



# YOUR GUIDE TO A **FORÓIGE** **INTEREST CLUB**



[www.foroige.ie](http://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 INTEREST CLUB?

A Foróige Interest Club allows young people to develop themselves through a shared hobby or interest. The club could be a drama club, sports club, lego club, film club, board game club, photography club, coding club, Harry Potter club or painting club? The possibilities are endless!

## WHAT HAPPENS IN A FORÓIGE INTEREST CLUB?

There are three parts to a Foróige Interest Club meeting:

1. An informal meeting of all members and leaders at the start gives everyone an equal say in decision making and events. Clubs can have a members committee to involve young people in taking more responsibility.
2. The fun starts! Everyone takes part in their activity - learning, sharing and exploring their hobby/interest.
3. Finally, there's some downtime for relaxation and banter.

## WHAT ARE EXAMPLES OF FORÓIGE INTEREST CLUBS?

A Foróige Interest Club can be created around any hobby/interest such as

- arts & crafts
- board games
- chess
- drama
- leadership
- lego
- Harry Potter
- dance
- photography
- fishing
- coding
- boxing

To help the members feel part of their community, the club is encouraged to do at least one event a year which involves other people, such as a parent night or organising an event, such as a sports day, concert or cake sale.

Interest Clubs can also participate in Foróige programmes such as Leadership for Life, NFTE (Entrepreneurship), the Foróige Youth Citizenship Programme, REAL U (Relationships and Sexuality), Be Healthy, Be Happy (Health and Wellbeing), Connect Safely amongst others.

## WHO IS THE CLUB FOR?

Young people aged 10 - 17, but a narrower age range can be used if needed. Clubs must consist of at least 3 members and we recommend a maximum of 30 members. The clubs have a volunteer to member ratio of 1:10 minimum but this may be more depending upon the age 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. The day of the week and the time the club meets is up to each individual club. Interest clubs can be run in person or online and clubs can continue to stay open during the summer too if they want too.

## IS THERE A COST?

There is no cost in setting up a Foróige Interest 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.

## WHAT ARE THE BENEFITS TO YOUNG PEOPLE?

*Young people who are members:*

- Have fun and make friends in an accepting atmosphere
- Engaging in their shared hobby or interest with others helps members build a strong sense of self-worth and confidence.
- Develop teamwork and cooperation skills through group activities
- Build positive and healthy relationships
- Understand the importance of contributing to their 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
- sharing your interest & knowledge about the theme of the club

# WHAT DO I NEED TO START A FORÓIGE INTEREST CLUB?

1. A place to meet. This is usually a community centre.
2. Between 3 and 30 young people aged 10 to 17.
3. A team of about three to 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. Some of the volunteers need to be interested in the theme of the club, but there can be others to help out.

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 Interest Club or you would like to volunteer please contact



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APPLY HERE

