



Youth Work Ireland

Clare Youth Service Club/Project Newsletter

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September 2011

Programmes for young people 15+

will be delivered from September in The Junction

Youth Café:

This is a safe space designed and managed by and for young people with support and supervision from trained adult volunteers and professional staff. This is a café style space, where young people can relax and socialise while having access to information, support programmes and services.

Developmental Programmes:

Social and personal development programmes will be offered to older teenagers. These are intensive programmes to assist the young person in developing communication and relationship skills.

Money Banks:

This youth group will set up a community grants scheme providing financial support for community groups with ideas which will make a difference in their area. This youth group will gain skills in decision making, project planning, reporting and evaluation.

Roots:

This group is for young people with a thirst for problem solving and investigation. With the support of volunteers from Clare Roots Society the group will develop skills enabling them to trace their ancestors and discover their roots.

Life Skills:

Programme offering young people the opportunity to learn new skills or develop existing skills in areas Cooking, Sewing, Knitting/crochet, Art, and manage your money. These skills will help prepare them for moving out of home and standing on their own feet.

How to get involved:

If you are interested in signing up for any of these programmes

-Call into Jean @ the Junction or

-Phone or Text 086 1568650 or

-Check out our Facebook page

TheJunction Ennis

Consultation "Give us your Ideas"

On 25th September we are inviting all 15-18year olds to visit The Junction from 3-5pm to see the building and give us ideas for programmes and activities they would like to see in the space.

National Day of Volunteering 2011 30th September 2011

We like to Thank all our volunteers for their great involvement and enthusiasm.

President's Volunteer Award

The University of Limerick launched the UL President's Volunteer Award in 2010. The volunteering programme is designed to deliver on UL's commitment to local, regional and international communities by ensuring students are connected during their academic studies to and with these communities. Volunteering is not mandatory for UL students thus allowing them to volunteer by their own volition and on their own time. While volunteering is non-academically accredited and non-paid it offers students a greater numbers of options from which they choose to learn while contributing positively to their communities. Learning opportunities that are based on personal choices and individual interests afford students the opportunity for self-directed learning. This is why student volunteering is widely recognised as adding to the student's academic learning experience. The number of students attending UL exceeds 11,500 thousand all pursuing accreditation across a wide range of discipline; Arts, Humanities and Social Sciences, Business, Education and health Sciences and Science and Engineering. To ensure this large student cohort can contribute to their communities during their academic studies depends on our communities engaging with UL and the PVA programme. The UL PVA is committed to building sustainable equal partnerships with organisations promoting and sustaining community development. For further information on the PVA programme, Gabriella Hanrahan- Community Liaison Officer, University of Limerick, pva@ul.ie.

One World Week: from 12 - 20 November 2011

A list of potential themes for One World Week 2011 was put forward by NYC's Advisory Group and Youth Advisory Group including topics on sustainable development, volunteering, politics and power and the Millennium Development Goals (MDGs).

What is One World Week?

One World Week is a week of youth-led awareness raising, education and action that takes place throughout Ireland during the third week in November every year. During One World Week young people learn about local and global justice issues and take action to bring about change. Youth groups all over the country do activities from the education pack. Some organize public events, quizzes and debates, invite guest speakers or have intercultural evenings. Many groups publicly display the work they have done in preparation for One World Week, or lead other people in doing a public action.

Education Resources

An education resource, '[Framing Our World - A youth work resource on the use of images and messages in development](#)', has been published which aims to help us look beyond the images and messages we receive about the 'Global South', to develop critical thinking skills and to analyze what the reality of development might be and to ask why.

The education resource contains a range of activities including games, role play, small and large group work activities, art-based activities and stories. It is divided into four sections: Introducing Culture and Development, The Impact of Images and Messages, Images and Messages in an Unequal World, and Action Ideas. CYS is offering a training pack for this awareness. For further details please contact Brian.

The activity pack and training will be available from September. For more information on One World Week, contact elainem@nyci.ie.

www.youthdeved.ie/oneworldweek2010



mask-making to promote youth-led public awareness raising about images and messages in development, 2010

Bullying

Bullying is abusive treatment, the use of force or coercion to affect others, particularly when habitual and involving an imbalance of power. It may involve verbal harassment, physical assault or coercion and may be directed persistently towards particular victims, perhaps on grounds of race, religion, sex or ability.

The "imbalance of power" may be social power and/or physical power. The victim of bullying is sometimes referred to as a "target."

Bullying consists of three basic types of abuse – emotional, verbal and physical.

It can cause the victim anxiety, depression, stress, eating disorder, insomnia, and in some cases suicide.

- In order to stop this from happening the other party needs to get help in getting his/her problems/issues sorted. This could be by a friend, doctor or social worker, counseling. The main factor is to level the hygiene factors (food, sleep, exercise).
- Start thinking positive
- Set goals in life to achieve
- Learn how to be grateful, enjoy activities, find new friends
- Learn to trust, believe in yourself
- Build up self confidence
- Live now not in the past
- Take one step at a time
- What happened can't be undone, mistakes are made to learn from them
- Do something you always wanted to do no matter what others say otherwise you will regret it.
- Learn how to relax and stay calm in stressful situations
- Treat others like you like to be treated.



www.ul.ie/volunteer

Dates for your Diary:

Indoor Soccer Tournaments

TBC

Meeting of all Volunteers of all Clubs,

Thursday 29th September, 7.30-9.30

pm