

YOUR GUIDE TO A

# FORÓIGE JUNIORS 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 JUNIORS CLUB?

Foróige Juniors is the first stage of an exciting journey in Foróige. Juniors get to have fun, work together, play games, participate in decision making and get involved in their community. Foróige Juniors is a great introduction to youth work for 10 to 12 year olds. When they get older and want more; Foróige has more!

## WHAT HAPPENS IN A FORÓIGE JUNIORS CLUB?

There are three parts to a Foróige Juniors meeting:

- First, the “Huddle” – a short meeting for everyone to plan and give out tasks and responsibilities, which is something this age group enjoys. Adult volunteers work to ensure everyone is heard and can be involved in any decision making.
- Second, Action! – Juniors engage in activities like arts and crafts, dance, music, games and events in their local community
- Third, Wind Down (optional) – chill, chat and a snack is good before going home.

## WHAT ARE TYPICAL ACTIVITIES IN A JUNIORS CLUB?

Foróige Juniors offer a wide range of fun and exciting activities such as

- |                 |                      |                          |
|-----------------|----------------------|--------------------------|
| • arts & crafts | • STEM Projects      | • puzzles                |
| • board games   | • Trips              | • cooking                |
| • sports        | • Community Projects | • fundraising activities |
| • drama         | • Movie Nights       | • music club             |

The variety of activities ensures there’s something for everyone. Junior Clubs provide members opportunities to try new things, visit new places, and gain experiences that they might not have otherwise.

Clubs are encouraged to get involved in the local community through clean ups, fundraising, children’s parties or local campaigns to foster a sense of civic responsibility. There are also in easy to follow Foróige programmes such as the Foróige Youth Citizenship Programme or Foróige’s Connect Safely Programme that clubs can participate in.

## WHO IS THE CLUB FOR?

Young people aged 10 - 12. Clubs must consist of at least 6 members and we recommend a maximum of 30 members. Foróige Juniors 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 1:8 minimum but this may be more depending upon the needs of the young people (members). 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 Foróige Juniors 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
- By participating in various activities/projects members develop a strong sense of self-worth and confidence
- Develop teamwork and cooperation skills through group activities
- Build positive and healthy relationships based on inclusivity and respect for diversity, ensuring that every member feels valued and included.
- 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*



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

1. A place to meet. This is usually a community centre.
2. Between 6 and 30 young people aged 10 to 12.
3. A team of about six to eight adult volunteer leaders.

we usually start a Foróige Juniors where there is already a Foróige club or where both can start together, so that the members can move up to the foroige club when they turn 13

## 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 | • practical, with common sense | • patient          |
| • responsible                | • open to learning             | • empathetic       |
| • dependable & reliable      | • willing to help              | • community minded |
| • a team player              | • energetic                    |                    |

## WHAT NEXT?

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



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APPLY HERE

