THE
ALDI FORÓIGE
YOUTH CITIZENSHIP
AWARDS

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2019

empowering youth
enriching communities

foróige

ALDI

CELEBRATING 50 YEARS
OF YOUTH CITIZENSHIP

Contents

The Aldi Foróige Youth Citizenship Awards

The Aldi Foróige Youth Citizenship Awards will take place in the National Indoor Arena, Dublin 15, on April 13th 2019.

Over 2,000 young people from throughout Ireland will travel to the awards to showcase their social action projects and 500 Foróige and Aldi volunteers will be supporting them on the day.

These awards celebrate young people who have been a powerful force for good in their communities. 220 groups of 10 - 18 year olds, will exhibit their community enhancement initiatives. The issues they have tackled include health, homelessness, STEM, the environment, disability, Brexit, road safety, animal welfare, community wellbeing, equality and mental health.

This event will be a bold and beautiful celebration of young people who will learn, laugh, dance and play in a 'Circus of Hopes and Dreams.' The arena will be decorated with festoon lighting, bunting,and a circus big top inspired stage. It will be a celebration of the wonderful achievements of the young people with activities including a vintage chair swing, rock climbing, circus school, silent disco, bungee trampoline and much more.

The Aldi Foróige Youth Citizenship Awards will be officially opened by MEP Mairéad McGuinness, first Vice-President of the European Parliament at 12.15pm; Alison Curtis will MC the opening and awards ceremonies; Claire Beck will be the resident D.J. and band Brave Giant will entertain the crowd.

This celebration marks the most successful year to date for the Aldi Foróige Youth Citizenship Programme, with over 14,000 young people participating. Involvement in the programme empowers young people to believe in themselves, take on tasks they may never have thought they would be capable of and achieve things that are truly inspirational.

This is the fiftieth anniversary of the Youth Citizenship programme and the fifth year Foróige has partnered with Aldi to provide the programme and this partnership has facilitated the growth of the Youth Citizenship Programme and Awards; making it bigger and better than ever before with more young people taking part and greater youth participation in the community.

The programme empowers young people to make positive change in the world through examining their local community, coming up with a way to make it a better place and then working hard to make it happen.

Event Timetable

11.00pm   **Exhibition begins & Activities Open**
Vintage Chair Swing
Rock Climbing
Circus School
Silent Disco
Bungee Trampoline
And more

12:15pm   **Opening Ceremony**
MC: Alison Curtis
Official opening by Mairéad McGuinness MEP, Vice President of the European Parliament

12:30pm   **DJ Set**
Claire Beck

2:15pm   **Entertainment**
2.15pm - 2.35pm Brave Giant
2.45pm - 3.05pm Claire Beck - DJ Set

3:40pm   **Presentation of 'Best Display' and 'Ones to Watch' Awards**

4:00pm   **Awards Ceremony**

4:30pm   **Event Closes**

Animal Welfare

ESL Programme, Dublin 15
Sweet Treats in aid of the DSPCA
The group had a discussion about what the needs in their community were and drew a map of the area to see what facilities were available. They noticed that there were stray dogs, cats and horses that were not properly cared for. They looked up the animal welfare charities and found the DSPCA online. They decided to hold a bake-sale fundraiser for it. They held the fundraiser on Valentine's day and were delighted by how much they raised. They learned that the community is very supportive of them as young people and the cause they chose.

Junior Café, Tyrrelstown Foróige, Dublin 15
A project to raise awareness about cleaning up after pets
Tyrrelstown Junior Café decided to hold a Dog Day in their local park to increase the community's awareness of the importance of cleaning up after your pet. The project was also a fundraiser for Dog's Trust. The group designed and produced posters for the event, and baked dog treats to give out on the day. They were delighted by the community spirit shown on the day.

Midlebrook Foróige Club, Co. Cork
A project to adopt two donkeys, Bella and Lorcan!
The members of Midlebrook Foróige Club discussed ideas about how they could have a positive impact on their community, and decided to fundraise to adopt two donkeys at their local Donkey Sanctuary. They realised that a soccer tournament would be a fun, and popular way to collect money for the project. The young people sourced a venue, invited other clubs, made posters, and bought refreshments for the participants. The event raised €100, which allowed the group to adopt two donkeys, called Bella and Lorcan!

Narraghmore Foróige Juniors, Co. Kildare
An animal welfare awareness project
As a rural club, many people in their locality are pet owners. The group wanted to make sure that the community know how to care for their animals correctly. They contacted their local animal shelter KWWSPCA, they organised a visit from the staff of the shelter and three of their current dogs to hear about animal cruelty and why this happens. Due to time constraints the members were unable to organise a fundraising event, however, they donated club funds to the animal shelter. This money will go on food, shelter and medicine for the animals.

Shannon Keane, Co. Cork
An animal welfare and fundraising project.
Shannon has a love of animals, especially dogs, and she wanted to do a project that would benefit them. Initially, she planned on raising money in aid of DAWG but after some research discovered that what the charity really needed was dog food. Shannon, along with a volunteer Lia, took a dog on a sponsored walk and contacted local pet stores and supermarkets to ask for dog food donations. All the food gathered was donated to DAWG.

Anti-Bullying

Kool Palz Productions Moviemaking Group, MCYP, Dublin 15
A short film to create awareness of the effects of cyberbullying on young people
Kool Palz Productions distributed a questionnaire about cyberbullying to schools in the local area. They identified the need to create awareness about the effects of cyberbullying. They decided to make a short film on the topic. Members of the group learned how to film on ipads and create a story. They also directed and acted in a film. They screened their film to an audience and listened to their opinions afterwards.

Mosney Foróige Juniors, Co. Meath
An anti-bullying video
After brainstorming ideas, Mosney Junior Foróige Club decided to make an anti bullying video because they realised it was an issue all of them had faced in their lives. They felt that creating a video was the best way to highlight the issue in the community. The project, which brought all of the club together, was designed to illustrate how bullying can occur, and how it makes people feel. They plan to continue to highlight the issue of bullying.

Brexit/Cross-Border Relations

Templeport Foróige Club, Co. Cavan
A cross-border Halloween party for children
The group wanted to build on the positive community spirit in the area and strengthen relationships between children from neighbouring communities on the North and South of the border. They hosted a Halloween party and divided into teams to make sure no element of the organisation was forgotten. The event was a great success with a full schedule of activities including cookie decorating, face painting lantern making, refreshments, face painting and a monster disco. The group feel passionately that it is more important than ever that there are strong cross-border community ties with Brexit looming.

Community Belonging

Youth Bank, Tallaght, Dublin 24
A fundraising and grantmaking initiative for local good causes
This group of young people were invited to select the theme and fundraise for the grants for Tallaght YouthBank. In order to choose the theme the group brainstormed ideas with their friends and families. The members felt like their community is often stigmatised and they wanted to address this. They decided that this year's theme would be, 'Light Up Your Community'. The group came up with the Terms and Conditions of the grant process and sent a poster to their local schools, community and youth centres and Foróige staff in Dublin South. In order to raise the funds for these grants the group made jars of sweets to be sold to young people at Christmas time. The members are reviewing the applications and are scheduling interviews for those that meet the criteria.

Aghamore Foróige Club, Co. Mayo
The organisation of Santa's visit to Aghamore which also raised money for charity
The Foróige members of Aghamore decided to bring the magic of Christmas to children locally. They were approached by the local development committee to take over the organisation of Santa's visit locally. The members took on the challenge and held a bake sale outside the local church to raise funds for the main event. They decorated the hall; set up stands; had face painting and sold baked goods; all on top of the main event of taking care of the big man, Santa himself. Funds raised were donated to a local childcare centre and the Make a Wish Foundation.

Ardee Foróige Club, Co. Louth
A project to revamp the garden at the local nursing home, and to bring cheer by singing Christmas carols for the residents and exchanging gifts.
Ardee Foróige Club organised a clean up of the garden at the local nursing home, St. Joseph's. The group conducted a walk about in the area, and spoke to residents about what they would like them to do. Over several weeks, the young people cleaned, painted, and planted flowers in the garden. They also received donations of garden ornaments from local hardware shops. They organised a party in garden with the patients and their families. They also sang carols for the residents and exchanged gifts with them at Christmas.

Ballygarvan Foróige Club, Co. Mayo
A Christmas Tree Lighting Ceremony
The members of Ballygarvan Foróige Club felt that their small, rural village was in need of some 'cheering up' and re-energising, especially during the Winter months. They identified a large tree in the centre of their community and wanted to decorate it to bring some festive cheer to their community. They fundraised over €500 for the Christmas Tree lights by asking members of their locality to sponsor a light for what they called 'Lighting up Ballygarvan'. The young people coordinated with other community groups to organise a tree-lighting ceremony, carol-service and provided hot drinks. They event was a great success, bringing over 400 people from the area out for a unique community event.

Bofeenaun Foróige Club, Co. Mayo
A sponsored 24 hour wakeathon to raise money for three local charities.
Bofeenaun Foróige Club decided to raise money for three local charities that meant something to them: Regina's Fight for Life, Cancer Care West and Mindspace, the local youth mental health service. The group decided that doing a Wakeathon and staying up for 24 hours was symbolic and a metaphor for being there for people. The group stayed up all night and were delighted with the support they got from the community.

Carndonagh Foróige Club, Co. Donegal
Afternoon tea for the community
Carndonagh Foróige Club wanted to bring the community together and identified the perfect opportunity to do this in the form of afternoon tea after the Blessing of the Graves ceremony in their community. The group prepared the venue, organised tea/coffee, baked cakes and arranged a raffle to be held on the day. Over the course of the afternoon more than 350 people attended and they made €756 profit. The money raised helped with the costs of sending five of their young people to the Foróige Leadership for Life conference in Maynooth and with club activities and outing for the full group.

Castlebar Third Year's Foróige Club, Co. Mayo
A community enhancement project and fundraising drive
The young people of Castlebar engaged in a number of community enhancement and charitable fundraising events. To begin, the group volunteered for a community clean up, the Love Lannagh Festival and they planted an edible garden in the community. The young people then focused their attention on fundraising events. They donated the proceeds of their Christmas party to Cope Galway. They also organised a Christmas shoe box appeal. In addition, they raised €450 from a bake sale, the proceeds of which were donated to the Simon Community. Keeping the momentum alive the members now plan on taking part in Pieta House Darkness into Light Walk in May.

Cookie Force, Mulhuddart Community Youth Project, Dublin 15
A project to bring cheer to the local community by giving out free cookies
The group wanted to do something to make their community a happier place. They decided to make cookies and give them out for free in the local community. The group worked as a team through all aspects of the project from coming up with the idea to making the cookies and giving them out. The community really appreciated their act of kindness. The group plan on building on the positivity of this initiative for their next project.

Croom Youth In Action, Co. Limerick
A fundraising project for local charities
The Croom Citizenship Group fundraised for two charities close to their hearts; a local crèche and an animal sanctuary. They designed posters and put them up locally to let the community know about their upcoming fundraising endeavours. The group brought goodies to the local crèche for the children - they went down so well they were invited back for story time. They then brought food to the animal sanctuary. The group were delighted with all the help they got from their community.

Cuffesgrange Foróige Club, Co. Kilkenny
A community sports day
Cuffesgrange Foróige Club brainstormed ideas about how they could contribute to their locality, and decided to organise a free community sports day. They realised that there are so many demands on people, that an event like this would be a good way to boost community spirit. As a team, they decided on a date, organised games, and distributed posters and flyers to publicise the event locally. The community sports day was such a success that the young people hope to run it again this summer.

Desertegney Foróige Club, Co. Donegal
Five good deeds for Desertegney
The young people in Desertegney Foróige Club recognised a number of challenges in their area and decided to take action on all of them. They were eager to raise the profile of Foróige and take a proactive approach in their community. After noticing an issue with litter, they got involved in the Inishowen Peninsula Clean-Up, they also organised a Family Night at their Club to allow busy neighbours have a reason to catch up. Following that, they went to visit the isolated elderly members of the community who weren't able to attend the family night. Their goal to raise their profile was achieved following praise from the community, the good deeds done by Desertegney Foróige didn't go unnoticed.

Drumfries Sliabh Sneacht Foróige Club, Co. Donegal
A community coffee morning in aid of the local Hospice
Aware that every member of their Foróige Club had been affected by cancer in some way, the group wanted to do something to help support their local Hospice, where so many loved ones had been cared for. The young people decided to host a fundraising coffee morning. They organised every aspect of the event from the promotional campaign to the fundraising buckets and from baking the cakes to the washing up. The event raised €2,540 and the group learned that 'young people can and do make a very positive contribution to communities'.

First Year Group, Kilmallock Youth Project, Co. Limerick
A community spirit project to make a St. Patrick's Day parade more magical
The Kilmallock Town Council were looking for more people to partake in the St. Patrick's Day parade and the 1st Year Kilmallock Group wanted to get involved and make the parade more colourful and lively. The group researched design ideas and decided to make a paper mache snake. The group's efforts were recognised and they won €100 for their club.

Fortlawn Girls, WEB GYDP, Dublin 15
A community recognition awards initiative
The young people wanted to find a way of recognising the friends, family and community members who have supported them in their lives. They designed and created 30 full size awards using their 3D design and printing skills. The girls said 'handing the trophies to the special people who supported us in our lives was a lovely moment for us all both individually and collectively. We will make every effort to be more thankful to the people in our lives in the future.'

Girl's Group, APT Project, GYDP, Dublin 24
A project to benefit a local day centre for people with Alzheimer's.
The group created a map of their area, and after discussing how they could benefit their community they decided to organise an event for to mark Pancake Tuesday in a local day care centre for people with Alzheimer's. They chose the centre because it was close by, and some of the group were familiar with it. They researched the condition, and how it affects people. The group bought the ingredients, and made the pancakes in the Centre on the day. The project received very positive feedback, and they plan to hold an Easter themed party at the centre at the end of April.

Girls Group, STAY Project, Dublin 24
A thank you project for caring people in the community
The Foróige Stay Project Girls Group felt there were a number of people who do great work in the community who do not get very much in return for their time and effort, so they decided to make them feel special. They decided to make gifts for these people, and decorated bowls and filled them with flowers or sweets. They then invited the people they wanted to thank into the project to present them with the gifts and refreshments. The girls were delighted to use their creative talents to make others happy.

Glenshane Girls Group, Dublin 24
A community mural and fundraiser in honour of a local young person who passed away
The young people wanted to add cheer to their community and decided to paint a mural on the wall of the community centre. Under the guidance of a professional graffiti artist, the girls were involved in every aspect of the mural from cleaning the wall to coming up with the design and painting it. When the mural was complete they hosted a community coffee morning as a fundraiser in honour of

their friend who passed away from an asthma attack. All proceeds raised went to the Asthma Society of Ireland.

Kilconly Foróige Club, Co. Galway
A festive project to bring Santa back to Kilconly
Kilconly Foróige Club wanted to bring Santa to their community and give children a magical Christmas experience. Santa's Grotto was something that hadn't been done in Kilconly for years so the members got to work booking the hall and making sure Santa was free!The night before the event the members decorated the hall, wrapped selection boxes for the children and set up a games area. It was a terrific success and they managed to raise €400 which they donated to Make-A-Wish charity.

Killimordaly/Kiltullagh Foróige Club, Co. Galway
A fundraising project #payitforward
After brainstorming issues, the members of Killimordaly/Kiltullagh Foróige Club decided to undertake a project, #PayItForward, to give back to their community. They decided to fundraise for Portiuncula Hospital, Temple Street Children's Hospital, and the Alzheimer's Society as members of the club or someone they knew had benefited from them. They organised a Halloween Disco which raised €300 for Temple Street Children's Hospital, they ran a churchgate collection which raised €211 for Western Alzheimers, and raised over €600 at the Galway International Rally for Portiuncula Hospital. The group hope other Foróige groups will take on #PayItForward

Knocklyon Foróige Club, Dublin 16
A project to promote membership of a Foróige Club to young people
The young people in Knocklyon Foróige Club noticed that many of their peers were not aware of the Foróige club. Due to the lack of amenities and social events in the area the group thought it would be a great idea to promote the club. The group made posters to advertise the club and hung them up in the community and school. The club has gained new members and they have spread awareness of this safe place for young people to socialise.

Leadership Group, Tyrrelstown Foróige, Dublin 15
A tea and coffee morning to welcome new residents
Tyrrelstown Leadership Girls Group decided to do something to welcome new residents into their area. They chose a tea and coffee get together, along with a bake sale, to help their community get more involved with local activities and to get to know each other. Tyrrelstown Leadership Girls Group felt this was the best way to welcome new people, and show them what Foróige is all about in Tyrrelstown.

Loughglynn Foróige Club, Co. Roscommon
A community belonging project to make residents aware the services and facilities available locally
Members of Loughglynn Foróige Club became aware that new residents in the locality were unfamiliar with the services and facilities available locally. The young people realised that it would benefit the community to hold a Health and Wellbeing event where, where local clubs, charities, and services could come together to offer information to people about what was available in the area. The group agreed a date, booked the community centre, contacted groups who might be interested in taking part, and distributed posters to publicise the event. On the day they also raised funds for the 'Stephen O'Gara Walk – Kevin Bell Foundation'. The event was a great success, and received very positive feedback from the community. They plan to organise a 5km walk/run later in the year.

Manor Kilbride Foróige Club, Co. Wicklow
Cuppa, Cake N Craic – an event to promote community belonging
The young people noticed that there were many people in the community that they knew to see, but had never spoken to. After discussing the issue, they realised that there were not many opportunities for locals of all generations to get together, unless they were part of a team. They decided to organise 'Cuppa, Cake N Craic' – an event that would give all members of the community the opportunity to spend time together. The group planned activities, organised a venue, and publicised it locally. It was a massive success with over 150 people in attendance, and the young people learned that "no matter what age difference there is between people, they can enjoy each other's company." They also hope to run the event regularly in the future.

Monday Boy's Group, Togher Youth Development Project, Co. Cork
An initiative to make bespoke greeting cards featuring the local area to fundraise for charity
Determined to take part in the Aldi Foróige Youth Citizenship Programme, this group researched possible projects that they could do. They realised that there were no cards featuring Togher in the local shops and decided that they wanted other people to see Togher through their eyes. Developing skills in photography, they walked around Togher and took pictures. With the continuous encouragement from other groups, family and friends, they persevered and made them into cards which they sold locally. They chose the Cope Foundation as the charity that would benefit from their project.

Mulhuddart Boys Football Group, Dublin 15
A football tournament to promote positive relations between young people and the Gardaí
The Mulhuddart Boys felt like there was not a lot to do in their community other than attending the youth centre. The group all liked football but didn't want to join a football club. They decided to run a three week football tournament that was held on Thursday nights. The final session was on Halloween day with the young people playing against the local Gardaí. This was a great opportunity for the young people in the area to form positive relations with the Gardaí. Based on the success of the event they now plan on doing a summer tournament.

Nenagh Foróige Youth Council, Co. Tipperary
A Christmas dinner to promote festive cheer
The young people of Nenagh Youth Council brainstormed ideas about what they could do to benefit their local community, and realised that it was important to acknowledge the efforts of the volunteers, staff, and members of the Youth Council. They had noticed a need to provide an opportunity for everyone to bond and create new friendships, and so they decided to organise a Christmas dinner celebration. As a team, they planned and budgeted the event, created invitations, and decorated the room to provide a festive atmosphere. The event allowed everyone the opportunity to meet up, reflect on their experiences, and generate ideas for the following year.

Paulstown Foróige Club, Co. Kilkenny
A remembrance Christmas tree, and fundraising project
The young people of Paulstown Foróige Club wanted to provide people in the community with the opportunity to remember loved ones who were not with them at Christmas. The group decided to place a Christmas tree in the village, organised lights and stars for people to place on the tree in memory of loved ones, and publicised the event in local news outlets. It received great feedback from members of the community, and the young people hope to do it again next year. As part of the

project, they also held Christmas Jumper Night and a Bake Sale to raise funds for the Simon Community and Teac Tom, a local suicide awareness charity.

Rathvilly Foróige Club, Co. Carlow
A multifaceted project to enhance the community
Rathvilly Foróige Club were approached by a number of groups to become involved in initiatives taking place in their community. The young people realised that the Foróige Club was one of largest groups in the locality, and their involvement would benefit a lot of groups. They decided to help with the World Meeting of Families, welcoming families from Poland, Belarus and Russia to Rathvilly. They also organised a Christmas Fair, a Junior Club Quiz, took part in Foróige Walk n Talk's and as part of a Tidy Towns project they developed a Foróige Garden for all members of the community to enjoy. Rathvilly Foróige Club recently celebrated its 50th birthday, and the young people also feel that this project highlights the impact that Foróige has had in their community.

Rathvilly Foróige Juniors, Co. Carlow
A talent show to raise funds for Barretstown
The young people of Rathvilly Junior Foróige Club wanted to give back to their community, and decided to organise a talent show to raise funds for Barretstown. The members of the club brainstormed ideas, and discussed ideas for performances that could be included. They group have practiced their routines, and advertised the event locally. They hope the night will boost community spirit, and funds raised will be donated to Barretstown.

Slane Youth Crew Foróige Club, Co. Meath
A video to highlight the importance of volunteering
Slane Foróige Club made a video to pay tribute to the volunteers and community groups in their locality. The young people discussed what volunteering means, the commitment needed, and the impact their work has on the community. Through their research they discovered that there were many groups contributing to the community, and learned that it is often the same people who do the work. The video highlights the major attractions in the area, and promotes community groups and organisations. After realising how much of an impact volunteering can have, the young people also put themselves forward to volunteer for the preparations for the St. Patrick's Day Parade.

The Girl Gang, South Leitrim NYP, Co. Leitrim
A campaign to promote awareness of the local Neighbourhood Youth Project
The group became aware that there was a lack of knowledge and understanding amongst the wider community about what their Neighbourhood Youth Project did, and the impact it had on its members. After discussing the issue with other groups in the project, and students in their school, the members of the Girl Gang decided to create an information leaflet to distribute in the locality. They researched the types of leaflets that had been created by other similar projects, discussed potential designs, costed various printing options, and ran focus groups with other members of the project to identify what information should be provided. The young people plan to distribute the flyers in shops, schools, and other locations in the community to highlight the support and services available in their Neighbourhood Youth Project.

Turlough Roundtower Foróige Club, Co. Mayo
A multifaceted project to bring the community together
After speaking to locals in the community, the young people realised that they could make a valuable contribution by encouraging community togetherness. The group decided that there were a

number of things they could do to achieve this, including planting an edible garden, a breakfast morning to raise funds for Childline, a disco for primary school children, and organising a collection during lent for Mayo Hospice. The project was a success, and young people say it has given them a better understanding of their community, and the people in it.

Whitechurch Graffiti Legends, Dublin 16
A graffiti art project to promote the Whitechurch Community and Youth Centre
As a result of a new play space being developed across the road from the Whitechurch Community and Youth Centre the group noticed that the area was busier. The group wanted to do something to catch people's attention to promote the centre. They decided that a graffiti piece on the wall would do just that and they contacted the Board of Management to ask permission. Permission was granted and the members applied to Youth Bank to get a grant to fund the project. They are waiting to hear back if their application was successful. In the meantime they have contacted a graffiti artist to assist with the project and hope to complete it during their mid-term break.

YEW Project, GYDP, Dublin 16
A campaign to build an astro pitch in the community
The group noticed that there were facilities to cater for older people, and children, in their community, but there were few facilities for young people. They realised that an Astro Pitch in the community would provide them with a space to use and would contribute to the physical fitness of local young people too. They researched what would be involved, and contacted local politicians to advocate for the construction of an Astro Pitch. The ongoing campaign has received a positive response from councillors and TDs. They have also organised a church gate collection to raise funds for their project.

Community Regeneration

Ballineen Foroige Club, Co. Cork
A rural regeneration project in twin villages
When Ballineen Foróige Club were brainstorming ideas for their citizenship project, RTÉ aired a documentary on rural decline and the closure of rural businesses. This, combined with the shutting down of the local Post Office in Ballineen, convinced the young people that they needed to address the issue of rural decline. They carried out a survey in local businesses and met with a local community group for advice on the topic. The young people set up a loyalty scheme and organised a Christmas raffle that could be entered by shopping locally for the month of December. They connected with the local Tidy Towns group to spread the Christmas spirit by decorating the streets and derelict premises in the local area. In addition, they erected a Remembrance Tree in the centre of the villages. On top of this, they raised over €2,000 for Ronald McDonald House and Ambulance

Services through the sale of Santa hats. Each of these initiatives was planned with the purpose of fostering collaboration and cooperation among the different community groups to help return civic pride in the area.

Castleconnor Foróige Club - Clean Up, Co. Sligo
A community centre revamp and clean-up
The young people decided to take on a clean-up of their local community centre. They took on this project because there were areas inside the community centre that were a health hazard and others which were dangerous to walk through. They also identified areas on the approaching roads that required cleaning up. They registered with An Taisce for the National spring clean. Fifty-three young people came together and removed un-wanted timber, backdrops, old couches, old carpets and rubbish from around the building. In the end they had 2 full skips and trailers.

Chillax Foróige Youth Café, Co. Wicklow
A project to improve the local St. Patrick's Day parade
Chillax Youth Café decided to work on the local St Patrick's Day parade for their project. They researched other parades around the country; put together a plan of improvement; submitted the plan to the St. Patrick's day parade committee and it was approved; they gathered a group of volunteers; they organised the stage set up, and directed where the safety barriers should be on the day. They brought new ideas to the parade and made it better on the day. The parade committee was delighted with their efforts.

Citizenship Group, Tramore Youth & Family Project, Co. Waterford
A campaign to build a dog park in Tramore
Over the past 3 years, the young people in this group have been campaigning for the construction of a dog park in their community. Dogs are not permitted on designated areas of the beach at certain times of the year, and the young people realised that having a dog park in the area would have a significant benefit especially during the tourist season. To better understand the issue, they have surveyed locals in the area, and the results have indicated that it would be a popular facility. The group have submitted a written proposal to the local council, costed the facility, and designed a prototype. This is an ongoing project, and the young people are awaiting a response to their proposal from the council.

David Tarpey, Co. Mayo
A project to create a bench for a local youth project
David noticed that there was a lack of places for young people to sit down and talk in the area. Being a talented craftsman, David knew that he could make a bench that could help solve the problem. He sourced the materials and assembled the bench at home. The staff in Ballyhaunis Youth Project were delighted when David gifted it to them.

Galway City Foróige Youth Café, Co. Galway
A makeover of the local youth café
The young people decided to give the local youth café a makeover including re-painting the space, a blackboard wall, the creation of a quiet room and soundproofing the music studio. The brighter and better youth café is a great facility for the young people of Galway and there are more young people than ever before involved.

Navan Young People's Development Project, GYDP, Co. Meath
A sensory garden restoration
The young people were asked by the local Knights of Columbanus if they would help to fix up an old sensory garden that they had put in the Family Resource Centre. The young people were delighted to help as they have a wonderful relationship with the Knights of Columbanus. The garden had been left to become overgrown and wasn't usable. The young people cut back the bushes, removed rotten boards, painted the fence, cleared the paths and put in new plants. They plan to continue making the garden better into the future.

Senior Boys Group, JAY Project, GYDP, Dublin 24
Designing a new space in the local youth project
Members of the JAY project helped design the layout of a new space in their youth centre. They spoke with their peers in the project and asked want they wanted. They learned that the members wanted a bigger space with more games. The group contacted Local Community Development Committee and were granted funding for the refurbishment. They got to work clearing the space, ordering equipment and furniture. They now have an area where young people can relax, be themselves,play pool and get away from the stresses of everyday life.

Senior Café, Tyrrelstown Foróige, Dublin 15
Mending fences to build relationships with the local GAA club
After being informed that local fences had been damaged, Tyrrelstown Seniors decided to complete a survey with local residents and found out how necessary the repairs were. While they were informed by the local GAA team that a recent storm had caused the damage, another member of the community said that it had been local young people. Tyrrelstown Seniors decided to combat this negative image of young people by repairing and painting the fences.

TY Foróige Club, Attic House Teen Project, Co. Longford
A fundraising campaign to get a bus shelter for the community
The group were approached by local young people who felt there was a need for a bus shelter in the area. Having looked into the cost of a bus shelter and the permissions they would need to put one up, the group got to work. They organised a fundraising dinner dance for Transition year students making sure to balance the books so that it would be a good night for those attending, while still making the money necessary for the bus shelter. The implementation of the bus shelter has benefited the whole community.

Culture and the Arts

Castledaly Foróige Club, Co. Westmeath
A street art project to bring Christmas cheer to the community
Castledaly Foróige Club noticed that there was no focal point in the village for Christmas, there were no Christmas lights, tree or crib. They decided to brighten up the village as their Aldi Foróige Youth Citizenship project. They chose to put up a Christmas tree and Christmas themed decorations with lights. They also painted and decorated pallets to create environmentally friendly Christmas themed street art. The community was delighted with their efforts.

KRIB GYDP, Dublin 8
Lift Yourself Up - a graffiti art project to inspire
Staff from EVE Tuiscint, who are a service supporting young adults with ASD, contacted the KRIB Project about raising awareness about the young people engaged with both services who have had to overcome adversity and challenges in their lives. The services came together and discussed potential projects. They came to the idea of creating a piece of art. Over the course of three days the young people from both projects took part in the creation of an art piece titled, 'Lift Yourself Up'. Staff facilitated the workshop and a renowned graffiti artist taught the young people various ways of spray painting and gave each young person a section of the wall to paint. From the success of the art piece the KRIB has been approached by another service and a business owner about getting work done to their premises.

Offaly Foróige Art Installation, Co. Offaly
An art project on the meaning of community from the perspective of young people
Wanting to explore their creativity and showcase the impact Foróige has on the community, the group took on a challenge from Aldi to create a large piece of art to be exhibited in the Aldi Marquee at the National Ploughing Championships in their home county of Offaly. The young people did extensive research into the meaning of 'community'. They engaged the help of an art teacher and they brainstormed on what art form word be most appropriate for the project. The finished piece was an acrylic painting with 3D elements and 'popart' influences. Each group member sourced materials they wished to include. The finished piece was called 'Together in Community.' It was proudly displayed at the National Ploughing Championships and at the Foróige Volunteer Conference.

Friday Group, Big Picture Youth Café, Dublin 24
A music festival fundraiser for the Sunshine House charity
The Big Picture Friday group discussed all of the local problems in their community and decided that they would focus on helping other young people in their area. They chose to do a fundraiser for the Sunshine House charity for disadvantaged children, in the form of a music festival. They booked a space, and are in the process of booking bands, selling tickets, and organising refreshments. The group have been thrilled with the help of the local community, especially aspiring artists who will provide music for the event.

Ballinfoyle Youth Development Project, Co. Galway
A project encouraging the community to use art for wellbeing
The young people of Ballinfoyle Youth Development Project learned about Mindfulness Art to help demonstrate how art can be a great way to communicate with others. They decided to renovate the art room on the local youth centre to make it a more inviting space for people to spend time in. The girls cleared the room, painted it and decorated it. They then upcycled glass jars and plastic containers for the art supplies. The group held an open day for the community to come in and learn about the art room and art's role in wellbeing.

Togher Youth Development Project - Charity Concert, Co. Cork
A fundraising concert for a local charity
When the members of the Togher Youth Development Project became aware that local charity L'Arche, which helps people with intellectual disabilities, was struggling for funds, they discussed

ideas about how they might be able to help. They realised that they could utilise the talents of the group, which included actors and singers, to organise a fundraising concert. The young people approached other local acts to perform at the concert, sourced a venue, and promoted the event online and on traditional media.

Castleconnor Foróige Club - Foróige's Got Talent, Co. Sligo
An evening to showcase local youth talent
The young people decided to host the regional Foróige's Got Talent competition.The group were aware that they had great facilities in their community centre that would cater for such an event. They arranged everything from the promotion of the event to booking a DJ. It was a great social event to meet other young people from local clubs. They also got to showcase their talents and some participants were selected to represent their club and county at the National Foróige's Got Talent event.

Jordi Malongi, Dublin 15
A recording workshop for the young people of Huntstown
Jordi found himself being approached by young people in his community asking for help to use the recording studio. It is a great resource in the community but very few know how to use it. He wanted to share his knowledge, so he organised a recording workshop and invited young people to attend. At the workshop he showed them how to use the recording equipment and they wrote a song. Through this collaborative process Jordi realised how music can bring people together through their shared experiences.

Environment

After School Group, PORT Project, GYDP, Co. Laois
A litter pick in the local park
The group discussed the issues in their community and all agreed that there was a litter problem in their local park. It is an amenity that is used by locals of all ages, and the young people realised that a litter pick would benefit everyone. They contacted the County Council, and a Tús worker to get help. The group say that among the things they learned from this project is that "we all have to keep our community clean, and even though we are young we can set a good example".

Ardee Foróige Juniors, Co. Louth
An environmental improvement and spring clean project
After brainstorming ideas, the young people decided to undertake an environmental improvement project in their locality. They surveyed the area to assess the current litter and recycling facilities. Through the project they learned that there was very little knowledge in the local community about what is needed to maintain the local environment. They decided to increase awareness about the importance of recycling by creating posters and leaflets to distribute in the community. The also linked in with the local council to increase the number of bins, and organised a spring clean in the town.

Arigna Foróige Juniors, Co. Roscommon
A community garden project featuring a bee hotel and a bird box
Arigna Foróige Juniors noticed that no one was looking after the flower bed in their community. It is
something that they all see every day and they wanted to tidy it up. After some thought they
decided that bee hotels and bird boxes would enhance the area further. They spoke with local
business people and a representative from the Rural Social Scheme for advice, purchased a bee hotel
and made a bird box . The members plan on weeding the flower bed and planting bulbs in autumn.

Ballybane Youth Development Project, Co. Galway
A community clean-up
The young people of Ballybane decided they wanted to target the local rubbish problem. They got
pickers, gloves, plastic bags and high vis from Galway County Council. They picked rubbish in Ard
Álainn, Sliabh Rua, and Glenn Baun. They cleaned up the areas week after week, and talked about
the rubbish problem with others in the community. With the young people making such a fantastic
effort there has been a more positive attitude towards lessening litter throughout the local
community.

Ballymahon Foróige Club, Co. Longford
A project to raise awareness of the endangerment of orangutans due to the palm oil industry.
After becoming aware of the endangerment of orangutans because of the palm oil industry, the
young people of Ballymahon Foróige undertook a project to highlight the issue. They brainstormed
ideas about how they could highlight the issue in their local community, and decided to create a
presentation they could give at primary schools in the area. The researched the issue, designed the
presentation, and contacted the schools to organise time to go in a give the presentation. The also
created posters for the teachers to hang in the classroom.

Barnacarroll Foróige Club 2 - Bee Project, Co. Galway
A biodiversity project to highlight the importance of bees by making bee hotels
Barnacarroll Foróige Club became aware of the issues affecting the bee population and the
important role that bees play in the environment. They decided to highlight the issue within their
community, by informing people about ways that we can protect their habitat and food sources.
After conducting research, they brainstormed what options were open to them. The group agreed to
concentrate on making 'bee hotels' to aid the nesting habitats for solitary bees. They plan to hang
the 'bee hotels' in the community.

Be Happy Be Healthy Group, Balbriggan, Co. Dublin
A beach clean-up in Balbriggan
The Be Healthy Be Happy Group in Balbriggan are aged 10-12. They wanted to take action on the
plastic washing up on the beach as they knew how harmful it could be on marine life. They decided
to do a clean-up, picking up plastic on the beach so that it would look nicer and hopefully entice
people to put their rubbish in bins and keep it cleaner. The group got great support from the
community, especially the Gardaí and County Council. They gathered the litter with pickers and
packed it into bags. The group learned that 'you can make a change in the world around you'.

Boy's Group, Fettercairn, Dublin 24
'Be clean, be green, be a recycling machine'
Having noticed a lack of recycling facilities, the group decided to make their community centre a more environmentally friendly place. They made posters for the centre with their campaign motto 'Be clean, be green, be a recycling machine.' They met with the manager of the coffee dock and asked that they begin to use paper straws instead of plastic ones and start to use real cutlery instead of plastic. They also spoke to the centre manager about getting more recycling bins. The boys plan on keeping their campaign going to make their community both greener and cleaner.

CETNS 6th Class Foróige Phibblestown, Dublin 15
A clean-up of the local park
A member of Tidy Towns visited the Foróige group to talk to them about the needs of the area, and the matter of litter locally. They decided that they wanted to do something to help. The group did some research on how best to tackle litter, and borrowed equipment from the Tidy Towns. They took to their local park and carried out a fantastic clean-up. The group learned a lot about the environment, litter and recycling from the endeavour.

Clarinbridge Foróige Club, Co. Galway
A project to make a local wooded area more appealing to families and encourage a healthy lifestyle.
Kilcornan is a beautiful wooded area close to where all the members of the Clarinbridge Foróige Club live. They wanted to encourage families to get active and visit the woods. In order to do this the group raised money through a Christmas Market and donated the money toward a much needed playground which is currently in the application process. They also made and put up nesting boxes and fairy doors to create a magical element that families could enjoy. A family trail is going to be put through Kilcornan woods and this is an ongoing project for the group. Their next step is getting benches!

Club Óige Feachtas Baile Munna, Dublin 9
A clean-up project of Poppintree Park
Club Óige Feachtas Baile Munna decided to make Poppintree Park a cleaner place for their Aldi Foróige Youth Citizenship project. The young people felt it was important for their community to have a sense of pride and ownership of their local park. The group met with Dublin City Council to understand how best to go about the clean-up, they made posters to advertise the clean-up and organised litter-pickers and gloves for everyone. They received great support from the community and the event was a great success.

Crossmolina Foróige Club, Co. Mayo
BEE Safe, BEE Seen - a project highlighting road safety and the importance of Bees in our ecosystem
After some research, the group decided that road safety and protecting biodiversity were two issues they wanted to highlight to their community. They entered their St. Patrick's Festival of Lights Parade 2019 with a creative piece to highlight the importance of bees in our ecosystem. They created a Bee Float! This was a big bee covered in lights with group members dressed as bees walking alongside handing out Hi-Viz goods carried in a shopping trolley! Their slogan, BEE SAFE, BEE SEEN, wonderfully combined their two topics of interest.

Gaelforce Mayo Abbey & Ballyglass Foróige Clubs
A joint project to keep their shared community cleaner
Gael Force Mayo Abbey & Ballyglass Foróige Clubs joined forces and organised a Community Clean-up in order to improve the presentation of their area. The members contacted the County Council to ask for clean-up supplies and made a plan of the areas that they would cover. After only one hour the clubs had collected over 10 bags of rubbish. In addition to the clean up, the RSS approached the clubs and asked if they would like to be involved in preparing a seating area in the local graveyard. The members contacted the local Men's Shed to come and speak about the work they do and to get a quote for a bench. The members visited the graveyard and have picked out a spot where they will place the bench.

Gallen Community Ferbane First Year Foróige Club, Co. Offaly
A recycling project to turn plastic bottles and wrapping into eco-bricks for a community sculpture
The young people wanted to do something good for the community and for the planet. They collected plastic bottles and wrapping through litter picks and from their homes and learned how to make eco-bricks from them. When they have enough bricks, they are going to create a sculpture for their community. The group's motto is 'don't waste time, save our planet now.'

Geevagh Foróige Juniors, Co. Sligo
A community clean-up and flower box planting project
The young people noticed that the community needed brightening. They decided to do a clean-up, plant flowers in the community and also create flower boxes that could be used for special occasions in the area such as Confirmation. Eventually, the group plan on giving the flower boxes to the elderly. The young people learned how important it is to work as a team and that "we can all make a difference in our community and to the environment."

Girls Activity Group, Midway Youth & Family Project, Co. Waterford
A clean-up project in the local community
The Girls Activity group decided they wanted to tackle the issue of litter locally. They reached out to Waterford City and County Council, who in turn sent a representative to talk to the group about what they would need to do. The group are still in the planning process, but have learnt a lot about litter, recycling and the environment.

Junior Youth Café, Foróige Phibblestown, Dublin 15
A recycling initiative in their project
The members of Phibblestown Junior Café researched the issues facing their community, and realised that there was a need to highlight the importance of recycling and its impact on the environment. The young people studied statistics about recycling in Ireland, and how it will benefit future generations. They decided to focus on improving the facilities in their youth project as they had noticed there were no recycling bins. The young people considered what bin type would best suit, made signs for them, and created a poster to display what items can be recycled. The project has succeed in changing habits, and has reduced general waste in the project. They plan to try and broaden the project to include the entire community centre.

Kilmovee Foróige Club, Co. Mayo
A project highlighting the environmental dangers of unsustainable palm oil
Having conducted a survey about issues that were of concern to the community, the group decided to focus their project on the environment. Through their research, they were shocked to learn that there was very little awareness about the devastating impact the use of unsustainable palm oil has on rainforests and wildlife habitats across the globe. The group wanted to shine a spotlight on this issue and did significant research into the presence of unsustainable palm oil in everyday products we use and eat. They gave a presentation in the community and also made and put up posters. The group learned that 'global changes can begin in small communities.'

Legends Foróige Club, Co. Clare
A fundraising project benefiting Barnardos, a sustainable Christmas tree and the Club
The Legends Foróige Club have had a very busy year. The members of the club have a strong link with the Tidy Towns and the Local Residents Association and through this they learned that the town was trying to purchase a sustainable Christmas tree. Impressed with this idea the group organised a cake sale and the money raised went towards the purchase of the tree. Every year the members sing Christmas carols in town in aid of Barnardo's and this year was no different. Seeking permission from Barnardos and the local store where they based themselves the members spread Christmas joy. Finally, the group organised a car boot sale. The money made from the sale went towards funding club activities.

Life Below Water, Castlebar NYP, Co. Mayo
An initiative to raise awareness of local marine life
After doing a walkabout near Lough Lannagh, the young people noticed that there was no information about the marine life living in the water. A survey of people in their community also revealed that people knew very little about their local marine life. The group researched the topic, spoke to experts, and sought permission to set up information stands by the lake. The project has helped to make the people of Castlebar, the people who visit the area, and the young people involved in the initiative much more knowledgeable and respectful of marine life. The group hope to see a decrease in the amount of rubbish and pollution in the water as a result of their campaign.

Lucan Foróige Juniors, Co. Dublin
An environmental project to build a recycling bin out of Eco-bricks
The group became aware of how damaging plastics can be on for the environment and on marine life in particular. They researched the topic in their community and found that although people knew that plastics were damaging for the environment, they didn't know what they could do about it. They also discovered that a lot of people didn't know that soft plastics aren't recyclable. The group decided to do something to help. They researched eco-bricks and learned how to make them. They then built a recycling bin for their school from eco-bricks and showed others how to make them too.

My Time Foróige Juniors, Co. Clare
A litter pick up in the community
After discussing ideas in the group, the young people of My Time Foróige Juniors decided to organise a litter pick in the community. They felt that this is a project that will benefit their local town, but also highlight the importance of protecting the environment. The group talked to the local Tidy Towns group to determine what area would benefit most from the litter pick, and they also contacted Clare County Council and the RSA to source the equipment such as litter pickers, gloves, bags and high vis jackets. They are enthusiastic about keeping their community clean, and making it a better place for everyone.

Oldcastle Foróige Club, Co. Meath
A pollinator friendly flower bed in the parish garden
Members of Oldcastle Foróige Club were approached by a member of the community to ask if they would be interested in maintaining a section of the Oldcastle Parish Garden. After researching the idea, the young people discovered that there were not enough volunteers to maintain the garden; there were a low number of pollinator friendly plants in the town; and there was a low awareness of environmental issues in the community. The group wanted to create pollinator friendly flower bed to benefit the local community and wildlife, and sought advice from a horticulturalist about the most suitable plants to use. They prepared the flower bed, sowed the plants, installed signs, and prepared posters to highlight to the community the importance of pollinators and the problems they face. They plan to continue maintaining the flower bed, and would like to hold some club meetings there.

Saturday Club, Phibblestown Foróige, Dublin 15
A bake sale to raise funds and awareness for Seal Rescue
After watching you-tube videos about climate change the members of Saturday Club, Phibblestown learned that mankind is the biggest threat to nature. The group were motivated to act on this and due to the groups common love of animals and the volume of pollution in the sea they decided to raise funds for Seal Rescue. The members contacted Seal Rescue in Wexford and aimed to raise at least €100 to visit the centre and to adopt a seal. In order to achieve their target the group organised a Valentine's Day Bake Sale in the community centre. The event was a huge success with people queuing, eager to buy cakes and find out about Seal Rescue. At the end of the day they raised €510. Seal Rescue were delighted and advised that this was the biggest donation they had ever received.

Shanagarry Foróige Club, Co. Cork
An environmental project to clean up the local beach.
Members of Shanagarry Foróige Club became aware that there was an increasing amount of litter on their local beach. They contacted Clean Coasts Ballynamona and organised for a collection point for the rubbish, as well as use of equipment such as litter pickers and bags to help in the clean up. On the day of the clean up they also took pictures of rubbish that had a date on it so that they could forward them to Clean Coasts Ballynamona. The young people realised that their efforts greatly benefitted their community, and plan to continue to be involved in keeping the area clean.

TechSpace Junior Club, Tyrrelstown, Dublin 15
A water conservation campaign
Having first heard of a drought in Ireland last year, the group decided to create a campaign to raise awareness about the importance of water as a resource in the community. The young people are carrying out ongoing research on the issue, and have planned to create posters to highlight the campaign. The project will continue until January 2020.

Uplifting Mulhuddart, MCYP, Dublin 15
A clean-up to uplift the community
Having researched the needs of their community by doing a survey and a walkabout, the young people decided to take on the challenge of cleaning up the local park and football pitch so that they could feel proud of the area when people came to visit or play matches. They picked up the litter, cleared the paths and tidied the grass areas. The group plan on keeping the areas clean in the future.

Whitechurch Foróige Club, Co. Cork
A sensory garden for the local community
The Whitechurch Foróige Club were contacted by the new school principal and were made aware that there was a consensus across the community to realize the former principal's dream to create a sensory garden in their community. After some research the group became aware of the multiple benefits of such a garden. They met with the principal to discuss key areas of the garden and where they could help. In order to raise funds the group organised an Interclub disco, a sell-out variety show and a cake sale. Through these efforts they raised a total of €6,950 for the garden. The group also volunteered their time in the construction and planting in the garden. During the past year, the garden has begun to flourish. More extensive planting is planned for the coming months and the group will stay involved.

Equality

LGBTI+ Awareness Film, Tyrrelstown Foróige, Dublin 15
A short film to support the LGBTI+ young people in Tyrrelstown
From personal experiences the members knew that Tyrrelstown is lacking supports for LGBTI + young people. They didn't want people to feel alone and they wanted to do something to address this. The group originally wanted to do a documentary detailing personal accounts, however, they were aware that it would be difficult to recruit people. Instead they decided to make a movie. They have written the script, held auditions to cast actors and identified the filming location. They are set to film on April 6th.

Older Boys Group, PORT Project, GYDP, Co. Laois
A refurbishment of the local youth project
This project was inspired by the sometimes negative perception there is of travellers in communities. The young people wanted to do something good for the community to show their true colours. They decided to give the youth project, one of the only places they really felt the belonged and were welcome, a face-lift. They painted the centre and got the paint sponsored from a local shop. The group's motto is first impressions count! They wanted everybody using the youth centre to have a good 'first impression' of it and they also wanted to work on the 'first impressions' people have on them and on travellers in general.

Buncrana Foróige Juniors, Co. Donegal
A project to research, explore and raise awareness of gender stereotypes
The young people wanted to research gender stereotypes and the impact they have on young people and on adults in the workplace. They gave out questionnaires in the community to understand people's experience of gender discrimination. The young people then held a gender stereotype discussion event and invited guest speakers who spoke about gender stereotypes in their work. The group then organised gender positive events such as a video game night for all boys and girls; and a make-up night for all boys and girls.

The Elementals Foróige Club, Co. Dublin
A disability awareness project to experience life as a wheelchair user
The group were inspired to do something for wheelchair users in their community because they use the Irish Wheelchair Association premises for their meetings. They decided to find out what life was like for wheelchair users and they documented their experiences and sent their findings back to the places they visited. They went on the bus, to the playground, for a walk, grocery shopping and to the library. The group learned that there are many challenges facing wheelchair users in our communities and some of the issues would be easy to fix. A member said that she learned that 'a wheelchair is not a restriction, it's a tool for movement and living. It is society's lack of access that is the restriction.'

Fundraising

Castlebar Third Year's Foróige Club, Co. Mayo
A community enhancement and fundraising project
After researching how they could contribute to their local community, Castlebar 3rd Year Foróige Club realised that there was a number of things they could do. As a group they decided to fundraise for Cope Galway, The Simon Community, the Christmas Shoebox Appeal as well as becoming involved in the 'Love Castlebar' clean up in the town, and taking part in the Darkness into Light walk for Pieta House. The young people donated funds from a Christmas party and from a bake sale to the charities, and are continuing to assist 'Love Castlebar' with the construction of the 'Troll' earth monument.

Celbridge Youth Café, Co. Kildare
A fundraising project for their Youth Café
Celbridge Youth Café noticed there was a need to provide tea/coffee and soup to visitors to the local Annual Christmas Fair. The members also felt that it was a good fundraising opportunity for their Youth Café, which was a valuable facility for young people in the community. Working as a team, the group costed what they would need, prepared the soup in advance of the day, and promoted the event. The project was a great success, and also provided a great platform to promote the Youth Café to people who attended the Annual Christmas Fair.

Ellie Mulcahy, Co. Waterford
A Tractor, Bike and Car Run in aid of Crumlin Children's Hospital
Ellie wanted to make a difference in the lives of sick children. She decided to fundraise for Crumlin Children's Hospital by organising a Tractor, Bike and Car run in her community. She also appealed to local schools to run no uniform days in aid of the cause. Ellie got to work, getting permission from the Gardaí, making posters, contacting local media to promote the event and organising the logistics. The event raised €4,235 and Ellie plans on making it an annual event.

Maigueside Foróige Club, Co. Limerick
A fundraiser for the CARI Foundation
After thinking about the needs of their community, the young people decided to raise funds for the CARI Foundation. The CARI Foundation is a voluntary organisation that provides therapy and support for children affected by child sexual abuse. They spoke to the charity to find out more about the

work they do, and get permission to raise funds for them. The group then ran a street collection, and donated the money to the CARI Foundation.

Navan Foróige Juniors, Co. Meath
A project to fundraise for, and highlight the work of, Meath River Rescue
After carrying research about the issues facing their community, the members of Navan Foróige Juniors found that Meath River Rescue provided an invaluable service, but had to rely entirely on donations from the public. The young people spoke to members of the rescue service, and visited their headquarters to learn more about what they do. The group decided hold a to sell crafts at the local Christmas and raised €500 for Meath River Rescue. They also created fridge magnets with a list of useful emergency numbers to distribute to households in the community. The group plan to continue their support of Meath River Rescue, and have discussed creating a calendar in the future to raise funds.

Health and Fitness

Ard Mór Girls Group, Dublin 24
A healthy eating project examining sugar consumption
The Ard Mór Girls Group decided to examine the amount of sugar in food for their Youth Citizenship project. They bought a display board and sugar, measured the amount of sugar in familiar foods and displayed it in plastic bags. They were amazed by how much sugar is in food and drinks, and have decided not to eat mints anymore.

Avondale Park Foróige Youth Café, Dublin 15
A health and fitness project involving football drills
Avondale Park Youth Café decided to focus on health and fitness for their Aldi Foróige Youth Citizenship Project. They focused their energy on a local health fest and carried out football drills with young people. They arranged all the equipment for the event and carried out the training themselves. The group were delighted to help the community and encourage greater fitness.

Ballineen Older Members Foróige Club, Co. Cork
A project to promote physical and mental wellbeing
The Ballineen Older Members Foróige club decided it was important to connect with their community whilst boosting both their mental and physical wellbeing. They decided to organise a series of community walking events. The group received a lot of support from their community including the Gardaí, the local GAA, local radio and many more. They designed posters, advertised on social media, booked the community hall and organised refreshments. Over a six week period the young people organised the walks, they faced every type of weather, and still families from throughout the community attended.

Barryroe Foróige Club - Defibrillator Awareness, Co. Cork
A defibrillator awareness campaign
Barryroe Foróige Club decided to carry out a defibrillator awareness campaign for their Aldi Foróige Youth Citizenship project. They carried out a survey to find out what the parishioners knew about defibrillators, what the contact number for the defibrillator group in the parish was and if they knew the location of the defibrillators. On the back of the survey the group decided to produce keyrings with information on the defibrillators, and to hold a coffee morning and raffle.

Buncrana Foróige Club, Co. Donegal
A project to promote healthy eating and lifestyles to young people
Buncrana Foróige club wanted to shine a light on healthy eating and eating disorders. They surveyed young people which had the following findings: many surveyed did not know that obesity is an eating disorder; many believe the largest causes of obesity are the availability of unhealthy food, how parents are feeding their children, and lack of balanced diet; over 50% have known someone or been personally affected by an eating disorder; and only 30% felt they were adequately educated on eating disorders. The group also brought in a nutritionist who advised cutting carbonated drinks, refined sugar, artificial sweeteners and processed foods; to eat real food; to move more and have a more balanced lifestyle. The group also did a 'Make a Meal Challenge, where they brought in €2 each, went to Aldi and learned how to cook healthy meals on a low budget.

Carracastle Foróige Club, Co. Sligo
A project to improve the health and wellbeing of their Community
The group wanted to improve the health and wellbeing of the people of Carracastle. The project started last Christmas Eve when they sang carols outside the church to raise funds for the upkeep of the local Defibrillator. They administered a survey and learned that the community wanted to 'brighten the village up' and as a result they planted daffodils on the entrance points to welcome people to Carracastle. Their Aldi Foróige Youth Citizenship Project is still ongoing and the group are in the process of making an anti- smoking film that examines the ingredients that are in cigarettes.

Citizenship Group, CABLE & AMPLIFY Projects, Co. Louth
Health and fitness promotion through social media
The Cable Amplify project wanted to highlight the connection between physical and mental health through social media. They came up with the campaign name "Mind your Fitness", and set up a Facebook page. Through a number of social media posts they highlighted good exercise techniques and healthy eating tips. The group all increased their own activity levels by being involved in the project and they found it helped with their mental health also.

Clashmore/Kinsalebeg Foróige Club, Co. Galway
A health and fitness drive for the community
Clashmore Kinsalebeg decided to get active and get talking for their youth citizenship project. The group looked at community walks that had happened in the past, did research on why they seemed to fall off, and came up with a formula for their social action project. They set their community the target of 1 million steps, made announcements at local mass, and spread the word far and wide through social media and posters. They were delighted when they were joined by Pamela

McDermott Swayne from Operation Transformation, and reached their community target of one million steps.

Costa Del Kingswood Foróige Club, Dublin 24
A project to raise awareness about the negative impacts of drugs and alcohol
Costa Del Kingwood Foróige Club were concerned about how easy it was to access drugs and alcohol and they wanted to raise awareness and educate young people about their negative effects. The group interviewed recovering addicts and people who had experienced the impaired mental health due to drugs and alcohol. In addition, they did research online about the topic. They then created a website where they shared all of the information that they had gathered.

District Foróige Club, Co. Westmeath
An open dance night to promote wellbeing in the community
The group held an Open Dance Night after researching the link between sensory stimulation from dancing, and the release of endorphins. In advance of the event, the young people surveyed students in their local secondary school to get a better understanding of how listening to music and dancing made people feel better. They also created tie dye t-shirts for people to wear at the event after researching the benefits of colour for mental health. The Open Night was a huge success, and the group plan to incorporate dancing into their lives on an ongoing basis.

Fingal Comhairle na nÓg, Fingal
A health promotion stand at Foróige Fitfest
At Fingal Comhairle na nÓg's AGM the group administered a questionnaire to 120 young people asking them what challenges they face.The two main topics to emerge were peer pressure and healthy living. Around this time they discovered that Foróige were holding a Fitfest. After researching the event they decided that this was the perfect opportunity to promote health and wellbeing. The group have been given a room at the event on April 18th and so far their plan includes; a tree of hope, passing out free fruit and a water bottle exercise that demonstrates the weight that is lifted when you share your problems.

Health and Fitness Group, Phibblestown Foróige, Dublin 15
A video to highlight the negative effects of too much screen time
After brainstorming about the issues facing the community, the group found that young people were using screens a lot, and that can impact mental health, and behaviour. They felt it was important to highlight this issue, and created a video to try to encourage people to change their habits. The video will be used in youth health groups, and was published online for the wider community. The group learned a huge amount about the effects of screen time, and are planning to do a digital detox for 48 hours in the summer in order to appreciate free time.

Lackagh 5 Foróige Club, Co. Galway
A project to walk from Lackagh to Boston to combat the negative impact of technology on young people
Lackagh 5 Foróige Club noticed that over the winter months young people were spending too much time on technology and not enough time being active with family and friends. The members learned

about the negative correlation between social media and overall health and on the other hand, the positive impacts of exercise and good communication. The group realised that the 8 week Foróige walk n talk programme was the perfect opportunity. Local TV personality Hector launched the first walk and they kept momentum going by changing dates to suit everyone. The group aimed to walk the distance from #Lackagh to #Boston (4628km) and they even managed to exceed this by 169 km. The feedback from participants was overwhelmingly positive.

Lauryn Kuti, Dublin 15
A project to raise awareness about the benefits of reducing meat consumption
Lauryn is a vegetarian and she felt that not many people were aware of how beneficial reducing meat consumption is for the environment. She wanted to encourage people to have one day a week where they didn't consume meat. Lauryn researched the area and made all of her learnings accessible to the public by creating an instagram page called 'VGreens'. Her posts include recommendations of vegan/vegetarian friendly shops and restaurants, recipes and inspirational quotes!

Older Boys Group, LEAP GYDP, Edgeworthstown, Co. Longford
Midterm football madness for a great cause
The Edgeworthstown Older Boys group felt that there wasn't enough for young people to do locally, so they decided to organise a football tournament and fundraiser. The boys chose the Irish COPD Foundation to donate the funds to as they had helped their relatives when they were ill. It was the first tournament the boys had organised and it was very successful, they hope to have another one in the summer.

Path2Coaching, Fettercairn, Dublin 24
A football coaching initiative to benefit young people in the community
The members of Path2Coaching love football and they wanted to work with the FAI and do some coaching. They spoke with a previous FAI officer and they suggested that the group apply for Sports Partnership funding and be trained as junior leaders. The members were successful with their application and over the past year have worked with over 1,000 young people across Tallaght! This includes the soccer Academy in Fettercairn, the Fettercairn Youth Café, FAI and County Council summer programmes and projects and 'Football for All' a programme for young people with disabilities.

Rathangan After School Group, DPEI, Co. Kildare
An anti smoking video
The young people noticed the number of people their age in the community who smoke, and wanted to highlight the dangers of the habit. After researching ways to do this, they decided to create an animated video to remind people of the impact that smoking has on your health. While the project has given them new skills and shown them the value of teamwork, they hope that the project with benefit the wider community as a whole.

The Big Picture Youth Café Committee, Dublin 24
A drug awareness campaign
 The group were aware of the negative impact that drug misuse was having on their community. They talked to the local drug prevention and education officer and also researched the high frequency of mentions of drugs in popular music. The group decided to run a campaign highlighting

the negative impact of drug misuse and are in the process of completing a presentation on the theme. They are also designing an art piece and other activities to highlight the issue.

The Fake-Away, CCYP, Dublin 15
The Fake Away – a healthy eating awareness workshop
After a walkabout in the community, the young people noticed that there were no healthy food options available, and that locals felt that healthy food was expensive, took time, and did not taste nice. They realised that they wanted to give people the opportunity to try new, healthier food. They decided to a run 'The Fake Away' workshop with 6th class, where they created food for them to show that there are healthier options available. The also carried out a survey with the children to better understand how they felt about healthy food choices. The workshop was a great success, and the young people plan on starting a healthy eating cooking group in the future.

Youth Advisory Committee, The DECK, Co. Donegal
A project to raise awareness about organ donation and the benefits of carrying a donor card
Inspired by the actions of their Club Leader the DECK Youth Advisory Committee chose to raise awareness about organ donation and the benefits of carrying a donor card. They began by researching the process of organ donation and contacted the Irish Kidney Association for information regarding the organisation and organ donor cards. Armed with this knowledge and the donor cards the group distributed these in their school and local supermarket. In addition, they also set up a pop up information stand at the shopping centre in Letterkenny.

Youth Participation, tyrrelstown Foróige, Dublin 15
A Drugs Awareness and Information Night
After discussing the issues facing their community, the group discovered that there was a lack of knowledge about drug use, and misuse, among local teenagers. They decided to hold a Drugs Awareness and Information night to educate young people about the myths and dangers surrounding drug use. In advance of the event, they asked their local Foróige Drugs and Alcohol Prevention Officer to visit the group and hold a Q&A session. They hosted the event in their local community hall, with various stakeholders in attendance, and invited the local Drugs Task Force to hold an interactive discussion with young people from the community. The group believe that the young people in the community have benefitted from their project, and will be able to make informed decisions in the future.

History

Adam Fletcher, Co. Offaly
A project to carry out maintenance work on church ruins and a graveyard
After some brainstorming Adam decided to carry out maintenance on the Church of Ireland Ruins and Graveyard in Ferbane. As a member of the Church of Ireland Community he wanted to show respect and preserve the church. In order to execute his plan Adam read up on the local history, met with the local clergy to seek approval, rounded up helpers and got to work. Over a 10 day period they mowed the grounds and painted the gates. Adam also wrote to the Heritage Officer and Area Engineer of Offaly County Council requesting them to erect tourism signage for the Church of Ireland ruins and adjacent historic Graveyard.

Balyna Foróige Club, Co. Kildare
A project to preserve local historical amenities
After the demolition of an old historical house in their community, the young people in Balyna became concerned about protecting other local landmarks for the future. They arranged a visit of the Historical Society to their club meeting to learn about the village's hidden history and decided that the unique stones in the Primary School, that go unnoticed daily, deserved some recognition. They cooperated with other local groups to fundraise, install and have an unveiling event for a plaque at the school. They also decorated storyboards about local history to display in the school. The unveiling event was covered by local media,it was a great success that brought over 120 people from the community together.

Leitrim Foróige Club, Co. Galway
A project to clean up the 'Garden of Angels', a burial ground at the local church
The young people of Leitrim Foróige undertook a project to clean up a local burial grounds called 'Garden of Angels'. It is a memorial garden, and burial grounds, for infants that had fallen into disrepair in recent years. After speaking to locals in their community, researching the history, and getting advice from landscape experts, the group drew up a plan to restore the 'Garden of Angels'. They also realised that it was a project which would require additional assistance as it involved elements of heavy lifting. The young people approached their parents and sibling to help them on the clean-up, as some of the work would be too difficult for them to do alone. The project was a great success and had a very positive impact on the community.

Ross McLoughlin, Co. Offaly
An oral history project
Ross has a passion for history and a recent inspection in his old school noted that there was a lack of teaching local history in the school. As a former pupil of the school Ross wanted to create resources to teach young people about their local heritage. He interviewed older members in the local community and donated the transcripts to a local primary school and county library archives.

Homelessness

Castlebar TY Foróige Club, Co. Mayo
A Christmas appeal for Cope
Aware of the current homeless crisis the Castlebar TY Foróige Club wanted to do something about this. They researched local charities and identified Cope in Galway. A representative from Cope came to speak on a club night and the members were astounded to learn that 224 people were homeless in Mayo. The group decided to do a Christmas collection for Cope and asked the representative what items they should be collecting. They advertised the collection appeal in their school, Foróige Club and in the wider community. The generosity of others was outstanding and they collected several boxes of goods to donate.

Chillax Foróige Juniors - Tadghan & Isabelle, Co. Wicklow
An arts and crafts fundraiser in aid of homelessness
Chillax Juniors wanted to help the homeless at Christmas because they felt they had so much, whilst the homeless had so little. They decided the best way to do this was to harness their creative and

crafty abilities and make sock snowmen and rice bunnies. They sold their crafts in the local vegetable shop and schools. The group plan to continue the project and sell the bunnies up to Easter.

Club Óige Feachtas Tamhlachta, Dublin 24
A fundraiser for the local soup kitchen
Club Óige Feachtas Tamhlacht asked a member from the local soup kitchen, called Visit, to talk to them about what they could do for their community in Tallaght. On the back of this the group decided to sell hot chocolate in school as a fundraiser for the organisation to support the great work it does for vulnerable people. The young people learned a lot about planning, getting support from their community and how to run a successful fundraiser.

Dunlavin Teen Scene Foróige Club, Co. Wicklow
A shoebox appeal for the homeless
The members of Dunlavin Teen Scene noticed the increase of homelessness in Ireland, and decided to do a shoebox collection. They researched the issue with Focus Ireland, and approached members of the community to contribute items to the shoeboxes. On completion of the project, they donated the shoeboxes to the Peter McVerry Trust in Newbridge. The young people plan to continue the project next year.

Ignite Foróige Juniors, Dublin 15
A project to help the homeless in the community
The group were motivated by the national homelessness crisis and they wanted to do something to help. They set up a local campaign to collect items that were distributed to the homeless people in the community including items to keep them warm in the winter months and essential toiletries. The young people also helped out at a local breakfast club for homeless people.

Katelyn Lehane O'Meara, Co. Cork
A campaign to help the homeless
Motivated by the homeless crisis in Ireland, Katelyn Lehane-O'Meara and her volunteer mentor decided to make hampers to give to the homeless shelter in the community. She researched what items would be useful to the people using the shelter and made an appeal to family, friends and the wider community to contribute. When the hamper was complete she visited the shelter with her volunteer mentor and presented it to the staff there.

KEY Project, Killinarden, GYDP, Dublin 24
A bake sale to raise funds for St. Vincent de Paul
In order to identify the problems in their area the group drew a map of their locality and talked about the issues faced by the community. After a discussion the group agreed on the topic of homelessness for the Aldi Foróige Youth Citizenship Project. They researched charities and decided to have a fundraiser donating the proceeds to St. Vincent de Paul. The members organised a bake sale in their local community centre. Their goods sold out and their only wish was that they had baked more!

Knockraha Foróige Club, Co. Cork
A fundraiser and collection for the homeless
Knockraha Foróige Club became aware of the work of a local man who volunteered with the homeless in Cork, and they invited him to speak to them. During their research into the issue, the young people visited 'Penny Dinners' in Cork to see the work they did with homeless people. They then organised a Cake Sale to fundraise for Cork Simon, while they also organised a collection of clothes and toiletries to donate to 'Penny Dinners'. The group feel that the project made them more informed about homelessness, and they plan to continue to highlight the issue in their community.

Macroom Foróige Club, Co. Cork
A cake sale to raise funds for the homeless and for the local Tidy Towns
The group were aware of the charitable work being done for the homeless by their local priest, and decided that they wanted to make a contribution. After brainstorming potential ideas, the young people decided to organise a cake sale in their community. They raised €666.80, half of which they gave to Father John to help with homelessness, and the other half was donated to Macroom Tidy Towns. They also plan to help with a litter pick, and hope this project will benefit the people of Macroom and people passing through will be able to admire how beautiful their town is.

Mell Foróige Club, Co. Louth
A collection for Homeless Aid
After considering the issues that face their community, the members of Mell Foróige Club wanted to complete a project that would benefit a local homelessness charity. The group decided to fill a tent with useful everyday items and donate it to the charity. The project received very positive feedback, and the young people said it made them feel more included in the community.

Munterconnaught Foróige Club, Co. Cavan
A collection for a local homeless charity
Munterconnaught Foróige Club were aware of the issue of homelessness Ireland, and decided to organise a collection for local homelessness charity, Athboy's People Who Share Care. The group chose a date for the collection, and organised the donations by type. They delivered the donation to Athboy's People Who Share Care, who told the young people that the recipients were very grateful. The members of Munterconnaught Foróige Club plan to hold another collection day later this year.

Narraghmore Foróige Club, Co. Kildare
Making homes for birds to raise money for homeless people
The young people from Narraghmore Foróige Club wanted to shine a spotlight on homelessness and raise money for St. Vincent de Paul. They decided to run a family fun day and hold a birdhouse competition as part of it. The group learned how to make birdhouses. The event was a great success and there were 23 birdhouses entered in the competition. The group met with Birdwatch Ireland who guided them on where the best places were in the community to put the birdhouses. The importance of teamwork was one of the biggest things that the young people learned.

The Hideout Foróige Club, Ballinamore, Co. Leitrim
A sleep-out and fundraiser for the homeless
The young people of Ballinamore decided to tackle the national issue that is homelessness through a local sleep-out and bucket collection. They also set up a digital fundraising page, and applied for a license to fundraise. A local expert on homelessness in Leitrim went in to speak to the group so that they could understand the issue from a local perspective. Twenty-three members slept out on the night of their Sleeping Rough event. The group were thrilled with the support they received from the community for the event and raised an amazing €14,000.

Turning Point, Co. Louth
Understanding the link between homelessness and having experienced domestic violence
The young people from Turning Point visited a women's refuge to understand how they could help homeless people. They found out the refuge needs bed linen and dried food such as pasta as families often arrive with only the clothes on their backs. This means people arriving can receive a welcome emergency hygiene, food, and bed clothes pack. The young people therefore decided to do a shop for both bed linen and food dried good supplies. They interviewed an expert at the refuge and discovered that the vast majority of women accessing its service had experienced domestic violence.

Intergenerational

1st Year Girls Group, Tyrrelstown Foróige, Dublin 15
An afternoon of bingo for local elderly people
Tyrrelstown 1st Year Girls Group decided their project should include the elderly people living in their area, as there is very little done for them, and they can be quite isolated by this. They chose to do a free bingo night in their local community centre. They made invites and posters to advertise their event, and decided to bake for their guests, host the bingo.

Ardee Foróige Club, Co. Louth
A garden renovation project in the local nursing home
After Ardee Foróige Club Seniors visited the local St. Joseph's Nursing Home, they discovered the garden badly needed a revamp. They spoke with the patients to find out what colours and flowers they like, and spoke with a horticulturalist to see what was possible. Over five weeks, the group swept, power-washed, painted and planted flowers. At the end, they opened the garden with a party for the patients and their families, and in December hosted a carol service with presents for all the patients.

Athboy Foróige Club, Carol Singing, Co. Meath
An intergenerational project bringing Christmas cheer to the elderly
Athboy Foróige club brought a smile to the elderly in the local nursing home last Christmas. The young people worked hard in preparation for their visit and had a local expert brief them on what music the elderly would enjoy and how best to entertain them for the day. The group, on the back of this, decided to hire out Victorian era costumes and sing carols when they visited the nursing home.

The young people and elderly alike had a fantastic day. The Foróige members learned that Christmas can be a lonely time for the elderly and enjoyed bringing them some cheer.

Barryroe Foróige Club - Senior Citizens Evening, Co. Cork
Bridging the generation gap for teens and senior citizens
Members of Barryroe Foróige Club felt that the annual Senior Citizens party was not enough for the club members to integrate with the elderly members of their community as they wanted to get to know them more. After doing some research, they felt that the older people in the community could be quite isolated and thought that organising an event for them would bring similar joy to the Christmas party. After brainstorming and judging from their own grandparents, they felt a simple gathering with refreshments, stories, songs and bingo was the most appropriate idea. Having publicised the event in the locality, the afternoon was enjoyed by young and old, it got great praise from everyone in the community and hopefully will become an annual event.

Brickens Foróige Club, Co. Mayo
A project to combat loneliness and bring festive cheer to a local retirement home
Christmas time can be lonely for some people, particularly the elderly. Brickens Foróige Club wanted to change this. The group decided to help at the Senior Citizens Christmas Party to let them know that their community care. Before the event, the group gathered and designed decorations which included candles, ceramic decorations and bunting. On the night of the party they decorated the venue, waited on tables and provided entertainment in the form of singing and dancing. It was a great evening enjoyed by all.

Caoimhe Condron, Co. Offaly
An intergenerational project bringing 'Ceol agus Craic' to a nursing home
Caoimhe Condron decided to reach out to a local nursing home to get to know the elderly residents and promote interaction between the old and young. She came up with the idea of a 'Ceol agus Craic' day for the residents, that would happen once a week for twelve weeks. She organised local musicians and dancers to join her in visiting the nursing home each week. Caoimhe was delighted with how successful the project was and how much the residents enjoyed the 'Ceol agus Craic' days.

Edgeworthstown Foróige Club, Co. Longford
An intergenerational volunteering project
The "Manor" nursing home is one of the main services in their community and the young people of Edgeworthstown wanted to make a contribution to it. They discussed the options available to them, and decided to offer to volunteer to spend time with older residents. They researched ideas about how to engage and participate with the service users of the nursing home, and organised times to visit the nursing home. During the visits the young people spend time chatting to the residents, singing songs, and running activities such as bingo or board games. They plan to continue volunteering at the "Manor", and also hope to donate a bench as a mark of appreciate for the service it provides.

Game Changers Foróige Club, Co. Leitrim
An intergenerational inclusion project
The Gamechangers group decided to make cards and visit the elderly in St Patrick's Hospital. They got advice from the hospital on how best to reach out to their elderly residents. They made Easter cards for the patients in advance of the visit and bought them goodies. Then they went to visit the patients, talked to them and helped them open their presents. The group are hoping to go in again and visit them later in the year as they really enjoyed the experience and felt that the elderly liked having them there.

Girl's Group, Balbriggan, Co. Dublin
An intergenerational project reaching out to the elderly
The Balbriggan Girls Group decided they wanted to help the elderly in their community and learn more about them. They researched interacting with the elderly in meaningful ways and have drawn up a plan of local nursing homes they wish to visit in the near future.

Joey's 6th Class, Balbriggan, Co. Dublin
An afternoon tea for the residents of a local nursing home
Having carried out research in their local community, the group decided to focus their project on helping the elderly, particularly those who might be feeling lonely. They organised an afternoon tea in a local nursing home. The group wanted the residents to feel special and they baked cupcakes, taking care to be aware of the specific needs of some of the elderly people. They also provided entertainment and young and old learned a lot from the conversations on the day.

Junior Girls, Peer Education Project, Tallaght, Dublin 24
A coffee afternoon for elderly people
In order to understand the issues in their area, the Peer Education Project did a map of their community and identified what changes they would like to see. Following this, the created a survey via survey monkey and gathered feedback from the wider community. They learned that anti-social behaviour was a major concern and elderly people in particular felt intimidated by it. The girls wanted to address this and organised a coffee afternoon in the local community centre to bring the community together in a positive way.

Lismore Foróige Juniors, Co. Waterford
A project to raise money for St. Carthages House
Lismore Foróige Juniors decided to help the Senior citizens who lived in St Carthages House in their town. In order to do this the group organised a bring and buy sale that included a cake stall, a raffle and refreshments. The group advertised the event by walking in the St Patrick's Day parade and put up posters in the area. The group plan to visit St Carthages House to meet the residents at one of their club nights to present the money raised.

MC Crew, Mulhuddart Community Youth Project, Dublin 15
An afternoon with senior citizens
The M.C. Crew boys noticed that a senior citizens group were using the community centre at the same time as them. The boys wanted to show the senior citizens group that they recognised them as

valuable members of their community and saw them as an inspiration. The boys baked buns and distributed them to the senior citizens. They all enjoyed them together over a chat!

NFTE Group, Phibblestown Foróige, Dublin 15
A project to bring old and young together
The young people wanted to bring the older and younger generations together. As a group they wrote out research questions they wanted to ask staff working in the local nursing homes. They contacted two nursing homes and one activities coordinator responded and said that his residents would be delighted for them to visit. They are now planning the trip and intend to play bingo and some team building games. The young people are eager to ask the residents for some life advice!

Piltown Foróige Club, Co. Kilkenny
An intergenerational afternoon tea party
The young people in Piltown Foróige Club noticed that older members of the community were not familiar with their club, and they were aware that young people occasionally had a negative reputation locally. The group decided to organise an afternoon tea party in a local independent living retirement village, which they felt would provide an opportunity for the two generations to learn from one another, and to build a more positive relationship.

Rath Eglish Foróige Club, Co. Offaly
A 'Fun for Generations' day for the community
The group surveyed the local community to find out what areas needed to be improved. The results showed that there was a lack of social activities for the elderly in the area. The group decided to do something about this. They planned a social gathering for the elderly of the community with bingo, board games, a nail bar, refreshments, an art workshop, pool games and more. The feedback on the event was fantastic and the group got thank you cards from lots of people.

Rathvilly Foróige Club - Alex & Kevin, Co. Carlow
An intergenerational project promoting a traditional card game
Alex and Kevin have been playing the card game whist for a number of years and socialising with the elderly in the process. Due to the low numbers of young people that know how to play the game, they worried that it may be forgotten. They therefore decided to teach young people in their club how to play. The young people went on to join the game with the older generation leading to greater community involvement for all involved.

Skerries Wednesday Group, Co. Dublin
Decoration making for the elderly people who attend the Meals on Wheels Christmas dinner
Meals on Wheels provide the Skerries Wednesday Club with hot food each week and they wanted to show their appreciation. The young people decided that they would make table decorations for elderly people who attended the organisation's Christmas dinner. On the day they also helped in the kitchen to plate up the meals, clean the dishes and chat to those in attendance. The group were encouraged by the success of the project and have begun to create a menu based on feedback from the clients and hope to help at another event.

The Blakestown Girls Group, Dublin 15
A book capturing childhood stories of the elderly in the community
Blakestown Girls Group decided to do an intergenerational project for their Aldi Foróige Youth
Citizenship project. They visited a nursing home and interviewed the elderly to learn about their
experiences when they were younger. They typed up these interviews and produced a book called
"The Miscellany of Childhood Stories."

The Not So Silent Group, Ferrybank Youth Project, Co. Waterford
An intergenerational project to celebrate the voices of the elderly in the community
The young people wanted to build on the positive relationship between young and old in the
community and give the elderly a platform to have their voices heard. The group researched the best
way to achieve it and decided to reach out to older people in the community who do not have many
friends or family locally. Using the Parish Office to identify the older people, the group then
organised a Christmas themed tea party, planning every little detail from the invites to the music and
decorations. It was such a success that the group decided to create a booklet that would be the voice
for older people. The group researched, created questionnaires and held interviews with the older
people in the community to put into the book. The group look forward to the upcoming local
Bealtaine festival when the booklet will be launched.

Tooreen Foróige Club, Co. Mayo
An intergenerational project to organise a childrens disco and a nursing home visit
The members of Tooreen Foróige Club wanted to reach out to both the young and the elderly in
their community. The decided to organise a kiddies disco after noticing there were not many
activities for the young in their community. Funds raised from the event were donated to the local
Parents Association to help purchase a defibrillator. The young people also organised a visit to the
local nursing home to speak to, and exchange stories with the elderly in their community. The group
also plan to continue organising kiddies discos in Tooreen.

International Aid

Syddan Foróige Club, Co. Meath
A project to enhance two communities - one in Ireland and one in Uganda
The group decided that they wanted to make an impact in their community and they also wanted to
support a community in Uganda through an ex member who was travelling there to do charity work.
The young people got to work and organised lots of community events to raise funds and contribute
to their local community. They made and sold Christmas logs at a local market, held a Stayawake and
hosted a table quiz. The group also organised an Operation Transformation walk and participated in
the local St. Patrick's Day. The young people are very proud of the project and believe 'that has
something for everyone'.

Syddan Foróige Juniors/Jinx Club, Co. Meath
A fundraising initiative to support charity projects in Uganda
The group was inspired to help an ex member who was fundraising to go to Uganda to support a
charity project there. The group learned about the project in Uganda and the difficulties that people

face there. The young people made Christmas logs and sold them at a local Christmas market. They also held a community quiz night and did a stay awake to raise money. The group learned to appreciate their community who were very happy to support their fundraising efforts.

Mental Health

1st Year Foróige Club, Dunmore, Co. Galway
A fun filled colour run to promote positive mental health
Dunmore 1st Year Foróige Club decided that mental health would be the focus of their project. There had been a number of tragedies in their area and they wanted to promote wellbeing in the community. In order to understand more about mental health they invited three speakers to their club. In addition, they organised Foróige Walk n Talk's for their town. At the end of the 7 weeks the group wanted to do something special and they decided on a colour run for the whole community. In order to fund the event the group chose to spend the money they had raised for an end of year trip on the special powder that was needed for the run. The group's sacrifice paid off and 175 people partook in the run.

Art Group, LOFT Youth Project
Promoting positivity through an inspiring calendar
The young people of the LOFT Youth Project decided to promote positivity through art for their project after noticing their peers find it difficult to find and focus on the good things in their lives. They therefore came up with the idea of creating a positivity calendar with inspirational quotes and sayings. They learned calligraphy and how to make watercolour backgrounds, decided on their favourite quotes and produced a beautiful calendar, which they sold to friends and family.

Athboy Foróige Club, Wellbeing Project, Co. Meath
Supporting young people's wellbeing at a local community event
The young people of Athboy Foróige club decided to focus their attentions on young people's mental health. First, they organised a workshop for the club by experts in the area of mental health. Then they decided to bring the important lessons they had learned to the wider community. They contacted local Cllr David Gilroy, who organised for them to have a pitch at James' Fest. Here they made smoothies to give out for free to teens to help them spread the word of good mental health. Their message was simple, 5 A Day for Mental health – Connect, Get Active, Notice, Get Involved and Give.

Be Happy Be Healthy Group, Sligo
A 'Poetry Pharmacy' offering healing words for life's ups and downs
The Be Healthy Be Happy group got a call from Dr. Graffeo, a doctor in Child and Adolescent Mental Health Service in Sligo. He was organising a mental health festival called, 'Change Your Mind' and asked if they wanted to have a stand at the event. At first the group was unsure but their leaders showed them an article about a lady in England who ran a Poetry Pharmacy. A Poetry Pharmacy is where you give out a poem to people to make them feel better instead of giving out medication. They decided that they could run a poetry pharmacy for the festival. The girls made a list of the

different negative feelings and situations that people their age experience and then searched uplifting poems and songs that could help! They also created Survival Kit that gives 6 pieces of cute advice that they could give out at the event.

Club Óige Feachtas Baile Brigín, Co. Dublin
A mental health awareness initiative for young people
Club Óige Feachtas Baile Brigín wanted to do something about the fact that a lot of young people aged 13-17 struggle, suffer from anxiety, feel the pressure of exams, are bullied and they can bottle these emotions up. They therefore decided to do a fundraiser for Jigsaw and promote the concept of 'Five a Day for Mental Health' - Connect, Be Active, Take Notice, Keep Learning, Give to promote good mental health. The group are to abseil off the roof in Croke Park as a fundraiser.

Corduff Cookery, Corduff Community Youth Project, Dublin 15
A bake sale to raise funds for suicide awareness
The young people wanted to raise awareness of the important services provided by mental health charities in their community. They decided to organise a bake sale to raise funds for Suicide Awareness. The young people researched recipes, and approached local schools to organise a date for the bake sale. The group hope to continue this project by holding a 'Fun Day' to increase awareness of mental health services in their community.

Face Off Project, Co. Cavan
A mental health awareness and fundraising project
Face off Project decided to raise awareness for mental health and fundraise for the charity SOSAD. They got in touch with the charity and offered to do a bake sale and raise awareness. They baked goodies, and handed out leaflets sent to them by SOSAD. The group learnt that mental health can affect anyone at any point of their lives as part of their research into the issue. The fundraiser was received and supported by the community really well, and everyone was delighted with the young people's efforts.

Jack Slevin, Co. Westmeath
A mental health awareness project
Jack carried out research into people's attitudes to mental health locally via a questionnaire. He discovered that there is a mental health issue in his area and that there isn't enough being done about it. He decided to do a mental health presentation to his GAA teammates and the coaching team on what he had learned about mental health.

Kanturk Foróige Club, Co. Cork
A campaign to promote awareness of mental health services and fundraise for Pieta House.
Motivated to take action by a tragedy in the local community, the group held a sponsored stay awake and a non-uniform day to raise awareness of mental health services amongst young people and to fundraise for Pieta House. The group's tagline is 'it's ok not to be ok.' They raised €950 to support mental health services in their area.

Kilkee Foróige Club, Co. Clare
A fundraising project for 'Happy Feet, Happy Minds'
Kilkee Foróige Club were approached by a member of the community and asked to fundraise for their local mental health organisation "Happy Feet, Happy Minds". They decided to have a bake sale that was held over two days. Those that attended were impressed by the quantity and quality of what they had to offer and all left happy with a smile on their face. Over the course of the 2 day event they managed to raise over €530.

Longford Comhairle na nÓg, Co. Longford
A project to raise awareness of services available to young people in the community
Longford Comhairle na nÓg noticed that there was a lack of awareness among young people about the mental health facilities, and other services, available to them in the community. They created a questionnaire to distribute in schools locally to gain a better understanding of the opinions of young people living in the area. The group then decided to organise Comhairlecon, which was an information based conference for young people to highlight the services which are available to them. The event was great success, with nearly 100 young people from all over Co. Longford attending.

Spirit Foróige Club, Co. Dublin
Mental Health awareness and fundraising for Pieta House
Spirit Foróige researched what mental health issues affect people most and the correct definitions of these conditions. They learned that one in ten young people are affected by poor mental health and that rates of anxiety and depression in teenagers have increased by 70% in the past 25 years. The group also raised money for Pieta House at their local Christmas market by selling crafts and treats. They also created an Instagram page for positive and motivational quotes.

Teen Boys Group, Nenagh Youth Development Project, Co. Tipperary
A project to encourage men to talk about mental health
The group were very aware that men in particular were unlikely to think about their mental health. They wanted to do something about this, so they decided to run a coffee morning to give men in their community the opportunity to find out more about how to mind your mental health. The proceeds of the coffee morning went to SpunOut.ie. They also sent some treats to a local nursing home. The group organised every aspect of the event from the promotional campaign to baking the buns and cakes, organising the donation buckets, serving the tea and coffee and the all important washing up!

The Drum Foróige Youth Café and Health Centre, Co. Kilkenny
A quiz night to raise funds and awareness for a local counselling service
The young people noticed that the suicide rates in Kilkenny had increased and they decided to raise awareness about Teac Tom, a counselling service in the locality. As the organisation relies entirely on volunteer work and fundraising, they decided to hold a Charity Quiz Night with sponsorship cards. Through this the young people that attended the quiz learned of the services that Teac Tom provides and all the money raised went directly to the service. The group also made a quilt embroidered with positive quotes and presented it to Teac Tom.

The Positivity Pages, Co. Tipperary
A monthly youth newspaper to spread positivity and awareness about minding your mental health

Motivated to take action because of three tragedies in their town, the group felt that young people were often surrounded by negativity through the media, in the community, through their own thoughts and online. They started their own monthly newspaper called 'Positivity Pages' to highlight the positive achievements of young people and to raise self-esteem, create a sense of belonging and build confidence in the abilities of their peers. They got sponsorship for the printing of the paper and it was inserted into the local newspaper. The group said 'we learned that we can achieve anything if we really put our minds to it.'

Wednesday Youth Café, Phibblestown Foróige, Dublin 15
A project to promote positive self-care for young people, and raise funds for Pieta House

Members of the Phibblestown Wednesday Café noticed that the issue of mental health in their community was a topic that kept coming up in school and in their Foróige group. They researched the issue, and ways to promote positive mental health. They decided to make 'self care' packages for first years, and promoted the project using posters in the youth centre, and in school. They also organised a bake sale in school to raise funds for Pieta House. The group also plan on holding a positive mental health day in their Foróige project.

Youth Bank, Ballina, Co. Mayo
A project involving young people in a grant- making committee

The members of Youth Bank, Ballina conducted a needs analysis in their area and discovered that there was a lack of facilities available for young people. They handed out surveys in their local school to see what issues were most prominent with young people at this time. Based on the results they realised that more awareness of mental health was needed for young people. As such, they chose Mental Health awareness as their theme and invited projects carried out by young people to apply for the grant. The committee members promoted the grant via posters, reviewed applications, interviewed each applicant and contacted applications to advise if their application was successful or unsuccessful. They then invited the successful applicants to an awards evening. Seven different youth led organisations from the local community - all youth led- benefited from the grant round and are all doing amazing work to promote positive mental health in their areas.

Youth Bank, Ballyhaunis Youth Service, Co. Mayo
Grant giving for local youth groups to fund mental health projects

After constructing and distributing a questionnaire, Youthbank Ballyhaunis discovered that many young people felt there was a lack of activities, and some safety issues, that impact local young people's mental health. They decided to offer grants to local youth groups that completed projects based on Mental Health. To fund these grants, Youthbank completed a Bake Sale.

Youth Café, Carrick-on-Suir NYP, Co. Tipperary
Promoting positive mental health one quote at a time

Carrick on Suir NYP Youth Café decided they would apply for the funding to create positive mental health quote cards that would be distributed across the three secondary schools within the town.

They asked friends and the school community if they would be interested and the feedback was that there was massive interest in the cards. The group created the mental health quote cards and the initiative was a great success lifting the spirits of young people in the community.

Youth Committee, Foróige Balbriggan, Co. Dublin
A mental health awareness campaign and information evening
Balbriggan Youth Committee decided to do something about the lack of information and awareness of mental health in their community. They chose this project because they wanted people to become more aware of mental health and to minimise the stigma surrounding it. They arranged a meeting with Jigsaw in order to gain professional advice on mental health. They then created leaflets to hand out and organised a community information evening to which there was a great response.

Road Safety

FYI Foróige Juniors, Co. Louth
A road safety information and awareness project
The FYI Juniors decided to do a road safety project because they all walk to school and there is a lack of zebra crossings locally. They organised for a local guard to come into the group for an information evening. At the event they discussed the importance of wearing a helmet, wearing high vis, and safe ways to cross a road. They then came up with road safety slogans, and made posters of them and hung them in their schools.

Legend Lodgers Foróige Club
A road safety awareness campaign for children
The Legend Lodgers noticed a lack of awareness about road safety among younger people in their community, and conducted further research by doing a survey of a local Junior Foróige Club. After analysing the results the group decided to organise a road safety information evening to improve the road safety knowledge of the Junior Club. A Community Garda attended the event to speak to them about the issue, and the young people handed out high visibility bag covers to the children to highlight the importance of visibility on the roads.

Safety

Be Healthy Be Happy, tyrrelstown Foróige, Dublin 15
A community enhancement project including a campaign for lights to make the area safer
The young people became aware that there are areas of their community that weren't safe because of a lack of lighting. They also knew of areas of the community that needed to be cleaned up. They decided to campaign for the lights and brought it to the attention of the County Council and the

Mayor of Fingal. Their first step was to make a video highlighting the challenges that the lack of lighting was causing. The campaign is ongoing and the young people are following up with the relevant authorities regularly. The group learned that 'that things that are important often don't come easy'.

Bonniconlon Foróige Club, Co. Mayo
A health, wellbeing and eco project
Bonniconlon Foróige Club took on a range of projects to help their local community. They were trained in the use of defibrillators by the Civil Defence Force. They helped out with the senior citizens Christmas party, buying presents and getting to know the elderly. They also created a pollination garden by following the National pollinator plan for the garden. To raise money for these initiatives they made and sold refreshments during local football matches, and had a church gate collection.

Corduff Cookie Squad, Foróige Juniors, Dublin 15
A clean up of the local park to make the community safer
After a walkabout where they live, and a brainstorming session, the group wanted to help make their community a safer place. They noticed that their parks were littered, and unsafe for young children. To address the issue, they decided to organise a litter pick. In advance of the task, the young people are planning on having a safety talk on litter picking. Through the project, the group say they 'have a better understanding of the impact that people's positive or negative behaviour can have on their community'.

The HAY Club Bike Project, GYDP, Dublin 1
A project to highlight cycling safety and bicycle repair
The young people were aware of the issue of bicycle theft in their community, and also of the need to highlight cycling safety. They completed RSA training to learn about road safety for cyclists. They also learned about bicycle mechanics and built a bike from scratch using donated parts, which they donated to the St. Vincent de Paul. The group plan to continue the project and recruit other young people to take part every three to six months. At Christmas they plan to donate another repaired bike to a different charity.

Muintir Bhaire Foróige Club, Co. Cork
A campaign to highlight how your Eircode could save your life
On discovering that many people in the community did not know their Eircode, the group devised a campaign with the tagline 'Did you know, your Eircode could save your life?'. The young people organised a community information evening which included talks from the local fire service and first responders. The group put together a leaflet with information on how to prepare for the unexpected and gave everybody who attended the event an information pack which included an Eircode fridge magnet, designed and produced by the young people themselves. They also gave practical demonstrations showing how to use the Eircode finder. The information evening was so successful that the group have been approached by the community to run another one.

Wicklow Comhairle na nÓg, Co. Wicklow
An initiative to create 'Student Safe Zones' in the community
Through their research with young people in the community, the group became aware that safety   42

was a big concern. They decided to work with local businesses and opinion leaders to create 'student safe zones' so that young people would have a place to go and a procedure to follow if ever they felt unsafe of under threat when in town. The group set out the 'safe zone steps' and created an official 'safe zone' document for businesses. They also designed a 'student safe zone' sign for participating business to display in their windows so that young people would know where the safe zones were. They promoted the concept heavily to get local businesses on board and then launched the initiative to young people across the County.

Social Inclusion

Altafin Tanase, Co. Cavan
A flag initiative to promote social inclusion and diversity
Altafin is a member of the Foróige Amplify Project, and through the group spends a lot of time talking to young people from the area about issues that affect them. Through this, he noticed young people were greatly affected by social exclusion, particularly those that were new to the area, or came from a different culture. Altafin decided to print flags for Cavan town to help young people know where they can go or what to do when they feel lonely. Altafin designed and printed the flags, then researched where young people hang out in Cavan. The flags were placed around Cavan town, after asking permission from local business owners and the council.

Ballinadee/Ballinspittle Foróige Club, Co. Cork
A fundraiser for assistance dogs for children with autism
Ballinadee/ Ballinspittle Foroige club decided upon a fundraiser for assistance dogs for children with autism. They chose this project as one of the member's siblings had received an assistance dog and found it a huge help. After researching, the group discovered that training assistance dogs cost a massive €30,000, and they wanted to highlight how important it was. The group decided to hold a bingo night with refreshments and a raffle. They raised €1,155.

Ballyheane Foróige Club, Co. Mayo
A disco for children with disabilities
The young people in Ballyhean Foróige reviewed local community groups that they felt could do with some help, they decided to work with Áirc, a non-profit support group for people with disabilities.The need for a fun disco for young people with disabilities was recognised after a member of the Foróige club had a conversation with a parent of a child with special needs. They felt a connection with the other young people but thought it was unfair that they had nowhere to go to enjoy themselves. After researching and discussing accessibility and sensory requirements like lighting and sound, they organised an entertaining and interactive event in the local community hall with games, dance-floor space and chill-out zones. The project was enjoyable and very rewarding for the Foróige members, the Áirc children and their parents.

Barnacarroll Foróige Club 3 - Hospice Project, Co. Galway
An awareness and fundraising project for a teenage care room in the local hospice
Following a talk from Mayo/Roscommon Hospice to their Foróige Club, the group wanted to inform

other young people about Palliative Care Services in their area and the need to have a well-funded local hospice. After meeting with the CEO of the Hospice, the young people organised two bag-packs in the local supermarket, an interclub event and a tea/coffee evening for their parents in an effort to improve the local services and for the development of a new hospice building. An information leaflet about Palliative Care Services and the local Hospice was also designed and distributed to other young people. The group raised over €4,000 which will go towards funding the new teenage room in the Hospice which is still under construction.

Castlebar Foróige Club, Co. Mayo
An art installation for Mayo Roscommon Hospice
When the construction of the new Mayo Roscommon hospice in Castlebar came to the Clubs attention they invited the CEO of the Hospice to speak at a club night. Inspired by the goal of the hospice - to die with dignity, the group sought approval and funding to design and construct an Art Installation for the hospice. The mosaic's theme ' The Journey of Life' depicts the flight of swallows and will be placed in the teenage room of the hospice. They hope it will be a reminder of happier times for people.

CE Óige Foróige Club, Bhun Cranncha, Co. Donegal
An initiative to raise awareness about direct provision
Upon discussing things that had happened in the local community, the group realised that they didn't know a lot about direct provision. They decided to undertake a project that would help them understand what direct provision is and to raise awareness in the local community about the challenges faced by people living in direct provision. They invited a local journalist to present and they held a question and answer session on the topic. This group plan on sharing their knowledge with the wider community in Buncrana.

Conna Foróige Club, Co. Cork
Bringing Christmas cheer to the young, the old and the homeless
Conna Foróige club decided to help out with the senior citizens' Christmas dinner and Santa's trip to Conna for their Aldi Foróige Youth Citizenship Project. There was a lot to organise such as what food to make, what songs to sing, and the making of cards and decorations. The group all dressed up in Christmas jumpers and hats, and Santa and Mrs Claus accompanied them to the dinner. They then had a Santa's grotto where they gave out presents to young children. Lastly, the group made up 80 shoeboxes for the homeless.

Donegal Youth Voices, Co. Donegal
A project to give young people a voice within Tusla
Donegal Youth Voices came together to give young people a voice within Tusla and to give young people a better understanding of the services Tusla provide. The group presented at Tusla's annual conference in Letterkenny and advised them on a revamp of their Ballyshannon Office, as well as designing artwork for the office to make it more welcoming for young people. As the group continued to research Tusla, they became very interested in the Meitheal approach, which is all about helping children and young people where they may need the support of more than one service. They wanted to make sure that young people could understand this, so they created an animation explaining it which was premiered at the Tusla Best Practice Seminar. The group were also the hosts of the seminar.

Drumfries Sliabh Sneacht Foróige Juniors, Co. Donegal
A raffle in aid of the local Hospice
The group were inspired to fundraise for the local Hospice when they heard about the great care that the Grandad of two of their members got there. They decided to run a raffle at the community coffee morning being run by the senior Foróige Club members. The young people managed every element of the raffle from selling tickets, to getting prizes and promoting the event in local newspapers, newsletters and on the radio. The group were overwhelmed by the generosity of the community and felt very proud to have raised €1,665 for the Hospice.

Ferbane Citizenship Foróige Club, Co. Offaly
A fundraising wheelchair basketball tournament
After conducting research in their community, the group decided to raise awareness of their local wheelchair basketball team, the Shannonside Steelers, and raise fund for them too. The young people organised a wheelchair basketball tournament where teams of young people would learn what it was like to play wheelchair basketball. On the night before the event a volunteer with a key health and safety brief was hospitalised. The group took the responsible decision to postpone the event and all worked diligently to make sure that this was communicated to the parties involved. The group learned 'no matter how well planned a project is, sometimes there are circumstances beyond your control and this is where problem solving skills come in.'

Friday Night Café, Blanchardstown Youth Service, Dublin 15
A helping hand to a local campaign to build an ASD specific school
The group researched the needs of Dublin 15 and decided to reach out to the members of a local committee who are campaigning to build a school specific to the needs of children with ASD. The young people were given the task of designing a flyer to promote a public meeting that is taking place on April 29th. The poster has been distributed across the area and has helped to raise awareness of ASD and the campaign.

Girlos Group, Tyrrelstown Foróige, Dublin 15
A 5km run as a fundraiser for the Asthma Society of Ireland
The group brainstormed ideas for their project and were surprised to learn that each one of them either has asthma or knows somebody that does. They invited a representative from the Asthma Society of Ireland to talk to the group so they could find out more and they decided to do something to help. The group organised a 5km run in their community as a fundraiser. They organised all aspects of the run from flyers and promotion to planning the route with the local Gardaí and arranging sponsorship.

Girls Group, APT Project, Dublin 24
A pancake Tuesday event for people with Alzheimer's
After becoming aware of Alzheimer's because of the connections of group members, the girls at APT Girls Group decided to get involved with the local Alzheimer's Day Centre, Rose Cottage. After doing some research and brainstorming different possible ideas, they decided to hold a pancake morning

on pancake Tuesday for the people attending the centre. The jobs were delegated between shopping for ingredients, cooking and serving the pancakes on the morning. The young people received great praise from the centre, the people who go there and their school. They have decided to keep a constant link with Rose Cottage and are in the process of organising an Easter Tea Party during their school holidays.

Girls Group, Togher Youth Development Project, Co. Cork
A hat knitting project for premature babies
The Girl's Group Togher saw an article on social media about how a group of people made hats for premature babies in the Rotunda hospital and they felt like their local hospital would benefit from something like this also. The girls learned how to crochet and knit and made different sizes and colours.The girls donated the hats to Cork University Hospital, they were so pleased with the hats that the Hospital have asked for more.

Katelyn Harrington, Co. Cork
A project celebrating friendship and creating awareness about down syndrome
Katelyn's best friend Grace has down syndrome and she wanted to do something to create awareness of down syndrome while honouring their friendship. After some consideration, Katelyn thought it would be nice to make a book for Grace. The book contains stories about Grace and Katelyn's adventures. Hot off the presses, Katelyn got permission to launch the book, 'My Friend Grace' at school. Katelyn signed copies of the book for her classmates and a representative of Down Syndrome Ireland came to the launch. Katelyn has distributed her book across Down Syndrome centres in Ireland.

Macroom Foróige Club - Danielle & Barry, Co. Cork
A 'trick or treat for temple street' fundraiser
Having heard an advertisement for 'trick or treat for temple street' on the radio, Daniella Morey and Barry Galvin were motivated to take on the challenge. They organised a Halloween party for the members of their Foróige Club and all funds raised were sent to Temple Street Hospital to help sick children. Daniella and Barry managed every aspect of the event from the music to decorations and from refreshments to party games. They got support from other members of the Club when they needed it and learned that 'in times of need people really do come together and do everything they can to help others.'

Mark Webster, Co. Meath
A 5K walk to raise funds to help a local child who has cerebral palsy
Having researched the causes close to the hearts of his community, Mark Webster decided to fundraise for a local boy who needs surgery to help him to walk as a result of cerebral palsy. The young boy is called Kyle, he is 6 years old and his fundraising drive is called 'Kyle's Wish to Walk'. Mark decided to run a community 5k walk and organised all aspects of the project himself from making the signposts and posters, to organising stewards and providing refreshments for afterwards. The event raised €410 for 'Kyle's Wish to Walk.'

Mountrath Foróige Club, Co. Laois
Bringing Christmas cheer to children living in direct provision

Mountrath Foróige Club went to the local Direct Provision Centre and asked them if there was anything they could do to help. They were told that the children do not receive presents at Christmas, so they decided this would be the perfect project for them. The did research on the number of children in the centre, their ages, genders and how to respect the residents' religious beliefs. The group fundraised and collected presents for the children and had them delivered to the centre. They hope to make it an annual event.

North Fingal GYDP, Co. Dublin
A project to enhance a local Equine Therapy Trail for children with special needs
The young people on the North Fingal GYDP spoke to a volunteer who is involved in equine therapy, specifically for children with special needs. The group were very interested in the therapy as they had never heard about it before. The young people were eager to help and came up with the idea of enhancing the traill by painting stones, hanging flowers and decorations and donating bird boxes. The manager of the equine centre was delighted to receive additional materials for the trail and was particularly happy that the work was produced by young people for other young people with additional needs.

Raheny Foróige Club, Dublin 5
A video project for Blossom Ireland
Members of Raheny Foróige Club were approached by Blossom Ireland, a charity for children with intellectual disabilities, who asked them to help with a video project. The young people filmed videos to outline how to react in everyday scenarios such as, "What to do if you miss a bus?", or "What to do if the person you are meeting doesn't turn up?". The project went so well that the young people are now interested in becoming "Blossom Buddies", an initiative where they would meet, and go for outings, with members of Blossom Ireland.

Rubija Groma, Co. Cork
A confidence boosting project to help young people with the move from primary to secondary school
Inspired by a conversation in school where young people discussed their fears about going to secondary school, Rubija Groma wanted to do something for her peers so that they would realise how special they are. Rubija took photos of every student and made individualised cards on which everybody in the class wrote something positive about the person. Each person got to keep their picture framed with positive thoughts, their talents and special attributes.

SAGA, Blanchardstown Youth Service, Dublin 15
Promoting awareness of LGBTI + equality within schools by designing a canvas
SAGA is an LGBTI+ group and they believed that the issue surrounding LGBTI + inclusivity was an important topic that needed to be addressed in schools. The members brainstormed some ideas and decided to create a canvas with the slogan 'Safe Zone' on it. They contacted a local school principal who loved the idea. It now hangs proudly in the school.

The Amazing Tuesday Club, Phibblestown Foróige, Dublin 15
A welcome to Foróige party for a new Foróige Club for young people with Autism
The Amazing Tuesday group learned that there was a new Foróige Club in Blanchardstown for young

people with autism. The members understood how hard it can be to join a new group so they wanted to organise a party to welcome them to Foróige. They planned a fun filled evening of board games and pizza making. They all had a great time and made some new friends.

The Zone Foróige Club, Co. Laois
A toy collection for a local hospital
One of the members of the group had been in the local hospital and mentioned to the other young people that there weren't many toys for young patients to play with. They realised that this was an important issue, and they decided to organise a toy collection to benefit sick children in hospital. The young people organised 'drop off' locations in the community, and created a poster to advertise the collection on social media. They donated the toys to the hospital, and made a poster to display in the play room to explain who had organised the toy collection, and why. The young people feel it was a very worthwhile project as it makes children's stay in the local hospital more enjoyable.

Third Year Group, Kilmallock Youth Project, Co. Limerick
An inclusion project reaching out to ASD young people
Kilmallock 3rd Years Foróige decided to reach out and connect with an Autism Spectrum Disorder (ASD) group of young people locally. The ASD young people were looking to make new friends and to develop socially so Kilmallock 3rd Years wanted to help them with this. Each week two members visit the group having already planned games, activities and challenges for the evening. The project is ongoing and enjoyed by all.

Time to Sign Foróige Style, Co. Kildare
Sign language summer camps for young people
The group were inspired to learn sign language so they could communicate with people who are deaf in their school and community. They researched courses, but soon realised they were either too expensive or aimed at adults. The young people taught themselves to sign from youtube videos and ran free summer camps to teach other young people how to sign too. To promote their summer camps they made a youtube video with Lucy Kennedy's Golden Buzzer act from Ireland's Got Talent – Sharon and Brandon.

WAY Project, GYDP, Co. Wicklow
A project to build a playhouse for St. Catherine's Special School
Having become aware of the work of a local school for children with special needs, the group arranged a visit to find out how they could help. They noticed that there were very few toys in the outdoor area and decided that they would make a playhouse for the children so that it could be used in all weathers and by children of all abilities. They researched how to put a play house together, sourced the materials, built the playhouse and painted it. The group learned how 'great it feels to do something for somebody else.' They will present the playhouse to St. Catherine's Special School in the coming weeks.

Islandeady Foróige Club, Co. Mayo
A charity bingo and community cake sale to raise awareness of and funds for Williams Syndrome

The members of Islandeady Foróige Club became aware that a young person in their community was living with a rare condition called Williams Syndrome. They had never heard of the condition before and decided to campaign to raise awareness about the condition and to raise funds to send young people with Williams Syndrome and their siblings to a special summer camp run by the Association of Williams Syndrome. The group held a bingo night and a St. Patrick's day themed cake sale and raised €2,000.

Mosney Foróige Club, Co. Meath
A cultural day and zumba night in the community

Mosney Foróige Club discovered that there was a lack of awareness in the community about the variety of nationalities living in the area. They decided to organise a Cultural Day to encourage people to come together and learn more about one another. The young people organised a date, asked people to make food that was unique to their country, made flags representing each country, and sent out invitations to make members of the community aware of the event. Funds raised from selling cakes on the day were donated to charity. They also held a Zumba Night as a fun way for parents and children to exercise.

STEM

Young Women's Group, Carrick-on-Suir NYP
A project to show elderly members of the community how to use smart phones and tablets

The Young Women's Group, Carrick-on-Suir NYP, spoke with the elderly people in their own lives, and discovered that some elderly people find it difficult to use smart phones and tablets. Inspired by this the girls organised an information morning with baked treats and tea. In pairs, they showed elderly people phone skills like how to top up their phone credit and access their camera and pictures.

Ballineen/Enniskeane Foróige Club, Young Engineers Citizenship Project, Co. Cork
Promoting better recycling processes in Ballineen

Ballineen/Enniskeane Foróige club decided they wanted to target the issue of full recycling bins locally for their project. They called their project 'Recycle Responder'. The young people highlighted the need to have the recycle bins emptied more regularly and hence prevent people from leaving their recycling beside them when they are full. They designed a sensor that would respond by sending a message to the bin collector indicating that the bins needed to be emptied before they were full.

Clonee Girl Guides, Dublin 15
An internet safety project

The Clonee Girls Guides decided to do a project on social media, and educating young children about staying safe online. The Gardaí had previously given a talk on internet safety to them, and to the

younger members of the group. They felt that it was important that the younger members remember the advice about internet safety, so they conducted a survey with them to better understand what they needed to be reminded of. After analysing the results they created an information poster, and talked to the young members to remind them about the importance of staying safe online. The project had a very positive impact on the younger members of the community, and the group hope to continue to provide support about internet safety.

Coachford Foróige Club - Granny Pack, Co. Cork
A product to help the elderly in emergencies
Coachford Foróige decided to design a utility belt to help the elderly in emergencies. They researched the issue by talking to their grandparents and local elderly people. They discovered that falling is a big risk for the elderly, and being able to contact help quickly in an emergency is critical. The young people designed a utility belt with an emergency call button, padding for falls, a flashlight and lower back support.

Coachford Foróige Club - PortaRamp, Co. Cork
A portable ramp for wheelchair users
The group observed that there was very little in the way of access facilities for wheelchair users in their school and set about trying to address it. Existing ramp solutions were proving to be large and cumbersome so they decided to design their own. Their prototype ramp can be assembled and disassembled by the user and also can be stored on the wheelchair. This will help wheelchair users access buildings and spaces even if there isn't a permanent ramp there.

Coachford Foróige Club - Slow Your Roll, Co. Cork
A road safety project to reward good driving via an app
Members of Coachford Foróige Club identified the need to tackle road safety in their community. After researching the issue, they discovered that drivers were more likely to respond to positive messages, such as green signs that note when you are going under the speed limit, rather than to speed vans. They came up with the concept of an app that would reward drivers for driving safely. They hope to be able to launch the app and make it freely available to everyone.

Gwidon Wilkowski, Co. Meath
An initiative to support young and old in the community to make better and safer use of technology
Gwidon Wilkowski wanted to support young and old members of the community to use their phones, computers and other technology better and safer. He set up free technology classes in the local library and also worked with the first year classes in his school and the members of his Foróige club on online safety. Gwidon was really proud to be able to help people to overcome their fears of technology.

STEM Club, Dublin 24
A project to try to build a computer from scratch for the local Youth Centre
STEM Tech Club wanted to donate a modern computer to the Big Picture Youth Centre in Tallaght, which would be able to work with the latest software. They took apart an old computer to understand how it works, and researched computer parts online. They group have applied for a grant from YouthBank and are awaiting the decision.

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