19<sup>th</sup>**

	Event	Venue	MYS	Time	What's happening....
	Youth Work Ireland Partnership Lunch	National Office	Dublin		This event is a celebration of Youth Work Ireland and a thank you to those who support us every year.
	Loughrea Comhairle Event		YWI Galway		Loughrea Local Area Comhairle Event
	POP UP Youth Café	Carrickmacross Youth Café, Monaghan	YWI Monaghan	Lunchtime & Evening	Taking items from the youth cafe and imitating the cafe space in the square down town. Outreach for students in other schools. Evening: Movie Night (suggested film Queen of Ireland).
	Health Relationships	Rathkeale Youth Space, Limerick	Limerick Youth Service	3.30pm-6pm	A peer led Healthy Relationships programme designed to dispel the myths & misconceptions young people have about relationships (12-14yrs)
	Relaxation Class	Ballynanty GYDP, Limerick	Limerick Youth Service	4pm-6pm	A class focusing on relaxation techniques including group therapy, exercise & art.
	Wellbeing Through Cultures	Youth Information Centre, Wexford	FDYS	9.30am-10pm	Explore Mental Health and Wellbeing within different cultures
	Mental Health & Wellbeing Exercises	Cloisters Youth Project, Wexford	FDYS	3pm-7pm	Encouraging participants to be active and have fun. Exploring the positive effect of exercise on Mental wellbeing and anxiety
	Young Adult Mental Health Support Group	DYS HQ Letterkenny	Donegal Youth Service	12pm-2pm	Young Adult Mental Health Support Group for 16-23 Year Olds
	World Wides Voices Diversity Group	Loft Youth Project, Letterkenny	Donegal Youth Service	6pm-8pm	Young Adult Diversity Programme for 16-25 year olds
	Activ8 Cross Border Youth Leadership group	Lifford Resource Centre, Donegal	Donegal Youth Service	7pm-9pm	OCN accredited Leadership training with group of 16-18 year olds
	Spirituality Workshops	Tipperary Town	YWI Tipperary	3pm-6pm	Workshop for wellbeing & spirituality
	Mindfulness through Colouring	Templemore Youth Centre	YWI Tipperary	6pm-7.30pm	Creative session focusing on mindfulness through colouring
	Wellbeing Clare	Clare Youth Clubs, Projects & Services	Clare Youth Service		Wellbeing Anxiety Session will be run in Clare Youth Service locations all week.
	Wellbeing Walk	Multiple locations in County Clare	Clare Youth Service		Healthy walks will take place at various locations in Clare throughout the week – check with Clare Youth Service for specific details
	Youth Information Seminar	Helsinki	Clare Youth Service	All Day	Clare Youth Service youth exchange will be celebrating YWI Week in Helsinki
	Sports Event	Millennium Youth & Community Centre	Waterford & Sth. Tipperary CYS	4pm	Event on managing your mental health through sports
	Acupuncture	BALL Project & WCBDI	Waterford & Sth. Tipperary CYS	6.30pm	Acupuncture session to improve and enhance wellness

Drugs & Alcohol and you Mental Health	Carrick on Suir	NCYCS		Event to highlight the impact of drugs & alcohol on young people's mental health
Wellbeing Lunch	Clonmel Wilderness	NCYCS	2pm-4pm	Brain food lunch followed by chat rooms with guest speaker Catherine Carey
Information Bubble Display	Phoenix Youth Centre, Ballaghaderreen	YWI Roscommon/NE Galway	All Week	Information "bubbles" made out of cardboard and displayed throughout the building... this will also include "bubbles" to be displayed in kitchen area that is specific to food and well-being
Life Choice Programme	Colaiste Mhuire Secondary School, Ballymote, Co. Sligo	YWI Connaught	All Day	The Life Choice programme provides an opportunity for young people to explore their choices in life, help them make responsible informed choices about their lives and parenthood and give young people an insight into the life changing demands and commitments of parenthood.
Exercise & Fitness Programme	Longford Town	YWI Longford		Topclass alternative education group with be involved in an exercise and fitness program
24hrs Without A Phone Challenge	Edgeworthstown, Longford	YWI Longford		Edgeworthstown youth group will be participation in their 24hr without a phone challenge (sponsored) along with final game selection for YWI Games
Final Games Selection	Edgeworthstown, Longford	YWI Longford		Final Games Selection heats for Youth Games National Final in Limerick
Get Walking & Running – Community Park Run	Craobh Rua Youth Project, Dundalk	YWI Louth	6pm-7pm	Community Park Run to celebrate Youth Work Ireland Louth and promote one of the 5-A-Day for wellbeing
Traveller Men Gym Session	The Gym, Dundalk	YWI Louth	4pm-5pm	Travellers Men Group take part in a Circuit course @ The Gym Dundalk to promote wellbeing
Tuesday Group	Craobh Rua Youth Project, Dundalk	YWI Louth	6.30pm-7.30pm	The Tuesday Group will take part in an Environmental Project
Laughter Therapy	Boyne & South Side Youth Project	YWI Louth	5pm-8pm	Laughter therapy session for young people to promote wellbeing
Creating A Safe Space for Young People	Grove Youth Centre	YWI Midlands		Session on Creating A Safe Space For Young People
'Good Mood' Youth Club	Bluebell Youth Project, Dublin	Canal Communities RYS	6pm-7pm	Good mood club with food and mental health display and information by young people for young people
Young Men's Group	Bluebell Youth Project, Dublin	Canal Communities RYS	7.30pm-8.30pm	Young men's group meet for an evening of feel good factor movie; positive portrayal of young men aspiring to be the best they can.

## Wednesday April 20<sup>th</sup>

Event	Venue	MYS	Time	What's happening....
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Staff Walk - Wexford	FDYS Francis Street to Ferrybank	FDYS	11am	Encouraging staff to be active and have fun
Mental Health and wellbeing exercise with the Girl Group	Cloisters Youth Project, Wexford	FDYS	3pm-7pm	Encouraging participants to be active and have fun. Exploring the positive effect of exercise on Mental wellbeing and anxiety
Rahoon Multicookery Event	Rahoon, Galway	YWI Galway		
Oranmore Comhairle Event	Oranmore, Galway	YWI Galway		Oranmore Local Area Comhairle Event
Tuam Music Collective Songwriting	Tuam, Galway	YWI Galway		
2nd British Irish Symposium	Nation Office, Dublin	National Office		This international symposium brings together young people and practitioners to work strategically and to reflect on the changes to citizenship since 1916
Lunchtime Games	Carrickmacross Youth Café, Monaghan	YWI Monaghan	Lunchtime & Evening	Lunchtime: Retro games e.g. Twister, Jenga, playing cards, Hungry Hippos, Monopoly, Snakes and Ladders. Evening: Pool competition & Dungeons and Dragons- youth led
Computers for the Terrified!	Lwr Glentworth St. Limerick	Limerick Youth Service	4pm-6pm	A beginner's guide to social media and the internet primarily aimed at parents/guardians.
Buddy Bench	Rathkeale Youth Space, Limerick	Limerick Youth Service		We're designing a 'buddy bench' with a focus on developing a programme on friendship, built around the concept of the 'buddy bench' (10-12yrs).
Boxercise	Ballynanty GYDP, Limerick	Limerick Youth Service	4pm-6pm	Combining the movement & skills of boxing to highlight a healthy mind & body.
Young Carers Seminar for Key Stakeholders	Mount Errigal Hotel, Donegal	Donegal Youth Service	9.30am-2pm	Sharing the young carers implementation plan
Breakout LGBT Dropin	Ballybofey, Donegal	Donegal Youth Service	6.30pm-7.30pm	LGBT Peer Support Group
Activ8 Cross Border Youth Leadership group	DYS HQ, Letterkenny, Donegal	Donegal Youth Service	4.30pm-6.30pm	OCN accredited Leadership training with group of 16-18 year olds
Introduction to your Wellness through Yoga	Cashel Youth Centre	YWI Tipperary	7pm	Yoga session for young people to introduce wellness
Meditation through Music and Art	Thurles Youth Centre	YWI Tipperary	6pm-8pm	Meditation session using art & music to connect young people with wellness.
Be Well Midlands	Acorn Project, Edenderry	YWI Midlands	7pm	The girls from Niteline, Acorn Project, Edenderry will take part in a night for them only with a focus on specific programmes dealing with issues and interests that they want to address. <b>"Be Well – Working with young people to identify and address anxiety"</b> is the overall theme of the programme and will cover the following areas (i) The REALU (Relationships Explored and Life

					Uncovered) (ii) Simple cooking (iii) Make up to suit young people (iv) Dance hip/hop. For girls aged 12-15 in Edenderry
	Wellbeing Clare	Clare Youth Clubs, Projects & Services	Clare Youth Service		Wellbeing Anxiety Session will be run in Clare Youth Service locations all week.
	Wellbeing Walk	Multiple locations in County Clare	Clare Youth Service		Healthy walks will take place at various locations in Clare throughout the week – check with Clare Youth Service for specific details
	Mindfulness Art Session	Shannon	Clare Youth Service	1.30pm-2.30pm	Mindfulness through art session with Martin & Goirdana (OPEN)
	Friendship Lunch	The Junction Youth Café	Clare Youth Service	12.30pm-2.30pm	Opportunity for staff to gather informally and drop in any time between 12.30-2.30pm. Each person brings a dish to share.
	Integrational Quiz	The Hut, Gurrabraher Road, Cork	YWI Cork	7pm-9pm	An alcohol free event for all ages, this event will be a shared experience of fun. Promoting positive mental health by distributing information from the HSE #little things mental health campaign
	Young Women's Pamper Session	Millennium Youth & Community Centre, Waterford	Waterford & Sth. Tipperary CYS	5.30pm	Self-care & pamper session for young women
	Sports Event for Mental Wellbeing	BALL Project Waterford	Waterford & Sth. Tipperary CYS	5pm	Session on managing your mental health through sports.
	Pieta House	Carrick on Suir	NCYCS		Event open to public
	Carlow Community Summer Camp Launch	The Vault	Carlow Regional Youth Service	All Day	Launch of Camp registration and youth volunteer recruitment for Carlow Community Summer Camp. This is the 28 <sup>th</sup> year of camp. Over 300 children attend annually and it is supported by over 100 youth volunteers.
	Wellbeing Carlow	The Vault	Carlow Regional Youth Service	4.30pm	Be Well – Working with young people to identify and address anxiety workshop will be run with young people.
	Life Choice Programme	St. Attracta's Community College, Tubbercurry, Co. Sligo,	NCYCS	All Day	The Life Choice programme provides an opportunity for young people to explore their choices in life, help them make responsible informed choices about their lives and parenthood and give young people an insight into the life changing demands and commitments of parenthood.

Mental Health Workshop	Longford	YWI Longford		Young women group will be following on from the previous week's workshop on Mental Health.
Get Walking & Running – Community Park Run	Craobh Rua Youth Project, Dundalk	YWI Louth	6pm-7pm	Community Park Run to celebrate Youth Work Ireland Louth and promote one of the 5-A-Day for wellbeing
Samba Session	Boyne & South Side Youth Project	YWI Louth	5pm-7.30pm	Samba drumming session for young people
Beauty and Self Care	Willow Park Community Centre	YWI Midlands		Session on <b>Beauty and Self Care</b>
Good Mood Youth Club	Bluebell Youth Project, Dublin	Canal Communities RYS	7pm-8pm	Good mood night with food and happy art.

## Thursday April 21<sup>st</sup>

	Event	Venue	MYS	Time	What's happening....
	Tuam Local Area Comhairle Event	Tuam, Galway	YWI Galway	Tuam	
	Indoor Picnic	Carrickmacross Youth Café, Monaghan	YWI Monaghan	Lunchtime	Indoor picnic, creating the illusion of an outdoor park picnic.
	Launch of Clones Youth Café	Clones Youth Café, Laroy Old School, Church Hill, Monaghan	YWI Monaghan	5pm-7pm	Launch of new Youth Café
	Computers for the Terrified!	Limerick Youth Service, Lwr Glentworth Street, Limerick	Limerick Youth Service	4pm-6pm	A beginner's guide to social media and the internet primarily aimed at parents/guardians.
	Junior Volunteers	Rathkeale Youth Space, Limerick	Limerick Youth Service	4pm-5.30pm	Youth led activity focusing on developing volunteerism & working toward the opening of a Youth Café in Rathkeale.

'Add Friends to your Tea'	Paradise Restaurant, Limerick Youth Service	Limerick Youth Service	10am-2pm	Take time out & enjoy a cuppa with friends in our Paradise Restaurant.
Northside Fun Zone	Northside Youth Café, Moyross, Limerick	Limerick Youth Service	4.30pm-7.30pm	Play pool, playstation, board game, chill out or meet new friends at the Northside Youth Café.
Young Women's activity	Young Women's Project, Francis Street, Wexford	FDYS	10.30am-1pm	Workshop to explore issues arising for young Women and young mothers in terms of stress and anxiety
Indoor Soccer League	St. Joseph's Sports Hall, Cloisters Youth Project, Wexford	FDYS	3pm-4pm	Encouraging participants to be active and have fun. Exploring the positive effect of exercise on Mental wellbeing and anxiety
Staff Training	Mullingar	YWI Midlands	10am-4pm	Youth Work Ireland Midlands Policy Review Staff training focusing on policy review and youth participation.
Young Carers Group	DYS HQ, Letterkenny	Donegal Youth Service	6pm-8pm	A support group for young carers
Staff Wellness Day	Glen of Aherlow	YWI Tipperary	All Day	Staff day of wellness for YWI Tipperary staff
Wellbeing Clare	Clare Youth Clubs, Projects & Services	Clare Youth Service		Wellbeing Anxiety Session will be run in Clare Youth Service locations all week.
Wellbeing Walk	Multiple locations in County Clare	Clare Youth Service		Healthy walks will take place at various locations in Clare throughout the week – check with Clare Youth Service for specific details
Baking Together	Clare clubs, projects & services	Clare Youth Service		This will be part of the 5-A-Day awareness activity
Chill Out Session	BALL Project Waterford	Waterford & Sth. Tipperary CYS	4pm	Chill Out Session with music and healthy snacks, this session will also work with young people to <i>recognise anxiety and tips to destress</i> )
Impact of drugs and Alcohol on your Mental Health session with Fruit Smoothies	Millennium Community Youth Project & WCBDI	Waterford & Sth. Tipperary CYS	4.30pm	Session with young people to reflect on the impact of drugs and alcohol on mental wellbeing
Acupuncture	Carrick on Suir	NCYCS	3pm-5pm	Acupuncture drop in session – open to all
Wellbeing Workshop	The Vault	Carlow Regional Youth Service	4.30pm	Be Well – Working with young people to identify and address anxiety Workshop will be run with young people.
Life Choice Programme	Grange Post Primary School, Co. Sligo	NCYCS	School Hours	The Life Choice programme provides an opportunity for young people to explore their choices in life, help them make responsible informed choices about their lives and parenthood and give young people an insight into the life changing demands and commitments of parenthood.
Junior Leadership Training		NCYCS	tbc	Junior Leadership Training to be delivered to 17 young people between the ages of 15-16 year.

ASIST Training	Longford	YWI Longford	All Day	All youth service staff will be refreshing their ASIST Training (Applied Suicide Intervention Skills <b>Training</b> )
Get Walking & Running – Community Park Run	Craobh Rua Youth Project, Dundalk	YWI Louth	6pm-7pm	Community Park Run to celebrate Youth Work Ireland Louth and promote one of the 5-A-Day for wellbeing
Environmental Project	Craobh Rua Youth Project, Dundalk	YWI Louth	4pm-5.30pm	Buttercups Environmental Project
Tai Chi	Boyne & South Side Youth Project	YWI Louth	5pm-8.30pm	Get fit & relax with a Tai Chi session for young people
'Art for Fun'	Bluebell Youth Project, Dublin	Canal Communities RYS	4.45pm-5.45pm	Art group session with the theme art for fun

## Friday April 22<sup>nd</sup>

	Event	Venue	MYS	Time	What's happening....
	Sleep Zone	Carrickmacross Youth Café, Monaghan	YWI Monaghan	Lunchtime	Sleep zone creating an atmosphere of Zen & quiet
	Launch of Castleblaney Youth Café	Wellbeing Centre, Bree, Castleblaney, Monaghan	YWI Monaghan	4.30pm-6pm	
	Healthie Breakie	Paradise Restaurant, Limerick Youth Service	Limerick Youth Service	10am-12pm	Kick start the weekend with a healthy breakfast at our Paradise Restaurant.
	Chill Out Zone	Lava Javas, Limerick Youth Service, Limerick	Limerick Youth Service	5pm-8pm	Young people unwind after a long week as they chill out playing pool, games & more at Lavas Javas
	Friday Nite Clubs Across Limerick	Limerick Youth Service Clubs	Limerick Youth Service	7pm-10pm	Young people enjoy our famous Friday Night Youth Clubs!
	Walk for Wellbeing	Wexford Race Course	FDYS	7.30pm	Youth Clubs, Projects and members of the public to walk around Wexford Racecourse to highlight the positive effect exercise has on Mental Health and Wellbeing.
	Late Night Soccer	Ballyare Football Grounds, Donegal	Donegal Youth Service	8.30pm-10pm	Late night Soccer League for Young Men in partnership with the Gardai and the Donegal Travellers Project

Youth Participation Day	Newgrange Hotel, Navan	YWI Meath	10am-2pm	This annual Youth Participation Day on Youth Mental Health and Wellbeing is for young people aged 13--18 years. The Be Well Anxiety Workshop will be run and there will be lots of interactive activity and support information on the day, as well as lunch.
Health & Wellness Hour in Tipp	Tipperary Youth Centre	YWI Tipperary	7pm-8pm	An hour of wellbeing and wellness in youth centre in Tipperary
Health & Wellness Hour in Tipp	Thurles Youth Centre	YWI Tipperary	7pm-8pm	An hour of wellbeing and wellness in youth centre in Tipperary
Health & Wellness Hour in Tipp	Templemore Youth Centre	YWI Tipperary	7pm-8pm	An hour of wellbeing and wellness in youth centre in Tipperary
Health & Wellness Hour in Tipp	Cashel Youth Centre	YWI Tipperary	7pm-8pm	An hour of wellbeing and wellness in youth centre in Tipperary
Youth Centre Talk Point	Carrick on Suir	NCYCS	All day	YWI Connaught centres will be themed with posters and slogans and talk points throughout the week on mental wellbeing
Wellbeing Clare	Clare Youth Clubs, Projects & Services	Clare Youth Service		Wellbeing Anxiety Session will be run in Clare Youth Service locations all week.
Wellbeing Walk	Multiple locations in County Clare	Clare Youth Service		Healthy walks will take place at various locations in Clare throughout the week – check with Clare Youth Service for specific details
Bake Sale Fundraiser	Carmody Street	Clare Youth Service		Details to follow
Disco	Mullagh Youth Club	Clare Youth Service		Disco for young people from Mullagh
Mind Your Head Cork	St. Vincents Secondary School, Gurrabraher, Cork	YWI Cork	10am-11.30am	YWI Cork will be delivering the Mind Your Head Programme which explores mental health issues with young people and provides information and support (15/16 years)
Meditation for Young People	Frontline, BALL Project & Millennium Community Youth Project	Waterford & Sth. Tipperary CYS	4pm	Meditation session for young people to improve mental wellness and teach relaxation
Teen Chill Out Evening	Millennium Community Youth Project	Waterford & Sth. Tipperary CYS	7pm	Youth Café & Chill out Session for young people
Holistic Clinic	Clonmel Wilderness	NCYCS	10am-1pm	Holistic session with young people featuring Mediation and Reiki.
Life Choice Programme	Summerhill College, Sligo.	NCYCS	All Day	The Life Choice programme provides an opportunity for young people to explore their choices in life, help them make responsible informed choices about their lives and parenthood and give young people an insight into the life changing demands and commitments of parenthood.

Games & Fun Night	Lanesboro Drop In, Longford	YWI Longford		Lanesboro Drop in will have pool, table tennis, dart, PlayStation, challenges along with music and fun for all.
Mindfulness Workshop	Craobh Rua Youth Project, Dundalk	YWI Louth	11am-1pm	The Young Women's Group will take part in a mindfulness workshop to promote mental wellbeing
National Spring Clean	Craobh Rua Youth Project, Dundalk	YWI Louth	3pm-6pm	The Craobh Rua Youth & Community Project will take part in the National Spring Clean Campaign as part of the 5-A-Day for wellbeing
Music and the Creative Process	Bluebell Youth Project, Dublin	Canal Communities RYS	3pm-6pm	Music Session exploring how rhythm and total immersion in the creative music process can lift us higher
Women's Group	Bluebell Youth Project, Dublin	Canal Communities RYS	7.30pm	Local volunteers and parent to attend Performance and Post-Show Discussion on Positive Well Being and Suicide Prevention at Smock Alley Theatre – Monologues: If You Could Read My Mind, Testimonies, A Day Out, In One Breath, If You Could Read My Mind

## Saturday April 23<sup>rd</sup>

	Event	Venue	MYS	Time	What's happening....
	Being a Buddy	Lava Javas, Limerick Youth Service	Limerick Youth Service	3pm-7pm	Young people are invited to bring a friend to Lava Java to experience Limerick's unique youth café!
	BreakOut LGBT Drop-in	DYS HQ Letterkenny	Donegal Youth Service		LGBT Peer Support Group
	Regional Games Competition	Clara Sports & Leisure Centre, Offaly	YWI Midlands		Youth Work Ireland Midlands Regional Games offer young people aged 10-18 years old a wide range of activities which they can take part in. This one-day event will see young people from across counties Offaly and Westmeath gather

					to play football, basketball, chess, draughts, table tennis, uni-hoc, participate in a Quiz and dance hip hop. This event is open to all Youth Work Ireland Midlands affiliated Clubs and Projects. Winners of the under 15 & under 18 events will go forward to the Youth Work Ireland National Competition which will take place in Limerick in July.
	Snow White & the 7 Mental Health Helpers Peer Training	Tipperary Youth Centre	YWI Tipperary		Peer training day for those who delivery the Snow White & the 7 Mental Helpers programme in Tipperary
	Connecting for Life South Tipperary	Tipperary Town	YWI Tipperary		
	Turas na mBan	Beginning from Auburn Lodge Hotel, Ennis	Clare Youth Service	11.45am	Ladies Cycling Sportive, hosted by Clare Ladies Cycling Club in aid of Clare Youth Service. Will also include a workshop with renowned athlete and triathlete Rachel Clancy @ 10.30am
	Onesie Run	Clare	Clare Youth Service		This annual fun event in Clare is being organised by Comhairle na nOg
	BBQ	Carmody Street, Ennis	Clare Youth Service	12pm-4pm	BBQ Open to all
	Ennis Expo	Carmody Street, Ennis	Clare Youth Service	12pm-4pm	Celebration day which will showcase the products, work and range of activities taking place in Clare Youth Service. All events are open to the Call up to carmody street and get involved.
	Youth Factor Clare Final	Carmody Street, Ennis	Clare Youth Service	Evening	The finals of Clare Youth Service Youth Factor, with the finalists going forward to the National Day in Limerick
	'In It Together'	Clonmel Wilderness	NCYCS	2pm-5pm	Community BBQ
	Snap Ciarrai	Clubs and Projects in Kerry	KDYS		Young People and volunteers across KDYS services will be involved in creating a photographic record reflecting an aspect of Kerry Life or Play as part of Snap Ciarrai, which is marking the centenary of the Easter Rising on the weekend of 23-24 <sup>th</sup> April, while raising money for charity at the same time.



## For more detail on any of the events listed, please contact the Member Youth Service

Canal Communities Regional Youth Service	<a href="http://www.ccrys.org">www.ccrys.org</a>
Carlow Regional Youth Service	<a href="http://www.carlowys.ie">www.carlowys.ie</a>
CDYS Youth Work Ireland	<a href="http://www.cdys.ie">www.cdys.ie</a>
Clare Youth Service	<a href="http://www.clareyouthservice.org">www.clareyouthservice.org</a>
Donegal Youth Service	<a href="http://www.donegalyouthservice.ie">www.donegalyouthservice.ie</a>
FDYS Youth Work Ireland	<a href="http://www.fdys.ie">www.fdys.ie</a>
KDYS	<a href="http://www.kdys.ie">www.kdys.ie</a>
Kildare Youth Services	<a href="http://www.kys.ie">www.kys.ie</a>
Limerick Youth Service	<a href="http://www.limerickyouthservice.com">www.limerickyouthservice.com</a>
North Connaught Youth & Community Service	<a href="http://www.ncycs.ie">www.ncycs.ie</a>
Ossory Youth	<a href="http://www.ossoryyouth.com">www.ossoryyouth.com</a>
Youth Work Ireland Tipperary	<a href="http://www.trys.ie">www.trys.ie</a>
Waterford & South Tipperary Comm. Youth Ser.	<a href="http://www.wsycys.ie">www.wsycys.ie</a>
Youth Work Ireland Cork	<a href="http://www.ywicork.com">www.ywicork.com</a>
Youth Work Ireland Galway	<a href="http://www.youthworkgalway.ie">www.youthworkgalway.ie</a>
Youth Work Ireland Louth	(t): 042-933323
Youth Work Ireland Co. Longford	<a href="http://www.lcrl.ie">www.lcrl.ie</a>
Youth Work Ireland Laois	(t): 057-8665010
Youth Work Ireland Meath	<a href="http://www.youthworkrielandmeath.ie">www.youthworkrielandmeath.ie</a>
Youth Work Ireland Midlands	<a href="http://www.mrys.ie">www.mrys.ie</a>
Youth Work Ireland Monaghan	<a href="http://www.youthworkireland.ie/monaghan">www.youthworkireland.ie/monaghan</a>
Youth Work Ireland Roscommon & NE Galway	<a href="http://www.roscommonyouth.ie">www.roscommonyouth.ie</a>

