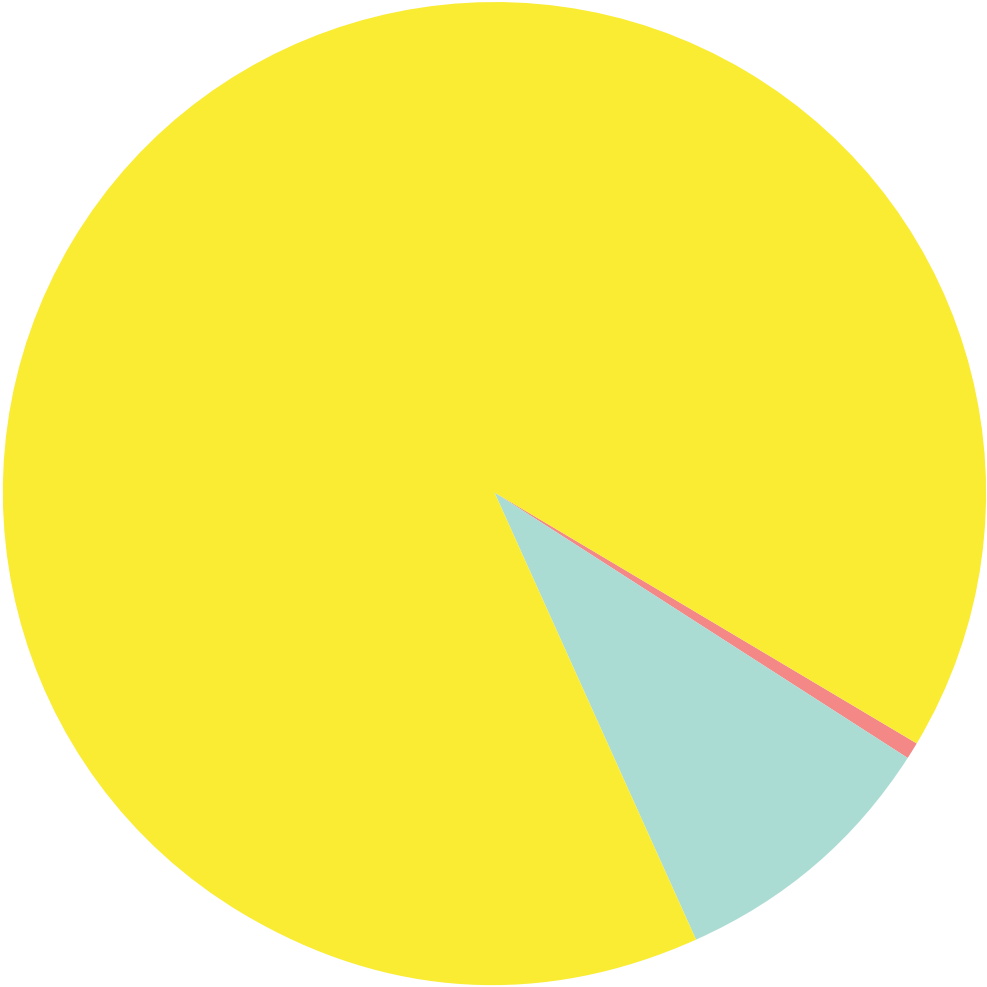


A large, solid yellow circle is positioned on the left side of the page, partially cut off by the edge. It has a subtle radial gradient and some faint, thin lines radiating from its center towards the left edge.

**Annual Review
2009–2010**





Young People



Volunteers



Staff



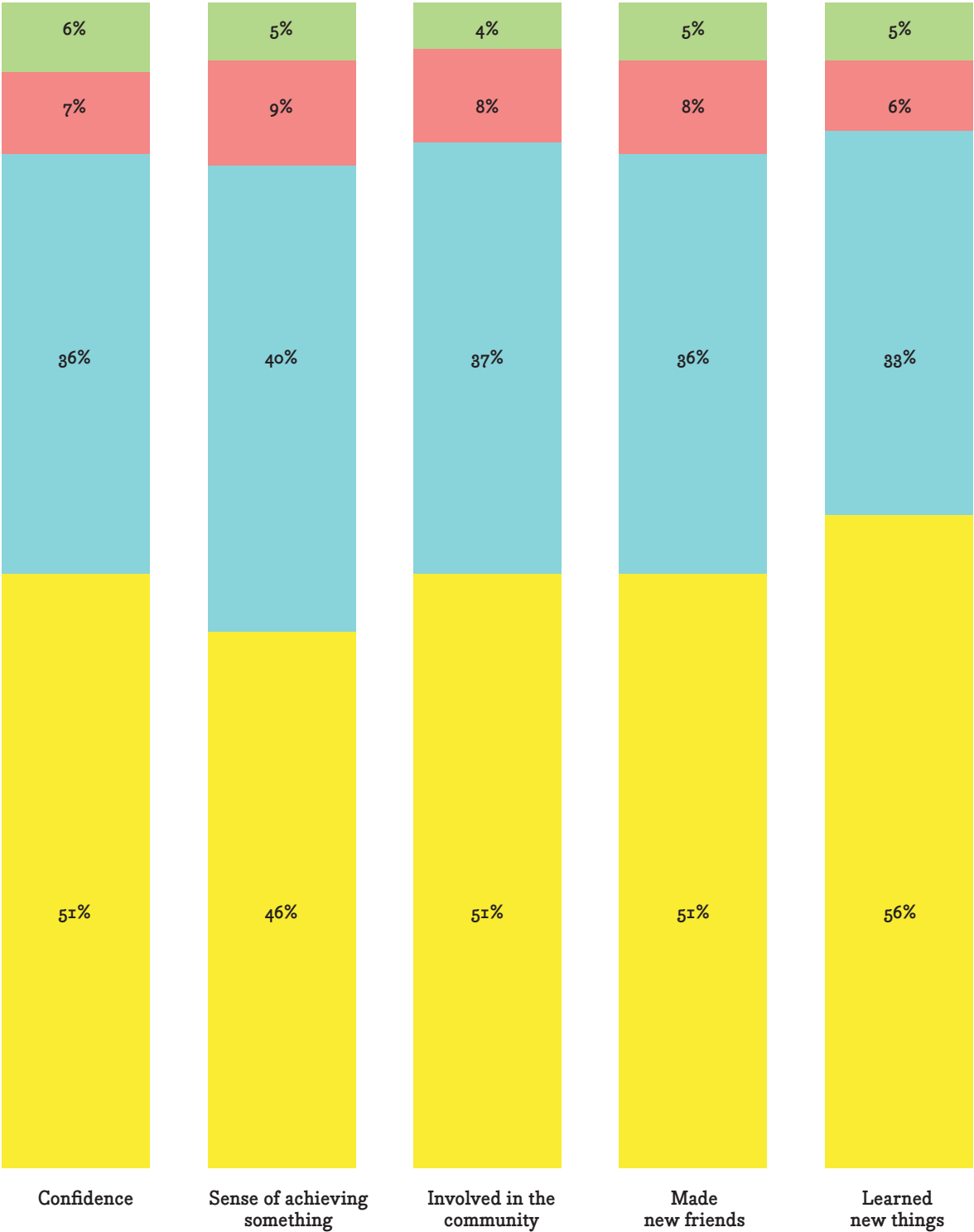
One Foróige

All About Young People

What Young People Say

Benefits of Being Involved in Foróige

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree



Contents



“Without Foróige I wouldn’t have met people from all walks of life in a fun and safe place. I’ve learned lots of useful skills and I feel like I’m really part of my community.”

Michael Kiernan, 17, And And And Foróige Club

About Foróige	2
Foreword by Minister for Children and Youth Affairs, Barry Andrews, T.D.	4
Seán Campbell, Chief Executive Officer of Foróige and Pat McLoughlin, Chairperson, National Council of Foróige	5
Planning for Success	6
The Paparazzi Game	8
Time to Volunteer	10
Decked out in Donegal	13
The Way Forward	14
Drumraney Foróige Club	16
Celebrating the Next Generation	17
Realising Leadership Potential	18
Leading the Way	19
Raising the Bar	20
Early Intervention and Prevention	22
Celebrating Community Champions	24
In the Spotlight	25
Citizenship Creating Better Communities	26
Little Time Big Difference	28
Have Your Say	32
Turning Street Smarts into Business Smarts	34
Margaretsfield Foróige Club	35
Health and Wellbeing Programme	36
Foróige Alumni Pearls of Wisdom	38
Monaghan Garda Youth Diversion Project	39
Choosing the Right Path	40
S.H.I.N.E. - Integrating Separated Young People	43
Going International	46
Foróige's Projects and Services	48

About Foróige

National Youth Development Organisation

Foróige is a leading national voluntary youth development organisation whose fundamental purpose is to enable young people to involve themselves consciously and actively in their own development and in the development of society. It does this through community based, carefully structured learning activities rooted in an innovative curriculum.

Foróige is the largest and most successful youth organisation in Ireland. It uses a multi-pronged approach to its service provision, which enables the organisation to meet the development needs of young people in general as well as focusing on vulnerable young people with specific needs.

Foróige Clubs are the basic unit of the organisation, which consist of young people aged 12 – 18 years and adult volunteer leaders. Foróige Clubs are 'owned' by the members, allowing them to experience democracy first hand through the election of a club committee and the management and operation of the club in co-operation with adult leaders.

Local Youth Services provide specialised services to, and promote the development of a multitude of voluntary youth organisations. They also provide specialised services to vulnerable young people.

Local Youth Development Projects provide specialised services directly to specifically targeted young people. They assist young people in developing confidence and communication skills and foster participation, collective activity and the voluntary activity of young people within their communities. Big Brother Big Sister is an international one-to-one mentoring programme, hosted by Foróige in Ireland, which matches an adult volunteer with a young person. The basic idea is that a friendship will form and that in turn will promote the positive development of the young person.

Youth Information Centres provide free, confidential information services to young people and adults on a wide range of youth related topics.

Structure of the Organisation

National Council / Executive

The National Council is the governing body of Foróige, which determines its policy and controls the business and affairs of the organisation. One club leader from each county and four reference panel members are elected to make up the council.

From among its members, the National Council elects a National Executive, which meets regularly to discuss the day to day running of the organisation and is accountable to the National Council.

Reference Panel

At Regional Conferences, held in 11 designated regions throughout the country for club committee members, 44 members are elected to form a Reference Panel. This panel meets twice yearly and gives members direct input into the running of the organisation at national level. Four members are elected to the National Council.

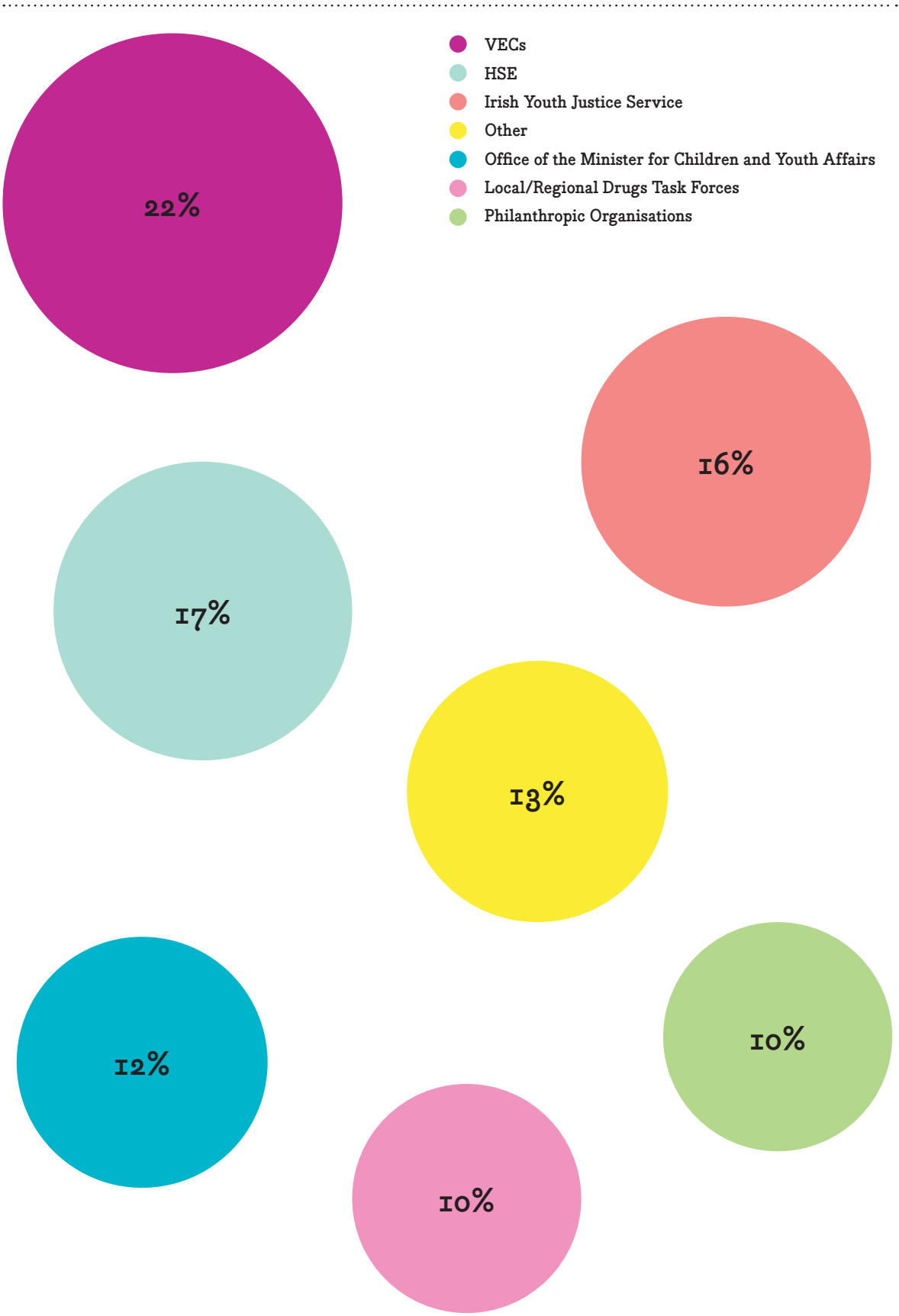
District Councils

Foróige Clubs in a particular area may, with the permission of the National Council, form District Councils. Each club may appoint two voting delegates to sit on the District Council. The functions include: exchanging ideas, co-ordinating and developing activities, helping in the formation of new clubs and making representations to the National Council and National Executive on matters relating to Foróige.

Management/Staff

Foróige employs a full-time professional staff to assist and enable communities and voluntary youth workers in their youth work endeavours, and to work directly with young people as necessary and appropriate.

Funding Sources



Foreword

Barry Andrews, T.D.
Minister for Children and Youth Affairs



In Ireland and indeed, internationally, we are living through times of enormous change and uncertainty. Such change affects us all but perhaps none more so than young people, whose chances and opportunities in the future can be shaped so decisively by the events of the present. It is more important than ever for us to work together so that we can continue to provide and indeed steadily improve the services and supports that meet the changing needs of our young people.

As Minister for Children and Youth Affairs, I believe that by working together we can create an environment where youth work adds value to young peoples' lives, helping them to develop lasting skills and attributes as well as opening up new opportunities and providing new experiences for them.

As those working with Foróige are well aware, youth work operates in various settings spanning the non-formal education through to informal learning. Youth work therefore has something both unique and valuable to offer young people and as a methodology, is in a pivotal position to contribute to both the personal, social and educational development and wellbeing of young people. Flexibility of approach enables youth work to offer a vibrant learning process complementary to, and supportive of, that provided through the formal education system.

In this context, I understand that during 2009 Foróige carried out an in depth strategic planning process which has resulted in the development of a comprehensive Ten Year Strategic Plan (2010 to 2020). I believe that this Plan reflects the vision, drive and ambition that have traditionally

marked Foróige's development since its establishment in 1952. In particular, the Plan supports and further develops Foróige's core purpose which is to enable young people to involve themselves consciously and actively in their own development and in the development of society.

2009/2010 also saw a review of the pilot of Quality Standards Framework (QSF) for the youth work sector and the finalisation of the framework document. The QSF is primarily a support and development tool and provides services and organisations such as Foróige with the opportunity to articulate through a common language their youth work practice. The intention is to introduce the QSF nationally on a phased and incremental basis in 2010 to staff-led youth work organisations, services, projects and programmes funded by my Office under a number of funding schemes. I appreciate the work of all those who helped my Office in its development and I am confident that as well as providing support and enabling development, it will also establish standards in the practice and provision of youth work and provide an enhanced evidence base for youth work.

2009 also saw the transfer of responsibility for Youth Affairs from the Department of Education and Science to the Office of the Minister for Children and Youth Affairs. I believe that this move is a clear signal from Government that a focus on young people and their needs is a particular priority for us. The integration of youth policy into my Office is providing for a consolidation of service and operational experience as well as opening up greater opportunities for a more integrated, cohesive and effective approach to addressing the needs of children and young people in on-the-ground services.

I also believe it is important that we continue to build on the valuable work already being carried out by youth work organisations such as Foróige and as Minister for Children and Youth Affairs, I assure you of my continued support for your work. I commend Foróige's work and acknowledge the expertise, dedication and commitment of your staff, adult leaders and volunteers and I wish you every success with the roll out of your organisation's Ten Year Strategic Plan.

Barry Andrews, T.D.
Minister for Children and Youth Affairs



Seán Campbell

Chief Executive Officer

The past year has been an exciting and pivotal time in the history of Foróige. With the development of our ten year strategic plan, we have mapped the future direction, not only for Foróige, but for youth work in general. At a time of such economic uncertainty, Foróige is in a unique position, thanks to the continued support of our funders and commitment from leading philanthropic organisations, to expand its service offering, empower more young people and help to contribute to the future of the country.

Foróige has a strong tradition of effectively meeting the needs of young people and communities throughout Ireland. To ensure our continued success we will increase the appeal of the organisation, increase our accessibility to young people, volunteers and communities and prove that our work results in positive outcomes for young people.

Throughout the planning process and roll out, the fundamental purpose of the organisation – to enable young people to involve themselves consciously and actively in their own development and in the development of society – has been central to all future development plans. We will focus on the development of voluntary led services to provide more opportunities for volunteers to get involved and alternative ways to engage young people. We will also continue to ensure that the needs of the most vulnerable young people are met through high end intensive programmes.

It is Foróige's ambition, one which we feel is achievable, to be the organisation of choice, for young people, volunteers, communities and staff. We endeavour to change the face of youth work and provide something for every community based on their unique needs.

I would like to thank the One Foundation for the faith that they have placed in Foróige and its ability to deliver systematic change for youth work in Ireland. Thanks also to Strategic Consultants, Prospectus, who worked with Foróige to enable us to devise a realistic and comprehensive plan and to the volunteers and staff who worked tirelessly on the plan.

I want to pay tribute to the National Council for their commitment and to our out-going Chairperson, Pat McLoughlin, for his outstanding contribution to Foróige over the past two years. Thanks also to the dedicated body of Foróige volunteers and staff for their ongoing work on behalf of the organisation. I wish you all every success in the coming year.

Seán Campbell,
Chief Executive Officer, Foróige



Pat McLoughlin

Chairperson, National Council of Foróige

As my time in Foróige draws to a close, I feel privileged to have been involved in the development and growth of Foróige at this exciting time. Being part of the planning process for the organisations' ten year strategic plan, I am confident that Foróiges' plans for growth will not only benefit the young people we work with but also the society that they live in. This plan will ensure our continued success in creating leaders, fully rounded individuals and active citizens who are aware of the world around them and the unique contribution they can make.

During my tenure I have been privileged to meet President of Ireland, Mary McAleese, An Taoiseach, Brian Cowen and Tánaiste, Mary Coughlan, who got the opportunity to experience Foróige's work first hand by visiting some of our projects and services and meeting some of the fantastic young people we work with. It is encouraging to see the importance placed on the work of Foróige by these opinion leaders and policy makers. Their commitment to Foróige and its services is essential, particularly during this time of change and development.

After 20 years as a volunteer leader, I was honoured to assume the role of Chairperson at a time when no endeavour seems too ambitious for Foróige to achieve and it has truly been a wonderful experience. As the organisation grows and develops, I am confident that our common goal to empower young people will remain a constant at the core of all development.

I want to pay tribute to the fantastic body of volunteers I have met in my two years as Chairperson. I have visited every District Council and so got a chance to witness all the hard work that goes into making the Foróige Club a success throughout the country. I am a firm believer that where there is a strong District Council, there is a strong Club network.

I would also like to sincerely thank the National Council and National Executive who have been a constant support in my time as Chair. You have made the job enjoyable and challenged me to be an effective Chairperson. I wish you all the very best in the future.

Pat McLoughlin
Chairperson, National Council, Foróige

Planning for Success

Foróige's Strategic Plan

In 2009 Foróige, with the support of the One Foundation, undertook a strategic planning process, examining the organisation and its future direction. Consultation with young people, staff, volunteers and other key stakeholders, along with a baseline study of our current services and structures, formed the basis for this future direction. It represents a pivotal point in the organisation's history and reflects the vision, drive and ambition that have traditionally marked Foróige's development. Rachael Murphy, Foróige Manager, who was appointed to oversee the planning process, reports on the future vision of the organisation.

The plan identifies a number of key areas for growth and development, which are both challenging, yet we believe, achievable. Since its establishment in 1952, Foróige has been at the fore of innovation and change to meet the developmental needs of young people as they emerge. Now, to ensure our continued success we must increase the appeal of the organisation, increase our accessibility to young people, volunteers and communities and prove that our work results in positive outcomes for young people.



To ensure our continued success we must increase the appeal of the organisation, increase our accessibility to young people, volunteers and communities and prove that our work results in positive outcomes for young people.

Capacity Development

To achieve these goals, Foróige has identified the need to increase the organisation's capacity in a number of areas.

Volunteer Led Services

Foróige will explore how to develop existing volunteer led services, as well as develop new volunteer led models. A Volunteer Manager will be appointed to ensure comprehensive training and supports are in place for volunteers. The manager will focus on recruitment, retention and recognition of volunteers.

Youth Participation and Advocacy

To ensure we take a leading role in the development of youth participation and advocacy, a Youth Advocacy Officer will be appointed to explore current practices and make recommendations to enhance youth participation at all levels of the organisation. We must ensure that all young people have opportunities to advocate on their own behalf both internally and externally.

Communications

Foróige is developing a comprehensive communications strategy to position the organisation appropriately as the strategic plan progresses. The focus will be to increase the profile of Foróige as a provider of quality youth work services, to improve internal and external communication structures, and to develop a stronger online and media presence for the organisation.

Fundraising

A huge proportion of funding Foróige currently receives is restricted, i.e. for a specific purpose, geographic area or project. Through fundraising, we can ensure that we have adequate reserves and can maintain the organisation's capacity to better respond to needs of young people, volunteers and staff as they arise. The fundraising team will also consider opportunities to engage with past members of Foróige with the view to developing a strong alumni base.

I.T.

As a leading youth organisation, we have a responsibility to provide high end, safe opportunities for young people online. I.T. is also a valuable resource for staff and volunteers for information sharing. The newly appointed IT manager, with the Senior I.T. officer of the Best Practice Unit, will explore how to develop Foróige's I.T. systems.

Human Resources

Foróige considers its volunteers and staff to be one of the organisation's greatest assets and it is vital that supports to enable them to carry out their work are in place. In 2009, Foróige appointed a Human Resources Manager, who is responsible for developing a comprehensive HR plan that will ensure our HR systems, processes and policies are of the highest standard.

Growth

Increased capacity will enable us to more easily increase the number of young people we reach. However, we must ensure that we can meet the needs of all young people and that we provide them with meaningful opportunities.

The newly developed **Hubs and Satellites** model will enable us to move from co-operation between existing services to integration of services, which will ensure that the needs of young people are being met and we avoid duplication. The model involves the reciprocal exchange of information, services and resources between a Hub and its Satellites, i.e. projects and clubs in the surrounding areas. In 2010, the model will be piloted in three areas and by 2020 we envisage there will be 30 in operation.

IDEAS (Integrated Development Education and Support) Programme

aims to provide a comprehensive service to the most vulnerable young people in our society. It is primarily an early intervention and prevention programme that provides a community response to the needs of these young people. The programme is being developed in association with NUIG. We envisage the IDEAS programme will operate in every county in Ireland by 2020.

Best Practice Unit (BPU)

All those involved in Foróige know the positive impact of involvement in Foróige on young people and we have comprehensive anecdotal and quantitative evidence that involvement in Foróige results in positive outcomes for young people. However, we feel it necessary to go further in proving this. The BPU, established in 2009, has already begun exploring this area and by 2014 we aim to have proven programmes in place as well as proof that involvement in volunteer led youth work results in positive outcomes for young people.

It is an exciting time in the history of Foróige, one which will see change and growth with every passing year. However, the fundamental purpose of the organisation – to enable young people to involve themselves consciously and actively in their own development and in the development of society – will, as always, remain constant and central to all future developments.

2014

by 2014 we aim to have
proof that involvement in
volunteer led youth work
results in positive outcomes
for young people

The Paparazzi Game

P.R.O.s Promote Foróige

Foróige prides itself on delivering quality youth work to young people and communities but often those outside the Foróige network are unaware of the positive work going on around the country. District Council and Club Public Relations Officers (P.R.O.) have an important role to play in ensuring that Foróige's name is intrinsically linked to positive outcomes for young people. Here some P.R.O.s who have been very successful in their role tell us about their experiences.





Michael Lynskey

P.R.O., Mayo District Council

I first joined Foróige, Macra Na Tuaithe as it was called then, in 1976 as a member. I decided to become a club leader 3 years ago and in September 2008 was elected as P.R.O. of Mayo District Council, a position and challenge I was delighted to take on. I took the job seriously as without a good P.R.O., a lot of the good work that is being done in our Foróige Clubs is not being heard. I wanted to meet and talk to as many Club P.R.O.'s in Mayo as possible. I developed relationships with the local media and soon convinced The Western People Newspaper to do a weekly column about the activities of Mayo Foróige Clubs. I find it very frustrating that more of the media are not highlighting the positive side of our young people so I want to thank and compliment the Western People for this. The column proved to be a great success and most weeks a local club features in the paper. Having been re-elected as P.R.O., I have big plans for Foróige in Mayo. I have already noticed that more people locally have a better idea of what Foróige Clubs do. This year we set up a club email address and P.R.O.s regularly update me on what their club is up to. I find this a great way to keep in touch with the P.R.O.'s around the county. I believe the most important characteristic in being a good P.R.O. is to believe in what you are doing and be passionate about it.



Noreen O'Donovan

P.R.O., West Waterford District Council

I was among the first group of members of the Ballyduff Upper Foróige club in 1997. Living in a rural community, the club was our only opportunity for socialising and when I was asked to become a leader six years ago, I was delighted to be able to give something back. I became P.R.O. for West Waterford in 2008. I really enjoy the job as I love writing and putting a funny spin on an article if possible! I'm glad that what I do promotes Foróige as well as young people in a positive way. I always write articles after a District Council meeting so leaders who were unable to attend are kept up to date. I also include workshops, trips or community based activities clubs are involved in. I keep a scrapbook of all my articles and this has proved a handy document, particularly for reports at District Council meetings. My favourite articles of the year were the Awards Night and the Talent Quest, which our club hosted in November 09, because we managed to get full page spreads in the local papers. I often call into the newspaper offices in an effort to build up a rapport. Because they know me, when I call to speak about a press release I'm sending, I get a welcoming response. I also e-mail local radio stations with any upcoming events. It's always good if you can accompany your articles with good quality photos as this makes it more eye-catching. The scrapbook of articles has worked really well for me too. P.R.O. is a great job and I would recommend it to anyone!



Amy Battersby

P.R.O., Curragha Foróige Club, Co. Meath

I have been a member of Foróige for about two years now. I love being really involved in the Club coz, I guess the more you put into it the more you get from it. Being P.R.O. is great fun. It's really important to keep the Foróige news flowing into the media so people know the great work that we all do. My favourite part is probably making the scrap book at the end of the year; this really shows the extent of everyone's hard work throughout the year. It's like a C.V. of our year together! It didn't take me very long to get to know my role, after a few weeks I got the hang of it. I asked lots of questions and got advice from as many people as I could which gave me the confidence to start writing. Getting information sometimes is the most difficult thing. I've never had to go out of my way too much to get a piece featured...so far! I write mostly about Club events but also about other important things as they come up. My tips for other P.R.O.s would be to be creative and not hold back when writing, there are many different styles so go with what suits you and your personality. It doesn't always have to be serious as light reading is sometimes even more attractive. My second tip would be to enjoy what you do, it's a great role to have and will always stand to you in the future. You can make great contacts and it's great to get your name out there. It's a brilliant feeling to see your name in the paper.

Time to Volunteer

Foróige has developed a number of volunteer led models to meet the changing needs of young people and communities. There are now a vast array of opportunities for those who want to give something back and make a difference in the lives of the young people in their community. The Foróige Club epitomises the ethos of Foróige, and is at the core of all our other youth work models. However, the Club may not always meet the specific needs of a community. A number of models have already been developed, some of which are explored here, and we are continually adapting and enhancing our service provision to meet needs as they arise.

Feeder Club

A Feeder Club consists of young people, aged 10-12, who have not yet reached the minimum age to be in a Foróige Club. The Feeder Club is an effective way to engage young people and prepare them for membership in their local Foróige Club, when they come of age. They are introduced to the concept of democracy and learn skills like organisation, communication and how to chair a meeting. **Clontarf Feeder Club** was established in September 2009. The club currently has 22 members and 5 adult leaders who meet up every Thursday in their parish hall. They recently elected their committee which has worked really well as it gives the members a real sense of being actively involved in the decision making process. The members get involved in lots of activities and games. They organised carol singing for the patients at the local nursing home at Christmas and are currently organising a hockey tournament. The members have learned so much from their involvement in the feeder club, they will undoubtedly become wonderful members of Clontarf Foróige Club.



22

members and
5 leaders
in Clontarf
Feeder Club

Volunteer Led Youth Café

A Volunteer Led Youth Café is a safe place for young people to be themselves, meet friends, have their say and get involved in developmental activities, and access appropriate information, support and services. **Mitchelstown Youth Café** established in December 2009 is a Volunteer Led Youth Café with 50 members and 23 volunteer leaders. The café hosts two volunteer led four hour sessions, one on Friday nights for 15-18 year olds and one on Saturday nights for 12-14 year olds. Two youth committees which reflect the two age categories were elected and they have a real say in the operation of the café and voice the views of the members to the management committee. Lots of members come to the Youth Café to relax, to meet up and to interact with their friends. There are also lots of activities to do, like using the internet, Wii games, table football, music and board games. The Youth Café is currently looking to organise an art project for the St. Patrick's Day Parade, working on theme nights and linking in with Foróige Clubs in North Cork. Albie Coleman a volunteer leader in the Youth Café says, "It is great to see the Youth Café up and running as it took two years of hard work to get it established. It is so refreshing to see young people actively engaged in their own development."

Special Interest Group

Often a group of young people have a specific talent or interest, which they want to spend time engaging in. Special Interest Groups are a great way for likeminded young people to come together and have fun while also playing an active part in their own development. Angling is a hot topic in Galway. Junior Officer of the Galway Coarse Angling Association, Jason Leavy, discovered that there was great interest in angling among young people so he set up a **Foróige Special Interest Angling Club** in 2002. The Club has eight members who go fishing every week. Because the club is run by professional anglers who love the activity, members are learning a skill first hand in a relaxed, enjoyable atmosphere. They also have the chance to get involved in the angling association and be part of the world championships. Jason says, "The best way to get volunteers is to show them how they can pass on their own interests or hobbies to young enthusiastic people. Angling can be hard work and requires a very early start to the day but anglers usually need very little motivation to get up and go fishing and we'll do anything that gets us out there."

Youth Forum

Foróige has a strong tradition of encouraging and facilitating young people to have a voice and make a meaningful contribution to the world around them. Youth forums are groups for young advocates who want, not only to discuss issues that affect them, but also impact on these issues in the world around them. **Tallaght Youth Forum** was established in 2008 to provide young people in Tallaght with a voice. The group consists of 15 young people. They organised a consultation day for 100 young people to discuss issues that affect them and presented their findings to local opinion leaders and policy makers. The group is currently working on a community safety project and a link project with a senior citizens group in Tallaght. The members are learning firsthand how important it is to be actively involved and that when appropriate structures are in place, they can advocate on their behalf right now.



50
members and
23 volunteer leaders
in Mitchelstown
Youth Café

Galway Angling Foróige Club is run by professional anglers who love the activity, so members are learning a skill first hand in a relaxed, enjoyable atmosphere



100
young people
from Tallaght Youth
Forum participated in a
consultation day to discuss
issues that affect them

Breakdown of Volunteers in Foróige

Foróige Clubs

66%

BBBS

10%

Projects

24%

Decked out in Donegal

The new and improved Donegal Youth Information Centre and Youth Project was officially launched by Taoiseach Brian Cowen and Tánaiste Mary Coughlan, on the 26th September 2009. The facility was relocated to provide a more extensive service for young people in Donegal and surrounding areas.

The new premises is centrally located just off the diamond and is home to the Youth Information Centre, with kitted out computer room, Youth Café with fully equipped kitchen, pool table and lounge area and offices that house the five staff who are on hand to offer advice and run programmes for the young people of Donegal. The Youth Café, situated on the top floor and venue for the official launch, was packed to the brim with excited young people, volunteers and representatives from Foróige and the VEC as our guests of honour arrived.

The event kicked off as MC, Darragh Martin, took the mic. A true pro by any standards! Séimí Campbell, chairperson of the Youth Café committee, spoke of his experience in the centre. He said, "I do a lot of different activities outside Foróige, but none of them make me feel as welcome and at home as I do here." Michael Faulkner and Bernadette McGee spoke of their experience at the Albert Schweitzer International Leadership for Life Conference, just one of the opportunities they got involved in because of their involvement in Donegal Youth Information Centre.

The Taoiseach and the Tánaiste both thanked Foróige for the multitude of services the organisation provides to the young people of Donegal and congratulated County Donegal VEC on their continued support to Foróige. The Tánaiste was particularly delighted to be celebrating such a wonderful amenity in her own constituency and wished the centre all the best in the future. They both pulled the velvet rope to pronounce the revamped centre open and to reveal a wall plaque designed by the Youth Café committee. The committee had been working hard to come up with a name for their Youth Café and they settled on The Deck, meaning; Decisions, Empowerment, Communication, Knowledge.

The Youth Information Centre, which is funded by the Office of the Minister for Children and Youth Affairs through County Donegal VEC, has been operating in Donegal for the past 10 years and provides a comprehensive

range of youth services both in the centre and through outreach. However, this new facility will enable Foróige to run even more programmes, provide more extensive services and engage more young people from Donegal.

Speaking at the launch, Pat McLoughlin, Chairperson of the National Council of Foróige said, "Youth Information is a valuable service for young people but it is not a stand alone service. By integrating youth information with other youth services, young people can access a wide variety of projects, programmes, activities and services under one roof at a time that suits them. This facility is open late evenings and at weekends. It provides information and support on a wide variety of youth topics, as well as providing direct access to professional, targeted support through the Youth Development Project and Youth Café."

"By integrating youth information with other services, young people can access a wide variety of projects, programmes, activities and services under one roof at a time that suits them"

Pat McLoughlin, Chairperson of the National Council of Foróige

"I do a lot of different activities outside Foróige, but none of them make me feel as welcome and at home as I do here."

Séimí Campbell, Chairperson of the Youth Café Committee



The Way Forward

Creating Hubs of Youth Activity

As part of the strategic plan a new model of work practices, the Hubs and Satellites Model, has been developed to enable the organisation to better integrate work practices, avoid duplication and encourage the exchange of information, resources and services between Foróige operated clubs, projects and services. Hubs are physical centres that can be used as a meeting place for volunteers, staff and young people. Satellites are the clubs and projects based in areas surrounding the central hub. A number of centres already exist which form a concrete base on which to develop the model, and this will form the future direction of Foróige.

The DRUM

The DRUM Youth Project and Health Café is a new, state of the art premises developed by Kilkenny County Council and the HSE South East and operated by Foróige. The DRUM is custom built to meet the needs of the young people of Kilkenny. There is a Youth Café area, with fully equipped kitchen and lounge area, a computer room, a band practice room, meeting rooms for group and one to one sessions and office space for staff. The Big Brother Big Sister Programme is the latest addition to the DRUM offering which kicked off in the South East in March 2010.

The DRUM is quickly becoming the hub of youth activity in Kilkenny. Since its commencement in September 2009, staff have been working hard to get young people involved and provide them with the services that they want. The band night held at Christmas for up and coming local bands saw the DRUM filled to capacity giving young musicians the opportunity to play a live gig.

The family resource project also operates from the DRUM, where Foróige coordinates the youth effort of the family resource centre participation project. It gives young people a chance to participate in their communities and to have their voices heard. Project co-ordinator, Michelle Power, explains, "This project is about fun, friends and showing that young people are valuable members of the community and can make a real difference in their areas."



The Quad Youth Centre

Foróige embarked on a new and exciting initiative in Roscommon town in June 2009. The Quad is a community based Youth Centre for young people from Roscommon town and surrounding areas, which provides a wide range of specialised services and general youth activities, including Youth Café, computer clubs, personal development groups, live band sessions, soccer matches and movie nights. The Quad also hosts the Big Brother Big Sister Programme, teenage health programmes and drug education and prevention programmes. Staff work closely with a group of dedicated volunteers and the youth committee to run the Quad. The youth committee conducted a survey with young people to ensure the Quad meets their needs and expectations and the youth committee, staff and volunteers have big plans. Future initiatives include; the first ever Roscommon X-Factor for young people across the county, driver theory test programmes, sexual health programmes for teens and their parents, live band days and workshops on issues such as mental health and stress management.

Siobhan Duane, Project Leader says, "Young people are encouraged to take part, have fun, develop new skills and learn to participate effectively in their community. Those involved so far have been really eager and we're confident that we can increase our membership and volunteer base significantly. There's also a number of Foróige Clubs and Projects in the surrounding areas who make use of the Quad and we exchange ideas and resources so that all Foróige services in Roscommon work together to achieve the best outcomes for young people."



"Being involved enriches the lives of young people and makes them strong to resist cynical pressures. They become resilient, good decision makers, good citizens."

President of Ireland, Mary McAleese



Balbriggan Youth Service

"Cryptic", a volunteer led project operated in Balbriggan for nineteen years, was taken over by Foróige in January 2009, when the volunteers approached Foróige to more effectively meet the needs of the growing youth population in Balbriggan, which has trebled in the last five years. One year in existence, under the operation and management of Foróige and in partnership with Co. Dublin VEC and North Dublin Regional Drug Task Force and with the support of the adult advisory committee, Balbriggan Youth Service has become a hub of youth activity.

On Monday 15th February 2010 Balbriggan Youth Service was officially launched by President of Ireland, Mary McAleese. President McAleese was greeted by a guard of honour from the Galway World Cup group as youth band, "the unknowns", accompanied by the Balbriggan samba drummers, performed. Following a tour of the premises, President McAleese was formally welcomed into a room full of excited guests, by Jim McVeigh, Co. Dublin VEC. Princess Siwela and Kieran Dowling spoke of their experiences in the Youth Service, including the youth committee, band nights, St. Patricks Day Float Projects and adventure centre trips.

Before unveiling the plaque, President McAleese highlighted the benefits of the Youth Service: "The Youth Service gives you opportunities that bring out the best in you. It is not for other people to bring out the best in you, but for you to grasp these opportunities and bring out the best in yourselves." She continued, "Being involved enriches the lives of young people and makes them strong to resist cynical pressures. They become resilient, good decision makers, good citizens."

Pat McLoughlin, Chairperson of the National Council of Foróige said, "Balbriggan Youth Service is much more than a space. In Balbriggan Youth Service, staff and young people openly interact with each other; it is where friendships are made, happy memories are created and valuable life skills are developed."



Drumraney Foróige Club

Co. Westmeath

Drumraney Foróige Club, Co. Westmeath was established in September 2007. Drumraney is a small rural village outside Athlone so the Club is a great asset to the community. 21 members meet in the local community hall once a week to do activities and games, such as football, darts, uni-hoc, air hockey and pool. They also enjoy trips to the local bowling ally and of course would never miss the Westmeath District Council discos.

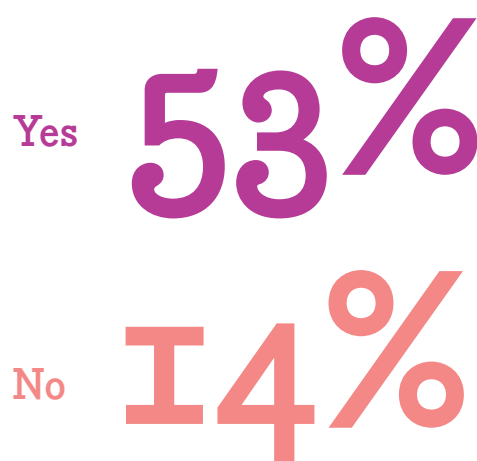
It's not all about playing games and having fun. The Club are actively involved in their community. Last year they produced a community Christmas card which they sold at masses and in the local shops. It was a novel idea and really boosted community spirit for the festive season. They also had a stay awake in aid of the local community centre and raised €1,500. They took some time out from planning their next citizenship project, to tell us what's what in their club.

In a survey conducted with the 21 members of Drumraney Foróige Club, 76% said they heard about Foróige through a friend, with 81% attending on a regular basis because all their friends are involved too. 24% have been involved since the Club opened three years ago. The structure of the Foróige Club is something the organisation prides itself on so how do to the members of Drumraney feel it works for them.

What do you think of the committee meeting?



Do you feel you are listened to in your club?



Celebrating the Next Generation

Older Members Bash

The retention of older members arose as a concern for Foróige Clubs, with Regional Youth Officers and District Councils reporting difficulties in demonstrating the benefits of being involved to older teens. The Reference Panel reiterated these concerns, calling for some sort of progression from club member to older member. Since then a number of measures have been taken to address the issue, such as the formation of older member clubs, health and wellbeing grants to target older members and the Albert Schweitzer International Leadership for Life Programme for over fifteens. A big incentive for older teens last year was the Older Members Bash, a gala event which was piloted in the East and West. Following the success of the pilot, the National Council decided to make the events a staple in the Foróige calendar. They also expanded the scope by running an event in the South.

Hollywood Fever

Foróige members from the South were treated to a red carpet event on Saturday November 14th in Moran's Silver Springs Hotel, Cork. Bus loads from Cork, Limerick, Tipperary and Waterford arrived as the evening kicked off with a glamorous Hollywood themed non-alcoholic cocktail reception. Members mingled and had their photo taken with Hollywood favorites. A Foróige style "Hollywood Boulevard" with each star representing a club, paved the way to the ballroom where a lavish meal and competitions galore awaited. Awards went to the cheesiest group picture, Drangan Foróige Club, Tipperary and best celebrity look-a-like, Pádraig O'Sullivan as Wayne Rooney. Later Portlaoise band Transmitter kicked off and had everyone on the dance floor. It didn't stop there as DJ, Joe Scanlon hit the decks. Everyone tried to impress on the dance floor to get a spotprize. The atmosphere was electric as groups left with a CD of pictures from the night and their very own Hollywood Star.

"The older member's event was so much fun. I was looking forward to it for ages before hand. It was brilliant. I hope there's one next year as I would love to go."

Michelle Caton, Whitechurch Foróige Club

Masquerade Mayhem

Young people from Roscommon, Mayo, Sligo, Leitrim and Galway flocked to the much anticipated event of the year in the Park Hotel, Kiltimagh, Co. Mayo and a week later the Heritage Hotel, Portlaoise opened its doors to older members from Carlow, Laois, Offaly, Westmeath, Kilkenny, Kildare, Wicklow, Meath and Dublin. This years theme was a masquerade ball which gave members an opportunity to show their creativity and unique style by designing the masks they received with their tickets. The hotels were transformed into elegant ballrooms with veiled curtains, candles and spotted lights. The venues held over 300 young people who munched their way through the buffet style menu of pizza slices, wedges, goujans, mini burgers and salads and a scrumptious desert. In the West local band Whitewater thrilled with an eclectic mix of pop, rock and hip hop and in the East, back by popular demand, Transmitter, had everyone on the dance floor. Well known iRadio DJ, Fran Kennedy kept the night going into the early hours of the morning and clubs left on a high with their momento masks and a CD of pictures to show their friends.



Realising Leadership Potential



Albert Schweitzer International Leadership for Life Conference 2009

The inaugural Albert Schweitzer International Leadership for Life Conference took place in Kings Hospital School, Dublin from 17th to 21st August 2009. The Leadership Programme, developed by Foróige in partnership with the ICCUSA Foundation Inc., was attended by 215 young people aged 15 to 18 from the Republic of Ireland, Northern Ireland, England, USA, Nigeria and Korea. The international conference was an opportunity for young people from all over the world to learn about new cultures, make friends and learn valuable life skills.

The week kicked off with the opening ceremony in Trinity College Dublin, hosted by Programme Patron and Hollywood Star, Matt McCoy. Participants were formally welcomed by International President of the Albert Schweitzer International Leadership for Life Programme, Maurice Buckley and Chairperson of Foróige's National Council, Pat McLoughlin.

During the week participants engaged in workshops to improve their skills and set goals. They were also treated to a variety of speakers from the worlds of business, non-profit, sport and music, including:

Dylan Hastings, who owns record label Hideaway Records, and founded an all ages creative space in Dublin city centre.

Alan Kerins, Galway hurler and founder of the Alan Kerins African Project.

Pádraig Ó'Ceidigh, Managing Director of Aer Arann.

Jacqueline Muraketete, survivor of the Rwandan Genocide and a Human Rights Activist.

All the hard work of the week was rewarded with a gala dinner and graduation ceremony in the Clarion Hotel, Dublin. After a three course meal, each participant was presented with a certificate of achievement. 5 young people, Trent Alphonzo Sanders, USA, Bradley Skolozdra, UK, Áine Mannion, Republic of Ireland, Da Yeon Kang, Korea, Molly Gilmartin, Northern Ireland and Nmeri Oliveia Nwafor, Nigeria, spoke of their experiences during the week; making friends, developing new skills, learning about different cultures and becoming more confident.

"Our partnership with Foróige identifies the future stewards of our globe and we are committed to supporting these young leaders in the challenges and opportunities that lie ahead."

Maurice Buckley, International President of the Albert Schweitzer Leadership for Life Programme



Leading the Way

Youth leadership has been core to Foróige since its inception in 1952, and it is fitting, therefore, that one of the first programmes to be developed by Foróige's Best Practice Unit was the Albert Schweitzer International Leadership for Life Programme. The programme which was launched at the inaugural conference in August 2009, is currently being piloted in clubs, projects and schools across the country, and by the Frederick Douglas Academy in New York.



The ASILFL Programme is underpinned by theories and principles of youth work, leadership development, leadership styles, and adolescent development, as well as a literature review compiled specifically to inform the programme by the Child and Family Research Centre at the National University of Ireland, Galway. The programme has two main aims:

1. To enable young people to develop the skills, inspiration, vision, confidence, and action plans to be effective leaders.
2. To empower young people to make a positive difference to their society through the practice of effective leadership.

The programme has been designed following a spiral curriculum where core skills are revisited and developed. Reflection and processing is undertaken to ensure that participants involve



themselves actively and consciously in their development and apply this to their society. Experiential learning through group and individual activities covers a range of skills needed for leadership, such as communication, decision making, problem solving and critical thinking, self development, leadership attitude and will and desire.

Module one introduces participants to the concepts of leadership and the core skills necessary to be a good leader. Participants devise a personal leadership goal and begin planning and working towards achieving this, alongside workshops focusing on communication skills, self awareness, values, and team problem solving.

Module two builds on the learning from module one, with participants continuing to develop core competencies, while also working on a team project investigating local, community or global issues.



Module two introduces planning using the logic model, and advances communication and personal development skills in addition to exploring conflict resolution, critical thinking and debating.

215 young people completed module one at the ASILFL conference in 2009, and almost 100 young people are involved in piloting the ongoing programme.

Regional Youth Officer Gerry Prior has been piloting the programme with transition year students in Spiddal, Galway. He says "The principal has received a number of comments from parents who have noticed a positive change in their child's communication at home. The young people are coming along in their own right and really beginning to take ownership of the leadership programme."

Raising the Bar

Foróige's Best Practice Unit

The Best Practice Unit (BPU) was established in 2009, with funding from a major philanthropic organisation. The vision of the BPU is to position Foróige as a world class leader in developing and delivering outcomes focused, evidence based resources which facilitate the development of staff, volunteers and most importantly young people, in line with international best practice.

The BPU is responsible for manualising five programmes: Citizenship, Leadership, Relationships and Sexuality, Youth Crime Reduction and Entrepreneurship.

Currently there are 12 Clubs and Projects across the country piloting the newly developed citizenship manual. The manual contains creative activities to explore the key areas of awareness, action and evaluation so that young people can better meet the needs of their community. As part of the pilot, research is taking place to establish if the manual and programme are contributing to improved outcomes for the young people.

The Albert Schweitzer International Leadership for Life Programme is also being piloted among Foróige Clubs, Projects and schools in Ireland as well as in the Fredrick Douglas Academy in New York. Since the success of the Albert Schweitzer International Leadership for Life Conference last August, 100 more young people have successfully completed module 1 of the programme and are currently undertaking module 2.

In-depth research of international youth crime reduction programmes has been carried out throughout the year. The BPU are in the initial stages of piloting an assessment tool and a cognitive behavioural programme from Australia, and are also working on a Big Brother Big Sister pilot programme in a number of Foróige operated Garda Youth Diversion Projects.

Work has begun on the relationships and sexuality programme as well as working with the NFTE team to fully develop and roll out the entrepreneurship programme.

In 2009, the BPU delivered outcomes focused training to over half of the organisation. Currently the unit are working closely with Gerry Mc Donald, Head of Training and Programmes, to improve training in outcome focussed programme design and curriculum development.

In conjunction with the Child and Family Research Centre at the National University of Ireland, Galway, the Best Practice Unit is developing an evaluation framework. The purpose of

the framework is to provide staff with the necessary tools to ensure that they are developing and delivering programmes to the highest possible standard while still meeting the needs of the young people. The BPU will continue to work closely with Penn State College in the USA and the National University of Ireland, Galway, who provide advice on programme development and evaluation.

Foróige staff have been outstanding in their piloting and participation in BPU initiatives and their wealth of knowledge and experience is invaluable. The Best Practice Unit is off to a great start and there is a busy year ahead.

12

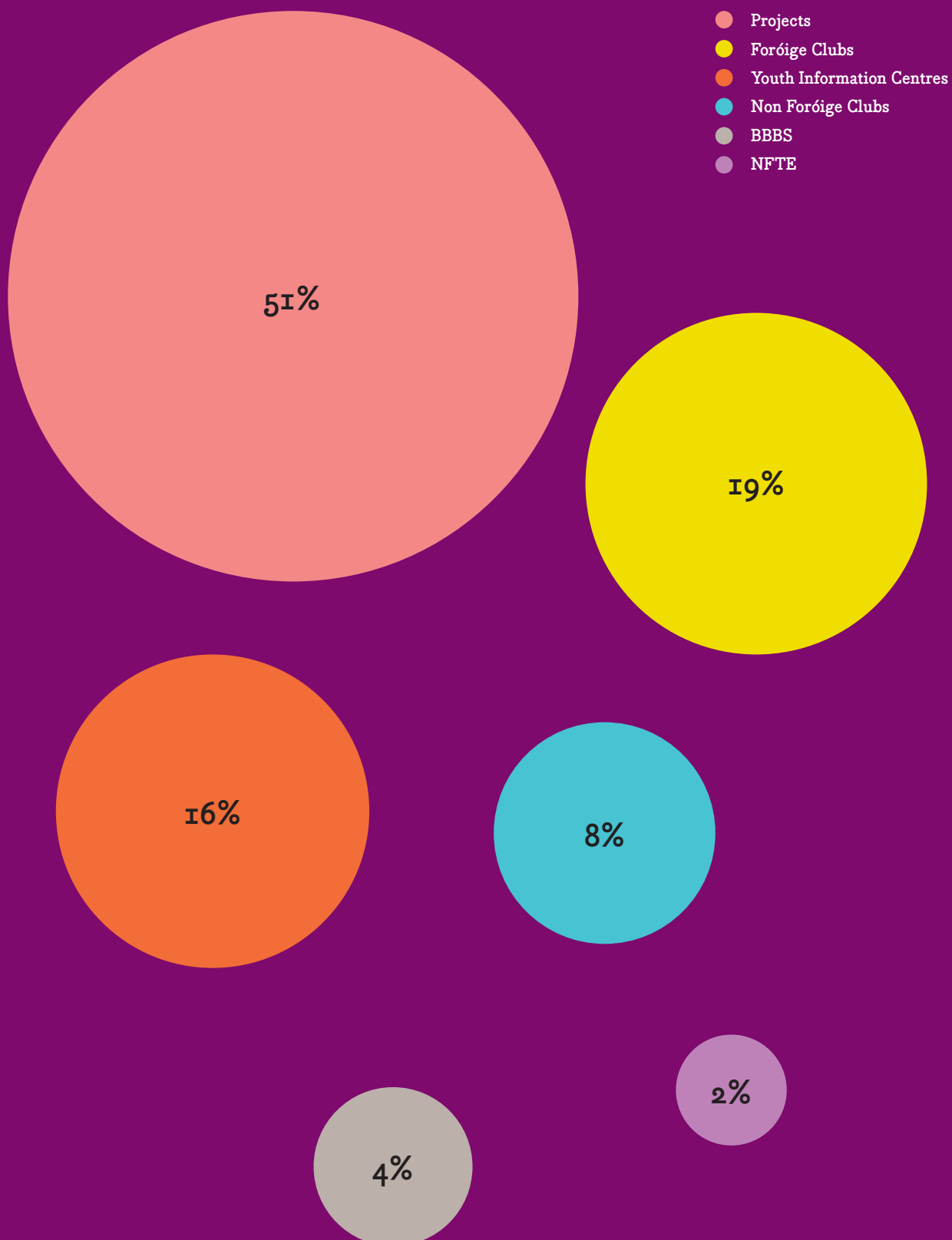
Clubs and Projects across Ireland are piloting the citizenship manual

100

young people are piloting the Club, Project and school based Albert Schweitzer International Leadership for Life Programme in Ireland and the USA



Young People's Involvement in Foróige



Early Intervention and Prevention

New Initiatives in Tallaght Youth Service

Tallaght Youth Service works with young people from a wide variety of backgrounds and communities, offering general, as well as targeted youth work services. Early intervention is internationally recognised as the most effective way to address emerging issues for targeted young people at a critical point in their development. Early intervention and prevention programmes show better long term positive outcomes for young people, including improved life chances, increased confidence in their own ability and assistance in the prevention of the onset of problematic issues. To this end, Tallaght Youth Service has been engaging communities in some interesting programmes to yield the best results for participants.

Mate-Tricks Programme

The Mate Tricks Programme, operated by Tallaght Youth Service in partnership with the Tallaght West Childhood Development Initiative (TWCDI) with funding through Atlantic Philanthropies and the Office of the Minister for Children and Youth Affairs, is a pro social behaviour after-schools programme for 4th class pupils. The Mate-Tricks Programme identifies the need to address issues for young people at an early age to help them to realise the potential of adolescence and start them on the path to healthy engaged lives.

Research suggests that a number of factors, such as positive community inputs and parental support and encouragement, influence the development of pro social skills and competencies in young people. These include problem solving, decision making, goal setting, conflict resolution, engagement, and empathy. As part of the programme, parents are engaged and assisted in areas such as parenting skills, perceptions of parenting and parent adolescent relations. The programme encourages a supportive safe environment for development to take place and assists

in the skills development of both parent and young person.

Mate-Tricks is being evaluated on an on-going basis by Queen's University Belfast using a Randomised Control Trial Evaluation and the results will be available in Autumn 2011.

Participants are referred to the programme, with the majority of referrals from the 7 primary schools in West Tallaght.



Peter was referred to Mate Tricks Programme because he was having trouble interacting with others. His mother says,

"Peter is getting better at mixing. He is more enthusiastic about going out to play with others. He also helps more at home. He is able to talk about his feelings and explain why he is feeling that way. I'm learning things from him. He is also more confident. I'd really recommend the club to anybody. It's brilliant. The family sessions are great because they give us 'me and him' time."



Strengthening Families Programme

Strengthening Families, a proven international programme, is a skills-based programme that engages parents and young people aged 12-16. It aims to build on existing family strengths to improve family relations and promote pro social skills development through parent, young person and family sessions. The roll out of the Programme in 2009, funded by Le Cheile Mentoring Project, is delivered by a multi-agency group, with referrals to the project from these agencies. This multi-agency approach enables the pooling of resources, knowledge and expertise. Through the Strengthening Families Programme, parents learn and practice skills which will enable them to be more effective in setting boundaries and expectations, deciding appropriate consequences for behaviour issues, encouraging good behaviour and communicating with their teens. Most importantly they learn to enjoy spending time together. Young people learn to resist peer pressure, how to handle angry feelings and manage stress and how to choose positive friends and appreciate their parents.

Parents have noticed positive changes in their children, reporting improved positive behaviour in the home and socially, increased involvement in outside activities and that their children were happier and more eager to participate in school. All participating families emphasised how the Programme helped them to improve their communication and planning as a family unit to effectively manage difficult situations and that family life was less stressful and more enjoyable for everyone.



Celebrating Community Champions

The permanent tsb Foróige Youth Citizenship Regional Awards

Four regional recognition events took place in Galway, Dublin, Cork and Offaly to kick off the permanent tsb Foróige Youth Citizenship Awards 2009. The awards are part of the permanent tsb Foróige Youth Citizenship Programme, an out of school education initiative to enable young people to use their talents to contribute positively to the world around them.

The regional events give young people an opportunity to showcase their community endeavours and demonstrate the positive impact that young people can make right now. A representative from each group took to the stage and spoke about their project. Each group was then presented with a commemorative certificate for their active citizenship. The stage show was followed by refreshments and a lively interactive digi quiz with prizes galore! Each event had its own wishing well in the form of a giant gold foam star. Everyone had the chance to make a wish for the future and place it in the star in the hope that one day; the world will be free from war, hunger and poverty; that their community will have more facilities; or that schools will abolish homework. From philanthropic to local to personal, these young citizens showed that they can think big so we can be confident that the future is secure in their hands.

So what are you waiting for? Get involved

If you want to show the world what you and your youth group are made of, tell us about the work that you're doing to make a real and positive difference. The awards are open

to all youth groups so register your interest today. This year there's an added opportunity for groups to take part in a television production to highlight their work on the national stage and really show young people at their best.

Youth Citizenship Dates to Remember

Friday 9th April - Deadline for submission of completed project report forms

Saturday 8th May - Citywest Hotel Dublin Youth Citizenship Regional Event

Sunday 9th May - Silver Springs Galway Youth Citizenship Regional Event

Saturday 15th May - Clarion Sligo Youth Citizenship Regional Event

Sunday 16th May - Tullamore Court Youth Citizenship Regional Event

Be a
TV Star



Check out
www.youthcitizenship.ie
to find out more

In the Spotlight

The Citizenship Programme gives young people the opportunity to enhance their own development as well as that of the world around them. In 2009 Foróige had the opportunity through its partnership with permanent tsb, to highlight the outstanding achievements of young active citizens through the media. A national integrated marketing campaign was launched in October to coincide with the National Awards and promote the work of young people involved in the Citizenship Programme.

Three groups were selected and profiled on national television; M.C. Teens Foróige Club, Tallaght, Dublin, Bundoran Neighbourhood Youth Project, Co. Donegal and Tubberclair Foróige Club, Co. Westmeath. A radio and newspaper campaign also ran nationally and regionally, which included three additional groups; Carrick on Suir Neighbourhood Youth Project, Co. Tipperary, Kilmallock Youth Development Project, Co. Limerick and the C.R.I.B. Youth Project and Health Café, Co. Sligo.

So often in the media young people are depicted in a negative light, these ads really show young people at their best and highlight the positive impact that they can have right now. The campaign demonstrated how important the programme is to our young people and to communities across Ireland. At a time of economic uncertainty, community involvement and fostering community spirit is more important than ever. Well done to all the groups involved for making the campaign such a success.



Citizenship Creating Better Communities

The 3rd Annual permanent tsb Foróige Youth Citizenship Awards took place in the Helix on Thursday, 29th October 2009. The venue, which has been host to You're a Star and other TV favourites, was a truly fitting location to honour our young stars for their active citizenship.

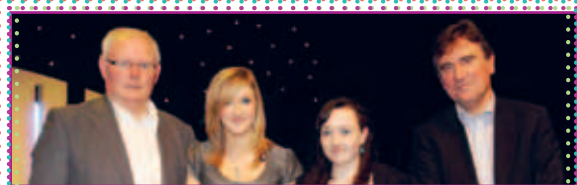
The atmosphere was electric as the 18 award winning groups, chosen for their outstanding contributions to their communities, and their supporters arrived at the red carpet event. The evening kicked off with the viewing of the project display stands. Invited guests, young people and the evenings host, Ray D'Arcy visited the array of stands and the award winner's swapped ideas for their next community endeavours. To open the show, the Dublin Gospel Choir, accompanied by young people from Templeogue, Tallaght and Blanchardstown, performed I sing the body electric from the blockbuster Fame.

A representative from each group introduced graphic montages and video diaries of their projects in action. Congratulatory messages from opinion leaders and celebrities, including; An Taoiseach, Brian Cowen, MTV Presenter, Laura Whitmore, Olympic Boxer, Katie Taylor and Gift Grub's, Mario Rosenstock, who was moonlighting as Roy Keane and Daniel O'Donnell, were greeted by rapturous applause. Afterwards guests filled up on scrumptious snacks and danced the night away with 2FM DJ, Ruth Scott and Moate Band, The LOLS.

And the Winners Are...



Bundoran Neighbourhood Youth Project, Co. Donegal realised that the growing attraction of Bundoran as a surfing town made it necessary to promote water safety and help save lives. They worked with the local sea rescue and promoted water safety with flyers, posters and presentations.



Rosemount Foróige Club, Co. Westmeath hosted an Easter egg hunt and cake sale to bolster community spirit. The event brought young and old together and helped re-establish old connections between people of the area.



Peer Drugs Education Project, Blanchardstown, Dublin 24 developed www.peereducation.ie to provide useful information on groups and activities in the area as well as information on drugs and links to other useful sites for young people.



Offaly Comhairle Na nÓg Group, Co. Offaly devised an online and poster campaign to raise awareness and encourage positive mental health and healthy living among young people.



Carrick on Suir Neighbourhood Youth Project, Co. Tipperary celebrated the 30th Anniversary of the local community with a commemorative booklet and the construction of a bench to honour deceased relatives and friends.



Mayo Abbey Foróige Club, Co. Mayo fundraised to install emergency lighting in the homes of a number of elderly people to help them feel more secure in their homes.



Donegal Teen Parents Support Programme, Co. Donegal developed a dvd highlighting their personal experiences of being young mums to show others in the same situation that they aren't alone.



CSI Foróige Club, Co. Westmeath worked with the International Foróige Club in Athlone to fundraise for the Tony Parker Memorial Fund to purchase defibrillators for the community.



C.R.I.B Youth Project and Health Café, Co. Sligo realised the C.R.I.B. was inaccessible to wheelchair users so they attended workshops on inclusion and accessibility and fundraised for a lift.



Woolly Blaa's Ferrybank Youth Development Project, Co. Waterford knitted hundreds of hats to ensure premature and sick babies in Our Lady's Children's Hospital in Crumlin receive the warmth they need in their first weeks.



Tallaght Youth Forum, Dublin 24 organised a youth consultation day, where over 100 young people engaged in workshops and debates on issues such as drugs, alcohol and bullying.



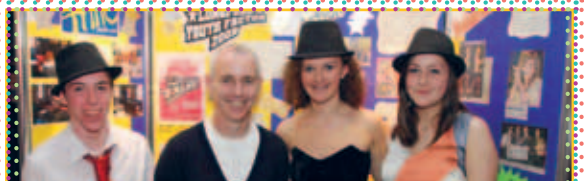
Bandon Foróige Club, Co. Cork cleared, cleaned and painted the community centre basement to create a much needed meeting place for local community groups.



Maree Foróige Club, Co. Galway wanted to ensure every community member could access key community amenities so they constructed designated disabled parking spaces outside the local church and GAA pitch.



Cheeky Cheetahs Foróige Club, Tallaght, Dublin 24 undertook research to understand and learn about Autism because they noticed a growing number of young people with Autism in their school. They presented their findings to the school.



The Attic Foróige Youth Café, Co. Longford organised a county-wide X-Factor style talent competition to provide safe socialising opportunities for young people as well as fundraising for various charities.



Tubberclair Foróige Club, Co. Westmeath set up a mobile library to bring books to people in the community who are house bound.



Milltown Foróige Club, Co. Kildare invented Jumping Jellybeans, a fitness club to help children with special needs improve their fitness and co-ordination.



South West Donegal Youth Project and Drop-In Centre, Co. Donegal produced a mural entitled 'Teenage Dreams' for the centre of Killybegs and promoted road safety by producing high-vis badges for the local students.

Little Time Big Difference

The Big Brother Big Sister Mentoring Programme

The Big Brother Big Sister (BBBS) Programme is an international one-to-one youth mentoring programme, operated by Foróige in Ireland for the past ten years. BBBS matches an adult volunteer with a young person who needs some extra support, based on their common interests. The idea is that a friendship will form that will assist the young person to reach their full potential. The programme now operates in 14 counties across Ireland, and 1300 matches are in operation.

The BBBS Programme is now an integrated part of the service provision of many projects and services provided by Foróige and other agencies through the development of partnership agreements. These partnerships enable the programme to reach and engage some of the more vulnerable young people in our society. One such group is the Separated Children's Education Service.

Separated Children's Education Service(SCES)

The SCES project, funded by the Department of Education and Science and launched in January 2001, aims to empower separated young people aged 15 to 21 to live independent and healthy lives and to integrate into and participate fully in society.

SCES chose the BBBS programme to deliver one-to-one mentoring to the separated young people they work with as BBBS most suited their target group and has proven outcomes for participants.

The first SCES Big Brother Big Sister match was launched in January 2007. The first match was made on the 16th of May 2007 and to date 45 young people have been matched.

In a recent report, *Separated Children Living in Ireland*, published by the Ombudsman for Children, the BBBS Programme was identified as "a tremendous success" in supporting the young people involved in the SCES programme.

"Some young people have been very isolated in the asylum system and seeing them develop a supportive friendship with their Big Brother or Sister is very rewarding. The BBBS programme provides invaluable support to this most vulnerable target group."

Andrew Sexton, Outreach Youth Worker, SCES



45

SCES Big Brother
Big Sister matches have
been made since 2007

Profile: Big Sister, Deirdre was matched to 15 year old Jamelia in 2007

Jamelia, was 15 years old when she arrived in Ireland from Ethiopia. She was isolated from her family and friends and was finding it difficult to cope with the change of culture and dramatic upheaval in her life. Jamelia found the support she needed to adjust to her new life in Deirdre, a mother of two children, from Ethiopia, through the BBBS programme. Deirdre and Jamelia have built a strong and supportive friendship over the past three years. Jamelia enjoys meeting Deirdre and her children and helps to educate them about their Ethiopian culture. Jamelia is now an intelligent and socially conscious 19 year old. She no longer feels isolated as she has developed strong ties with Deirdre and her family and with that confidence she has developed other friendships with peers. She is currently studying in college and is awaiting the outcome of the asylum process. The match closed last year, however, both Deirdre and Jamelia continue to meet up and enjoy each others company.

Profile: Little Brother Nelson from Nigeria was matched to Sean in 2007

Sean is the Principal of an inner city primary school. Nelson was a very vulnerable young boy when he became involved in BBBS. Originally from rural Nigeria, Nelson found the move to Ireland daunting. He didn't speak English or understand the Irish culture and systems. Over the three years Nelson has found Sean's support invaluable. He has assisted Nelson in understanding the Irish education and legal system. Nelson's confidence has increased and he has learned to speak English.

Towards a Stronger BBBS

The Big Brother Big Sister Programme has continued to experience growth in line with the BBBS strategic plan and the past year has seen further developments to facilitate this growth. A fundraising manager was appointed in 2009 to increase the programme's reserves and improve financial security, as well as provide new and exciting ways for volunteers to get involved. Bigs and Littles from all over the country took part in the Flora Women's Mini Marathon in Dublin which was a huge success and set the tone for future initiatives, which will include raffles, girls' night in and quiz nights. Gaelforce West, the largest adventure race in Europe, recently announced BBBS as its official charity partner for 2010. All proceeds from the race, which includes kayaking, cycling and running through scenic Connemara will be donated to BBBS. Foróige has commissioned the National University of Ireland, Galway to conduct a Random Control Trial Evaluation of the Big Brother Big Sister Programme. The results, which will be available in Summer 2010, will be concerned with associations between young people's involvement in mentoring relationships and developmental outcomes.

I4

counties across Ireland



I300

BBBS matches
are in operation



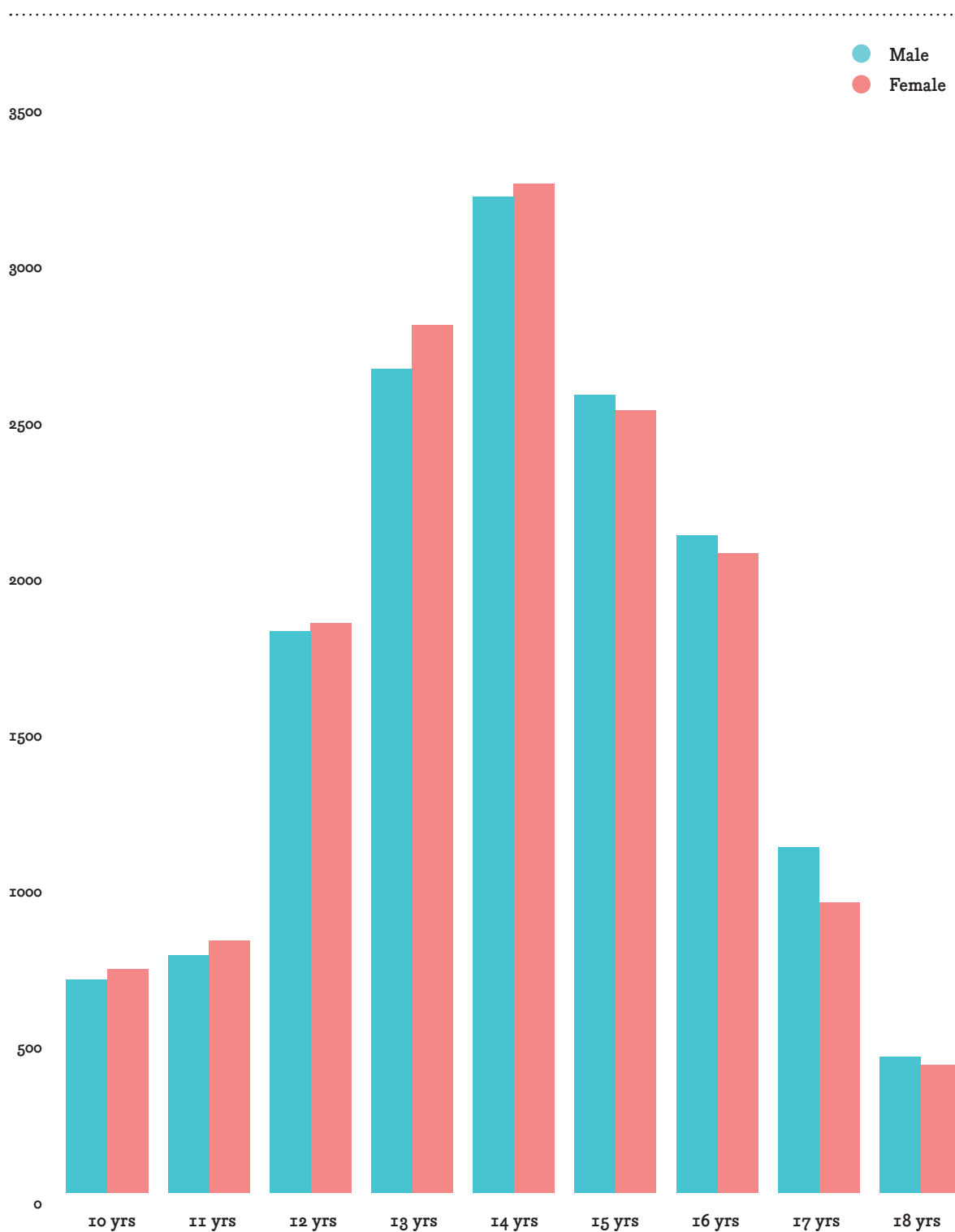
Age Profile – Young People in Foróige

10–14
16–18

60%

40%

Gender by Age – Young People in Foróige



Have Your Say

Foróige's Reference Panel

The Reference Panel is a democratically elected body of Foróige members, who make recommendations to the Foróige organisation on issues affecting young people today. The elections take place at Regional Conferences, attended by committee members of Foróige Clubs in each county. At their first meeting, the Reference Panel elect four members to the National Council, the governing body of Foróige. In this way, young people are actively involved in shaping the future of the organisation.

44 members were elected to this year's Reference Panel, which took place in the Irish Management Institute in Dublin from the 26th to 28th February. The topic was youth advocacy and the young people came up with some interesting feedback on having their voices heard. Gerry McDonald, Foróige's Head of Training and Programmes, fills us in on how they got on and gives us an insight into the impact that the Reference Panel has had on the organisation over the years.

Advocating On Their Own Behalf

Youth advocacy is a core part of Foróige's strategic plan. It is important to ensure that we empower young people to have their voices heard in a manner relevant to them. So, what better way to find out than to ask them? First, participants were given an understanding of youth advocacy and participation - how advocacy works, structures already in place to facilitate youth advocacy and examples of advocacy in practice. In small groups, members looked at the structure of the Club and how this facilitates or hinders youth advocacy. They then

looked outside their Club to the Foróige organisation and society at the possibilities for youth advocacy.

Participants came up with a wish list for the futures to improve their chances of having their voices heard and presented them to John Cahill, Assistant Chief Executive Officer of Foróige on Saturday evening.

Reference Panel Wish List

- A Youth Conference or consultation where young people can discuss and make recommendations on laws and bills affecting young people before they are passed.
- Equal leader to young people ratio on the National Council and National Executive.
- A Foróige networking site or online forum to improve communication between clubs and make more use of the internet for disseminating information, swapping resources and training.
- A Foróige centre for residential meetings that all Foróige members could use.
- Regional conference follow up after the Reference Panel

weekend to feedback ideas from the Reference Panel.

- A Foróige radio station or television talk show on youth views and achievements.
- More newspaper, radio and television advertisements.
- A Foróige 'National Day' or week.
- More international conferences for young people.
- A national fundraising event.

Influencing Real Change – an ideal or a reality

Providing young people with the opportunity to influence change and have a meaningful say on issues that affect them is a priority for Foróige and to make this a reality we must ensure the appropriate structures and supports are in place. Since its inception, Foróige's Reference Panel have been feeding back their findings and recommendations to the National Council. Their opinions and concerns have spurred debate and change within the organisation throughout the years. Foróige is striving to increase the potential to further



4

Reference Panel members are elected to the National Council

Congratulations to Niamh O'Dwyer Ardfield Foróige Club, Co. Cork, Seamus Hogan, Curraha Foróige Club, Co. Meath, Cailey Bergin, Clerihan Foróige Club, Co. Tipperary and Megan Smith, Ballinagh Foróige Club, Co. Cavan on their election to the National Council of Foróige.

develop the meaningful involvement of young people in the organisation and empower them to advocate on their own behalf. It has been beneficial in the past and young people have impacted positive change on the organisation. In the past five years the Reference Panel have concerned themselves with issues such as youth mental health, the retention of older members and human rights.

Older Members

The Reference Panel in 2007 felt that the age span in the Foróige Club is too vast to facilitate the needs of all members. They recommended that there be a progression to older member when a young person is 15. Some of their suggestions include older member clubs, mentoring within the club, courses for older members and something to mark the progression to older member.

A number of these recommendations and others have been acted upon by the organisation, as well as the roll out of older member events and the Albert Schweitzer International Leadership for Life Programme for over 15s.

Youth Mental Health

The Reference Panel in 2008 developed the content for a booklet on youth perceptions of mental health. This booklet has been distributed to youth groups across Ireland, as well as to opinion leaders and policy makers. It has also been used to inform the Foróige Health and Wellbeing programme. Youth mental health is now a core focus of the programme as it was identified as a key concern by the Reference Panel.

Charter of Rights

The Reference Panel in 2009 discussed equality and human rights. As a result of their work Foróige is devising a charter of human rights. Foróige will also draw on the views of young people in projects and services across the organization to complete the document and ensure it is representative of a broad spectrum of youth.

Youth Participation in the Sector

The youth sector in general has been proactive in providing young people with a voice, namely through the Comhairle and Dáil na nÓg structures. In March 2009, Foróige Regional Youth Officers, Martin Donohoe and Edel Howard were appointed as Participation Officers as part of the OMCYA's Young People's Participation Support Team. They have been working with 17 Comhairlí throughout the country to provide training and support for Comhairle na nÓg, Dáil na nÓg and other participation initiatives of OMCYA and Foróige. The Participation Support Team will provide a range of services that will enhance existing and develop new participation opportunities for young people. The team provide training, consultancy and programme development to encourage participation of youth at local, regional and national levels. They are also promoting existing models of youth participation and the development of new structures for youth participation.



44

members elected to this year's reference panel

Turning Street Smarts into Business Smarts

NFTE, The Network for Teaching Entrepreneurship is now a core part of the Foróige programme offering. NFTE is an international entrepreneurship programme originally from the USA and brought to Ireland in 2004. NFTE is committed to changing the lives of young people in low income communities by enabling them to develop their business, academic and life skills. NFTE operates both in and out of school programmes, aiming to build self confidence and interpersonal skills as well as increasing school completion and college attendance. Maria Doherty, NFTE Programme Manager reports on 2009's highlights.

Growing the Programme

NFTE has developed sites in Dublin, Belfast, Limerick and most recently Donegal. The programme was launched in Ballybofey, Co. Donegal in August 2009. This coincided with the graduation of eighteen Foróige staff who took part in the week long NFTE university training, qualifying them to roll out the programme in Ballyshannon, Buncrana, Donegal Town, Dungloe, Falcarragh, Killybegs, Letterkenny and Raphoe.

It is estimated that the group will work with 100 young people in the nine designated sites in Donegal bringing the total number of young people reached by the programme across Ireland to 3,500 by 2010.

Biz Camp

Biz Camp, a weeklong master class for budding entrepreneurs, took place in Dublin City University (DCU) in June 2009. Seventeen young people from Finglas, Artane, Ballyfermot, Bonnybrook, Tallaght, Drimnagh and Coolock were selected for their flair for entrepreneurship.

BizCamp's purpose is to help young people with a talent for business to establish and enhance a business plan, develop a new business or advance an existing one. Guest, Bobby Kerr, of RTE's Dragons Den gave an inspirational address to the budding entrepreneurs. They also took part in workshops and team challenges and made a business pitch to a panel of expert judges.

Mishy K – A Success Story

Mishy K is the recycled jewellery company set up by fifth year students, Michelle Coakley and Jade Kearney, from Ballyfermot. Mishy K came about when the girls combined their love for the environment and their creativity. Mishy K produces hand-crafted jewellery made from recycled material and broken jewellery. They were rewarded for their passion and hard work when they won the Global Young Entrepreneur of the Year Awards, sponsored by the Goldman Sachs Foundation. Upon winning the International Competition, the girls represented Ireland in the NFTE international, "Dare to Dream" Gala in New York, where they presented their product to the international market place.



"I loved getting the chance to set up my own business. I never thought I could do something like this but I've made a success out of doing something I love."

Michelle Coakley, Mishy K



Margaretsfield Foróige Club

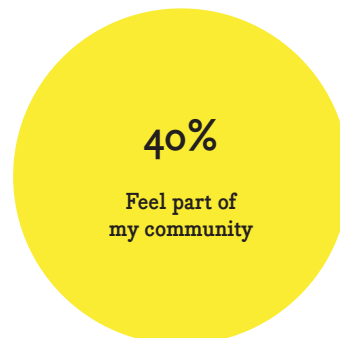
Kilkenny

Margaretsfield Foróige Club, or New Kids on the Block as they are better known, began in November 2009 and currently has 14 members and 5 leaders. The Club's first home was in a large meeting room in Seville Lodge, on the Callan Road in Kilkenny but in January 2010 the club got to move to The Drum, Kilkenny City's new custom built Youth Centre and Health Café operated by Foróige.

Members are delighted with their new home and count themselves very lucky to have access to the internet, large screen TV, a Nintendo Wii, a pool table, a mini stage and the fully equipped kitchen where they can treat themselves to a hot chocolate on Club Night. Club Chairperson, Chantelle Walsh was elected to Foróige Reference Panel this year and the club is delighted to have her representing their views. The members have also been busy with fundraising

initiatives, community projects and helping the residents association get a basketball area for the estate. While there is a lot to do in the area, the members really enjoy coming to the club each week. 67% report to coming back because it is something to do and 87% like the fact that they have a committee meeting but highlighted the need for more activities including discos, community projects and time to relax and chat to their friends during club nights.

What have you gained from being involved?*



*more than one answer was possible

Health and Wellbeing Programme

As part of the strategic plan, Foróige has identified three key strands for the organisation, youth civic engagement, youth leadership and youth health and wellbeing. Foróige has been developing the Health and Wellbeing Programme to promote a balanced and fully rounded lifestyle for young people. Gerry McDonald, Head of Training and Programmes, reports on its progress to date.

Modern society can present many threats and challenges to a young person's health and wellbeing. However, it is true that each young person has an innate positive spirit that they can cultivate and inner resources that they can develop. In this light, Foróige's Health and Wellbeing programme focuses on the following questions;

- How can we enable young people to develop positive wellbeing and happiness as an asset in itself?
- How do we draw out the innate positive spirit in each young person?
- How do we empower young people to develop the inner strength and resources to meet challenges in their lives?

With these questions in mind, Foróige is currently developing materials and resources in four key areas of Health and Wellbeing – physical health, social health, mental health and spiritual health. These, we believe, are fundamental aspects of every human being.

Physical Health involves exercising properly and eating the right foods.

Social Health involves developing positive relationships and being part of a group where you feel affirmed and safe.

Mental Health means appreciating your strengths, your dignity, and what you love in life. It also means having the inner resources and resilience to deal with challenges.

Spiritual Health means having good values and "spiritual" qualities such as inner calm, kindness, compassion and a sense of being part of something bigger than yourself.

We are developing and piloting a wide variety of programme options in all four areas.

These four areas of wellbeing are inter-related. One enhances the other. They all work together to make up what we call a "whole" person. In order to really take charge of their wellbeing and to live their lives to the full, young people need to develop all four aspects together. The Health and Wellbeing Programme enables them to do this.

We are developing a wide variety of programme opportunities in all four areas. Over the past two years

Foróige staff and volunteers in regions such as Cork, Galway, Tallaght and Blanchardstown will try out these materials but will also develop them further. It is hoped to develop a full manual on the Health and Well Being programme later this year.

Foróige's Best Practice Unit is currently developing a Relationships and Sexuality Programme which will eventually be part of the Health and Wellbeing Programme. It is envisaged that this programme will provide information and guidance for young people on positive relationships and sexuality that they are often unable to access elsewhere. With Health and Wellbeing highlighted as a core strand of Foróige, we look forward to other initiatives being developed as we move forward.

Over the past two years, Foróige District Councils, with the aid of Foróige grants, sponsored by the Wrigley Company, have been undertaking Health and Wellbeing initiatives with young people on a regional level. From personal development and life skills to a balanced diet and dealing with stress, the initiatives have been widely varied.

19

participants, age 12-16



"I found both planning and seeing the programme unfold with the young people really rewarding and worth all the hard work"

Maureen Bradley, Leader, Daredevils Foróige Club, Portlaoise

Meath District Council

The aim of Meath District Council's Health and Wellbeing project was to create opportunities for members in Clubs all over Meath. to become more aware of themselves and the needs of others within the Foróige Club. With this focus, the District Council organized a residential weekend in February 2009 which consisted of physical and creative workshops. Each Club in Meath got to send two members to the residential so that they could present their learnings to their club. The 19 participants, aged 12-16, were exposed to the issues of social inclusion and the importance of encouraging interaction between all members, thus promoting a greater sense of belonging and wellbeing. Each day was broken into five sessions; Life Maps, First Aid, Internet Safety, Games with Aims and Leadership. The young people learned how to draw up a programme of activity and carry it out and how to make a presentation to a group. Members gained the confidence to give their opinion as they were made to feel that they had a voice and their opinions were valued. They learned skills to react in an emergency and use their basic First Aid but also when and how to call for help when needed.

Terence Reilly, Cormeen Foróige Club, Co. Meath:

"The residential gave me the confidence to talk in a large group about myself and I learnt a lot of stuff that I'll be able to share with my Club".

Laois District Council

Laois District Council wanted to target older members in their final year as a Foróige Club member. 20 young people participated in a four month personal development programme. The content was designed in consultation with external experts, who also played a central role in delivering the programme during the weekend workshop and individual sessions. Participants worked on issues of personal awareness, relationships, physical and mental health, personal wellbeing and interpersonal skills. The primary objective was for the participants to have fun and create memorable and unique experiences for each person, while learning valuable life skills. The group also undertook an evaluation of the programme and held a recognition night to highlight the skills they had learned. Participants learned valuable personal development skills that will benefit not only them but also the other members of their club. Laois Clubs were widely represented with young people from Ballylinan to Castletown, and each member ran a skills training with their Club to ensure all members benefitted from the programme.

Ciara Carroll, Mountrath Foróige Club, Co. Laois:

"The programme made me think about things I wouldn't normally consider. I am more aware of people around me and how different things, like getting enough exercise or not eating right, can make a difference to my mood. It was great to be able to teach the rest of my Club the skills I learned and has made everyone more considerate of each others' feelings."

Foróige Alumni

Pearls of Wisdom



I really enjoyed Foróige as it was my first real opportunity to get involved in my local community and have a social outlet to meet others outside of school. This really benefitted me and was a huge input into developing confidence and also ones character. Meeting people face to face is hugely important and I think it really helped to expand my communication skills which have been crucial in future years in all aspects of my life. The most important thing is to get involved, roll up your sleeves and be prepared to try new things. Like any organisation Foróige is only as good its members and that has been the strength of Foróige down through the years.

Tom Parlon, Former Minister, Director General, Construction Industry Federation, and former member of Roscomroe Foróige Club, Co. Offaly



At my first weekend conference with Foróige, at 17, I was introduced to the concept of setting goals and this has become a fundamental part of my character; who I am, what I want to achieve and what it will look like. This ensures that I am focused and energised in the direction I want to go. The measure of success is determines by how much you put in so you must be brave enough to participate. It is important to remember that almost everything we want and don't already have is because it exists outside our comfort zone. So I urge you, step up, volunteer, take risks. We all need to stretch ourselves if we are to grow and develop.

Seán Gallagher, Co-Founder and CEO of Smarthomes, Dragon of RTE's Dragon's Den and Former Chairperson of Ballyhaise Foróige Club, Co. Cavan



During my time as a Foróige member, I was elected on to the National Executive, the other members of the Executive were adult leaders. At 19 I remember going into Dail Éireann to meet with T.D.s to lobby for additional funding for the organisation and at that stage I decided that I was better off within the political system rather than trying to effect change from outside. To succeed in any club, in any organisation or indeed in life, it is about taking on board the views of others before reaching a decision. In a Foróige club you must be prepared to compromise for the club to succeed and the same applies when dealing with major issues whether it is a local, national or international issue.

Colm Burke, Fine Gael T.D., Former Chairperson of Berrings Foróige Club, Cork and National Executive Member

Monaghan Garda Youth Diversion Project

Monaghan Garda Youth Diversion Project was first established in 2001. The Project is funded by the Irish Youth Justice Service and the European Social Fund and works with and supports 12-18 year olds who need extra support. Project Workers provide support to these young people in the form of both one to one work and group based programmes.

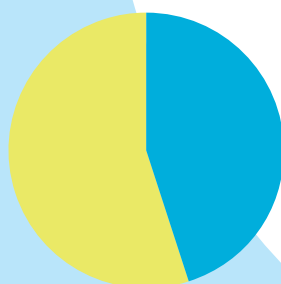
It's been a busy year for the project but with the appointment of a second worker in February 2009, they have risen to every challenge. The project took on a Cross Border Project with a difference by linking in with Belfast based Include Youth Project called "Young Voices". This project works specifically with the PSNI in Belfast training them to better understand young people and the issues they

face. The aim of the project was to bridge the gap that exists between young people and the police, to facilitate discussions and to create an opportunity for both groups to learn to understand each other more. The project began in September 2009 with Monaghan young people visiting Ligoniel in Belfast and the Belfast group then travelling to Monaghan for a reciprocal visit and they have plenty

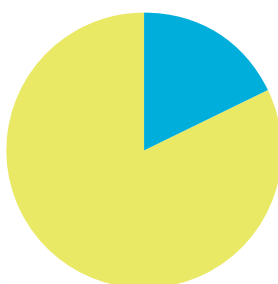
more work lined up to enhance the project over the coming year.

In a survey conducted with members of Monaghan Justice Project, 64% said if they weren't involved in the project, they would probably be getting into trouble. 40% of respondents were glad to be part of the project because they learn new skills and 60% because it helped them to stay out of trouble.

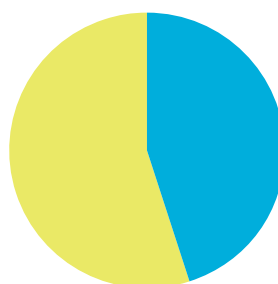
In addition participants were asked, what are the benefits of being involved in the project?*



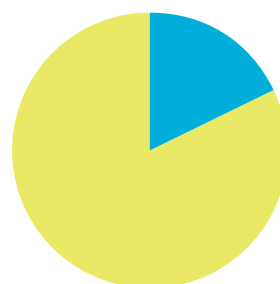
Have a new
outlook on life
36%



Made new friends
18%



More ambitious about
what I can achieve
36%



Confidence
18%



*more than one answer was possible

Choosing the Right Path

Garda Youth Diversion Projects

Garda Youth Diversion Projects (GYDPs) are community based and supported youth development projects which seek to divert young people from becoming involved (or further involved) in anti-social or criminal behaviour. The network of GYDPs throughout the country, 30% of which are operated by Foróige, provide suitable activities to facilitate personal development and promote civic responsibility. Foróige operated Garda Youth Diversion Projects are a partnership between the Irish Youth Justice Service, Garda Community Relations and Foróige. GYDPs also receive second worker post funding from the European Social Fund.

The Future of GYDPs

The Irish Youth Justice Service published a report in July 2009 entitled Designing Effective Local Responses to Youth Crime, as part of an on-going change programme for GYDPs outlined in the National Youth Justice Strategy 2008-2010. This baseline analysis provided an initial vision for the future practice of GYDPs, which responds to local youth crime profiles and aims to deliver improved outcomes for GYDP participants. Two Foróige operated GYDPs, the Sub Project in Co. Offaly and the JAY Project in Tallaght, along with three other GYDPs, are part of a pilot to link local youth crime profiles and the interventions provided by the GYDPs which can then be replicated in other GYDPs.

A youth crime profile was developed from July 2009 in each pilot site in conjunction with the Garda analyst, Irish Youth Justice Service, Garda Community Relations and GYDP local committees. Ongoing training and an online forum for sharing information provide support for the pilot groups. Training includes skills to motivate parents to be more effective in their relationships with young people provided by Families First, training in the use and implementation of the YLS assessment tool, and motivational interviewing and pro social behaviour training.

This process is proving to be very worthwhile and has given the pilot GYDPs great clarity in relation to youth crime patterns and types of offending behaviour. Continued work in this area will map the future of GYDPs across Ireland. Both the Sub and Jay Project are enthused to be part of the pilot and endeavoring to provide more effective services for vulnerable young people.



“Being a part of the group has really helped me with my confidence and behaviour. It’s the idea that you’re included in a group, no one is left out, and that’s the important thing.”

Ondrej, SUB Project



SUB

The Sub Project is fortunate to be one of the trial sites selected by the Irish Youth Justice Service. Thus far, being part of the pilot has been beneficial in providing a more comprehensive youth crime profile. Project coordinator of The SUB (Saol ur Biorra – new life in Birr) Project, Hazel Fleming, fills us in on some of the highlights in the SUB over the past year.

The SUB project commenced in 2007 with 15 young people involved. Since then we have increased the number of young people we work with by over 100%. The appointment of second worker posts to GYDPs, funded by the European Social Fund in 2009 has meant we have the capacity to provide more one to one work, more challenging group work and in particular, to increase the employment readiness of the young people we work with. We have the capacity to work with the most vulnerable young people as well as provide high quality youth services to young people in general in the Birr area.

The past year has been an eventful one for the SUB, the highlight of which was winning a national youth citizenship award in the Helix, as part of the Offaly Comhairle na nÓg group. It has been a busy year and the young people have taken great advantage of some of the opportunities that presented. 7 boys took part in Kickstart, an introduction to coaching programme run by the FAI. 17 year old, David really excelled and grabbed the attention of his FAI coach.

As a result he got an internship with the FAI during their summer camps. David has big hopes for the future and now wants to pursue a career in coaching or personal training.

While David was off in FAI summer camp, a group of five hungry actors were working on a short production in conjunction with the Birr theatre group and Gary Hctor’s film school. 14 year old Ondrej got bitten by the acting bug and went for an audition for Fair City. He made a once off appearance as an extra and is keeping his eye open for more opportunities.

At vulnerable times in their lives, Garda Youth Diversion Projects can really have an impact on the life path a young person chooses. Ondrej has come a long way since he immigrated with his family to Ireland from Slovakia at the age of ten. Ondrej had to settle in to a new country, a new school, a new language and a new way of life. Living in Birr, Ondrej quickly adjusted to the Irish way of life but soon found himself getting involved in the wrong crowd at an early age. When Ondrej got involved in the SUB, he found a new lease of life and started getting involved in community projects such as the local Comhairle na nÓg youth council, a soccer group, art projects, and an anti graffiti project. Ondrej has undertaken programmes on personal identity, socialisation, drug and alcohol education, family support and crime awareness. Ondrej’s family and teachers have noticed a distinct change in his behavior. Ondrej says, “Being a part of the group has really helped me with my confidence and behaviour. It’s the idea that you’re included in a group, no one is left out, and that’s the important thing.”

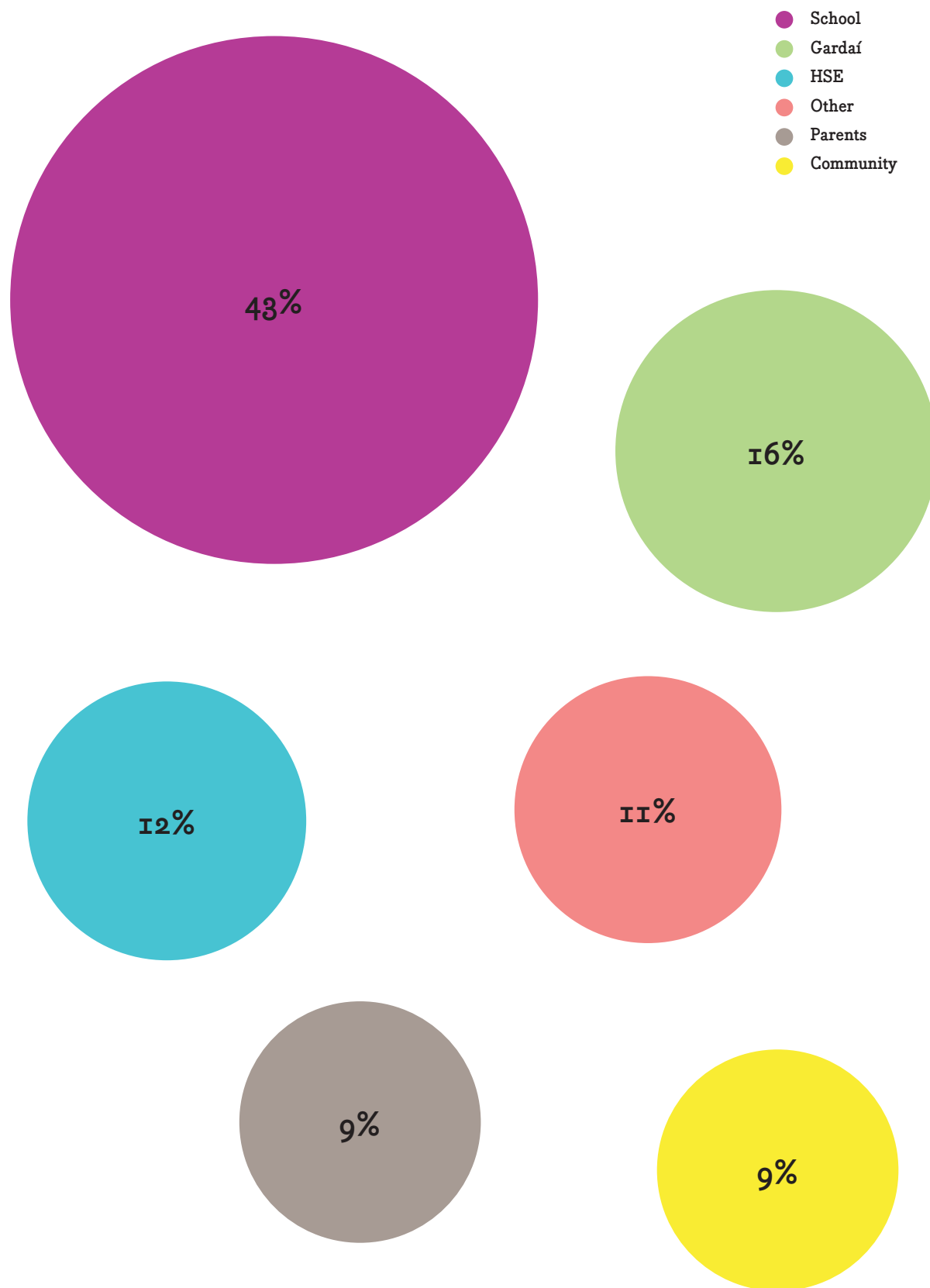


Ireland's EU Structural Funds
Programmes 2007 - 2013
Co-funded by the Irish Government
and the European Union



EUROPEAN SOCIAL FUND
“Investing in your future”

Source of Referrals – Young People in Foróige Projects and Services



S.H.I.N.E. – Integrating Separated Young People

The S.H.I.N.E Project (Separated Children's Integration Project), is funded by the One Foundation, and is designed to help separated young people, who have been identified as particularly vulnerable and isolated, to become fully engaged and included in Irish society. This, in turn, will contribute to building a harmonious intercultural society in Ireland.

The project enables the young people to become fully integrated into Irish society, while maintaining their own cultural heritage. The S.H.I.N.E. project works with young men and women between the ages of 15 and 18 who are living in direct provision accommodation in Ireland. Rebecca Quigley was appointed Project Officer in June 09 and has been working with young people from Nigeria, Somalia, Kenya, Ghana, Uganda, Cameroon, Georgia, The Congo and Eritrea. Rebecca reports on the progress of the S.H.I.N.E. project to date.

The project came about in conjunction with the national action plan against racism and the national youth work development plan. The latter acknowledges one of the key challenges of youth work as, "maintaining relevance and an ongoing capacity to respond flexibly in a rapidly changed and changing environment, including the capacity to play a part in building a mutually enriching multi-cultural society".

The young people involved in the project have a wide variety of needs and the activities we run reflects this to best meet their needs. Three programmes were particularly successful in 2009.

Young Women's Group

The Young Women's Group meet once a week and engage in activities, such as cookery, arts and crafts, candle making, jewellery making and dance. The young people are learning how to communicate more effectively and improving their decision making skills through team work. Through this they have developed positive relationships

with their peers and adults. The latest venture for the group is a six week dance programme to improve their overall health and wellbeing.

Teen Parents Support Programme

Six Teen Parents who live in the same residential facility are members of the Teen Parents Support Programme. The women previously had little or no extra curricular activities or respite from their children. Through the group, they engage in various discussions and partake in many programmes. They have engaged in various outings and activities which is essential in building relationships and meeting other familiar groups outside of their normal environment. The programme also gives the young participants access to information on issues such as women's health, childcare, further education, and training opportunities.

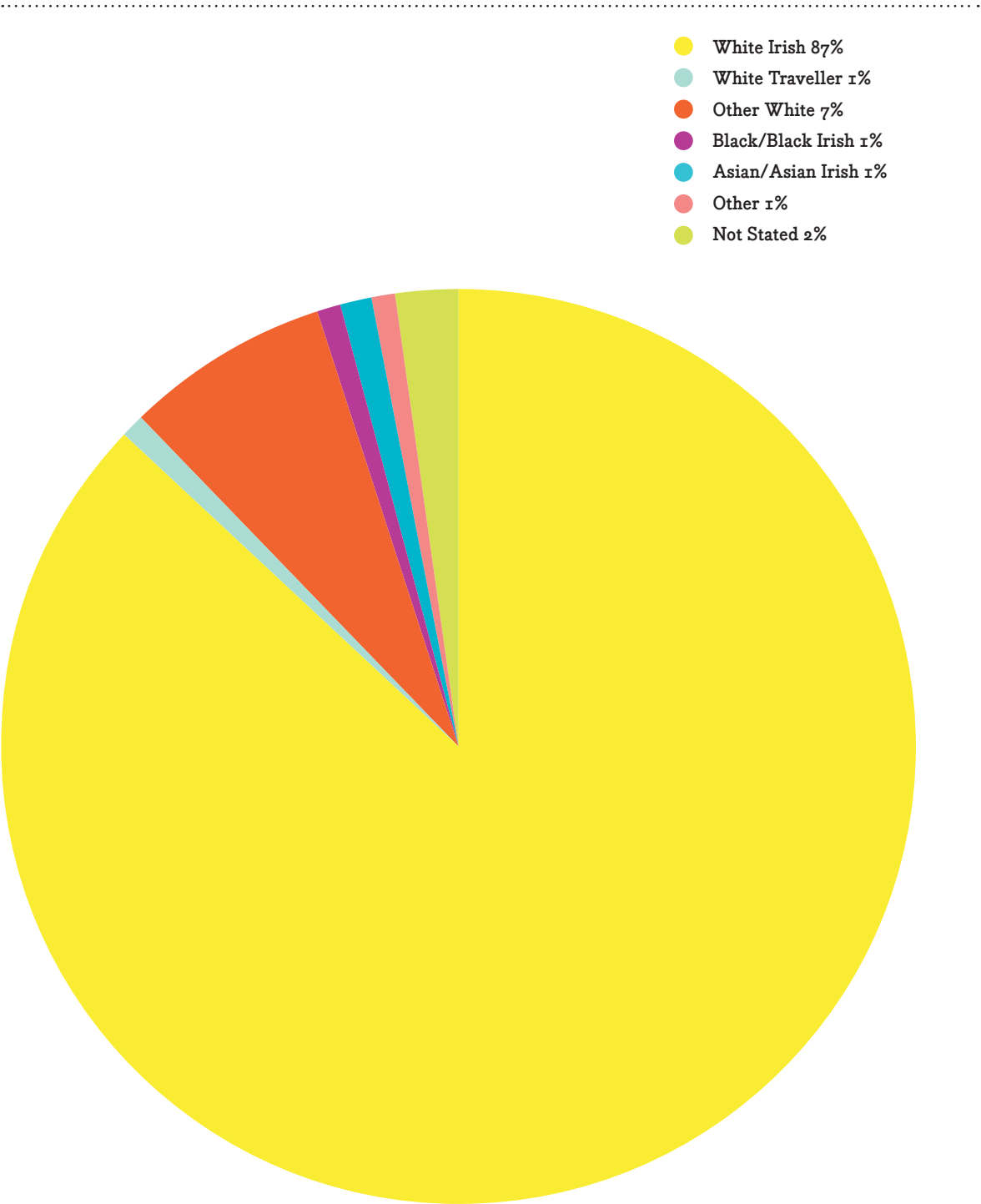
Sports Programme

The sports programme was specifically designed for young men living in direct provision accommodation who all have a very keen interest in sports. Some of the young men have been part of a Foróige club for three years and this targeted programme has enabled Foróige to further meet their specific needs in a very direct way. The sports programme runs for two hours one night a week and the group is currently in training for the Galway World Cup. The programme has been designed to positively impact on the participants' physical and mental health.

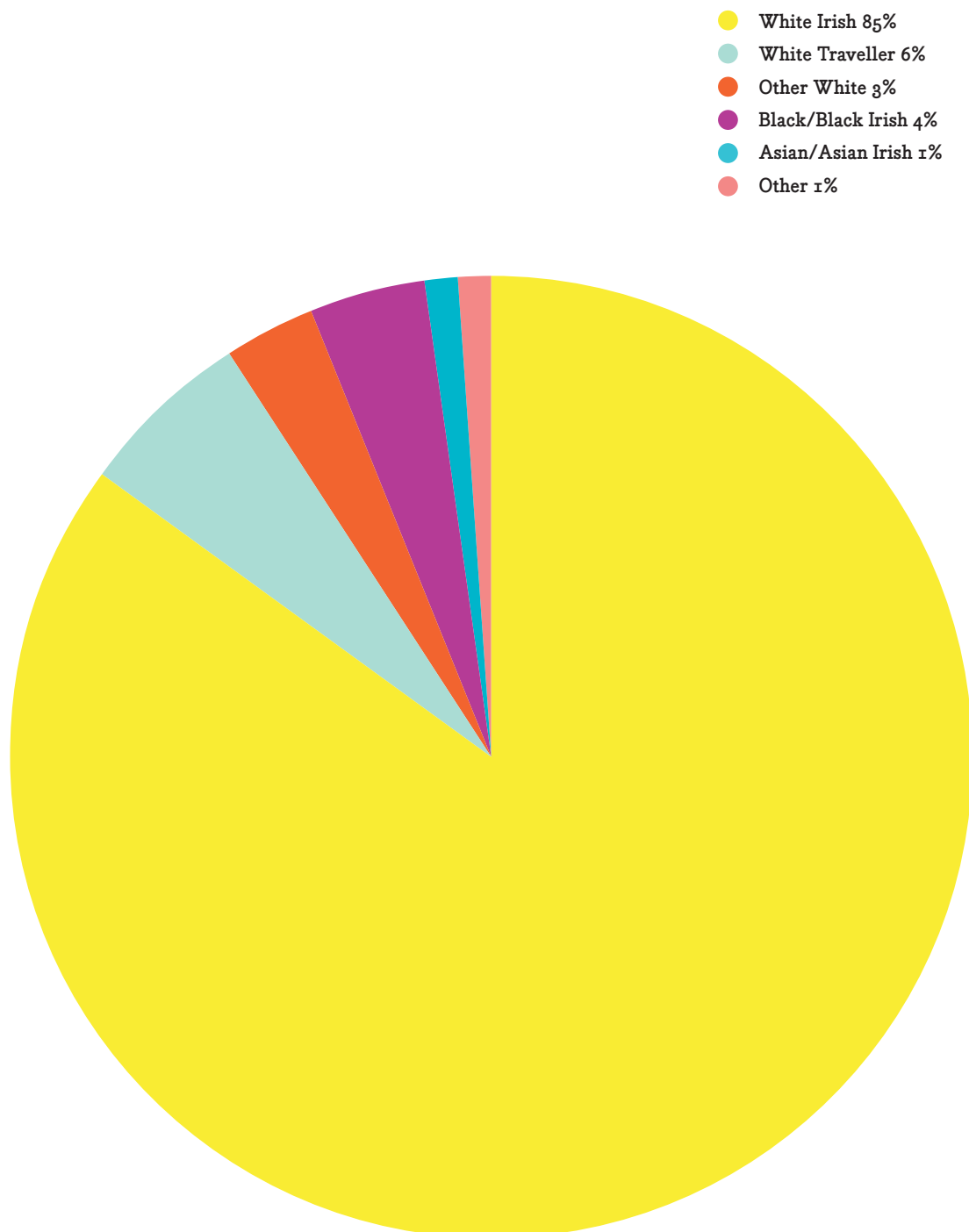
The S.H.I.N.E. project works with young men and women between the ages of 15 and 18 from 9 countries: Nigeria, Somalia, Kenya, Ghana, Uganda, Cameroon, Georgia, The Congo and Eritrea



Ethnic Profile of Irish Population



Ethnic Profile of Foróige Participants



Going International

Groups are tending more and more to look outside their own areas to the national and international landscape. Be it fundraising for international charities, travelling abroad on exchanges or working with young people from ethnic minority backgrounds, young people have an acute understanding of what it means to be part of the European Union and the wider world.



The aim of the exchange was for the young people to meet and develop relationships with young people from another community. This, in turn, would allow a greater understanding of different races and cultures, challenge issues of racism, stereotypes and discrimination and enable both groups to co-operate and work together.



East End Antics

In Summer 2009 a youth exchange took place between the WEB & ORB Garda Youth Diversion Projects in Blanchardstown, Dublin and London Active Communities in the UK. The exchange involved two groups of ethnically mixed young people from disadvantaged areas in Ireland and the UK and was funded through Leargas, Fingal County Council, Blanchardstown Area Partnership and local fundraising.

During the two weeks, the young people took part in a wide range of educational and informal activities. Between London and Ireland the young people visited the Emirates Stadium, the London Dungeon, The London Eye, The Cavan Centre, and Causey Farm. They also had the opportunity to try out new skills and activities which consisted of non-contact boxing, Gaelic Football, Irish dancing, playing the borán and making bread. In both London and Dublin the groups completed a number of workshops including; anger management and individuality and discrimination.

The Irish group, which was made up of 10 young people from Corduff, Mulhuddart, Blakestown, Mountview, Huntstown and Hartstown in Blanchardstown, packed their bags for the East End of London in July and the London Active Communities group from the Aylsbury and Rockingham Estates came to Dublin in August.

The exchange trip was viewed as an enormous success by all involved and was highly commended by Juvenile Liaison Officer of an Garda Síochána, Mick Molloy, who also attended the trip.

Funding for international projects that have cross border benefits can be accessed from a number of sources. Foróige has a strong tradition of embracing international youth work and exchange of ideas. Blanchardstown Youth Services have engaged with numerous organisations internationally to broaden their horizons, which is very fitting in this, the International Year of Youth.



Peer Ed Comes out Tops

Catching the travel bug, young people from Hartstown Peer Education Group and the Blanchardstown Peer Education Website Group undertook an exciting exchange to Lieto, South Western Finland. In between all the fun they had, the groups participated in challenging workshops, including Peer Education, Teenage Health and European Citizenship. The developmental outcomes were extremely positive for all involved and the participants hard work was duly rewarded when they were selected for the Charlemagne Youth Prize in the National Category. The Charlemagne Youth Awards reward European Youth Projects that highlight European Citizenship and have been awarded to numerous high profile active citizens, including Pope John Paul and Bill Clinton.

The participants were delighted with their success. Youth Worker, Brian Fitzsimons, accepted the award in Aachen, Germany on behalf of the group. He said, "There were 27 national winners from all over Europe representing a variety of different projects. To have the opportunity to meet all the other national winners and to get a better understanding of youth work in Europe was a unique experience".

Blanchardstown Computer Clubhouse

The Computer Clubhouse in Blanchardstown is part of an international network of computer clubhouses, which are creative and safe after school spaces where young people from disadvantaged communities work with adult mentors to explore their own ideas, build confidence, develop skills, and find pathways to success

through the use of technology. Blanchardstown Computer Clubhouse, established in 2001, is now one of 100 Computer Clubhouses in 20 countries across the world that are part of the Intel Computer Clubhouse Network.

A number of international opportunities for the participants in the clubhouse have presented over the past eight years. Young people from the clubhouse have participated in the Computer Clubhouse Network's Biennial Teen Summit and collaborated on projects with members from around the world as part of Computer Clubhouse Online Village. Longstanding members, Austin O'Hanlon and David Anderson have been involved in a number of community and international initiatives as part of the clubhouse and have demonstrated

a comprehensive understanding of technology and community. This year Austin and David were chosen to receive a Clubhouse to College (C2C) Scholarship from the Intel Computer Clubhouse Network. The scholarships, funded by the Intel Foundation, provide resources to selected Computer Clubhouse members or alumni as they transition to third level education to encourage them to pursue studies beyond secondary school and realise their full potential. The boys were selected for their commitment to the Clubhouse, community involvement, academic achievements and future goals outlined in their application.

David is currently studying Youth Studies at Liberties College in Dublin and Austin is following his passion for Art and Design at Ballyfermot Senior College.

"The Computer Clubhouse has had a great influence on my life. I developed interests and skills there that will stay with me for many years. I feel the Clubhouse was like a guide wire to me; it was a huge help for me on deciding what area I would pursue in college. I think it is a facility that has helped young people get involved in activities that they would never have done. Sometimes I wonder what I would be doing now if I never joined the Blanchardstown Computer Clubhouse".

Austin O'Hanlon, Blanchardstown Computer Clubhouse, Dublin

Foróige's Projects and Services

Projects/Services	Funding Agency
Club Structure	Office of the Minister for Children and Youth Affairs
Donegal Youth Information Centre	Co. Donegal VEC
Mainline Donegal (Foróige Clubs)	Co. Donegal VEC
Ferrybank Youth Development Project, Waterford	Waterford City VEC
Tallaght Youth Service	Co. Dublin VEC
Tallaght Youth Information Centre	Co. Dublin VEC
Blanchardstown Youth Service	Co. Dublin VEC
Blanchardstown Youth Information Centre	Co. Dublin VEC
Peer Education Tallaght	Co. Dublin VEC
Whitechurch Youth Development Project, Dublin	Co. Dublin VEC
STAY Project, St Aengus, Tallaght	Co. Dublin VEC
Early School Leavers Blanchardstown	Co. Dublin VEC
Peer Education Blanchardstown	Co. Dublin VEC
OASIS Riversdale, Blanchardstown	Co. Dublin VEC
Tyrellstown Youth Initiative	Co. Dublin VEC
Corduff Community Youth Project, Blanchardstown	Young People's Facilities and Services Fund
Ballybane Area Youth Project, Galway	City of Galway VEC
Ballinfoile Area Youth Project, Galway	City of Galway VEC
Knocknacarra Area Youth Project	City of Galway VEC
Doughiska Area Youth Project	City of Galway VEC
Foróige Youth Circles, Galway	City of Galway VEC
Beara Peninsula Youth Development Project, Cork	Co. Cork VEC
SKY Youth Development Project, North Cork	Co. Cork VEC
The Glen Youth Development Project, Cork	Cork City VEC
Mahon Youth Development Project, Cork	Cork City VEC
Castlebar Youth Information Centre	Co. Mayo VEC
Youth in Action Project, Croom, Co Limerick	Co. Limerick VEC
Carrigaline Youth Initiative	Cork Local Drugs Task Force / Cork VEC
Kilmallock Area Youth Project, Co Limerick	Co. Limerick VEC
Nenagh Youth Development Project	North Tipperary VEC
ABLE Project, Ballyfermot	Department of Justice & Garda Síochána
Ballincollig Action Project	Department of Justice & Garda Síochána
Bán Project, Ballybane, Galway	Department of Justice & Garda Síochána
Ballybane Traveller Youth Project, Galway	City of Galway VEC
dán Project, Donore Avenue, Dublin	Department of Justice & Garda Síochána
GAP Project, Glen, Cork	Department of Justice & Garda Síochána
JAY Project, Jobstown, Tallaght	Department of Justice & Garda Síochána
KEY Project, Tallaght	Department of Justice & Garda Síochána
LEAP Project, Longford	Department of Justice & Garda Síochána
MAY Project, Mahon, Cork	Department of Justice & Garda Síochána
Monaghan Garda Youth Diversion Project	Department of Justice & Garda Síochána
BLOCK Project, Portlaoise	Department of Justice & Garda Síochána
Raphoe Garda Project, Donegal (LEAF)	Department of Justice & Garda Síochána
The WAY Project, Wicklow	Department of Justice & Garda Síochána
Bandon Justice Project, Co Cork	Department of Justice & Garda Síochána
The YEW Project, Whitechurch	Department of Justice & Garda Síochána
DIME Garda Youth Diversion Project, Dublin	Department of Justice & Garda Síochána
The HAY Project, Dublin	Department of Justice & Garda Síochána
Birr Garda Youth Diversion Project (SUB)	Department of Justice & Garda Síochána
Cavan 365 Garda Youth Diversion Project	Department of Justice & Garda Síochána
ORB Garda Youth Diversion Project, Dublin	Department of Justice & Garda Síochána
APT Garda Youth Diversion Project, Tallaght	Department of Justice & Garda Síochána
West Limerick Garda Youth Diversion Project	Department of Justice & Garda Síochána
Falcarragh Garda Youth Diversion Project	Department of Justice & Garda Síochána
Youghal Garda Youth Diversion Project	Department of Justice & Garda Síochána
Galway City Garda Youth Diversion Project	Department of Justice & Garda Síochána
Brookfield Garda Youth Diversion Project	Department of Justice & Garda Síochána
CABLE Garda Youth Diversion Project, Drogheda	Department of Justice & Garda Síochána
Meas Justice Project, Galway	Department of Justice & Garda Síochána
WEB Project, Blanchardstown	Department of Justice & Garda Síochána
South East Limerick Drugs Prevention Project	Mid West Regional Drugs Taskforce
Tallaght Teenage Health Initiative	Health Service Executive-South Western
Youth Project & Drop-in Centre, South West Donegal	Health Service Executive – North West
Monaghan Neighbourhood Youth Project	Health Service Executive – North East Area
Ballyshannon / Bundoran Neighbourhood Youth Project	Health Service Executive – North West
The Rosses Neighbourhood Youth Project, Dungloe	Health Service Executive – North West
South Leitrim Neighbourhood Youth Project	Health Service Executive – North West
The CRIB Youth Project and Health Café, Sligo	Health Service Executive – North West
Letterkenny Youth Project and Health Café	Health Service Executive – North West
Teen Parenting Support Programme, Donegal	Health Service Executive – North West
Carrick-on-Suir Neighbourhood Youth Project, Tipperary	Health Service Executive – South East Area
Tramore Youth Development Project, Waterford	Health Service Executive – South East Area
West Limerick Youth Initiative	Health Service Executive – Mid West Area

Projects/Services	Funding Agency
Ballina Neighbourhood Youth Project, Mayo	Health Service Executive – Western Area
Castlebar Neighbourhood Youth Project, Mayo	Health Service Executive – Western Area
Castlerea Neighbourhood Youth Project, Mayo	Health Service Executive – Western Area
Teenage Health Project, Roscommon	Health Service Executive – Western Area
Teenage Health Project, Galway City	Health Service Executive – Western Area
Westport Neighbourhood Youth Project, Mayo	Health Service Executive – Western Area
Boyle Neighbourhood Youth Project, Roscommon	Health Service Executive – Western Area
Athenry Adolescent Support Programme, Galway	Health Service Executive – Western Area
Springboard Mayo	Health Service Executive – Western Area
Community Based Family Support Project, Mayo	Health Service Executive – Western Area
Cove Youth Café, Westport, Mayo	Health Service Executive – Western Area
Midway, Waterford	Health Service Executive / Dept of Social and Family Affairs /Co. Waterford VEC
Ballybane Adventure Programme, Galway	Young People's Facilities and Services Fund / Dept of Rural Community & Gaeltacht Affairs
Brookfield Community Youth Project, Tallaght	Young People's Facilities and Services Fund/ Dept of Rural Community and Gaeltacht Affairs/ Co. Dublin VEC
National Drugs Misuse Prevention Project	Young People's Facilities and Services Fund / Dept of Rural Community & Gaeltacht Affairs
Glen Young Adults Project, Cork	Young People's Facilities and Services Fund / Dept of Rural Community & Gaeltacht Affairs
Mulhuddart Community Youth Project	Mulhuddart Community Centre (YPFSF)
Springfield Community Youth Project, Tallaght	Young People's Facilities and Services Fund/ Dept of Rural Community and Gaeltacht Affairs/ Co. Dublin VEC
Whitechurch YPFSF Project, Tallaght	Young People's Facilities and Services Fund/ Dept of Rural Community and Gaeltacht Affairs/ Co. Dublin VEC
Ferrybank Drugs Prevention Project, Waterford	Young People's Facilities and Services Fund / Dept of Rural Community & Gaeltacht Affairs
Mulhuddart Community Youth Project 2, Dublin	Mulhuddart Community Centre (YPFSF)
Huntstown Community Youth Project, Dublin	Huntstown Community Centre (YPFSF)
Blakestown Community Youth Project	Blakestown Resource Centre (YPFSF)
Computer Clubhouse Blanchardstown	County Dublin VEC
Family Support WEB Programme, Blanchardstown	Local Drugs Task Force
Tallaght Drug Education Initiative	Tallaght Local Drugs Task Force/ Co. Dublin VEC
Carrigtwohill Area Youth Project, Cork	Co. Cork VEC/Póbal
Glen Youth Reach Project	Cork City VEC
Mahon Youth Café	RAPID
Skibbereen Youth Café	Co Cork VEC
Greenmount Youth Initiative, Cork City	Cork Local Drugs Task Force / Cork City VEC
Newcastle West Community Based Drugs Initiative	Mid Western Regional Drugs Task Force / HSE – Mid West
Youghal Youth Café	Póbal
Youghal Community Based Drugs Initiative	Southern Regional Drugs Task Force
That's My Goal West Cork Traveller Project	Dept Justice, Equality and Law Reform/Co. Cork VEC
Drugs Prevention and Education Initiative	South Western Area Regional Drugs Task Force/ Co. Dublin VEC
Bandon Community Drugs Initiative, Cork	Southern Regional Drugs Task Force
Regional Education Support Worker (Drugs Misuse)	Western Region Drugs Task Force
Roscommon Youth Centre	Western Regional Drugs Task Force / Lions Club
Cavan/Monaghan Drugs Education Initiative	North East Regional Drugs Task Force
Big Brother Big Sister Programme, National	One Foundation and Atlantic Philanthropies
Best Practice Unit	Atlantic Philanthropies
Area 24 Youth Health Café, Tallaght	Tallaght Local Drugs Task Force/ Co. Dublin VEC
Citizenship Programme, National	permanent tsb
Substance Misuse Co-ordinator, Midlands	Midland Regional Drugs Task Force
Attic Youth Health Café	Midland Regional Drugs Task Force
Mitchelstown Community Drugs Initiative, Cork	Southern Regional Drugs Task Force / Health Service Executive
Donegal Integrated Youth Project	Health Service Executive – North West
Young Men's Teenage Health Project, Blanchardstown	Crisis Pregnancy Agency
Co. Sligo Youth Alcohol & Drugs Prevention Project	North West Regional Drugs Task Force
Co. Donegal Youth Alcohol & Drugs Prevention Project	North West Regional Drugs Task Force
Balbriggan Youth Service	North Dublin City & County Regional Drugs Task Force
Co. Leitrim Youth Alcohol & Drugs Prevention Project	North West Regional Drugs Task Force
Youth Booth Café, Waterford	Dormant Accounts Fund
Exit Youth Café, Tallaght	Crisis Pregnancy Programme HSE
Tallaght/Blanchardstown Youth Integration Project	One Foundation
Zone Youth Health Café	Crisis Pregnancy Agency
Mate-Tricks Programme, Dublin	Tallaght West Childhood Development Initiative
Comhairle na nÓg Project Sligo / Youth Education Peace 3 Project	County Development Board/ SEUPB & Sligo County Council
National Foundation for Teaching Entrepreneurship (NFTE)	Peace 3 Programme
Drum Youth Café, Kilkenny	NFTE Ireland Board
Family Resource Centre Youth Participation Programme, Kilkenny	Kilkenny County Council / Health Service Executive / RAPID
Family Support Project, Carrick-on-Suir	Family Support Agency
The Shine Integration Project, Dublin	Vodafone Foundation
Dáil na nÓg	One Foundation
BBBS Galway	The Office of the Minister for Children and Youth Affairs
BBBS Roscommon	HSE Galway – Part Fund
BBBS Westmeath	HSE Roscommon – Part Fund
BBBS Kilkenny	HSE Westmeath
Peer Education Blanchardstown	Vodafone Ireland Foundation
	Local Drugs Task Force

Foróige
Block 12D, Joyce Way,
Park West, Dublin 12

Tel: 01 630 1560
Fax: 01 630 1568
Email: info@foroige.ie
Web: www.foroige.ie

Edited by Niamh Cremins, Acting
Head of Communications, Foróige

Assisted by Cathy Moran,
Communications Officer, Foróige

