

BECOMING A **BIG BROTHER**
OR **BIG SISTER** IS A
WONDERFUL OPPORTUNITY
TO **CHANGE** A YOUNG
PERSONS LIFE IN A **SIMPLE**
YET **POWERFUL WAY**

*It is about....
discovering, the buzz,
sharing, fun,
laughing,
learning, friendship..*

CALL US TODAY



**Big Brothers Big Sisters
of Ireland**



BIG BROTHERS BIG SISTERS OF IRELAND
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**Big Brothers Big Sisters
of Ireland**

Agency Brochure



"I believe that young people need alternatives to what is available nowadays and this is a nice alternative and it's a way for me to contribute to that, so rather than just saying it, it's a matter of doing it..." Big Brother, 2005, Ireland

What is Big Brother Big Sister?

It is an internationally renowned mentoring programme that forms a friendship between an adult volunteer and a young person who will benefit from extra support.

Who are the volunteers?

Volunteers are adults from the community. They come from all walks of life and bring their interests and experience to the friendship. They are carefully screened and receive training before the friendship begins. They receive support and guidance from a staff member throughout the friendship.

How does the programme work?

A staff member works closely with volunteers to match them to a little brother/sister based on similar interests, hobbies and complimentary personality traits. The staff member will also match the specific strengths and abilities of the volunteer to the identified needs of the young person.

What is expected of participants?

Volunteers and young people are asked to spend one or two hours a week together. The initial commitment is for one year.

What activities do they do ?

Together, the volunteer and young person decide on the type of activities they would like to do..., go for coffee, play football, do arts and crafts, play computer games...

What support is offered to friendships?

Once matched-up volunteers and young people are assigned a staff member who will maintain regular contact and support them throughout the life of their friendship.

Is the programme effective?

BBBS has been extensively researched in the US and is proven to be an effective model of youth development. Studies have shown that young people matched with a big brother/big sister are: 52% more likely to stay in school, 46% less likely to begin to use drugs and 32% less likely to engage in violence. They also have more self confidence, self worth, the ability to trust and make better decisions and life choices. Conclusions from the evaluation carried out by the Child and Family Research Centre, NUI Galway on the pilot phase in the West of Ireland are in line with international findings.

How will BBBS expand nationally?

BBBS will grow to be an integral part of youth work in Ireland and will be operated at a local level through existing youth services supported by BBBS of Ireland.

How do I refer a young person to the BBBS programme?

Contact your local BBBS Officer (details overleaf).

