



YOUR GUIDE TO A FORÓIGE CLUB



www.foroige.ie

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WHO WE ARE

Foróige is a leading youth development organisation. We believe profoundly in the potential of every young person. Foróige is about young people and we will always put them first, building their confidence, competence and capabilities. You will find us in local communities right across Ireland where we engage adult volunteers and staff who support young people to lead happier, healthier and more fulfilled lives.

WHAT IS A FORÓIGE CLUB?

Foróige Clubs are community based clubs for young people facilitated by adult volunteers. Foróige Clubs offer a fun and inclusive environment where young people can safely gather, voice their opinions, demonstrate leadership, acquire life skills, engage with their community, and take part in a wide range of activities.

WATCH ME!



HOW DOES IT WORK?

The clubs are a partnership between the young people (members) and adult volunteers (leaders). A unique feature of Foróige Clubs is the Club Committee. Young people elect members, aged 12 - 18, to form a Club Committee (Chairperson, Secretary, Treasurer and Communications Officer).

WHAT HAPPENS IN A FORÓIGE CLUB?

There are three parts to a Foróige Club meeting:

1. A weekly meeting of all the members & leaders where decisions are taken about all activities.
2. Work on planning & implementing agreed activities.
3. A chance for some recreation and relaxation organised by the young people with adult support.

WHAT ARE TYPICAL FORÓIGE CLUB ACTIVITIES?

- Members can have fun together through sport, music, games or chatting over a cuppa.
- Going on outings to the cinema, events or outdoor pursuit centres.
- Meeting other clubs for discos, youth festivals, quizzes, drama, dance or other occasions.
- Getting involved in the local community through clean ups, fundraising, children's parties or local campaigns.
- Participating in easy to follow Foróige programmes such as the Foróige Youth Citizenship Programme or Leadership for Life Programme.

WHO IS THE CLUB FOR?

Young people aged 12 - 17, but a narrower age range can be used if needed. Clubs must consist of at least 8 members and we recommend a maximum of 30 members. Foróige Clubs are 'universal', that is, they are open and available to all young people living in the area that they operate. The clubs have a volunteer to member ratio of 1:10 minimum but this may be more depending upon the needs of the young people (members). There must be a minimum of two volunteers present at each meeting. Membership is not dependent on the parent's availability to volunteer.

HOW OFTEN DOES THE CLUB MEET?

Most clubs meet for about 1.5 hours, once a week during the school year. Friday night is the most popular, but clubs can meet when it best suits their situation. Some clubs stay open during the summer too.

IS THERE A COST?

There is no cost in setting up a club, or for someone to volunteer. Affiliation for young people to become members of Foróige costs just €30 for an individual or €50 for a family annually (subject to change). Most clubs also have a small weekly charge for members of about €2 - €3 to cover running expenses e.g. venue hire, snacks, stationery etc. There is no affiliation fee for adult leaders.

WHAT ARE THE BENEFITS TO YOUNG PEOPLE?

Young people who are members:

- Become more self-confident and self-reliant
- Gain knowledge and new skills
- Develop their views, beliefs and values
- Have fun and make friends in an accepting atmosphere
- Build positive and healthy relationships
- Take responsibility for their actions
- Contribute to the development of the community
- Enjoy a safe, social outlet

WHAT ARE THE BENEFITS FOR VOLUNTEERS?

- *develop your skills*
- *meet new people*
- *share your knowledge & talents*
- *working as part of a team*
- *enjoyment*
- *feel good factor*
- *challenge yourself*
- *ongoing training and support*

WHAT DO I NEED TO START A FORÓIGE CLUB?

1. A place to meet. This is usually a community centre.
2. Between 8 and 30 young people aged 12 to 17.
3. A team of about six adult volunteer leaders

HOW WILL FORÓIGE HELP?

- Foróige will support communities to recruit volunteers
- Training, advice, ideas for activities, policies on safety and protection, and opportunities for you to meet other volunteers and clubs
- A step by step plan for the first few weeks of the club
- Access to our online resource library through our Salesforce Club Management System
- Insurance (public and product liability insurance)

RECRUITMENT OF VOLUNTEERS

Volunteers are adults over the age of 18: some are parents, and some are not. We ask volunteers for a weekly commitment (in so far as possible), for the duration of the club year from September to June.

The best way to find volunteers is to ask people you know, trust and can work with. Other options include hosting a community information night, putting up posters or advertising locally and online. Foróige will help communities find volunteers.

All Foróige volunteers go through garda vetting, training, informal interview, referee checks and completion of the Child Protection Awareness Programme.

WE WANT VOLUNTEERS WHO ARE ...

- respectful of young people
- responsible
- dependable & reliable
- a team player
- practical, with common sense
- open to learning
- willing to help
- energetic
- patient
- empathetic
- community minded

WHAT NEXT?

If you think your community needs a Foróige Club or you would like to volunteer please contact

 _____

 _____  _____

APPLY HERE

